

Podcast Episode

# WorkedUp: ConBody Founder Coss Marte

September 19, 2018

To present a unique perspective on criminal history discrimination and “ban the box” laws, [Matt Steinberg](#) welcomes ConBody founder, Coss Marte. Many media outlets (including The New York Times, Forbes, NPR, Elle Magazine, Men’s Health and others) have chronicled Coss’ fascinating life story. While serving a seven-year prison sentence for dealing drugs, he created a workout regimen, which, after his release, he turned into a renowned national fitness brand. In their chat, Matt and Coss discuss Coss’s journey, his personal and professional views surrounding criminal history discrimination in the workplace (and his involvement with various governmental task forces in this space), the important and nuanced legal/business/social issues surrounding “ban the box” laws, ConBody’s culture of “having your employees’ backs,” and Coss’ perspective on successfully scaling an entrepreneurial venture.

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The Akerman WorkedUp Podcast explores the ever-changing employment law and human resources landscape and features a diverse set of guests, including defense lawyers, plaintiff-side lawyers, in-house counsel, business executives, government agency representatives, and other thought leaders. Hosted by Akerman Labor and Employment partner, [Matt Steinberg](#), WorkedUp combines candid

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