

## **CONTEST PREP COACHING / POSING / TRAINING:**

With nearly 30 years in the bodybuilding & fitness industry, **Dave Liberman** is available for ALL aspects of contest prep including:

**1) ON-SEASON and OFF-SEASON** (aka, "improvement season") training:

A) Hand's on training at Titans Gym in Mentor, Ohio

B) On-Line coaching

**2) NUTRITION** - BOTH on-season AND off-season nutrition and supplementation, including the vital "peak week!"

**3) POSING** - including one-on-one instructions covering **MALE** bodybuilding, classic physique, & men's physique and **FEMALE**, Bikini, Figure & Women's Physique , presentation, mandatory poses, routines and quarter turns.

**4) POSING CLINICS - PROFESSIONAL POSING & PRESENTATION CLINICS ARE OFFERED TWICE A YEAR PRIOR TO EACH NPC CONTEST** hosted by NPC / IFBB HEAD JUDGE, GARY UDIT and Special Guest IFBB Pro coaches! These clinics include group posing, individual assessments and instructions, and individual photos of every attending as Gary places you in the proper poses and stances that make you look your BEST! Incredible raffle prizes in each division for spray tanning packages, contest stage jewelry & robes, and a grand prize of a custom made posing suits for Bikini, Figure, Women's Physique, & Men's Bodybuilding!

### **PACKAGES & RATES AT:**

**TRAINING, NUTRITION, & POSING** at: <http://www.daveliberman.com/personal-training.html>

**POSING CLINICS** <http://www.daveliberman.com/posing--presentation-one-on-one-services.html>