

I worked with Levi for 3 months and in that time he showed me what it takes to reach the next level and truly see a change in my fitness. Levi pushes his clients to unlock parts of their muscles they didn't know were in their possession. Beyond motivation he put me through a myriad of exercises that worked my muscles in new ways. Levi also provides a full, easy to follow day-to-day workout plan and nutrition guideline to execute at home. I continue to reap the benefits of his guidance today and can say I feel abnormally awesome.