

Biography

Max Citrin Hometown: Tampa Education: Davidson College - BS cum laude Biology University of Florida College of Medicine & 2005-2007 Nova Southeastern College of Medicine (Osteopathic Medical Program) & 2013 Training Certifications: NSCA-CPT*D , CSCS*D Bodybuilding Titles: Mr. Gainesville 2006, 1st place Middleweight and Overall Experience: For years I taught proper exercise technique and designed exercise programs for everyone from elderly people with difficult shoulder problems not resolved through traditional with physical therapy to Division I Athletic Teams.

BIO:I BIOI played competitive soccer when I was young, but sustained an injury that prevented me from pursuing that at a higher level. Being unable to play soccer, I started lifting weights and began to educate myself about how to best workout the body, and workout around injuries. I liked weightlifting immediately because it just felt great to use the body as it was meant to be used, and to strive for improvement and excellence in health. I enjoyed the workouts because I could see the results of my hard work and discipline, and because I liked the feeling of exerting my full effort on a task. I found peace in my workouts, and saw them as a time to focus inward. A friend suggested I do a bodybuilding competition because I was in great shape from eating healthy all the time and working out. I had never considered competing—it was just a lifestyle I enjoyed. I think that most people would be surprised to learn that many people who fall into bodybuilding are merely idealists who want to improve the body, make the most out of life, and bring the mind and body into harmony. While in college I became certified as a personal trainer and trained my college professors, and some of the Varsity Sports teams at my college. I was extremely fortunate to come under the tutelage of a very gracious mentor, Ethan Reeve, who was then the strength coach at Wake Forest University. He directed me toward the literature and resources that allowed me to educate myself on the science of sports training. He also taught me how to practically apply these concepts by allowing me to assist him in training the Varsity teams at Wake Forest. Health is my passion. It drives me in all that I do, health is a value in and of itself. It drives me intellectually, in my studying to be a physician, and personally, as I strive to embody this value to the highest level each day. Max Citrin