TOMAS CABALLERO THIRD PLACE

I feel excited, happy and confident with this challenge. I have a lot of vitality, I sleep well and I'm eating healthy without having cravings. Intellectually, I feel more productive and emotionally better. My physical resistance has improved as well as my muscle tone. This is the cogwheel of four essential elements – diet, exercise, the wonderful TR90 and discipline.

Body fat lost = 10.4% Weight lost = 21.1 lbs Inches lost = 9.06



*Results not typical





