

# SUCCESS STORY

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When I first joined the gym at the beginning of 2016 I never had thought of personal training as an option. I quickly gathered some basics in lifting and cardio and went on my way. I had my fitness assessment and automatically felt like I could conquer the world all thanks to my trainer, Annaliese. She made me feel like even though I thought my goals were far that in all reality they were as close as I wanted them to be. As the weight started to come off and my body fat went down and I started lifting heavier weights, a true love came to life and powerlifting is now something I can't imagine not doing, it is with her guidance, patience, care and overall friendship and honesty that I keep making the goals I want to make! I've lost 31 lbs so far, I feel so much better, my confidence has grown immensely and I can't wait to see what heights I can reach with Annaliese!

- Caitlin Kummer, Manchester Edge Member



\*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.