

# BODYCRAFT

## FITNESS

Name:	Alrick Walters		
Age:	45		
Weight before:	87 kg	Weight after:	79 kg
Waist before:	40inch	Waist after:	32.5 inch
Body fat before:	30%	Body fat after:	18%
Train Period:	2 Months		

I have been training with a personal trainer in the leading fitness club in England, which has branches around the world, for about a year. My progress was slow and hardly visible. I have been sent to Singapore for a job assignment recently, where I have discovered Bodycraft Fitness. Latif, the owner and the personal trainer of this fitness club, has such a great knowledge, experience and approach to training, that I have decided to sign up for personal training sessions with him.

It was easy to see how my body and my health have been improving rapidly under Latif's training, so I have decided to continue training with Latif until my departure from Singapore.

After another 10 sessions I have been so happy with the results that I couldn't wait to come back to England to impress my wife and my son with my newly gained body. I wish I can find as good gym as Bodycraft Fitness with such an excellent personal trainer as Latif in England, so I am able to continue my successful training.

I strongly recommend Bodycraft Fitness to anyone, who is serious about sculpting their body and achieving results fast.

Alrick Walters

Aviation Engineer