

Testimonial
AJ Chasko

My situation was as follows. I made the decision to compete in my first bodybuilding competition with one primary goal in mind, to enter the competition in the best shape of my life. In order to do so, I was lacking one primary factor that was empirical to reaching this goal, guidance. I have been an avid exercise enthusiast for many years; however, in order to reach my goal, I needed to supplement my knowledge with direction and experience from a credible source. For that, I turned to Dave Liberman.

I am a very detail oriented person that requires a high level attention to reach the goals I set for myself and Dave is a great person to aide in accomplishing those goals. How do I know this and why do I recommend Dave so highly? I do so because I had the opportunity to work with him for 16 weeks in preparation for my competition. Whether it was my diet, training or general health questions, I always received detailed answers and guidance that I couldn't have found elsewhere.

Everyone has goals they want to reach in regard to their health and physical appearance. Yours may not be to compete in a bodybuilding competition; nevertheless, whatever you may be striving for I can assure you that Dave can help you in accomplishing it. I rendered Dave's services for a very intense goal that required a considerable amount knowledge about how the body best reacts to changes in nutrition and exercise to arrive at a desired end result. If Dave could have helped me in attaining my goal of reaching the best shape of my life through his guidance, he can definitely help you in reaching the same goal or for many people out there, to simply get back into shape.

So how did I end up doing in the bodybuilding competition? I placed first in my age bracket and third in my weight class! Pictures don't lie; take a look at me the day of my competition. I can honestly say that without Dave's guidance and knowledge applied to my goal I would have never done as well as I did. Additionally, I should also mention that I competed in this competition while in my senior college and as most students, with hardly any money. Another great thing about Dave is that from my experiences with trainers, he is absolutely the best "bang for your buck" guy out there, who is more than reasonable in what he charges for helping you to reach your goals. In closing, I have nothing to gain from providing this testimonial and this isn't made up. I've provided my experience with Dave out of the gratitude for the results he helped me to reach and to make others aware of what they can do with the expertise of Dave Liberman.