When I started working out at 24 Hour Fitness I decided to get a trainer to help me better understand how to get to increase my strength and get to my goal of gaining 10lbs quicker. The membership person set me up with Will mentioning that he was a perfect fit for a person with my goals, and he couldn't have been more right. Within 4 months, I reached my goal. Within 10, I doubled it! With Will's help and knowledge of programming, nutrition, and supplementation I gained close to 25lbs of lean mass. I was skin and bones when I started, barely squatting 75lbs and benching 65lbs. Now I can squat 265 for 5 reps and my bench has increased over 100lbs! I couldn't be happier with the time I spent with Will, my body has completely transformed. Whether your goal is to lose fat (my body fat % actually dropped from 10% to 8%) or gain strength and size Will is a great trainer with the knowledge and know how to get you to where you want to be quickly and safely.