

BEN

I have been training with David from Training Day for the past few years and have managed to drop a total of 20kgs. I have gained a lot of knowledge about my own body, nutrition and most importantly developed self-confidence. I now regularly compete in Brazilian jujitsu which requires me to constantly be in top shape. This last year alone, I was able to obtain three medals at several high level tournament. My trainer and I constantly research and discover new ways to train the body for specific goals. Combined with good nutrition, results come quickly and are definitely noticeable.

