

Forum:[Hack Forums](#)

Thread: [==>> TRAINED BY M4 ==>> BURN FAT / GAIN MUSCLE ==>> CHANGE YOUR LIFE TODAY](#)

M4A4™ - April 12, 2021, 8:46 am

THIS IS NOT A EBOOK

For too long too many gyms have employed sub par, unqualified personal trainers who teach their members non-sense for an outrageous price with the goal of keeping that client dependent on that trainer for profit.

About Me

Quick little background of myself. I'm 22 years old and a semi-pro full time bodybuilder thanks to my sponsors in the bodybuilding industry.

I have been dominating shows since a teenager with many first place finishes in the NPC as a teenager, and it's on to Nationals within the next year or so to go earn my pro status in this sport. So I figured why not share my knowledge and change peoples lives for the better!

I have been coaching for 2.5 years now with clients ranging from sports players, motocross riders, general lifestyle (fat loss/muscle gain), pretty much whatever you can think of I have worked with! Most of my clients come from IG, however I figured why not post on HF.

Programs

Month to Month Training -

Note: This plan can be used for muscle building, fat loss, or competition. This plan is for someone who is thinking long term working as a team together. Nutrition & Training included.

All of my clients on this plan will have access to personal cell for added communication

1 on 1 Coaching

Recommended Supplements

Progressive Training & Nutrition Plan tailored towards Muscle Gain & Strength

2 Check ins a week to monitor progress and make adjustments to plan as needed

Minimum 2 Months required up front

12 Week Fat Loss Program - Nutrition & Training included.

1 on 1 Coaching

Cardiovascular Regime

Recommended Supplements

Progressive Training & Nutrition Plan

2 Check ins a week to monitor progress and make adjustments to plan as needed

8 Week Muscle Building Program - Nutrition & Training included.

1 on 1 Coaching

Recommended Supplements

Progressive Training & Nutrition Plan tailored towards Muscle Gain & Strength

2 Check ins a week to monitor progress and make adjustments to plan as needed

FAQ

Q: Why wouldn't I just look up any diet plan online and follow it?

A: My plan will be specifically tailored to you and progressive. Eventually your body will hit a plateau and this is why we have weekly check ins to monitor your progress and make the changes necessary to nutrition and training each week.

Q: Do you do in person training sessions?

A: Yes! If you are local OR if you are willing to travel to me I do train clients in person!

Pics of myself and Clients

Spoiler ([Click to View](#)) I have a lot of pictures and videos from competitions and everyday lifts on my IG: @noahdzl

Note: Due this being HF, I'm assuming some of you may think this is not really me, if this is the case just shoot me a dm on IG! Or we can hop on a facetime call many of my clients have my personal number, whatever you want to do.

If you would like to see client transformations, I will show you over discord don't want to post my client's pics all over HF

Contact

Pm me here or add my discord: Dzl#9073

Vouches from HF

Quote:(04-12-2018, 12:36 PM)mooki Wrote:

Huge vouch for M4A4. Very good pricing for the service he provides. Without a doubt, M4 knows what he is talking about and can provide the exact information YOU need. I will update this thread at the end of my plan and show results. GLWS ? ?

Quote:(08-15-2018, 03:45 PM)Hysteric Wrote:

This looks nice. I will take a vouch copy from you if you want (need to get fit ?), will write an honest review. Thanks!

EDIT: OP told me about the program and how it works and it sounds like he is working to help each and every client. He showed proof that he is who he said he is, felt like I was a guy getting ewhored but not the case. I would not hesitate to buy this if you want a real non BS dieting/workout method. GLWS my man.

Quote:(08-15-2018, 08:22 PM)Nebula Sunrise Wrote:

Bought his PT service and I gotta say I'm already impressed with the dedication he puts out to make my plans fit MY preferences and environment.

Definitely excited to see the progress I make with his help and guidance!

A vouch from me for sure.

[contract=tid]Start Contract[/contract]

Prince™ - April 12, 2021, 10:40 am

So, what's the pricing? Depends on individual basis I guess? Based on their current status and their goals?

M4A4™ - April 12, 2021, 11:43 am

(Apr 12, 2021 10:40 AM)Prince™ Wrote: [\[CITE\]](#) So, what's the pricing? Depends on individual basis I guess? Based on their current status and their goals?

Yeah exactly, if you're interested feel free to shoot me a message on discord and we can talk about your goals.

drbuza - April 12, 2021, 11:56 am

Posting here so I can get back later.

Best regards

dr

M4A4™ - April 12, 2021, 2:47 pm

(Apr 12, 2021 11:56 AM)drbuza Wrote: [\[CITE\]](#) Posting here so I can get back later.

Best regards

dr

Sounds good bro, hit me up if you have any questions!

drbuza - April 13, 2021, 2:02 am

How much do you charge and is it a onetime payment or montly?

M4A4™ - April 13, 2021, 2:24 pm

(Apr 13, 2021 02:02 AM)drbuza Wrote: [\[CITE\]](#) How much do you charge and is it a onetime payment or montly?

Pmed you regarding this!

Samesies - April 13, 2021, 2:58 pm

I am interested in this. Do we need special weights like a gym or can we do at home/park workouts. ive gained 30 pounds during this pandemic and being a dad

M4A4™ - April 15, 2021, 8:29 am

(Apr 13, 2021 02:58 PM)Samesies Wrote: [\[CITE\]](#) I am interested in this. Do we need special weights like a gym or can we do at home/park workouts. ive gained 30 pounds during this pandemic and being a dad

No problem bro! I'm your guy for this, and yes we can make that work although progress would be better in an actually gym. Still possible just a bit more challenging.

PMd you!

Fugg - April 15, 2021, 12:01 pm

if i can beat you in an arm wrestle do you think i could get a free session?

M4A4™ - April 15, 2021, 2:46 pm

(Apr 15, 2021 12:01 PM)Fugg Wrote: [CITE](#) if i can beat you in an arm wrestle do you think i could get a free session?

???LOL If you lived near me Id say fuck yeah I'm down. What state you from?

M4A4™ - April 20, 2021, 3:40 pm

Took on a few more clients, I will take on about 2-3 more and close it off for a bit. Thanks guys!

M4A4™ - April 23, 2021, 6:15 am

Bumping to the stop got room for 2 more. Lose fat for the summer!

M4A4™ - May 2, 2021, 4:24 pm

bumping this still have 2 spots open for now

M4A4™ - May 30, 2021, 10:38 am

sale is still going on for another few weeks!!

M4A4™ - June 9, 2021, 10:41 am

Last week of the sale guys and I have 3 spots open.

Host - June 9, 2021, 6:09 pm

[illegible]

M4A4™ - June 11, 2021, 9:19 am

[illegible]

Host - June 13, 2021, 3:01 pm

(Jun 11, 2021 09:19 AM)M4A4™ Wrote: [\[CITE\]](#) Imfaooo what about them?
Just a gym jokey joke

M4A4™ - June 14, 2021, 7:21 am

(Jun 13, 2021 03:01 PM)Host Wrote: [\[CITE\]](#) Just a gym jokey joke
Lmfao alrighty then

Amado - June 14, 2021, 9:33 am

Contacted Noah about a plan for for my body and talked with him in call. He's very professional in the service he provides. I'm currently in week 1 and he has given me a meal and work out plan. He has provided me a lot of knowledge and I'm very excited to get jacked!

M4A4™ - June 14, 2021, 1:50 pm

(Jun 14, 2021 09:33 AM)ojasbi7 Wrote: [\[CITE\]](#) Contacted Noah about a plan for for my body and talked with him in call. He's very professional in the service he provides. I'm currently in week 1 and he has given me a meal and work out plan. He has provided me a lot of knowledge and I'm very excited to get jacked!

Thanks for the review bro. I'm so excited for your transformation!!

Stanley - June 15, 2021, 3:34 am

I'm Stanley HF's helper bot. This OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

M4A4™ - June 15, 2021, 10:17 am

(Jun 15, 2021 03:34 AM)Stanley Wrote: [\[CITE\]](#) I'm Stanley HF's helper bot. This OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

I got 2 spots open for clients guys. Like usual I close it off at 20 clients/month to make sure I am able to give each and every one of my clients my full attention and support!

It's not so often you find a coach that genuinely cares for their clients success.

Wheelie - June 15, 2021, 10:25 am

If I can get more information about your prices that would be great. This is something I haven't seen on HF.

Imalive625 - June 15, 2021, 10:33 am

Hey pm me, looking to build some muscle, I'm a pretty lengthy fellow, I've always felt that having longer arms made it harder for me to bench & such, but maybe it's just my mind psyching me out. Would love to learn more. Thanks

The Director - June 15, 2021, 10:48 am

Don't hesitate to deal with this guy, i've been working with him for the last two weeks, very professional, also stay on watch for my formal official review of his service.

M4A4™ - June 16, 2021, 10:42 am

(Jun 15, 2021 10:48 AM)The Don Juan Wrote: [\[CITE\]](#) Don't hesitate to deal with this guy, i've been working with him for the last two weeks, very professional, also stay on watch for my formal official review of his service.

I also couldn't be more happy working with someone like you man. You are putting in the work and following the plan already down nearly 10lbs in 2 weeks.

I'm so excited to see what we can get done over the next few months!

(Jun 15, 2021 10:25 AM)Wheelie Wrote: [\[CITE\]](#) If I can get more information about your prices that would be great. This is something I haven't seen on HF.

Sent you a pm brother! Looking forward to hear back from you.