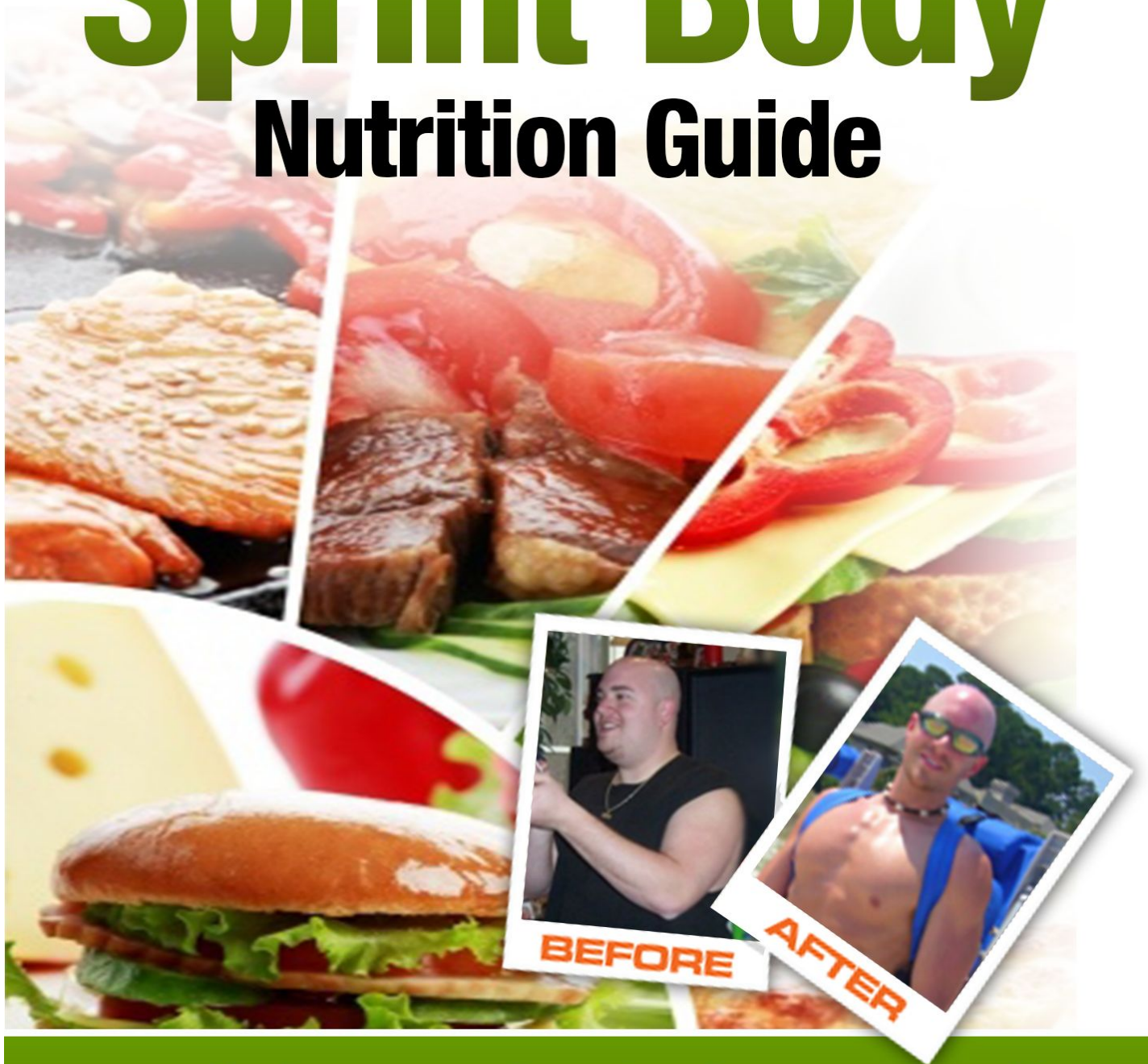


# **Sprint Body**

## **Nutrition Guide**



**A Realistic Approach to Getting Lean for Life**

**Mike Whitfield** Master CTT

## **Welcome from Mike Whitfield & Sprint Conditioning**



**Mike Before**



**Mike After**

The last time I created a nutrition guide was back in 2012. Although that really wasn't that long ago, things have changed for me.

The harsh truth is that I'm head first into my 40's and my genetics are pretty terrible. But that won't stop me from feeling and looking better than I did in my 20's (see photo above).

**It shouldn't stop you, either.**

However, it seems that all these other nutrition plans make you eat 5-6 times a day or eat broccoli and chicken or some kind of crazy formula you have to put together. C'mon...

That's not realistic for you... or me. Yeah, I'm busy, too. I have two kids that I adore (Champ and Deakan) and a wife to keep happy.

Some things that have worked for me in the past are still working, but with some tweaks. And I've discovered new things that are working for both readers and clients that are busy like you.

So, how do you get lean for life without obsessing about it? Let me show you...

**Enjoy,  
Mike Whitfield, Master CTT  
Contributor to the Men's Health Big Book of Getting Abs**

**PS – Have a question? Let me know on my Facebook page below...**

[www.facebook.com/WorkoutFinishers](http://www.facebook.com/WorkoutFinishers) - See you on Facebook? Yes, you will.

**DISCLAIMER:**

You must get your physician's approval before beginning this nutrition program.

These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to making any changes in your nutrition. This program is designed for healthy individuals 18 years and older only. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any nutritional program.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

**Quick Glance Guide (In Other Words,  
What's In This Thing??)**

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MIKEY'S DAILY SCHEDULE ..... PAGE 7

WHAT I DO AND HOW I DO IT ..... PAGE 9

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NO-FLUFF SUPPLEMENT GUIDE ..... PAGE 21

## My Own Personal Struggles

**First, I'm going to be 100% transparent.**

I have cravings. I love enjoying myself on the weekends.

I've finally "hacked" a way to cure both of these problems.

Maybe you crave sweets like I do. Offer me the best wine in all the land and I can easily say "no thank you".

However, if you put a pint of Ben & Jerry's ice cream on the table, you can expect it to be empty within 20 minutes or less.

Mmmmm... "liquid sugar". (That's one of the ingredients).

I also love beef nachos, just about any kind of chips or salty carbs, and pretty much anything to do with peanut butter.

My #1 treat?... C'mon, you should know this by now. However, if you haven't heard of me, the experts in the Fitness Industry call me "Mr. Pancakes".

If there was ONE thing I can eat every day and still stay lean, it would be that. I can eat them for breakfast, lunch and dinner. I'll even eat a stack because...

- **No reason**
- **I just completed writing an email**
- **I'm watching a great movie**
- **To celebrate someone's birth (it's somebody's birthday every single day)**



And honestly, I have a stack NO LESS than bi-weekly. If more than 2 weeks go by without having pancakes, I get upset.

So, now that you know I'm human and you're not the only one who craves junk, you'll love this guide. It's practical with reminders of common-sense approaches, but at the same time, allows you the freedom to enjoy yourself without the guilt...

... all while losing fat each week.

But, let me be clear...

## My Own Personal Struggles

If you're looking for a "Rapid Fat Loss" nutrition plan, this isn't what you're looking for. Instead, this is a simple way of life to lose fat consistently and keep it off for life. Yes, I'll even say it... "It's a lifestyle, not a diet".

And remember, if a stubborn guy like me can do something like this...



Then **YOU** can certainly do it, too.

Now, you'll also see a bird's eye view of my daily schedule. It's pretty much chaotic, but so is your day, right?

No 2 days are the same, with the exception of my rituals.

However, my rituals are what keep me on track, and they will keep you on track as well. That's one of my secrets.

**When you have rituals and habits in place, it then becomes easier to stick to your plan. You're being proactive and not reactive.**

That's worthy of printing out and putting on your fridge ;)

Alright, let's dig in...

## Mikey's Daily Schedule

Each morning, I get up at 4 AM. This used to be horrible. Now it's pretty much awesome.

I'll save my "Productivity Speech" for another day since this is a nutrition guide, but let me say this... getting up earlier will solve a lot of your problems. Whether you're behind in your work or can't find time to exercise, getting up earlier solves that.

You'll be shocked at how much you can do when the world is sleeping. Give this "new found" time to yourself. You deserve it.



The first thing I do is take my multi-vitamin and a probiotic. My multi-vitamin is made from whole foods so that's why I can take them on an empty stomach. I would put the link, but I tend to change my vitamin fairly consistently to see how I respond...

Do I have more energy?

How are my cravings?

Etc., etc.

**Now this might sound controversial, but a probiotic is MORE important than a multi-vitamin.**

Look, there's a lot of crap in our food, even if it's "healthy" food.

## Mikey's Daily Schedule

If your digestion is not optimized, you won't be able to absorb vital nutrients and worse, you won't be able to lose fat.

Let's get personal... **you need to be REGULAR.** If you're not going at least once a day, chances are, you're not going to lose fat...

... no matter how great a program is.

If you eat any kind of gluten (hey, I do), then a probiotic will help repair the damage that gluten can have on your system.

And most probiotics on the market are terrible. In a nutshell, probiotics are live bacteria that help with digestion, improve your immune system and more.

The ones you buy at the supplement store? Most of the bacteria are dead, which means it doesn't work.

I take one probiotic in the morning and one more just before dinner. That's what works for me.



This is the best probiotic on the market (been taking it since 2013)

=> <http://tinyurl.com/getaprobiotic>

And don't worry, I'll leave a resource in this manual for the supplements I use (which are really very little).

Alright, I got off track there, but yes, I do get up at 4 and typically go to bed around 7:30 or so to read and then I'm asleep between 8:30 and 9.

So a snapshot of my day looks like this:

**4 AM** Rise and Grind, followed by some quiet time, writing in my gratitude journal and some writing. Then if it's a basketball morning day...

**6:30 AM – 8 AM** - Morning basketball (I play on an empty stomach). If there's no basketball, I'll work until about 10 and then do my workout of around 20-30 minutes and then get right back to work. (What can I say? I love what I do!)

**8 AM – 4:30 PM** Work and hustle

**4:30 PM – 7PM** – Family time

## The Nutrition – What I Do and How I Do It

If you don't have much time to read, I'll cut to the chase.

Also, I won't sugarcoat it and say that I avoid dairy, gluten, fruit, blah, blah, blah. It's just not that realistic for me.

I keep things MOSTLY unprocessed and I strive to improve my own habits. I'll explain why I do what I do shortly.

With that being said...

Fast until between 10 – noon.

**Between 10AM and Noon** – Cup of coffee with 1 TBSP of Beef Gelatin and 1 TBSP of Organic Coconut Oil

**Between 1PM AND 2PM** – A choice of 3 things:

- A)** Protein Shake with Almond Milk (16 oz) and 1-2 scoops of BioTrust protein powder (it's the BEST protein on the market – easy to digest, no filler ingredients and it tastes AMAZING. It's in the resource section.)
- B)** 3 Light String Cheese Sticks
- C)** A cup of DECAF coffee with 1 TBSP of Beef Gelatin and 1 TBSP of Organic Coconut Oil

**Dinner** (typically around 5 PM... yes, this early... we have kids)

This is actually my favorite meal. **This is when I get to FEAST!** – This is when it changes nightly (and that's the idea). Here is a sample dinner I had the night before I started writing this manual:

A snack just before dinner (I love snacking, who doesn't??) – a big handful of cashews, then...

3 Grass-fed beef tacos with raw cheese and salsa  
Large salad with croutons (yes, croutons... Ahhh! Carbzzz!), rice vinegar and a splash of extra virgin olive oil



*My favorite coffee mug with my boys*

## The Nutrition – What I Do and How I Do It

Dessert - banana with almond butter

Now in case you haven't figured out the beauty of this plan, it allows me to indulge a little more at dinner when I'm with my family.

**That means you can actually enjoy your dinner and eat more... all without feeling guilty.**

Wouldn't you agree that during the day is when it's easiest to "diet"? After all, you're busy. It's so easy to eat less when your mind is occupied.

*... Less willpower*

*... Less temptation*

*... Less stress*

Now when the weekend comes up, it's a different story.

**Let me tell you how I cheat every weekend and still stay lean (and you can, too).**

If you add up the calories during any one of my weekdays, you're probably going to see it's relatively low (I don't have the exact numbers because I haven't counted calories in years).

But let's look at some interesting math.

Let's say in order for me to lose fat, it would take a daily calorie average of 1800 calories.

Now if I'm consuming roughly 1,300 calories on a daily basis Monday through Friday, that gives me 2,500 calories of "wiggle room" on the weekends to average 1,800 calories. Here's what I mean...

**1,800 calories x 5 days = 9,000 calories needed to lose fat**

**1,300 calories x 5 days = 6,500 calories consumed**

**9,000 – 6,500 = 2,500 calories to spare**

That means I get to eat some pizza on Friday night, perhaps a sweet treat on Saturday and even some pancakes on Sunday.

## The Nutrition – What I Do and How I Do It

This does change however. There's a difference between 2 slices of pizza and a whole pizza. So, there are time when I do have a cheat on Saturday and a hefty stack of pancakes on Sunday.

Either way, I get to have a great weekend and not stress about what I eat. That's the beauty of it.

And I listen to my body. If I feel I cheated too hard (hey, it happens), I'll follow the next day with a 20 – 22 hour fast... no big deal. I just skip breakfast like I always do and keep myself busy over my lunch period and late afternoon.

I'll be straight up, too. Most of the time, I take a nap on Sundays. I love my Sunday naps. This makes it even easier.

So my typical week might look like this:

**Monday through Friday** – Calories very low with a “Minimalist” approach using coffee, protein shakes and string cheese. Then at night, I enjoy a BIG dinner.

**Friday night** – (optional cheat)

**Saturday** – Same schedule, except I eat with my family at lunch (it's usually an omelet) with a sweet treat at some point.

**Sunday** – Same schedule, but with a stack of pancakes (if I didn't have them on Saturday)

And you know what? This gives me abundant energy so I can play with my favorite two kids in the world:



## **The Nutrition – What I Do and How I Do It**

I like this because it gives you flexibility and you're taking a few days off from your diet every week.

Give it a shot for a couple of weeks... you'll be VERY surprised at the energy you get as well (forget the 2pm slump!), ESPECIALLY in your workouts when your body doesn't have to focus on digesting food.

Instead, this approach fuels your workouts (quite the opposite of what most people think).

Now I promised you some REAL lifestyle strategies to stay lean for life, so let's dig into those. Then you'll get a supplement guide at the end (optional – focus on your food FIRST!).

## Lean Life Strategies

These strategies can be used to help you lose fat and keep it off for life. However, don't do all of them at once. That's overwhelming. Pick one to two to try with your lifestyle and see how it fits. Not all strategies are for everyone... and that's ok.

What these strategies are for is to give you "A-Ha" moments that you can apply to your life immediately.

I suggest using one per week at a time....

### **Strategy # 1 – DON'T Buy Your Favorite Foods in the Grocery Store**

Look, if you're like me, then that means if it's in the house, you're going to eat it. I understand that you have eaten well all week and you deserve the piece of apple pie. But don't buy the whole apple pie. That means that one slice you were going to eat on Friday night ends up being three more pieces on Saturday, two more on Sunday and 2 more on Monday to "get it out of the house". Then you've negated everything you've worked for all week. So if you're going to reward yourself with apple pie, do it in the diner up the street (plus it tastes better).

### **Strategy # 2 – Aim to Reduce Gluten**

Now I'll be the first to admit that I am NOT gluten-free. And if I'm going to ask my clients and/or readers to do something that I'm not willing to do, I don't tell you to do it. However, after just reducing the gluten in my diet, I've been able to cut back on calories easier with less thinking, plus my energy has gone through the roof. You'll notice an improvement in your digestion and you won't feel nearly as bloated.

## Lean Life Strategies

### Strategy # 3 – Go for Protein FIRST

This is quite simple. When it's time to grab a snack or meal, make protein your priority. Protein takes more calories to digest than fat or carbs. So, keep “protein-friendly” sources in your house or wherever you work. This can be eggs, fish, a variety of meats and more.

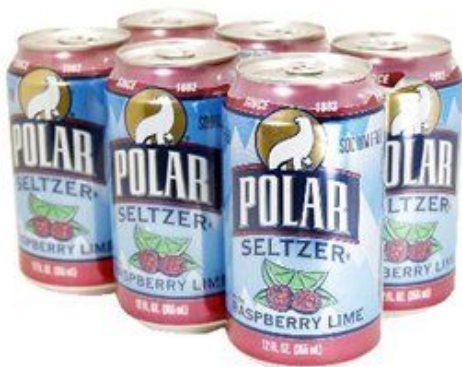
### Strategy # 4 – Say NO to Soda (Even Diet Soda) and other Artificial Drinks

I've been with one of my clients now for seven years and we both challenged each other to give up diet sodas.

We were both really never into the regular sodas. Now some nutrition experts say that diet soda is actually worse for you than regular soda.

My opinion?... I don't know and I don't care.

I do know that they both have processed ingredients that you should keep to a minimum. Like a carbonated drink?... Go with a naturally flavored seltzer water. We drink a variety of them from Polar (after trying several, this is our favorite).



Another option is a green tea or any tea and you can sweeten it with Stevia.

By the way, you can get Stevia at just about any nutrition goods store. **Just be sure to not get swindled into some kind of sweetener “made with Stevia”. Go with 100% Stevia.**

### **Strategy # 5 – Eat More Vegetables and Fruits**

I know, I know. You've heard this before. There's a reason. It works. I don't like many veggies or fruits, so I eat the same ones all the time.

Eat 200 calories of crackers compared to 200 calories of some raw vegetables with your favorite seasonings. You'll be hungry within 30 minutes after the crackers and you know it. It's completely different with vegetables.

### **Strategy # 6 – At Least Try a Form of Intermittent Fasting**

Here is why – I've had SIX people place or win the Turbulence Training Transformation Contest using this style.

In a nutshell, intermittent fasting is simply taking a break from food. About six years ago when I first heard about this concept, I scoffed and even laughed at the idea.

Then knowing and understanding that I personally have to work really hard to keep my weight off due to my genetics, I thought I would “give it a whirl”.

I used Brad Pilon's Eat Stop Eat approach and honestly, I fell in love. My energy was improved and my ability to keep weight off was a whole lot easier. Brad's approach is one to two days per week of taking a 24-hour break from food. These days, I prefer a daily fast of 16 hours.

**Your life changes, and sometimes, you have to use a diet that fits that lifestyle. There's no harm in changing your diet approach.**

If you think fasting could be a good fit for you. Read this article below on how to approach Intermittent Fasting...

<http://trainwithfinishers.com/how-to-approach-intermittent-fasting/>

### **Strategy # 7 Choose the Lesser of the Evils**

I'm not one of those people who will say "no" to hanging out with friends and family just because of the restaurant. That's just not me. So, I take a little bit of time to check out the menu and choose the "lesser of the evils".

I'll choose a dish that will do the least amount of damage to my waistline. And honestly, if there's really not a healthy option, I plug in the visit as a cheat meal and life goes on. I just cut back on quantity and continue.

Don't stress about it. Unless you totally gorge, you won't mess up your entire week. Relax. Besides, this brings me to the next strategy...

### **Strategy # 8 – Look at Your Overall Calories for the Week & NOT for the Day**

Did you go 300 calories over your daily allotment? I'll be the first to tell you that it's OK. I learned this trick from Brad Pilon as well (you can probably tell I respect Brad a lot – I've always admired his way of making nutrition so simple).

I realize I talked about this, but let's say you are aiming for 1,700 calories per day. Monday, you consume 2,000 calories. "Ohhh nooo! Alas, I shall not reach my goal for thy week as thou hast gone over thy limit! This mistake has made me speaketh like thiseth!"

## Sprinter's Body Nutrition Guide

No way – RELAX. The next day, you could simply consume 1,400 calories and bam – you're caught up. You can also plan another day that week to have a bigger deficit. It's going to be OK.

Do I have the nerdy scientific research to prove this to be true? NO. But I have used it with some personal clients and myself, so I know it works. So, let's see how this could work with your weekend fun with another example.

Let's say your average daily calories should be 1,700 in order to lose fat each week. That's  $1,700 \times 7 = 11,900$ . (It's true – I used a calculator. Don't judge me).

So you get a weekly allotment of 11,900 calories per week to lose fat. Cool. Let's say you dig pizza on Friday night and you like Saturday morning pancakes as well as some frozen yogurt with the kids on Sunday. So, let's also say you average 2,200 calories per day on Friday, Saturday and Sunday. That's 6,600 calories.  $11,900 - 6,600 = 5,300$ . You now have 5,300 calories to play with for the other four days. Are you still with me? Just in case you're not – take a look:

**Weekly (7 days) calories allowed – 11,900**

**Three days of calories consumed – 6,600**

**Calories left to consume in four days and still lose fat – 5,300**

So, if you now average 1,325 calories per day, you'll STILL reach your weekly goal although you "cheated" over the weekend.

Boom goes the weekend fun dynamite.

This is stuff that probably will tick off a lot of nutritionists and dieticians, but it works. Who cares what the "rules" say. If you find this strategy alone works for you and you can stick with it – STICK with it. **Don't follow the rules – BREAK THEM.**

### **Strategy # 9 – The Holiday Binge – How to Avoid It**

The company Christmas party... the family Thanksgiving... and many more. I love traditions. But with traditions, come a lot of food. That's just how we roll (at least here in America).

Starting just before Thanksgiving, I put myself in "Holiday Mode", which is where I typically keep my calories as low as possible during the day (sometimes I even fast) and then I have a protein shake just before the "occasion" so I don't go bonkers on all the good southern food. This allows me to indulge a little bit in my favorite foods without the guilt. I've used this with two other clients and they were able to keep off their weight over the holidays.

On Thanksgiving, I fast in the morning, have my lunch feast, and then fast again until dinner the next night. For three years in a row, I've been able to do this and keep away from any weight gain over the holidays.

The idea is to be realistic – I've always told my private clients... ***"We don't have to focus on losing fat over the holidays unless you have a desire. Instead, we can focus on simply NOT gaining weight. Deal?"***

### **Strategy # 10 – Yes, You Can Eat the Same Thing Every Day!**

I know, I know. The nutritionists and dieticians won't like this. But if you were to have a week in which you lost one to two pounds of fat and your nutrition was easy to stick to, wouldn't you stick to it? Why fix something that isn't broke?

It kills me when I would have a client that would lose a couple of pounds of fat, have great energy and then say something like, "That was awesome! I enjoyed my diet and I was able to stick with it. But next week, I think I'll replace \_\_\_\_ with \_\_\_\_."

Why?! It doesn't make sense. Look, I eat pretty much the same thing every day (with the exception of weekend days and dinners). I feel great. I'm sticking to it!

### **Strategy # 11 – Stay Lean on the Road**

I travel a lot, which wasn't the case a few years ago. I attend the Fitness Business Summit, the Turbulence Training Summit and more events. I actually love it.

But the airport food is horrid. Your selection is fried stuff with cheese or chips. Granted, there are options to buy some nuts but if you look at the label, most of them are servings for 3 or more (and I know me – I'll eat them all).

So, I choose intermittent fasting when I travel. This makes it easier for me instead of trying to figure out a healthy way to eat at the airport. It reduces my stress.

Now once I arrive, I scope out what restaurants are available and how I can stick to at least a decent nutrition plan. You don't have to be perfect. You can enjoy yourself and work a little harder (perhaps some bonus bodyweight workouts) and keep the damage at a minimum.

Then, TELL SOMEONE that you're going to dinner, lunch, or wherever with EXACTLY what you plan to eat. There... it's now public and you have to stick with it.

You don't have to say why. It's as simple as "I'm craving a sirloin steak with vegetables. No dessert though – it makes me groggy and I want to be able to focus in the meeting tomorrow".

**Boom.**

## Sprinter's Body Nutrition Guide

So, there are eleven strategies you can use to not only lose fat, but keep it off.

Just don't try to implement all of these at the same time – it's overwhelming. Pick one to two strategies that you could use that will fit YOUR lifestyle and give it a week or two to see how it works. If you find yourself being able to stick with it – awesome! If not, try a different one or a different combination of a couple.

Now, we'll dig into the supplements I take and recommend. Unlike a lot of other trainers, I don't take 50 pills a day. I keep it pretty simple. You should, too.

And most pills are nothing but a waste of your money. I'm here to separate that for you.

For one thing – there is no such thing as a “fat burner”. Sorry...let's dig in...

## Lean Life Guide to Supplements

These are the EXACT supplements I take on a daily basis as well as some resources for my daily regimen. These are the same products I recommend to my private clients and readers as well... and NOTHING more.

You don't need 50 pills a day to lose fat.

Keep it simple, promise?

Alright, the first thing is the MOST important. That is to get a probiotic that works and is actually used by your body without it going to waste.

### Pro-X10 from BioTrust



#### Benefits include:

- Fat Loss due to better digestion and breakdown of fats
- Supports reduced bowel inflammation and leaky gut
- Supports repair of gluten-damaged intestinal lining
- Promotes bowel regularity and immune health

Get it here => <http://tinyurl.com/getaprobiotic>

## Low Carb Protein Powder from BioTrust



### Benefits include:

- Made with natural ingredients, hormone-free
- Easy way to increase your protein intake and protect lean muscle while dieting
- Time-released four-protein blend
- Only 4g of net carbs per serving
- Tastes INCREDIBLE (vanilla recommended)

Get it here => <http://tinyurl.com/getaproteinpowder>

## Fish Oil

I take fish oil on a consistent basis and my joints feel amazing... even as I approach 40. And with all the crazy finishers and metabolic workouts I do, that's impressive. Imagine "lubricating" your joints and much more.

But beware; there are a lot of fish oils out there that are worthless. If the label clearly doesn't show the EPA and DHA content, you're buying random fish crap.

I was taking a variety of fish oils, but I started on “Omega-Dessert” as soon as it came out because I trust BioTrust and it was recommended from fitness nutrition experts that I trust.



### Benefits include:

- Some studies show it aids in metabolizing fat
- Improved brain function
- Joint relief

Get it here => <http://tinyurl.com/getfishoil>

Plus, there are tons of great articles and more at their site. Read more about BioTrust here:

<http://tinyurl.com/moreaboutBioTrust>

## Multi-Vitamin

Most multi-vitamins are made from synthetic ingredients. So when getting one, make sure you are getting some that are made from whole foods. You can typically find these at your local nutrition store.

## Beef Gelatin



Now wait... I know this sounds gross. But when you use this, you'll be amazed at the benefits. Only 1 TBSP is around 9 grams of protein, too.

I've only been experimenting using it in my coffee for about 3 months now, but I have incredible energy during the day and it blunts my appetite big time (trust me, I have a very big appetite).

You can also get this at your whole foods store or nutrition store.

## Coconut Oil

There are too many benefits to using coconut oil to list here. But here are a few:

- Suppresses appetite (with just one TBSP)
- Natural energy source
- Improves thyroid function (meaning it helps you lose fat)

Make sure you get organic – you can typically find it at most grocery stores and nutrition stores as well.

## CONCLUSION

There it is... a simple, but realistic way to get your nutrition in order.

I leave you with this note... Look, losing fat is **HARD**. That's why not everyone is doing it. But by you having this guide and actually reading it, you're already ahead.

But there is still ONE more step... TAKE ACTION.

This journey does take a little bit of planning, a lot of effort and of course the right balance of discipline and enjoying the journey itself. You'll run into roadblocks. You'll stumble. You'll get frustrated. It gets ugly sometimes. Believe me, I've been there.

***But I promise you, if you simply just keep going... you're almost there,  
Mike Whitfield, Master CTT***

**PS** – Don't hesitate to join me on the Fitness Q & A on my facebook page. You can join me here:

[www.facebook.com/WorkoutFinishers](http://www.facebook.com/WorkoutFinishers)

## More Resources to Fat-Torcing Finishers To Use With Your Favorite Workouts

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 unique metabolic workout finishers to use with any program (and some can be used as an intense short workout).

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - The new blog dedicated to metabolic workout finishers

[www.AbFinishers.com](http://www.AbFinishers.com) – The latest cutting-edge ab exercise combined with the power of metabolic finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

**Winner of the 11th Turbulence Training Transformation Contest, Philip  
Lost 34 lbs in Just 12 Weeks!**



**“Mike really changed up my vision of a workout” – Philip**

**I Have Lost Over 50 lbs and 15% Body Fat**



**“ He had a fresh approach to training”- Robin**