

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 Superheroes.



Ty Hoffman

- Certified Personal Trainer
- Project Foreman for Hoffman Construction
- Aspiring Fitness Model
- Currently Resides in Hastings, NE
- "Addicted" to Working Out



Tell us a little about yourself. I currently live in Hastings, Nebraska and have been a certified personal trainer for many years. I am also a Project Foreman for Hoffman Construction, and have aspirations of becoming a fitness model.

What motivated you to become passionate about health, fitness, and proper nutrition? When I was young and growing up I began to workout because I was a tall, skinny kid. The workouts became a passion and borderline addicting.

Describe workouts you typically do. Usually 4-5 exercises consisting mainly of compound movements such as squats, bench, rows, etc. with reps ranging between 5-15 to failure for larger muscles, 3-4 sets for smaller muscles.

Which Nutritionist do you usually work with, and what location do you most often visit? Steve mostly but all they guys are great to work with, I've always gone to the Max Muscle Lincoln store.

Why is fitness important to you?

Looking and feeling healthy is important to me as well as the confidence it gives me.

How were you referred to Max Muscle? I met Chad Case while I was working as a personal trainer at World Gym when it was open in Lincoln. We quickly became friends and eventually workout partners, so of course when he told me he was opening a sports nutrition store I had to check it out.

How long have you been a customer of Max Muscle?

Pretty much since the day it opened.

What do you like most about Max Muscle? Everything, knowledgeable friendly staff but more than anything I consider all the guys my friends, I live in Hastings now so when I make it to Lincoln I always try and stop in to see everyone even if I'm not planning on buying anything (I always wind up getting something though, like I said it's an addiction).



"Looking and feeling good is important to me, as well as the confidence it gives me"