Forum:Hack Forums

Thread: ==>> TRAINED BY M4 ==>> LOSE FAT / GAIN MUSCLE ==>> VOUCHED > #1 ON HF

M4A4™ - *June 17, 2021, 9:57 am*

??THIS IS NOT AN EBOOK - UPDATED THREAD - #1 & FIRST TRAINING SERVICE ON HF??

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NOTE:
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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. I'm here to provide a service that will change not only your physique but your life as cliche as that sounds it's true.

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If you would like to see client transformations, I will show you over transformations and my IG page dedicated to clients. Just ask me on discord/email/pm.

Contact:
Spoiler (Click to View)Discord: Dzl#9073

PM Me

Vouches from my HF Clients
Spoiler (Click to View)

[contract=tid]Start Contract[/contract]

M4A4™ - *June 19, 2021, 9:28 am*
Still got spots open guys, waiting for a few vouch reviews as well should be posted soon.

Money4life - *June 19, 2021, 9:48 am*
This is something pretty unique. Good luck with sales!

If you don't mind me asking, how long have you been working out for?

M4A4™ - *June 19, 2021, 2:32 pm*
(Jun 19, 2021 09:48 AM)Money4life Wrote: *[CITE]* This is something pretty unique. Good luck with sales!

If you don't mind me asking, how long have you been working out for?
Yeah man, for 7 years.

But 3 years of actually competing and taking it very serious. Started off just wanting to be bigger, and it became something much more than that for me.

The Director - *June 20, 2021, 5:43 am*
My Official review for M4A4's Personal Training Service:

P.S. apologies for the delay on the review,(In the process of travelling for the summer)

I've been given a trial of his training services for a month and it's been about halfway through it now and although
it hasn't been that long, I've definitely seen results. OP has crazy experience and know what he's doing in the gym despite
being young, Now i've had personal trainers in the past, but usually they were
just exercise instructors(plus overpaid), with M4A4, he not only gives you training techniques(all with videos as well),
he constructs a new diet plan custom to you and no one else as well as a supplement plan(optional), Me personally(OP is not
at fault at all) have been travelling and working all this past couple of weeks so haven't followed the diet plan as thoroughly
as I should but still have went down 7 pounds despite probably following only 70% of the diet plan he gave me, but have
100% followed the training&supplement plan to the tee. With the two programs he offers, you really have to stay in
communications with him if you simply wish to succeed, he supplies us with his email, media contacts, and can ping us
through the personal training app he operates through so there's many ways to get a hold of him and you vice versa. On top
of all of this, his rates are very reasonable, some people in the past have charged me double & triple for strictly lifting
(not even cardio, different calisthenics workouts, etc) workout sessions. My experience so far has been more than what I

expected and he's definitely provided what he's advertised. I will continually update this throughout my trial the next month
and a half.

M4A4™ - *June 21, 2021, 5:06 am*

(Jun 20, 2021 05:43 AM)The Don Juan Wrote: [CITE] My Official review for M4A4's Personal Training Service:

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expected and he's definitely provided what he's advertised. I will continually update this throughout my trial the next month
and a half.

Appreciate the review my guy. We just getting started too big things are coming for you. It’s been a pleasure working with you.

M4A4™ - *June 23, 2021, 6:56 am*

Got some spots open guys don't hesitate to contact me.

Sparky - *June 23, 2021, 7:17 am*

im interested. hit you on discord

M4A4™ - *June 23, 2021, 12:12 pm*

(Jun 23, 2021 07:17 AM)Sparky Wrote: [CITE] im interested. hit you on discord
I have messaged you back bro, hoping to get something going with you!

M4A4™ - *June 26, 2021, 11:48 am*

One spot left for the month guys and I'll be closing it off until more open up.

SecureOp - *June 29, 2021, 3:47 am*
Posting to come back in the near future.

M4A4™ - *June 29, 2021, 9:22 am*
(Jun 29, 2021 03:47 AM)percy Wrote: [CITE] Posting to come back in the near future.
Glad to see your giving it a try! Excited to see your transformation brotha.

M4A4™ - *July 2, 2021, 5:43 am*
(Jul 1, 2021 06:26 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
Guys, if you are UNSURE about getting into the gym or sticking to a diet please DO NOT contact me until you are sure you are ready.

You either want to do this or you do not. I can not do the workouts for you or cook and feed the meals to you. You are the one DRIVING I am just Navigating so if you do not truly want to make this happen don't waste my time or yours.

Just being straight up, thanks.

M4A4™ - *July 6, 2021, 8:05 am*
I have one spot open and then I will be closing this off until another slot becomes available guys, thanks!

M4A4™ - *July 10, 2021, 4:49 am*
I still do have ONE slot available for this month is anyone is interested.

M4A4™ - *July 14, 2021, 2:16 am*
2 more slots opening up, I am ready to take on some more guys.

M4A4™ - *August 8, 2021, 6:35 am*
Still have slots available for this month.

Fi?is - *September 1, 2021, 9:17 am*
Hey mate, what's the price you ask for that?

GoodSears - *September 28, 2021, 9:37 am*
Dzl has been training me for about 3 weeks now. he spends time helping you with a good diet + workout . I have lost about 5 pounds with him and gained a lot of muscle. This man is educated and proven and $50 a month is an amazing price because most personal trainers charge that an hour not a whole month. Do not pay for a trainer hire this man instead.

M4A4™ - *September 28, 2021, 10:04 am*
(Sep 28, 2021 09:37 AM)GoodSears Wrote: [CITE] Dzl has been training me for about 3 weeks now.

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Appreciate the vouch man. Proud of the progress you've already made, and this is just the start.

M4A4™ - *October 19, 2021, 6:05 pm*
Took on a lot of clients this past week. Just a heads up to everyone I have 4 more spots open and will be closing it off for some time.

androbotlol - *October 23, 2021, 1:58 pm*
Do you have knowledge of male hormones?
Would you be able to give advice on improving free testosterone levels?

M4A4™ - *October 23, 2021, 2:57 pm*
(Oct 23, 2021 01:58 PM)androbotlol Wrote: *[CITE]* Do you have knowledge of male hormones?
Would you be able to give advice on improving free testosterone levels?
Yessir, just shoot me a message on discord and we can talk.

iReFuSe2LoSe - *January 19, 2022, 4:48 pm*
(Jun 17, 2021 09:57 AM)M4A4™ Wrote: *[CITE]*
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[contract=tid]Start Contract[/contract]
Just followed you on my personal IG, I am already working out but will support you. Give me a follow back!

M4A4™ - *March 1, 2022, 10:53 am*
Starting to take on new clients again

Stanley - *March 19, 2022, 8:47 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.

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Thanks,
Stanley

T0fu - *March 22, 2022, 8:13 pm*
Just added you on discord for this!