



Personal Training Client of the Month for September

Michael Iwaniuk became our ‘Personal Training Client of the Month’ for September. Michael lost 3.8kg and almost 10cm in this month not an easy accomplishment by any means especially only in his second month of training.

Michael is the second client to win both Personal Training and Group Exercise client of the month in the same month. Well done Michael we were all very proud of your success and your determined approach to your training.

Michael's overall statistics for the month of September is below, again an amazing accomplishment in just one month.

Well done Michael you're a champion!!!

	Assessment 1	Assessment 2
Weight Loss	77.9kg	76.1kg
Measurements		Almost 10cm in 1 month
Beep Test	9.1	10.4
Push-ups	31	45
Sit-ups	60 assisted	52 unassisted
Bridges/Plank	1:46	2:30
Squat Holds	2:43	2:43
Defence Force Rating	Army	Special Forces



Yours sincerely

Denver Oliveux