

# BODYCRAFT

## FITNESS

Name:	JK		
Age:			
Weight before:		Weight after:	
Waist before:		Waist after:	
Body fat before:	20%	Body fat after:	12%
Train Period:	2 Months		

JK

I have been working as a male model for a last few years. For my profession, my body is very important and I have been trying different types of exercise and dieting programs to achieve the right muscle definition. There was barely any progress and I got easily discouraged.

Thanks to Bodycraft Fitness, my dreams came finally true. I have taken up a monthly package of personal training with Latif. I was able to build up my desired 6 pack within a short period of time. I was very happy with the results, especially because I have finally received an offer for modeling job with UPFRONT.

I very much appreciate Latif's help and guidance in training, supplements and program.

J.K Chow

Model