

Testimonials

See for yourself why Michael George is a world renowned Fitness Celebrity Trainer. Hundreds of satisfied clients speak on why it works!

What are clients saying about Michael?

Before training with Michael on-line, I was never really sure if what I was doing in the gym was right or whether or not my diet was adequate. With Michael's fitness and nutrition program, along with his guidance, I can now go to the gym with the confidence of knowing that the program I am working is the right program for me. I have learned so much and have lost 22lbs in 8 weeks. I feel better then ever. His fitness plan is phenomenal.

~Susan Jenkins, Ohio

I never thought I could hire a trainer on-line and expert results. But with Michael's constant motivation and fitness program I have seen amazing results. I can now fit into a size 3 which I haven't worn for over 6 years. I have more energy than I know what to do with and the nutrition plan is easy to follow and to stay on.

~Tricia Morgan, Oregon

I've always had a hard time putting on muscle mass. MG's building program kicked my butt and added 15 pounds of muscle in less than 6 weeks. He completely changed my diet and work out regime. MG is definitely the man when it comes to fitness.

~Jay Samuel's, Pittsburgh

Michael's system works miracles, and I'm not exaggerating. When we started in July 2008, I was 240 pounds and my body and heart were weak. By *exactly* following his exercise and nutrition plans I was shedding 5 pounds a week for the first 4 weeks! I reached a plateau but stuck with it and dropped another 10 pounds over the following 6 weeks. It is now December 2008 and I have lost almost 50 pounds- but that's not the most important thing. I am 48 years old, and my body has changed to that of an athlete at least 10 years younger and my heart is very strong. People who know me did not recognize me at first. That is how big the change is. Thank you Michael, for stopping the downward spiral and adding many more years to my life.

~Allen Battino , Award Winning Visual Effects Art Director

Michael's system works miracles, and I'm not exaggerating. When we started in July 2008, I was 240 pounds and my body and heart were weak. By exactly following his plan for changing my eating habits and exercising I was shedding 5 pounds a week for the first 4 weeks! I plateaued but stuck with it and dropped another 10 pounds over the following 6 weeks. It is now December 2008 and I have lost almost 50 pounds- but that's not the most important thing. I'm 48 years old, and my body has changed to that of an athlete at least 10 years younger and my heart is very strong. People who know me don't recognize me at first. That is how big the change is. Thank you Michael for stopping the downward spiral and adding many more years to my life. Allen Battino award-winning visual effects art director !

~ Ron Shostack

Of course only a "positive light" shines !

I've been working out for years and have used many personal trainers. by far, Michael is the most innovative. He utilizes excercises and routines that get maximum results , and he's enjoyable to deal with. I would highly recommend Michael to anyone seeking to get in the best possible shape.

~ Bill Glaser

Michael George ignores the call of surrender. He is the promise of all possibilities. He is the spirit between hope and uncertainty. He is a human monument who shouts to all who will hear and even those who won't. He gives full measure of his wisdom with nothing left out. He has quietly provided me a firm foundation for personal health and physical fitness. He is an incredible trainer , a magnificent person and a force of nature in the fitness world.

~ Paul Van Zyl

Finally , some one is letting us mere mortals in on all the secrets- for free! I tried the sculpting workout for the first time today ,and i felt as if i had a personal trainer right by my side. I always wondered why no magazine would ever give up these tips. They are presented clearly and concisely. Please thank Michael George for realizing that not everyone is a celebrity , that not everyone has a celebrity budget, and that does not mean we should be disregarded in the "personal training " arena. He has given me new hope an direction, and I am sure that I am not the only one to feel this way. Great Job , Glamour !

~ Allyson in response to Michael's Article in Body by Glamour