

Bodybuilding

Max Citrin trains men and women. Over the years, women's contests have evolved into women having the kind of muscle that men have... with women taking steroids just as the men do. Max's training philosophy for women is to stay natural... keeping their physique more feminine and fit than overly muscular like men. He trains women differently than men, with the goal to sculpt and shape a woman's physique so that she builds muscle, but keeps her womanly traits, characteristics and shape.

Are you just getting started competing in bodybuilding or figure competitions? Do you have many questions?

- Where do I get my suit?
- How do I stand and pose on stage?
- What is the best contest color for my skin?
- How do I manipulate my water for competition?
- How many grams of carbs, protein and fat do I need?
- How much cardio should I be doing?

Don't let competing be overwhelming. My Figure and Bodybuilding Coaching Program will take the guess work out of the many questions you have for your first competition and beyond.

Competing in Figure, and Bodybuilding is not for everyone! It takes a strong mind, hard work, discipline, determination and drive. Competitors are at home cooking food or in the gym doing cardio when friends and family are out partying. The results of hard work and dedication, always shine through on show day. My philosophy involves integrating the mental approach necessary to excel as well as the principles of solid nutrition and smart training. Stage poise, presentation as well as sportsmanship are also focused upon. Having fun the day of the show and making all of this seem easy and effortless, that is what champions are made of. So, do you think you have what it takes to be a competitor? Are you ready for the sacrifices, the hard work, the sore muscles? If so, allow me to lead you down the path of success.

Let's get started... NOW! Bodybuilding Coaching Program

Program includes: Initial Profiling session

This is where I will get a detailed background, and evaluate your current situation. I want pics of you immediately, right from the get go. We need to see your body and how it changes and progresses week by week with the alterations we make to the diet and exercise program. I will evaluate strong and weak body parts and give you an initial assessment of what we need to be focusing on over the course of the program. Weekly one hour phone coaching sessions

During our discussion we will monitor your progress, discuss issues that have come up and reformat your plan to fit more closely with your current life situations. The first week we will be talking twice, the first for your initial session and the second for your first week's coaching session. This is also where we will be discussing individual needs, suit selection, diet and exercise tweaking, posing, hair, makeup, mental strategies, or whatever your individual needs are. Daily online journal and progress checks

I will review your exercise and nutrition log daily and provide you with feedback meal by meal. We will use the journal along with the weekly progress pics to tweak your diet for optimum results. I do not send out cookie cutter diets or workouts. Don't expect a detailed pref formatted exercise program or laundry list of carb, protein and fat intake. We need to work together and learn and then adjust. My programs are custom made for each person. I don't know what I will have you doing, until we start working together. I will tell you exactly what to eat, I won't make you figure anything out. But I will expect you to stick to the program. Don't blame me if I tell you to eat 1 cup of rice, and you eat a pizza, and then come to the stage with a film of water under your skin, cuz ya ain't getting your money back for that. The bottom line is that we will be in close contact, daily, if necessary to get you on track. Some people feel that daily contact is too much pressure when starting out. That's fine too. I am here for you. No two people are the same, and the mental aspects of preparation are hugely important. My goal is not to overwhelm you; rather, to be there for you as needed and keep you on the right track. Of course, as we near the contest, daily contact is more critical, to determine how your water is responding to carbs and salt. Workouts will be adjusted according to weak areas and we will discuss in detail your training and cardio. Diet and nutrition will be adjusted based on what is happening week to week and day to day. I will keep you focused on the right things, and mental strategies will be adjusted based on the personality of the athlete and their individual responses to the stresses of contest preparation. Weekly photo progress checks and re-evaluation of program.

Unlimited e-mail responses and text messaging for the duration of the program.

Two weeks post competition support.

Quite possibly the most important part of competition diet and training is what you do when it is over. We will review your pictures, get feedback from judges and modify your diet and exercise program to a maintenance program. (I will show

you how to do this) and keep you eating healthy and looking great even though you are not competing.

You should start your figure coaching program 12 weeks before your upcoming competition. If you would like coaching for a more extended period of time, please email me for programs of a longer duration.

Results Guaranteed!!!

I once heard Dexter Jackson quip in his confident manner:

“I know Joe McNeil, my trainer is gonna do a good good job getting me in shape, because if he doesn’t, he doesn’t get paid.”

This was while Joe was in the room, mind you, so everyone had a good laugh. I think you should have the same type of security. When you hand your preparation over to me, I guarantee results. You are going to look good. If you don’t, you are entitled to a full refund. But, during the time that you work with me I need you to trust wholeheartedly, everything that we are doing, or it won’t work. You need to full buy-in on your part, or I cannot help you.