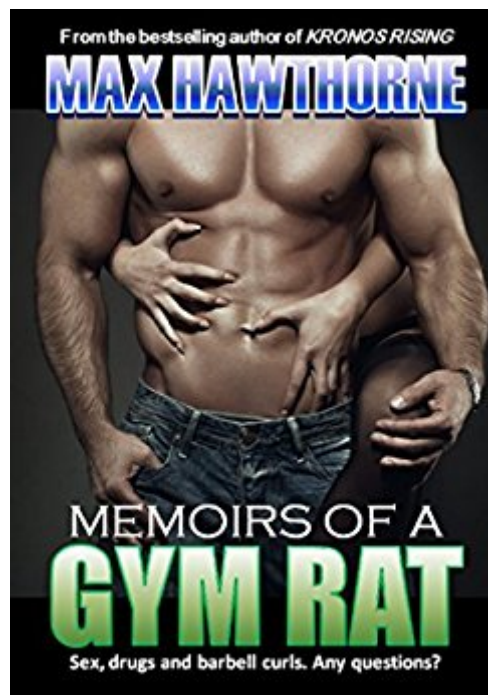


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# MEMOIRS OF A GYM RAT - Sex, Drugs And Barbell Curls: A Hilarious Survival Guide To The Health Club Industry.



## Synopsis

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 â “ 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.

## Book Information

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## Customer Reviews

I'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.

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!

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!

I lost count of the OMG moments in this book! At times I laughed to the point of exhaustion. Max has a knack for drawing a vivid picture and finding the humor in any situation. In addition, he gives great "Buyer Beware" advice for those who want to join a gym. Pick up this book ... you'll be glad you did.

Wow â “ if you donâ™t feel dirty after reading this book, thereâ™s probably something wrong with

you. Max lifts the used towels off the locker room floor and shines a light on whatâ€™s crawling underneath. Funny, real, and filled with tidbits of helpful information â€“ “once you read this, you may never look at your gym the same. Not for the faint of heart, but thoroughly enjoyable.

Honestly one of the most informative book I have read about the going on's in some gyms. Most defiantly an eye opener on a lot of things to watch for the next time I sign up for a gym membership and not only was it very informative it was down right hysterical! This book is a must read I thoroughly enjoyed it and will be reading it again.

I didn't expect to like this book. Think I got it when it was free and liked the title but not the cover. The content was incredibly entertaining and had me chuckling away on numerous occasions, which I rarely do when reading. Much of it rang bells of my own experiences at being press-ganged into signing gym contracts or the hassles of trying to cancel them. Just glad I didn't know some of the things that went on between those four walls.... Highly recommended.

Hands-down the funniest book Iâ€™ve read in ages, and the pointers Max Hawthorne gives are oh-so-true. I just wish the book came out years ago, it is LONG overdue! Iâ€™ve joined a few gyms in my day and each and every time I did I felt like I got mugged. Trying to avoid getting ripped off at these places is like swimming with sharks â€“ big, hungry ones!

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