

How Did The Method Start?

The Method began with body builder and personal trainer, Maitland Nance. Maitland had a passion for fitness early on and opened his first gym in 1960. Shortly after, Maitland won Mr. North Carolina. Maitland's body-building career looked promising until one evening he was robbed and shot in the chest. As a result, Maitland suffered from nerve damage in the arm and figured at the age of 34, his weight lifting days were over.

"I thought I was through and couldn't continue lifting but the method changed everything,"

Maitland started with 2-pound weights and changed his whole training technique. No more bouncing or slinging, just steady and controlled movements. Through hard work and consistency, Maitland started shaping up his upper-body again.

Shortly after turning 40, Maitland won the National Mr. America competition.

Through his experiences, Maitland created The Method; a system that helps individuals develop a fundamentally sound workout regimen and accountability system.

National Championships Won:

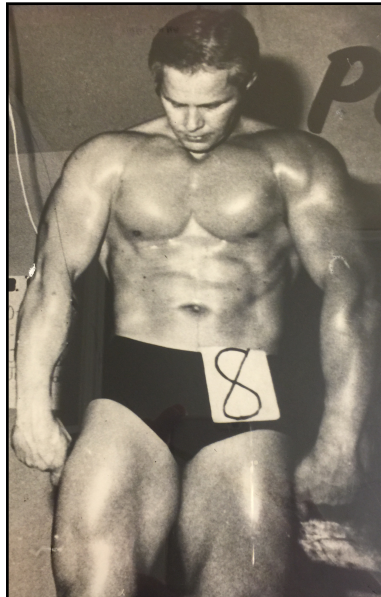
1981 Won Past 40 Mr. America

1996 Won Past 50 Mr. America

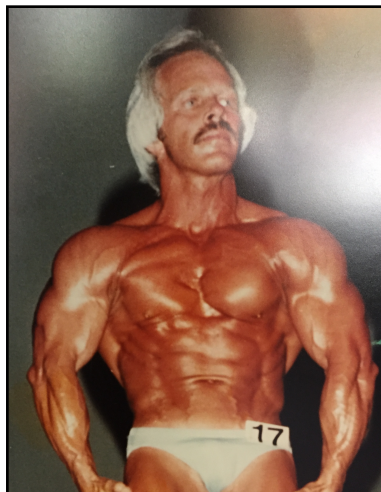
1999 Won Past 60 Mr. America

2009 Won Past 70 Mr. America

1973



1981



2015

