

# MEMBER STORY OF SUCCESS

## DWIGHT WATKINS

“A heavy workload combined with constant traveling left me little or no time to work out. I used to stay in shape by playing basketball, but eventually that could not hold a constant place in my schedule, so by the age of 27 I was not doing any type of exercise or physical conditioning. As time went by, I continued to excel in business and the pounds began accumulate.

The wiry 170 lb. guy I was in high school had transformed into a 250 lb. monster. In the summer of 2008 I decided to take action. I started to work my way back into shape by playing basketball, but shortly after figured out that alone was not enough. A friend of mine, had noticed me struggling on the court and gave me a recommendation that changed my life. He introduced me to Fast Trac.

There I met super trainer Hal Weiss. He pulled me into his office and customized a workout plan to fit my personal needs. We created a combination of high rep power lifting with unique boxing techniques, and a wide range of cardio exercises that allowed me to quickly reach all of my fitness goals without having to compromise my work schedule. I am now 213 pounds and still using Fast Trac!”

Before



After

**MERRITT  
ATHLETIC  
CLUBS**  
Where Your Future Takes Shape