



“I GOT RIPPED IN EIGHT WEEKS”

A MaxFit guy's dream comes true

NAME: David Lee Perez
HOME: Los Angeles
AGE: 34 **HEIGHT:** 5'11"
JOB: Business Development Executive Mergers & Acquisitions

“When I saw MaxFit, I wanted to be as ripped as the guy on the cover.”

IT'S THE DREAM of every MaxFit guy to create a ripped physique. However, David Perez never knew how much he wanted it until he saw fitness trainer Obi Odadike on the cover of *Maximum Fitness*. David wanted to have Obi's ripped physique, so he acquired the MaxFit cover guy's services to achieve his goal. David soon realized it took more than dreaming to get the job done.

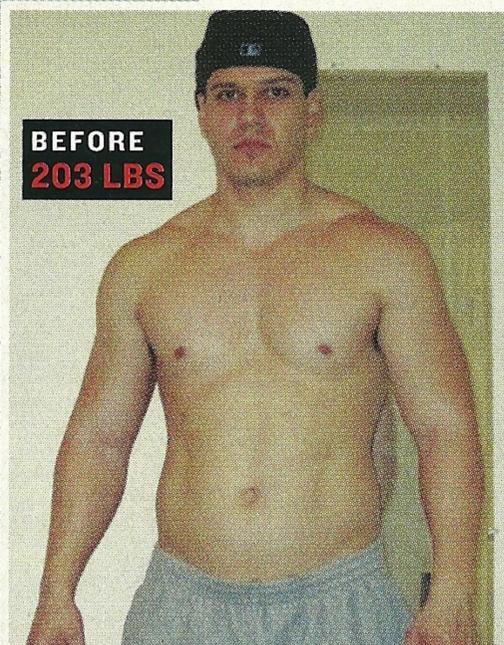
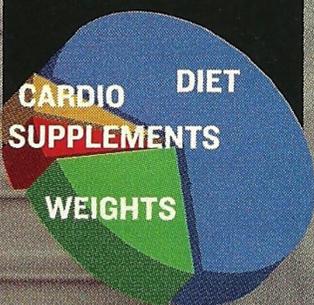
Discipline was the key to David's success. He kept himself mentally focused on his goals. “I didn't miss workouts, I made the right sacrifices, and I always tried to eat right,” he says. Eating right was the last thing David did at the beginning. Greasy, fried food and late-night, high-carb snacks were daily staples in his diet, so changing his eating habits was no easy task. “It was very challenging going from eating anything at anytime of the day to having a 2,000-calorie-a-day diet with the last meal at 8 p.m.”

Wrong eating times weren't David's only bad habit; he had also strayed from the gym. “Getting back into a regular workout routine was difficult at first because I hadn't done it in three years, but Obi helped me ease back into the gym and stay focused on my training program.”

Obi wasn't gentle with David's training; he had the MaxFit guy doing supersets and plenty of cardio. Extra calories and weight began to vanish, and dreams of looking like a MaxFit cover guy became more and more plausible. “It was a grind but worth every ounce of sweat,” says David.

David achieved success, and the results came in eight short weeks. “I couldn't believe how ripped I looked,” he says. “There are some days where I still don't believe it.” Believe it, David. You did it! **MF** —*Phill Feltham, Senior Editor*

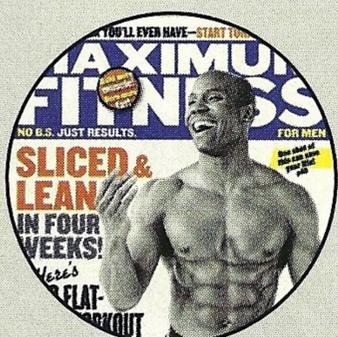
SUCCESS BREAKDOWN



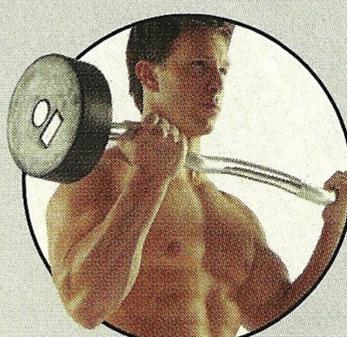
MY BEST OF THE BEST



BEST FOOD
Oatmeal



BEST MOTIVATOR
Trainer Obi Obadike



BEST EXERCISE
Biceps curl

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