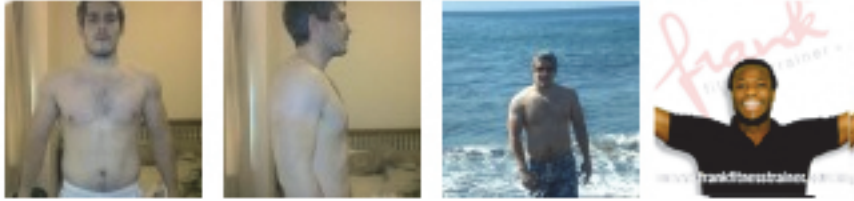
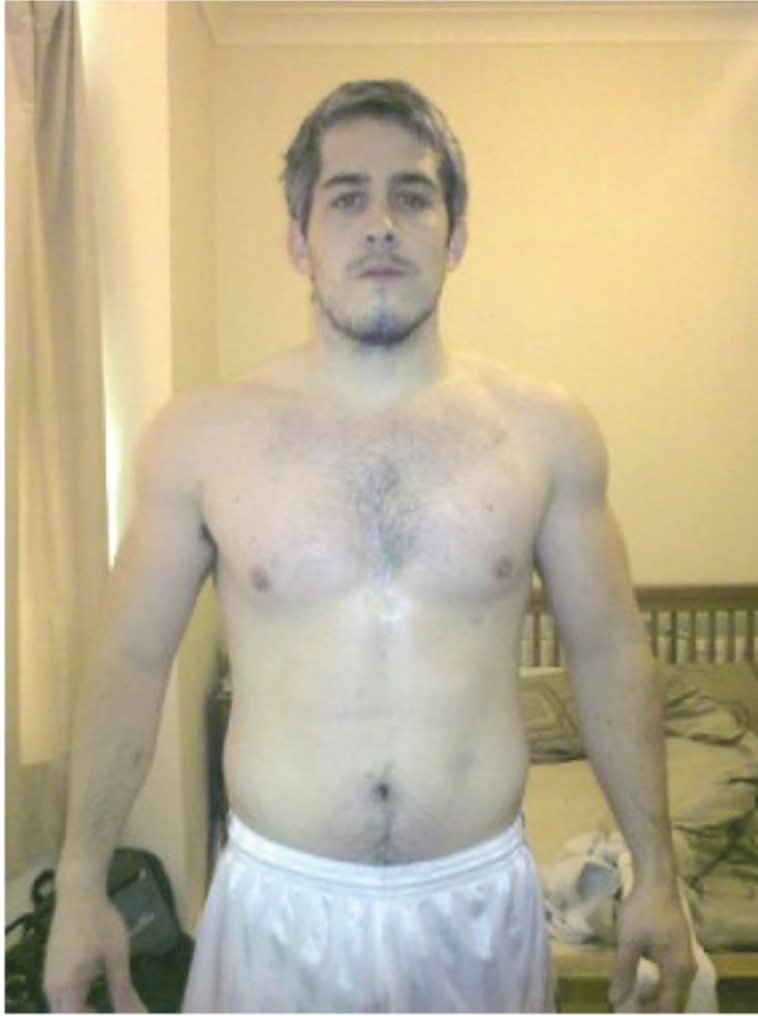


MEMBER LOSES 7KG IN 6 WEEKS



Hi,

Jo' Gough is a member at Fitness first Southampton. I have been training Jo' for 6 weeks and he has lost a staggering 7kg. I put Jo' through a weight loss programme, with a complete diet guideline, most of his workouts comprised of Cardio, High reps, Low resistance, Plyometrics, Functional exercises and general athletic style training. This is what Jo' Has got to say for himself;

-I have been going to the gym for around 11 years or so and in that period I was even working out 5 times a week, for all of the effort I was putting in I was never getting the benefits I wanted. The issue I had was I kept running out of exercise ideas and my body was getting used to the ones I was doing. I never had an issue with bulking up and putting on mass but could never get trim.

The main reason I choose to go down the personal trainer route was for a holiday in Australia and to final try and get lean and trim

Frank came up with a 6 week programme which included various exercise to keep the heart rate up and a diet plan which was easy to follow. I trained with Frank once a week and all the session where never the same so you are always kept on your toes.

Since training with Frank I have been introduced to so many different styles of training techniques which I have found to be the best yet. Frank used exercises I have done in the past but then add something a bit different, this way my body was always guessing. By keeping to these training methods and a very simple diet I started seeing results in only a couple of weeks and after the full 6 weeks I had lost 7 kilos.

When I had the PT sessions with Frank I always got a full work and pushed myself to the limit. Frank has a great way of pushing and motivating you knowing your body's full capability.

I would 100% recommend Frank, especially if you are not getting the right results that you want, he has innovative training techniques, a variety of fitness exercises to suit all and is a great motivator.

Cheers Frank.