

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.



Zac Stickney

- Semi-Pro Football Player
& Power Lifter

- Coaches Youth Tackle
Football

- Holds 12 Nebraska State
Records In Power Lifting

- Credits his dad as his
motivation for working out

Tell us a little about yourself.

I'm a 26 year old apprentice plumber. I grew up in Lincoln graduating from Northeast in 2002. I currently play defensive line for the Capital City Crush of the WFL, and in the offseason do powerlifting where I hold 12 Nebraska State Lifting Records.

How would your friends describe you?

The first word they would use would be "awesome". They'd say I was very laid back and easy going, they compare me to a big teddy bear.

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

Well when I was growing up my dad was a huge workout nut, he was always hitting the weights so I started to as well. Also there was sports, I was big into football and baseball both of which I played in highschool at Northeast. Playing sports definitely motivated me to workout hard and I knew I needed the proper nutrition and supplementation in order to push myself.

Describe the workouts you typically do.

Well I have a couple different routines, during football season I have 3 practices and 1 game a week. Since my football schedule takes up a lot of time and energy I don't like killing myself in the gym but I'll still try and get in there 6 days a week lifting lighter weights and higher reps.

For powerlifting I'm in the gym 6 days focusing on 1-2 body parts each day. I'll typically spend 2 hours in there lifting very heavy sometimes sets as low as 3 reps. I typically don't max out unless I have a competition coming up.

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