

# Success Story



**Gained 18.7 lbs of  
Lean Muscle!**

## Paul Daigneault

### Achievements

**Body Fat:** *Lost 3.6% body fat!*

**Lean Muscle:** *Gained 18.7 lbs of muscle!*

**Weight:** *Lost 6.05 lbs of body fat!*

**Strength:** *Regained his strength!*

#### Health:

- \* *Increased strength & endurance!*
- \* *Added upperbody strength!*
- \* *Feels great!*

### Testimonial

*Working with Paul has been one of the most inspiring experiences of my career as a fitness professional. Paul first came to the studio in the summer of 2011 after recovering from lymphoma. He had recently completed chemotherapy treatments. His goal was to regain the weight and strength that had been lost during his fight with cancer. Paul's constantly positive attitude makes him a true pleasure to work with and has no doubt led to his amazing accomplishments in the studio. Since our first session Paul has gained 18.7lbs of lean muscle! He has dramatically increased his strength in every exercise we've attempted. Thanks so much for all of your hard work and dedication Paul!*

*Josh Feinman*