

Services

One-Hour phone consultation

\$50.00

If you want immediate answers to any questions you've ever had regarding losing weight, bodybuilding, or any other fitness related topic, this is your opportunity to spend one-hour talking with bodybuilding authority Max Citrin. In this private one-hour consultation, Max will take the time to answer any and all questions you've ever had on training, nutrition, and supplementation and he will discuss how all of these variables can be manipulated to better achieve your individual fitness goals. (Note: Phone toll charges are incurred by the customer).

Order through MaxCitrin.com 4-Week Personalized Training Programs (without consultation)

\$60.00

If you don't need to talk to Max directly but want help in designing your training program, then this is the solution for you. 4-Week Personalized Training Programs (with consultation)

\$75.00 order through maxcitrin.com

With the 6-Week Personalized Training Program, designed by Max Citrin himself, you will get a personalized training solution that is based on the time you have available to spend in the gym, the equipment at your disposal and your particular goals. All workout variables including repetitions, sets and rest intervals will be manipulated through the use of periodization in order to assure the fastest results possible. The solution is shipped via e-mail in a WORD document within 72 hours from the time that the order is placed. The customer submits the questionnaire sent via e-mail at the time. As with all of Max's products and services you will get free e-mail support so if you have any questions, they will be answered promptly.

Order through MaxCitrin.com 4-Week Nutrition Programs (no consultation)

\$60.00 order through maxcitrin.com 4-Week Nutrition Programs (with consultation)

\$60.00 order through maxcitrin.com

If your training is going well but you have a lot of issues in designing your diet, then this service is the one for you.

With the 8-Week Personalized Nutrition Program, Max Citrin personalizes your macronutrient intake (carbohydrates, proteins and fats) depending on your individual metabolism and goals. The ratios of the macronutrients will be manipulated based on the desired goal so if your goal is to lose weight and body sculpt, then you get a solution designed for that. If on the other hand, your goal is to gain muscle mass while maintaining body fat, your solution will match that goal. The solution is shipped via e-mail on a Word file within 72 hours from the time that the customer submits the questionnaire sent via e-mail at the time the order is placed. Again, like with all of our products/services, you will get free e-mail support, so if you have any questions, they will be answered promptly. Also, diet adjustments will be made based on how your body responds to the given diet.

If you want to talk to Max directly then purchase the "with consultation" option. With this option you will begin the program by speaking with Max directly over the phone or in person. Max always takes his time during these consultations, so it truly is worth it for the added value. The "with consultation" option ensures more enjoyment of the diet because you will have the opportunity to communicate which foods you like, and, more importantly, don't like. Talking in person also gives Max a chance to feel out the emotional and psychological aspects of your diet that may prevent you from having the success you envision for yourself. Both factors ensure better adherence to the diet when purchasing the "with consultation" option. This consultation aspect is one of Max's favorite areas, and one of his best. It would be unwise to miss out on his expertise in this area.

Order through maxcitrin.com 8-Week Training/Nutrition Package (without consultation)

\$90.00 order through maxcitrin.com 8-week Training/Nutrition Package (with consultation)

\$100.00 - If you need help designing and individual solution for both training and nutrition, then this is the package for you as with it you get the benefits of the individual packages while saving \$10 (as buying the packages separately would cost a total of \$100. Plus, you get two weeks free, as these are 8-week programs instead of 6-week).

90-Minute Seminar plus 30-Minute Q & A Session
(hosted at your location)

\$150.00 order through maxcitrin.com

If you own a training studio, gym or health spa, and would like to educate your staff on the subjects of training and nutrition, then this is the service for you. For One-Hour Max will cover the topic of your choice (Training, Nutrition for Weight Loss, or Nutrition for Muscle Gain) and then follows that up with a Question and Answers Session that may last up to an additional hour. There is no limit to the amount of people that can attend the seminar but for best results, it is best when limited to 15 people as in that manner everybody gets their individual questions answered within the one-hour question/answer session. (Note: Travel expenses may need to be covered if the seminar is hosted more than 30 miles from the Gainesville Area in Florida).

Order through maxcitrin.com Ordering Issues?

If you encounter any issues with your order, please do not hesitate to submit a ticket through our helpdesk: