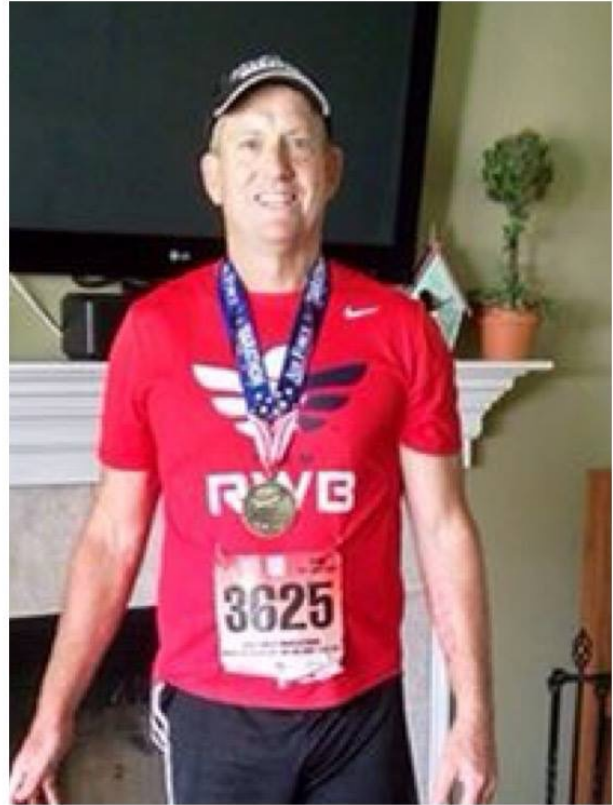




*"Get Fit. Look Great. Change Your Life."*



## KEVIN STRUM

Transformation: 35 pounds. Marathon and Ultra Marathon

Trainer: Mike Moorman

Began working with Mike in the spring of 2013 with a simple goal of getting in shape and dropping a few pounds. Mike insisted I do cardio with a heart rate monitor, after a few weeks my walks became jogs then later short runs. Starting in 2014 I was feeling healthy enough to run a little longer running my first race ever, a ½ marathon in spring of 2014. Afterwards I set my goal on a full marathon which I completed recently and also ran an ultra-marathon. Mike's strength training has absolutely improved my ability to perform endurance sports and reduced my risk for injury. I'm now under 200 pounds, benching 260+ and able to run 10-15 miles at any given moment. Mike was instrumental in helping exceeding my goals in less way less time than I ever imagined. Can't wait to drive forward and see what I can accomplish next!