

Success Story

Mike Buczek



BEFORE

Weight: 162 lbs.

Goal: Weight Gain, Muscle Mass and body fat reduction

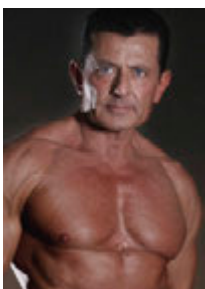
Mike's Story:

I think the hardest thing about changing your body is finding the right trainer to really make it happen. It is so easy to fall off the wagon. I was a tall, skinny guy all my life until I started working out with Don Niam.

Sure I put in the work, but to change so much in such a short time would have been impossible without Don. Don has what very few other trainers have – years of weight training and martial arts experience that works. Don is the real deal. Some trainers just show up for work, but Don practices what he preaches. Take my word for it - if you are serious about getting results, Don can make them happen.

Trainer Don about Mike:

Mike had never worked out and was determined to have a strong and balanced physique. Mike followed a high protein diet and trained hard and consistently. He followed all my direction and created a lean hard physique adding 28 lbs. of muscle in 6 and ½ months. Mike's results are what being a trainer is all about.



Trainer, Don Niam

For more information on Mike's transformation and how Don can help you, call 702.610.3896 or visit www.nitrokick.com



AFTER

Weight: 189 lbs.

Added 3.5" to arms,

4" to chest, 4" to quads, 1.5" to calves & lost

5.75% of body fat. — Time Elapsed: 5 1/2 mos.