

High Achiever **OF THE** Month

CLIENT

Julia Allen

COACH

Gino

SPECIFIC GOALS ACHIEVED

18 month injury free period after many years of back pain plus 8 kg loss.

QUALIFYING DETAILS

After a long history of lumbar facet joint back pain, Julia has managed to stop taking medication and perform everyday tasks with ease, she credits this directly to her functional training, core stability and improved strength levels. Your consistency and ability to finally 'listen' to your coach has paid off Jules - Well Done!!!

