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Max Hawthorne

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Max Hawthorne : Memoirs Of A Gym Rat: One man's 20-year journey through the bowels of the health club industry. before purchasing it in order to gage whether or not it would be worth my time, and all praised Memoirs Of A Gym Rat: One man's 20-year journey through the bowels of the health club industry.:

1 of 1 people found the following review helpful. A Peak Behind the Shower CurtainBy shine me onI'm struck by how

polarized these previous reviews are: saying the author is spot on in his indictment or a real jerk himself. I suppose the negative reviewers had a nerve (or muscle) struck. I found the book to be interesting, often funny, and quite well crafted. So often indie books are terribly written, but this one is smooth and quite free of the grammar, spelling, and technical problems you usually found. It's in the tradition "Kitchen Confidential" which exposed the seamy underbelly of the restaurant industry, but, in this case, the gym trade. Come on, he just ratifies the stuff we already suspected to be true. 3 of 3 people found the following review helpful. the Truth! By kole I used to work as a personal trainer and I gotta say, this book is not only an easy read and funny as hell it is right on the money. No joke. Max tells it all just as it is, from the backstabbing bosses to the horny housewives to the greedy sales reps who will rob you (and each other) blind whenever they get the chance. You have no idea what goes on when nobody is looking in these gyms, but when you read this book you will find out. Finally, someone who has not only seen it all, but also has the guts to write about it! 1 of 1 people found the following review helpful. Disturbing yet hilarious look in the gym world By NITSUD! This book is crazy. I've never gone to a gym, but this book made me feel like I have. Max Hawthorne takes you inside the physical fitness world, and all of the insanity therein. I laughed, I cringed, I fumed, and I was amazed at what goes on in the industry and the cast of real life characters who work and workout at these places. Very interesting, check it out!

There are the sadistic personal trainers, who seem to enjoy your physical pain a bit too much. There are the slimy sales reps, who forever dream up new ways to strong-arm your paycheck from you. And there are the locker room Lotharios, who bed as many women as they can do pushups. A body with abs of steel is just one of the things you can get at a health club; some of the other things may not be as desirable. Ask Max Hawthorne, an industry veteran of more than twenty years, with countless experiences on the seamy side of the steam room, where sex, steroids, and membership cons pile up like used gym towels. *Memoirs of a Gym Rat* is his jaw-dropping exposé of the outrageous, tawdry, and despicable cast of characters that gravitate to the workout room. A hilarious survival guide for the fitness-minded, this salacious tell-all shares a collection of anecdotes surrounding the appalling behind-the-scenes shenanigans that occur in health clubs, both during and after business hours. From the endless sexcapades to the unsavory tactics designed to ensure your health club contract lives longer than you do, *Memoirs of A Gym Rat* also serves up plenty of sound advice on navigating this pervasive culture, so that you can enjoy getting ripped – without getting ripped off. From one shocking encounter to the next, Hawthorne paints a lurid, sweaty world rife with casual romps on the exercise floor, and anabolic steroids on overload in the locker room. Find out all about the sex, drugs, and barbell curls that are on fitness regimens in this rare look at the scandalous culture that runs rampant in health clubs. With raw honesty and twisted wit, Hawthorne bares all the dirty little secrets that will leave you spent from laughter, while helping you keep your fitness goals (and sanity) on track.

Max Hawthorne's raunchy, revealing memoir is certain to induce bouts of calorie-burning laughter, embarrassed grins, and reconsiderations of one's gym membership. A smutty and enjoyable exposé of life behind health club doors, *Memoirs of a Gym Rat* is both a scandalizing and edifying read. After a disillusioning trek toward his dream career in veterinary medicine, Hawthorne determines that he could turn another of his passions—physical fitness—into a job. He finagles his way into a starting position at a gym, where he gets his first peek into the often nauseating underbelly of the fitness industry. In the no-holds-barred pages of his memoir, Hawthorne shares many grisly revelations. Trading between sketches of the characters he worked with and for and glaring disclaimers for those who might be inclined to trust that their memberships will be as advertised, Hawthorne takes on the health industry and strips away any illusions of glamour. For the trainer, dreams of transforming lives are quickly shattered by the realities of quotas and cash. But monetary drawbacks are balanced with an overabundance of sex. Pithy introductions of characters add color to Hawthorne's overarching presentation of health club life, but few members of the cast stick around for long. Little seems left out; scatological moments, both literal and figurative, abound, among so much politically incorrect behavior that one can't help but groan. Hawthorne's honesty on such points will either charm or annoy, or both. For gym members current and prospective, Hawthorne lays bare the truth that gyms care about the heft of a person's wallet, not the reduction of his body mass index. Using his own development from floor assistant to personal trainer to greedy salesperson as a guide, he coaches his readership on how to be wily when considering contracts and training schedules. In the role of coach, Hawthorne's professionalism emerges, resulting in advice that may prove invaluable. - ForeWord Clarion

About the Author Max Hawthorne was born in Brooklyn and grew up in Philadelphia, where he graduated with a BA from Central High School and a BFA from the University of the Arts. He is the author of the bestseller *MEMOIRS OF A GYM RAT*, an outrageous exposé of the health club industry, as well as the award-winning *KRONOS RISING* novel series. In addition to being a bestselling author he is a voting member of the Author's Guild, an IGFA world-record-holding angler, and an avid sportsman and conservationist. His hobbies include fishing, boating, and the collection of fossils and antiquities. He lives with his family and an impossibly large rabbit in the Greater Northeast.