

Personal Training Testimonials

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Our Personal Trainer don't try their best... They do whatever it takes to get you results!

Rouven is an amazing trainer and has motivated me to keep working hard. He makes a difference in people's lives by improving their health and fitness. Not everyone can say their profession makes such an impact. All the best, Brenda

Branda L.

Rouven is a first-rate trainer all the way! When I came to him I was in good shape but my workout routine had plateaued - i.e. I was mostly doing the same exercises and applying the same weight. With Rouven I have made fantastic progress and have achieved the physique I have been striving for for years. The weight he has got me lifting is probably on the average 30 per cent heavier than what I was formally training with. I have put on about ten pounds of hard, well defined muscle and have the six-pack abs that most people are after. Rouven knows his stuff and constantly challenges you with new and inventive exercises. He is very personable and a lot of fun to train with. The top-notch physical shape he is in,

has constantly inspired me to achieve similar results. Rouven is an incredibly motivating trainer – I have attained fantastic results working out with him.

Rob McKenzie

VP Sales

Alliance Films

Bob Lawlor, local TV producer of Breakfast Television, has this to say about f FIT SQUAD:

I had been working out my entire life and had reached a plateau. I was then introduced to Xceller8ed Training. What a change! After 5 weeks I lost 11 lbs - a 6% reduction in body fat. Rouven has shown me just how important it is to implement a proper diet alongside a tailored program in order to achieve and maintain the results I desire.

Thanks so much to Rouven, President of FIT SQUAD

Robert Lawlor

Senior Producer

Breakfast Television, CityNews

Having trained with Marco for almost a year, there are three words to best describe his strategy to helping you achieve your fitness goals:

1. Focus
2. Determination
3. Inspiration

Each second of training with him has a purpose, forcing you to remain focused on the exercise at hand in order to maximize its purpose. Every set is a challenge - 'mind over matter' - pushing you out of your comfort zone and beyond what you thought you could achieve.

Determined to meet the goals you have set for yourself, Marco designs a program for you like no other. Using effective military training techniques and the right combination of; endurance, strength training and high intensity exercises, his program actually works.

Most importantly, Marco practices what he preaches. He is a testament of his own determination, endurance and belief in meeting the goals you set for yourself. A true inspiration, Marco takes fitness to a whole new level.

Danny Frangella

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