

As a former client of Reshaun, I can assure you that he is absolutely the best personal trainer to work with. Whether you are bulking up or slimming down, trying to improve your health or just improve your strength, he is committed to helping you succeed.

I first began training with Reshaun in February of 2017. My starting weight was 240lbs and by June I was 20lbs and 4 dress sizes (from size 18-14) down. At the time, I was only able to jog slowly for up to 3 minutes at a time on the treadmill and I had no upper body strength. With his help, I rapidly improved my cardiovascular health and overall strength. I am now able to run at 5.5 mph on treadmill for max of 30 min without stopping. This was a significant improvement from my maximum treadmill workout of 3.5 mph for 3-4 minutes when first starting. I believe this is because Reshaun uses complex, ever changing fitness regimes and he truly tailors the workouts to achieve the best results based off your personal goals. When you feel like you can't keep going, he does the workout with you and motivates you to finish.

His professionalism, extensive knowledge and enthusiastic commitment to his work and ultimately his clients, provides the perfect scenario for success and sets foundations for a new healthier lifestyle. No matter what your fitness goals, I am certain that Reshaun will be more than able to help you get there. Please know that I give him my highest ratings.

Yours Truly,
Shaurice Allen
Shaurice N. Allen