

Loren Dyck's Testimonial for Dave Liberman

Although I had been training regularly, it was 20 years since my last bodybuilding competition when I first met Dave Liberman in February 2005 for a consultation. The purpose of our meeting was to determine whether he could get me into competitive shape again. He not only helped me get into the best shape of my life but he also showed me a pathway to living a successful natural bodybuilding lifestyle. The following lists the contests I entered and my placings since working with Dave.

2007 Natural Ohio

- 4th Master's Over 40
- 5th Open Lightweight

2007 Northern Kentucky

- 2nd Open Lightweight

2007 Arnold Amateur

- 6th Open Lightweight

2005 Natural Northern USA

- 1st Open Lightweight
- 2nd Master's

2005 Tri-State

- 1st Open Lightweight
- 4th Master's Over 40
- 4th Novice Lightweight

2005 Natural Ohio

- 4th Master's
- 5th Open Lightweight

Dave continues to provide me with encouragement and expert guidance on training, nutrition, supplementation, and posing. I still keep his competition nutrition program by my side on the kitchen table for the last week before a contest. The program is extremely effective for coming in ripped condition at show time. As a client, I have always found Dave to be very responsive and extremely diligent with a high level of attention to detail regarding my needs.

The Natural Ohio and the Natural Northern USA contests that Dave co-promotes with Todd Pember are first class and superbly orchestrated events with first-rate guest posers and very engaging emcees. I have an enormous amount of fun and I am proud to be a competitor in these events. I am still amazed at the size of the trophies and the many competitor awards that I received. Lastly, Dave and Todd's generous support of the American Cancer Society are noble and inspiring.

If you want to make a positive transformation in your physique and lifestyle, make a connection with Dave Liberman today!

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