

COACHED TO FITNESS 2 MORE PAIN, SOME GAIN

by: Rachael Smith



Ding ding ding! Seconds out, let round two commence! I am starting to get into a proper routine with Stone now which makes working out much easier. With a week away for a vacation returning to formal work-outs was a bit like starting all over again.

Naturally Stone worked me as if I hadn't been anywhere and it was tough to keep up. Even so I really feel that I am making good progress.

Stone told me that I would start to feel the difference after about six weeks. I am not sure how much fitter I feel but my body certainly seems more toned (and I've been getting more attention from builders and the pizza boy) which is good.



Working with Stone really gives you the motivation you need. When exercising your muscles, it is only at the point when you feel most stretched that any real difference is taking place. Stone keeps you at that point longer than you would on your own thus ensuring the maximum gain with minimum pain. He'll make you push yourself but no further then he believes you can go.

My regime comes to a close next month so be sure to find out just how much of a difference a Stone Hague workout has made to my life and fitness levels.

*Keep watching this space to see just how well I do under Stone's orders!
You too can work out at Hotflex and get personal coaching from Stone. Check them out by calling
416-406-0003, www.hotflexfitness.com or by dropping into 276 Carlaw Studio 217A*

