

MAX WORKOUTS REVIEW IS SHIN OHTAKE S MAX WORKOUTS PROGRAM

[shin ohtake s fat burning workout my max workouts review](#)

I highly, highly recommend this workout program. It put me in the best shape of my life and set me up with a good foundation to continue to lose fat and build muscle and loaded me up with tons of knowledge.

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I have written my personal review of Max Workouts program but I suppose you want to learn about other people experience as well. Here are several reviews I found on Youtube.

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Max Workouts Review: Does This Program Really Work? I finished the 16 th week of the Max Workouts routine and figured now is as good a time as any to review it for you folks. First and foremost, you can consider this a fat loss product. Max Workouts can definitely help you build muscle, but itâ€™s not really geared toward building Phil Heath, Jay Cutler, or (gasp) Marcus Ruhl kind of muscle!