



February's Personal Training Client of the Month

SCOTT LAWERENCE



February's Personal Training client of the month is 'Scott Lawrence'. Scott achieved client of the month because he had the best improvement of 'weight loss' and fitness for the month of February. Scott lost 3.9kg in February which is massive considering he was on a plateau with his weight loss for a while, just goes to show that hard work does pay off. However in my opinion that's not the best part, in Scott's first fitness assessment he achieved 5.4 on the Beep Test, 19 toe Push-Ups and 20 Sit-Ups. In January Scott achieved the fitness ranking of the Police Force which is great considering it was his first attempt.

The big surprise came in the February in which Scott improved drastically. Scott went from 5.4 on the Beep Test to 7.1 and from 19 toes push-ups to 28 and lastly from 20 sit-ups to 23. This is no easy accomplishment inside a messily 4 weeks especially with his beep test results. Scott's fitness went up two ranks from last record he was previously ranked as a police officer and now is ranked as an Air Force Officer. Congratulations Scott on achieving these fantastic results, you're a ROCKY BALBOA my friend.

	January	February
Weight	101.6kg	97.7
Beep test	5.4	7.1
Push-ups	19	28

Yours sincerely

Denver Oliveux

PS. Remember – To Look Good you have to Train Ugly!