

Melissa Johnson Personal Testimony

Dave Liberman is by far the most inspirational person I've ever met. I've been working with Dave for two years now, and not only have I seen phenomenal changes in my body since I've started training with him, but I have regained all the confidence I lost when training with other trainers.

He was able to tune into all my trouble areas and work with me to bring it all together. I am 5'6 and use to weigh 148. Now I weigh in at 130 and have a back and shoulders I never dreamed I could have. He has been so supportive at every show I've done with him. He is very honest about the changes I need to make and helps me do just that. I can't thank him enough for being the wonderful trainer he is. He will always receive the highest recommendation from me.

If you want to see real results and true muscle gains without having to use illegal substances, he's your man!!

You're the best Dave!!

1ST PLACE & OVERALL, 2006 NPC NATURAL NORTHERN USA

2nd place 2004 NPC Natural Northern USA

2nd place 2004 John Simmons Bodybuilding, Fitness & Figure Classic

3rd place 2004 Ohio State Bodybuilding, Fitness & Figure Championships

2nd place 2005 Tri-State Championships

1st place tie at 2005 Ohio State Championships

1st place at Mid-Atlantic Grand Prix Championships

2nd place at 2005 Natural Northern USA

Appearance in 2005 July/August issue of Planet Muscle

Miss January in 2006 Sizzling Sirens Calendar

Optimum Nutrition/American Bodybuilding Ad shoot

American Physiques/New Jersey Bikini Team 2006

- Melissa Johnson