

Results in 20 Minutes

Maximum fitness in just
20 minutes, twice a week.
But don't take our word for it.



Via precision exercise machines, the intense trainer-led workouts at MaxStrength Fitness max out your muscles efficiently and safely in only 20 minutes. Then they are allowed a few days to rebuild. Above, Founder and Trainer Jeff Tomaszewski is pictured with Johanna Pockar.

Legends of the fountain of youth have circulated down through the centuries. For those who have sought its restorative powers—from Alexander the Great in 300 AD to Ponce de Leon circa the 16th century—the tales share a similar ring: Drink the waters and regain your youth.

Today, thanks to advancements in research-based exercise science, the latest iteration is right here in Willoughby and Westlake, at the MaxStrength Fitness training studio. And with apologies to Señor de Leon, you don't have to wade about all day in a mineral pool. All it takes is 20 minutes, twice a week.

"People are living longer nowadays, and we've discovered through scientific studies that building muscle mass is the key to aging better," says Jeff Tomaszewski, founder of MaxStrength. "Our training combats the average person's natural decrease of muscle mass with each passing year that triggers other issues in a domino effect, including immune function, blood pressure, cholesterol levels, decreased energy, hormone levels and more. The difference it makes in your life is profound and transformational." Via precision exercise machines, the intense trainer-led workouts max out your muscles efficiently and safely in only 20 minutes. Then they are allowed a few days to rebuild.

Success Stories

Meet Mary, Fred, Johanna and Jim. In the upcoming months, we'll be focusing on these MaxStrength superstars through more in-depth stories. Here's a brief overview of what makes them special.



Mary Dolph

Mary Dolph, of Waite Hill, age 70, is a retired school psychologist who had thought athletic training wasn't possible due to her cardiac issues and spinal fusion surgery.

After a handful of months training, her medical numbers, including inflammation, are the best they've been in five years.

"The trainers had such a high level of knowledge and training, I felt immediately comfortable here," she says.

Fred DiSanto, age 56, of Gates Mills, is a client Jeff describes as a top business leader and highly driven personality type. As a former athlete in the sports of football, basketball and baseball at both St. Ignatius High School and Case Western Reserve, this intense high achiever is CEO of Ancora, a financial advisory firm.

"Since you don't need to shower as you don't work up a sweat during the session, this is an easy fit during my lunch hour," he says. "And I wouldn't have stuck with it if I wasn't very impressed with the results."



Fred DiSanto



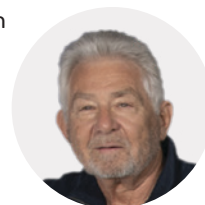
Johanna Pockar

Sixty-something interior designer Johanna Pockar, of Euclid, suffers from a litany of back issues that left her in constant pain.

"Jeff was totally honest with me, saying due to the damage that needed to be fixed through surgery, he couldn't help

my back pain," she says. "But he did say he could get me in much better shape with stronger muscles to face the surgery and three-month recuperation period. And he did that. The muscles in my back, surrounding my spine especially, are much stronger."

Though somewhere in his seventh decade, Jim Hackenberg has no plans of slowing down. This busy working attorney had heard great things about MaxStrength, but was very skeptical. "I have always been suspicious and skeptical of advertising claims, particularly those related to health benefits or body improvement," he says. "However, a friend I consider credible had joined and highly praised the program. Well I tried it and it's all you need for muscle tone and strength."



Jim Hackenberg

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twenty minutes + twice a week = transformation

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Request your FREE Initial Consultation
and demo workout.

More information and success stories at
MaxStrengthFitness.com

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