

# STEVEN RODDY (DISTRIBUTOR)

Transformation Number = 7

I saw TR90 as a healthy excuse to get back in shape. A month into the program I finally got my plan together and decided to start hitting the gym harder and eating more protein. I increased the intensity of my workouts and ate 3 servings of 30g of protein per day plus 3 snacks of 15g of protein and during each setting drank a bottle of water.

Inches Gain = 3 Weight Gain = 7

