

## Testimonial from a FAN!

*Quote from a Fan, "I noticed in the mirror today...I'm starting to notice a bit of that X shape we are working toward."*

My name is John Bryant and I've been training under Derek's guidance for the past 7 weeks. When I first contacted Derek I was hesitant to do so, at age 37 it seemed late to start weight training and bodybuilding, but I wanted to give it a shot. Derek was more than willing to help. Derek has been instrumental as a personal trainer in helping me achieve my fitness goals. He has worked closely with me to help define what exactly my goals are and then designs workouts to achieve those goals. Under his guidance I have made great gains in weight training by improving my technique and maximizing the amount of weight lifted. I can see physical differences, my lean muscle mass has increased dramatically and I've had significant weight loss. I've gone from a waist size of 42 inches to a size 36. I've also put on inches of muscle. Derek has guided me to better nutrition and suggested supplements to help me achieve my goals. Each day I receive a workout with an explanation as to where we are going in training and how those exercises will help get me there. Derek is also very good about answering training questions in a quick effective manner and frequently offers advice for motivation and suggestions for getting even more out of training. Derek is very flexible and will work with your schedule to provide workouts that work for you.