

SUCCESS STORY

at the

**THE
EDGE**
FITNESS CLUBS



#IFoundMyEdge

I never thought in 1 year I could lose 90 lbs and go from Size 18 to Size 0 jeans. I began my weight loss journey at home with Insanity, where I lost 17 lbs. I was sitting on the couch at the Edge when I was approached by a Personal Trainer, Brandon, and from there my gym journey began! I participated in 2 Edge Challenges, losing 35 pounds in the first round and 16 pounds the second round. My Personal Trainer, Brandon Cosenza, made me promise that I would trust him and follow his program without doing anything less.

From there our journey has been nothing but successful. Brandon trusted me to complete the workouts and I trusted his plan of attack. I am now down to 134 lbs. and training for a power lifting competition. Through this process I have rediscovered myself and gained my self-confidence back that was destroyed by physical abuse from my ex-husband. I am forever grateful for Brandon, for him constantly believing in me and pushing me to achieve my next goal. Not only is he my trainer, but he has become a friend that will last a life time.

-Amanda Tuller, Meriden Edge Member

**PERSONAL
TRAINING**

**THE EDGE
CHALLENGE**
LOSE BIG 2 WIN BIG

**EDGE
STRONG**
TEAM TRAINING

dotFIT
GROW STRONG.

*Testimonials are not intended to represent or guarantee anyone will receive the same or similar results. Individual results may vary based on a variety of factors.