

GUSTAVO CARDENAS (DISTRIBUTOR)

Transformation Number = 21

My goal was to be in the best shape of my life before I turned 40. I also wanted to run a 21 k race. I have a 9 year old boy and I want to be a healthy, athletic father. I want to be a good example for my son. These results are after 180 days on the TR90 program. For exercise I would lift weights for 30 minutes and then run for 30 minutes.

Weight Lost = 6.1 kg
Body Fat Lost = 13.2%

