

In The Gym

Max Citrin's expertise in training and bodybuilding is bar none. He has been weight training with an uncommon dedication and passion, even compared to fellow trainers, bodybuilders and fitness enthusiasts. 4 hours, 5, 6, even 7 hours a day leading up to a competition is not uncommon for Max. He will do this day in and day out for weeks at a time. Max is the embodiment of dedication and passion. He transmits enthusiasm to you simply in the process of teaching and demonstrating.

Your body will become an outward manifestation of the inner growth achieved in the process of improving the physique. You will experience rapid growth in one or all of the following areas: discipline, work ethic, vitality, insight, objectivity, pride. The exterior will be nothing but a reflection of the interior. Each extra way in which you push yourself, you will see on the outside. You're going to feel good and look good.

You are going to be pushed, but never without a logical reason. Everything done has a purpose or it would not be done. Max is a sculptor. His goal is not to just do exercises, or just to get a good workout. His attitude is that if you are gonna do something you might as well do it right. Exercises will be done with impeccable technique to perfectly shape the muscles, in so far as possible. Max's workouts are his sanctuary, and he hopes that your workouts can be the same thing for you. A time to always improve, sometimes to rejuvenate, and reflect, and sometimes just a great opportunity to have fun busting your ass, and working hard.

Max has over 10 years of experience in bodybuilding and continues to share his expertise in the gym and through online coaching... showing you how to train and eat in ways that build your physique to reveal its potential, and improve the inner man at the same time. He will give you the tools for lifelong health, strength and an attractive physique, and joy and passion for the pursuit of excellence through health.