

Amazing Client Stories

Melissa Stenberg

ARFC Private Personal Training Client

“Turning 40 had a huge impact on me. When the scale said 138-140 one morning I knew I didn’t want to turn 40 like that. A friend introduced me to Figure Training Competition. I set a date to be on stage and told my trainer who was so excited for me. I started the journey March of 2009 at 138lbs and was on stage Sept. 12, 2009 at 115. My very first show I placed 4th out of 12 women, some in their 20s and 30s who’ve had no children; I’ve had four!”

“My next show is May 2011 and (even as a trainer)I wouldn’t think of doing it without my trainer!”



March 2009



Sept 2009