

## Testimonial from Christy Knick

To say my experience with Next Level Fitness was the best would be nothing short of an understatement. Incredible, spectacular, intense; those words come closest to any truth I can describe. Not only did I increase my knowledge of nutrition even further, but I learned how to work out and learned so much about myself in the process. Working out with the NL Trainers showed me what I am made of. They let you work at your speed, unless they knew what you're capable of doing. That's when they called you out, and yes, I was called out a couple times, but was also pushed hard when I needed it. I always left workouts feeling exhilarated, pumped up and ready to go again. Not once did I ever leave a workout feeling disappointed. All of our sessions were top notch and spot on!

When I first signed up for the Next Level Fitness challenge, I was both excited and nervous. What was I getting myself into? I had no clue what to expect. Then Day 1 came. We didn't get to do a lot, but the stretches and circuits we did really got me excited about the next class. Thursday finally came, and we met Caitlyn! Little did we know how tough this little chick was! She pushed us pretty hard. We did partner warm ups with the medicine balls, threw in some push-ups, partner rows and RDL's (Russian Dead Lifts), just to name a few. The exercises we did weren't difficult, but they woke up muscles for sure! After that I really couldn't wait until our next class, which was at NL's facility. That's where we met Mike! He threw dumb bells, kettlebells and slam balls on us, and my personal favorite, the sled! This is definitely where I started to learn what I am made of. I'll be honest and tell you that I struggled on some of the exercises, and that I was totally dominated by these items to say the least. That was not by any means a bad thing, because I refused to either slow down or give up. At that moment, not only was I completely hooked, but I was bound and determined to beat these objects, and I had 3 more weeks to do it. That's when it became so much fun for me.

During the course of the next 3 weeks I had a total blast with our trainers. On off days I would push myself and do the drills on my own and was bound and determined to beat the beast ropes. After repeated attempts, I was finally able to do a solid 30 seconds and push through to hit a minute. That was one of my many proud moments.

What I love most about the NL crew is that they celebrate your successes with you and give you encouragement when you feel like you haven't done enough. I gave it everything I had at every workout and even challenged the trainers to bring it! Believe me when I tell you, they brought it! In the end, I lost 4 lbs. and 6" from my waist! I couldn't be happier about that, and I continue writing down my food and times I eat, but most importantly, I continue to do my workouts. I feel so much better about myself, as well as physically, since I started with NL, and I look forward to working out when I get home. These guys get you motivated to want to do more and keep going. The best part is anyone can do this, no matter your age or fitness level. It only makes you a better you! I am so looking forward to working with our trainers (Darrius, Caitlyn and Mike) again in the very hopeful near future!

To the NL Group, I want to thank you for taking us under your wing and teaching us! Y'all Rock!

To my Trainers, I want to thank you for pushing me out of my comfort zone and showing me I can do anything!

Christy Knick