

After my first son, I was looking to get back in shape. As a new mom, I didn't want to waste valuable time trying to workout on my own only to see little results. The FXB promise of a total transformation over the course of 10 weeks sounded too good to be true. However after seeing before and after pictures of others who completed the program, I thought it might work for me. I knew the key to success was going to be determined by the amount of effort I was willing to put in.

When I started Farrell's in the winter of 2014, I had never been to a gym before....EVER. That 10 week session my results were impressive. I was in better shape AFTER my first pregnancy than ever before. However, I stopped FXB in the summer of 2015. Due to a high risk second pregnancy I was unable to continue working out.

After my second pregnancy I returned in the Fall of 2016 as a 10 weeker. I was determined to have the same success, if not more. I wanted to push myself a little harder, be a little stronger and see more results. Everyday, every workout, every meal was just as important as the next. Little by little, day by day you begin to realize you're making positive changes. Everything you're doing is adding up to yield those extraordinary results.

With support from my husband and closest friends, I enrolled in the FXB National Challenge. What could be accomplished over the course of a year? I wanted to push the limits to see just how strong, mentally and physically, I could become. Level 10 doesn't just apply a workout in the gym, but all aspects of life. Giving the most you're able to give in order to yield the greatest results. That's exactly what Level 10 did for me during the National Challenge.

Over the year, I lost almost 29 pounds, 10.7% body fat, and 23 inches. However, it's not what I've lost that's most important; it's what I've gained. You see before and after pictures, and the results are astounding. You can't help but want the same success and results for yourself. It starts out with a fitness goal and then you realize there's more to FXB than just fitness. What's missing from the before & after picture? It's the friendships you've gained along the way. And those friendships are what I've come to value the most from my time at FXB.