

February's Group Exercise Client of the Month

MATTHEW FORWORD



Our Group Exercise client of the Month is 'Matthew Forword' whom in the month of February achieved the highest results ever recorded any client whom has come through 'Looking Good and Feeling Great' .

In January Matt achieved a fantastic result of 11.4 on the Beep Test, 60 anchored Sit-Ups and 30 toe Push-Ups and achieved our highest fitness ranking of 'The Special Forces'. In February however Matt completely destroyed his previous record and achieved 13.4 on the Beep Test, 60 Sit-Ups and 60 toe Push-Ups and in the process achieved the highest ranking of any Group Exercise client, Matthew now has a fitness ranking of 'The Spartans'.

Well done Matthew on achieving our highest ever rank achieved by a Group Exercise client, you're a CHAMPION.

	Month 1	Month 2
Beep test	11.4	13.2
Push-ups	30	60
Anchored Sit-ups	60	60