



Member **OF THE** Month

CLIENT Jeff Engledow

COACH Fran

SPECIFIC GOALS ACHIEVED

LOST 5% BODY FAT. STARTED AT 60KG LAP PULL DOWN, NOW 10 CONSECUTIVE CHIN UPS

QUALIFYING DETAILS

Jeff has an incredible work ethic. He will go until he's dead or you tell him to stop. He now has great muscle definition and a good aerobic capacity.

