



David O'Brien

David O'Brien, a Mountain Biker shares with us his results at Sphere and experience that resulted in a loss of 6.8 % of his body fat in 8 weeks.

Before 2nd September 2008

Weight – 73.7kg

% Body Fat – 9.7%

Lean Muscle Mass – 67kg

After 4th November 2008

Weight – 70.3kg – loss of 3.7kg

% Body Fat – 2.9 – loss of 6.8%

Lean Muscle Mass – 68kg – increase of 1kg

“From Day One, I knew I had made the right decision to start training with Sphere Fitness. I found by sticking to the diet, well I call eating properly instead of diet and also three hours of training a week at the gym has transformed me.

I have never felt so strong and defined as ever

I learnt life lessons. The encouragement and excellent advice is amazing. I have learnt so many new exercises. I have always been an athlete but now I feel like an ELITE athlete. I knew I wanted it when I started training with Sphere and I found that once you were dedicated that the results would come.

I never thought I would crave meat, fish, nuts and veggies for breakfast. I remember not being above to one simple dip. Now I can do sets of eight.

I remember thinking how the hell am I going to eat this crazy diet but now it is just the norm”