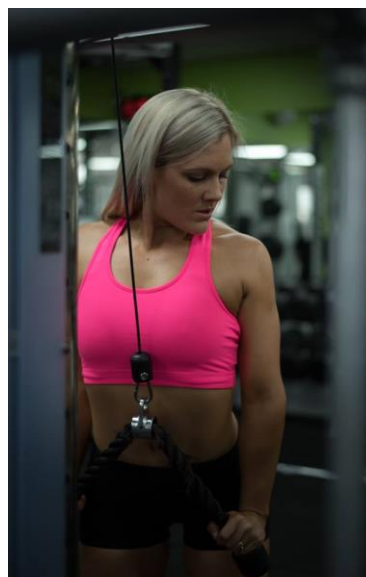
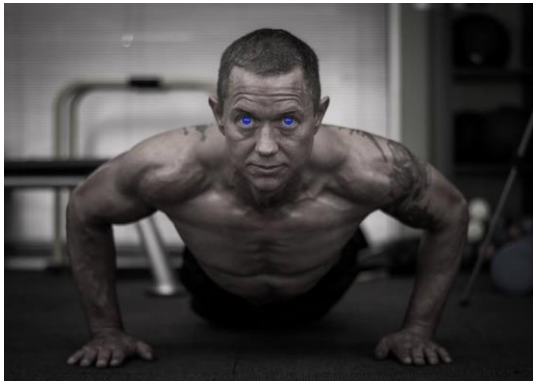


AUGUST CHALLENGE 2016



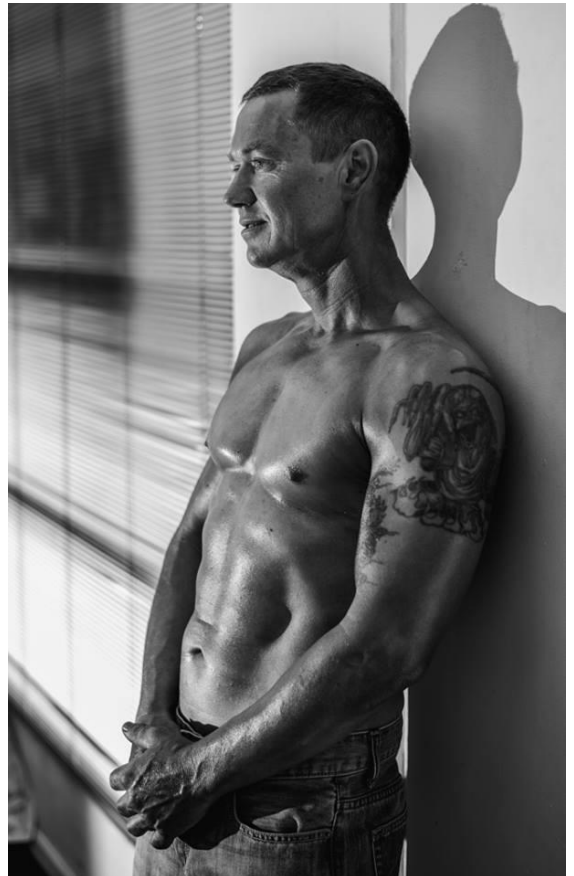
The challenge for me, has been exactly what I needed to make myself a priority in my busy life. I feel strong & healthy, like I've found myself again. Before the challenge I had never been confident enough to train with weights in a gym environment, ever! Having a program to follow made it a lot easier to workout, because I wasn't left standing there not knowing what to do. Completing the Trend Challenge was totally different to other similar programs I've tried doing on my own. The gym environment is so positive & encouraging & I always felt supported by the trainers & the members. I am absolutely thrilled with my results! At the end of the day though, my physical changes are only the icing on the cake - the real difference is how fantastic I feel.





At the beginning of the challenge my goal was to lose the rest of my body fat, and coming in at 9.3% bodyfat this has been achieved in my eyes.

More importantly during this challenge I have become a student and through reading articles and watching and listening to others my knowledge has grown. Gone is the fat sick guy that walked into the gym 9 months ago.





Didier



3RD PLACE



Michelle



TOP TEN



Amber



TOP TEN



