

VICKIE SEARS HONORABLE MENTION

I wanted to lose fat and gain muscle and to regain the body of my younger days. The TR90 program gave me the sustained energy to do my workouts like I have not had in a very long time. The results are amazing and I have no doubt with continued perseverance, the past picture of me I have on my whiteboard will come back to life.

Body fat lost = 20%
Weight lost = 4.5 lbs
Inches lost = 14.75



*Results not typical

