



Max Rebholz
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

The most important aspect of training isn't what you do, it's how you do it. My goal as a trainer is to help people understand the approach required to keep themselves healthy, moving and performing at the best of their ability for a long time.

AREAS OF SPECIALTY

- Mobility
- Injury prevention
- Bodyweight training
- Athletic performance
- Hypertrophy
- Neuromuscular adaptation

INTERESTS & HOBBIES

I enjoy playing music on my own or with friends, reading philosophy, playing chess and soccer, exercising and doing anything outdoors.

EDUCATION/CERTIFICATES

- B.A University of Wisconsin Madison
- ISSA Certified Personal Trainer

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

