

24/11/2016

I started with Regan 12 weeks ago with the goal of cutting my body fat down to 12% within those 12 weeks. I have just completed my 12 weeks and am at 14.5% which I am extremely happy with. This was all achievable because of Regan's expertise, experience and knowledge. He pushed me to my limits and beyond in our training sessions and provided me with the tools to succeed. I always had on-going support no matter what. The meal plan and nutritional information Regan supplied was a huge help and I was always able to quiz him on various subjects relating to my plan. I have had trainers in the past and can honestly say I have never had one that truly has your best interests at heart and is able to train you beyond the capabilities you thought you were limited to. I would 100% recommend Regan as your personal Trainer.

Regards,

Matt Phillips.

12 Weeks!

