

Ryan Clark

BEFORE



BEFORE

Date:

Weight:

BodyFat %

Chest:

Waste:

Butt:

AFTER



AFTER

Date:

Weight:

BodyFat %

Chest:

Waste:

Butt:

"I can't begin to put into words what Lifelong fitness has done for me and my family. As of today I am 92lbs lighter than when I started at your gym."

~ Ryan Clark