

CHARLEY PATTERSON (DISTRIBUTOR)

Transformation Number = 9

I love the change in my waist to shoulder ratio. I added muscle in my shoulders increasing my width. At the same time, narrowing my waist. Went from being a rectangle to a V. Shooting for 9% body fat the next 90 days! I am proud of the results and know anyone who really wants to burn fat and add lean muscle tissue can with following the TR90 program.

Weight Lost = 4.4 Body Fat Lost = 1.1%

