

## Testimonial to Levi Kane-

Levi Kane is truly one of a kind; both an amazingly kind and charismatic person and a personal trainer. As you all know Levi had a traumatic experience when he lost his leg which changed his life forever- or so you would think. But if you spend 5 minutes with him both in the gym and outside you realize he has more drive, determination and will than anyone I have met and he pushes his strengths on all he surrounds because he wants you to be the best you, you can be. He is truly an inspiration of not letting a single obstacle stand in the way of successes and reaching your goals and I can honestly say he has changed my outlook on the way I work out and remembering to never give up; no matter how much you can get into your own head and want to stop. Levi does not give up, take no for an answer or back down from anything and those qualities show immensely during my time spent training with him. He pushed me to my limits every day we were training with an organized and challenging routine. If there was something I wanted to focus more on that day, he listened and did work outs accordingly. He was in synch with I needed and set me on realistic goals for success; all while having fun in the process. He makes you work hard, learn a lot but you are laughing and having a good time. He is patient if you need an extra count to learn the set (lol) and says the most positive words to ensure you make it through. My dad actually recently told me I have never looked better and I attribute my successes to Levi Kane's example of never giving up and as hard as you work is as hard as an outcome you want to have.