

SUCCESS STORY



Eduardo Zaragoza

Trainer: Ryne Foster

I have enjoyed working out and being fit since I can remember. I got serious about reaching my fitness goals and joined CBRC in 2014 with the intent to get leaner and stronger. I saw a small improvement in my strength but I was working out about 2 hours a day. I was not seeing the results I expected so after a year I decided to look into getting a personal trainer for the first time in my life. I joined the 8 week body building program. I started training with Ryne Foster in 30 minute sessions. At first, I thought the 30 minutes would not be enough because I was working out 2 hours and I had not seen the results I wanted. After the first 2 weeks I noticed a difference in my strength. Due to a back injury, I was hesitant to work out my legs but Ryne helped me work out my legs with intense exercises without straining my back. Ryne motivated me and pushed me every step of the way. Along with a meal plan and the training sessions with Ryne, I became leaner and saw muscle toning after 3 weeks.

My motivation went through the roof! I finished the 8 week program 15 pounds lighter and completely satisfied with my muscle tone and strength. I would recommend Ryne as a personal trainer to anyone who wants to reach their fitness goals.