

THE THIRD AND FOURTH WEEK OF MY JOURNEY TO A BETTER SELF.

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After my first two weeks of Small Group Training in functional fitness classes I felt compelled to keep coming. I met these great people (other members and Andrea) who genuinely wanted to see me progress and who cheered me on during each workout. I had hit that point mentally where I planned on coming because I wanted to and because it was becoming a habit.

I was starting to see some progress in my form as well as some small improvements in my cardio. As my strength and cardio improved i was able to take less breaks and work a little harder. My core and balance were my two biggest weak spots when i started class, i struggled with basic lunges and even stretches that had me standing on one leg. Even a basic plank was tough for me to hold for more than 30 seconds. But as the weeks progressed my balance started to get better and my form during lunges had improved.

Progress, even as little as i thought it was had finally started to show. I left every workout feeling like i had poured 100% of myself in to it while also feeling energized and motivated.

Hard work and determination we're paying off and i finally had the courage to step on the scale...7 pounds down at the end of my fourth week.