



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ORLANDO GREEN PERSONAL TRAINER

Orlando Maximus Green is the owner of Maximus Coaching Lab. He is certified through ISSA – International Sport Science Association and is also CPR Certified, a tactical specialist and life coach. He is a native of Athens and has over two decades of training experience in both personal coaching and group training.

Orlando has worked with people in all walks of life. He also has a personal investment in body transformation. Growing up, Orlando was always a skinny kid, struggling to put on weight and maintain muscle. Looking at him now, it's hard to envision this. Through hard work and dedication he has become a world record holder and highly respected strongman and deadlift competitor.

Orlando has devoted his life to helping other people transform their bodies and more importantly, their lives. Maximus Coaching Lab provides expert personal training to help clients perform at their physical best, regardless of age or fitness level. Orlando is not a drill sergeant, but he does believe in helping people to become the strongest version of themselves through exercise, whether it's physical or mental.

Everyone's body is different and everyone's goals are different. Maximus Coaching Lab doesn't have cookie cutter workouts, each client's abilities and goals are assessed and a custom training program is created that's tailored to that individual.

Maximus coaching lab Programs include:

- Custom weight training programs, Weight Loss programs, Assessments and evaluations- initial and ongoing,
- Strength training, Pre- and Post-natal training, Sport specific training, Nutritional counseling
- Boot camp training, Group training, autistic warrior coaching, life coaching and Mentors troubled youth

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