

MAX MUSCLE NEBRASKA PRESENTS

MAX MUSCLE SUPERHEROES

At Max Muscle our passion is to help people look, feel, and perform at their best, and to get the results they deserve. We meet people everyday who have made health and fitness a way of life, people who have changed their lives, and through their dedication and lifestyle, they have become an inspiration to others. We present to you Max Muscle Superheros.



Ryan Tex

- Member of the
Omaha Fire Department

- Earned a Bachelors
Degree from UNL in 1998

- Competes in the Firefighter
Challenge

- Marrying Andrea McGrath
In July



Tell us a little about yourself. I grew up in Omaha and was active in sports through high school at Ralston. I graduated from UNL in 1998 with a degree in Business Administration. I'm currently on the Omaha Fire Department and couldn't imagine doing anything else. Fitness has always been very important to me, even more so now, do to the physical demands of the job. I'm getting married in July to Andrea McGrath. We both enjoy working out and lead a very active lifestyle.

How would your friends describe you? Hardworking and dependable. I've got a great group of friends and we all do whatever we can to help each other out.

What motivated you to become passionate about health, fitness, and proper nutrition?

I was very active in sports up through high school, unfortunately I injured my shoulder my senior year which prevented me from continuing to play in college. But I did continue to be active but kind of let my fitness slide a little. I got on the Omaha Fire Department in 2004 and I got into what I felt was good shape as I trained for the fire department. Shortly after getting hired I got involved in The Firefighter Combat Challenge. This was physically the hardest thing I've ever trained for and competed in and forced me to take my fitness to the next level. I had been fairly successful but hit a plateau. In November of 2009 I met with John Morin at the 168th & Center Max Muscle, he created a nutritional blueprint which has taught me a lot about the nutrition side of fitness. I think it's helped my fitness level and I'm looking forward to the results of the upcoming Firefighter Challenge season.

Describe the workouts you typically do. My workouts are typically geared toward improving on the events from the Firefighter Challenge. I primarily do interval training with both cardio and weights. I've been lucky to get involved with Explosive Edge which combines a metabolic circuit weight workout with extensive field work and keeps my workouts very challenging.



"I'm currently on the Omaha Fire Dept. and couldn't imagine doing anything else."