

## Max Citrin - Your Personal Coach

Max Citrin is offering you the opportunity to be in your best shape ever. As your personal trainer (for Fitness/Figure or Bodybuilding), he will be there to take care of you every step of the way assuring you quality supervision adapted to your personal needs and requirements.

One on one, he is there for you alone to focus on taking your physique to the next level. Advantages of having Max as your personal trainer: Motivation Max will inspire you to achieve your true physical potential, while teaching you and guiding you to improvements that make a difference in how you look and feel. Changing habits can be difficult. But much of this difficulty is as much mental as it is physical. People often "cheat" on a "diet" when they feel constricted by it. With Max you don't worry about "cheating." Words like "diet" and "cheating" invoke feelings of guilt, anxiety and limitation. With Max you focus on what you CAN do to become a happier, healthier you, and most importantly, to achieve your desired result. You work through why you feel. You recognize the consequences of what you are doing so that you always want to do it. Personally designed for you Your training will be adapted to the level your physique is currently at and will be designed with your particular goals and needs considered. Whether it's to lose weight, give your body a certain look or shape, gain size overall, tone and trim, for personal private or competition goals--everything is possible. You can set the timeline for achieving your goals in order to train accordingly. Flexibility You choose the time, days and hours you want to schedule your appointment. We go at your pace, one that is convenient and comfortable for you. Why Train with Max? The difference between other weight loss/weight training methods and "Maximizing" with Max Citrin's personal training is that Max goes beyond helping you lose weight and gain muscle. He instills great enthusiasm for training, and he is an artist who will help you create better results shaping your body to look better than you had dreamed possible. You will become not only self-sufficient, but an expert in the gym because you learn the tools of knowing exactly how to do exercises for each body part and come to understand that the development of a physique is an art and a process that you will love to do more than you expected you would. You will change how you see and how you feel about weight training...and gain strength that will carry into your business and personal life as well. For any questions and requests, contact me :

- by e-mail: [maxcitrin@maxcitrin.com](mailto:maxcitrin@maxcitrin.com)
- by phone: 813-997-9974 or 352-692-5837