

# Success Story



**Lost 62 lbs in 9 Months!**

## Corey Sanborn

### Achievements

**BMI:** *Dropped 8.4 pts!*

**Weight:** *Lost 37 lbs in just 12 weeks!*

**Knee Pain:** *Removed knee pain!*

**Measurements:** *Lost 8.5" off his waist!*

### Health:

*\* Lost a dramatic amount of weight in less than 12 weeks!*

*\* Dropped 6 pant sizes!*

*\* Increased bench press by 55 lbs!*

### Testimonial

*"I spent a number of years in the Marines. I'm used to being in shape and doing challenging things with my body with great reward. After completing my time in the Marines I let myself fall out of shape for many years and was not taking proper care of myself. I took action once being advised by my doctor that I really needed to lose weight. But I didn't want just a regular gym routine that may or may not be solving the issues I really needed to address. I needed something a bit more hands-on and dealt with more than just working out. A friend recommended the Stephen Cabral Studio because of its all-encompassing approach when constructing a custom weight loss program and identifying areas of opportunity to improve upon. I met with Julian and knew immediately he was what I needed from an educational and motivational standpoint. The right workouts and eating plans are crafted for me based on the areas of my body I want to focus on. I feel supported even when I'm not in a session, knowing I can reach out for advice or moral support at any time. The results are real and they keep coming. This was one of the best decisions I've ever made."*

*- Corey Sanborn*