

# Personal Training Success Story

## CHELSEA FALCONE



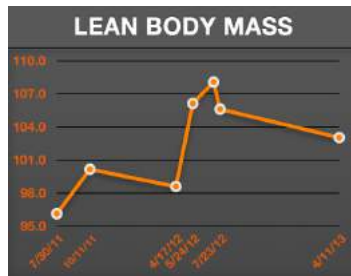
YOUR DATA:

Initial	Current	Change
157.6	132.6	-25.0



YOUR DATA:

Initial	Current	Change
40.4	6.9	-33.5



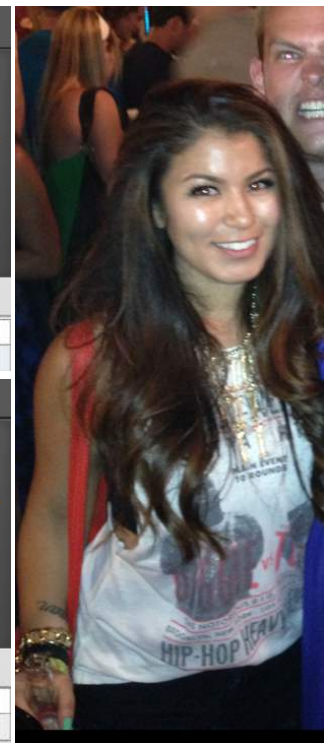
YOUR DATA:

Initial	Current	Change
96.1	103.0	6.9



ONE REP MAX TO BODY WEIGHT DATA:

Initial	Current	Change
0.8	1.1	0.3



**Before:** July 30, 2011

**After:** July 28, 2012

Devin Parrick has been my Personal Trainer for over a year. In that year he has pushed me and helped me to reach my goals, showing me on a regular basis my progress, which truly helped me to keep going. He is creative, very competent, punctual and reliable with excellent people skills. Workout routines are interesting and constantly changed to challenge different muscle groups. Balance and core strength are emphasized with special attention paid to proper technique to help prevent any workout injuries. On top of all his qualifications Devin has a wonderful sense of humor, he is down to earth and makes working out as fun as working out can be. As much as I complain and tell him I can't do certain workouts, he sees right through my B.S. and pushes me harder because he knows I have the strength to go farther. I would highly recommend Devin as a personal trainer :)

**Trained by:** DEVIN PARRICK

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