

# DDT Members Transformation

1. 40 Pounds Down After a History of Weight Issues, Yo Yo Dieting, and Frustration

## Monique's Transformation

Before and After



Client's Name: **Monique Gengaro**

Weight Lost: **41 Pounds (from 218 pounds to 177 pounds)**

Waist inches lost: **7 inches (from 40 inches to 33 inches)**

Total time it took: **36 weeks**

View Full Story [here](#).

2. Coach and Competitor Overcomes Depression and Becomes the Best Version of Herself

## Megan's Transformation Before and After



Client's Name: **Megan Anderson**

Weight Lost: **6 Pounds (from 105 pounds to 99 pounds)**

Waist inches lost: **1 inches (from 25 inches to 24 inches)**

Total time it took: **6 Weeks**

View Full Story [here](#).

3. Yoga Instructor and Mother of 5 Hits the NPC Bikini Stage for the First Time

## Dez Transformation

Before and After



Client's Name: **Dez Murray**

Weight Lost: **11 Pounds (from 112 pounds to 101 pounds)**

Waist inches lost: **5 inches (from 27 inches to 22 inches)**

Total time it took: **13 Weeks**

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4. No Questions Asked... DDT's Value Literally Changed my Life

## Jon's Transformation

Before and After



Client's Name: **Jon Holz**

Weight Lost: **35.1 Pounds (from 202.1 pounds to 167 pounds)**

Waist inches lost: **8 inches (from 33 inches to 25 inches)**

Total time it took: **26 Weeks**

View Full Story [here](#).

5. Added Muscle Mass and Increased Calories Led to Successful Bikini World Qualifier Prep

## Megan's Transformation

### Before and After



Client's Name: **Megan Stanley**

Weight Lost: **17 Pounds (from 149 pounds to 132 pounds)**

Waist inches lost: **3 inches (from 25.5 inches to 22.5 inches)**

Total time it took: **21 Weeks**

View Full Story [here](#).

6. Working Mother of 2 and Wife Reaches Her Body Image Goal after Frustration with Weight Gain after 2 Pregnancies

## Rebecca's Transformation

Before and After



Client's Name: **Rebecca Valencia**

Weight Lost: **10 Pounds (from 141 pounds to 131 pounds)**

Waist inches lost:

Total time it took:

View Full Story [here](#).

## 7. The Cost of Getting Lean- Dominic Sassen's Success Journey

### **Dominic's Transformation** Before and After



Client's Name: **Dominic Sassen**

Weight Lost: **11 Pounds (from 177 pounds to 166 pounds)**

Waist inches lost: **5 inches (from 36 inches to 31 inches)**

Total time it took: **12 Weeks**

View Full Story [here](#).

## 8. Very Low Calorie Dieting to Eating 2,000 Calories and Dropping 8 Pounds

### **Jackie's Transformation**

#### Before and After



Client's Name: **Jackie Nocera**

Weight Lost: **8 Pounds (from 136 pounds to 128 pounds)**

Waist inches lost: **2.5 inches (from 29.5 inches to 27 inches)**

Total time it took: **12 Weeks**

View Full Story [here](#).

9. Mother of 3 Finally Feels Comfortable in her Own Skin!

## Melissa's Transformation

### Before and After



Client's Name: **Melissa Mendez**

Weight Lost: **7 Pounds (from 150 pounds to 143 pounds)**

Waist inches lost: **1 inch (from 29 inches to 28 inches)**

Total time it took: **16 Weeks**

View Full Story [here](#).

10. Working Mother of Three Drops 30 pounds!

## Kim's Transformation Before and After



Client's Name: **Kim Rubenstein**

Weight Lost: **30.5 Pounds (from 180.5 pounds to 150 pounds)**

Waist inches lost: **6.5 inches (from 34.5 inches to 28 inches)**

Total time it took: **36 Weeks**

View Full Story [here](#).

## 11. 5 Week Turnaround to the Stage from “Bro Diet Plan” to Flexible Nutrition

### Patricia’s Transformation Before and After



Client’s Name: **Patricia Ponciano**

Weight Lost: **8 Pounds (from 128 pounds to 120 pounds)**

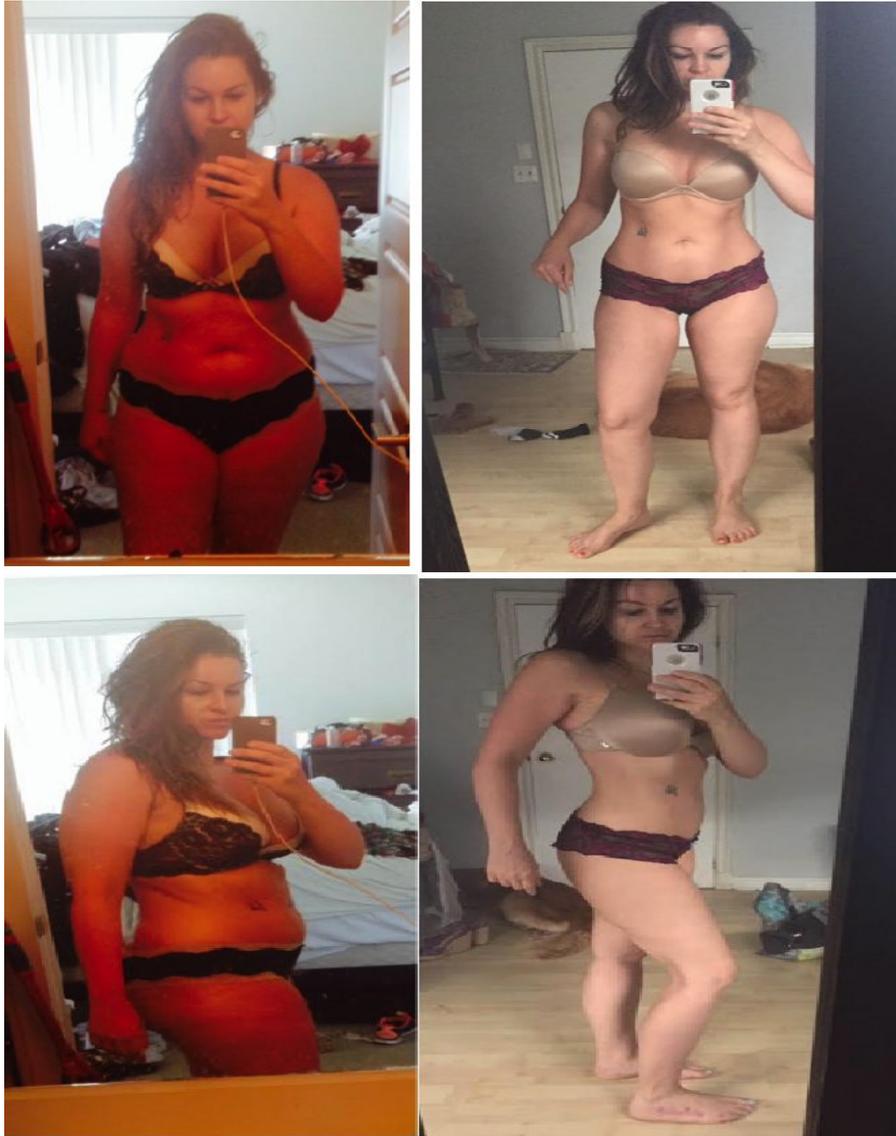
Waist inches lost: **2 inches (from 26.5 inches to 24.5 inches)**

Total time it took: **5 Weeks**

View Full Story [here](#).

## 12. 40 Plus Pounds Gained and Then Lost with Flexible Nutrition

### Julie's Transformation Before and After



Client's Name: **Julie Murphy**

Weight Lost: **43 Pounds (from 193 pounds to 150 pounds)**

Waist inches lost: **11 inches (from 36 inches to 25 inches)**

Total time it took: **30 Weeks**

View Full Story [here](#).

13. Post Show Rebound and Bouncing Back from it...Magen Mintchev's Fitness Journey

## Magen's Transformation Before and After



Client's Name: **Magen Mintchev**

Weight Lost: **18 Pounds (from 149 pounds to 131 pounds)**

Waist inches lost: **2.5 inches (from 27 inches to 24.5 inches)**

Total time it took: **20 Weeks**

View Full Story [here](#).

14. 2 Years of Hard Work, Consistency, and Patience within Training and Nutrition Pays off For Full-Time College Student

## Henrik's Transformation Before and After



Client's Name: **Henrik Kovak**

Weight Lost: **27.8 Pounds (from 189.8 pounds to 162 pounds)**

Waist inches lost:

Total time it took: **2 Years**

View Full Story [here](#).

15. Starting Flexible Nutrition at Age 47 & Hitting the Figure Stage at Age 51-  
Lisa Hlifka's Contest Prep Journey

## Lisa's Transformation Before and After



Client's Name: **Lisa Hlifka**

Weight Lost: **9.5 Pounds (from 152.2 pounds to 142.7 pounds)**

Waist inches lost: **3 inches (from 28 inches to 25 inches)**

Total time it took: **18 Weeks**

View Full Story [here](#).

16. Lack of Food Variety, Endless Hours of Cardio & No Variation in her Training Routine- Amanda Maddalena's Fitness Journey

## Amanda's Transformation Before and After



Client's Name: **Amanda Maddalena**

Weight Lost: **13.5 Pounds (from 125 pounds to 111.5 pounds)**

Waist inches lost: **8 inches (from 33 inches to 25 inches)**

Total time it took: **21 Weeks**

View Full Story [here](#).

17. 10 Pound Weight Loss Plateau Broken Through Flexible Dieting- Vic Sanchez's Story

## Vic's Transformation Before and After



Client's Name: **Vic Sanchez**

Weight Lost: **10 Pounds (from 162 pounds to 152 pounds)**

Waist inches lost:

Total time it took: **10 Weeks**

View Full Story [here](#).

18. Rafael's First Time Using Flexible Dieting after a Rigid Approach and Getting Shredded

## Rafael's Transformation Before and After



Client's Name: **Rafael Gutierrez**

Weight Lost: **10 Pounds (from 160 pounds to 150 pounds)**

Waist inches lost:

Total time it took: **12 Weeks**

View Full Story [here](#).

19. Turning 40 and Competing for the First Time- Andrea Baker's Bikini Prep Journey

## Andrea's Transformation Before and After



Client's Name: **Andrea Baker**

Weight Lost: **23 Pounds (from 141 pounds to 118 pounds)**

Waist inches lost: **3.5 inches (from 25.5 inches to 22 inches)**

Total time it took: **21 Weeks**

View Full Story [here](#).

20. Kristen Steele's Experience with Adding More Food, Losing Weight and Dropping Inches

## Kristen's Transformation Before and After



Client's Name: **Kristen Steele**

Weight Lost: **4 Pounds (from 139.7 pounds to 135.7 pounds)**

Waist inches lost: **2.25 inches (from 29 inches to 26.75 inches)**

Total time it took: **20 Weeks**

View Full Story [here](#).

## 21. Ashley Mitcham's 2015 Contest Prep Success Journey

### Ashley's Transformation Before and After



Client's Name: **Ashley Mitcham**

Weight Lost: **34 Pounds (from 169 pounds to 135 pounds)**

Waist inches lost: **4.5 inches (from 30 inches to 25.5 inches)**

Total time it took: **30 Weeks**

View Full Story [here](#).

## 22. Morgan Kelly's Bikini Contest Prep Journey

### Morgan's Transformation Before and After



Client's Name: **Morgan Kelly**

Weight Lost: **24.1 Pounds (from 140.3 pounds to 116.2 pounds)**

Waist inches lost: **5 inches (from 29.5 inches to 24.5 inches)**

Total time it took: **20 Weeks**

View Full Story [here](#).

## 23. Frank Roble's Contest Prep Journey

### Frank's Transformation Before and After



Client's Name: **Frank Robles**

Weight Lost: **12 Pounds (from 135 pounds to 123 pounds)**

Waist inches lost: **5.5 inches (from 31 inches to 25.5 inches)**

Total time it took: **24 Weeks**

View Full Story [here](#).

## 24. Lauren Kelly's Bikini Contest Prep Journey

### Lauren's Transformation Before and After



Client's Name: **Lauren Kelly**

Weight Lost: **24 Pounds (from 140 pounds to 116 pounds)**

Waist inches lost: **4.5 inches (from 29 inches to 24.5 inches)**

Total time it took: **20 Weeks**

View Full Story [here](#).

## 25. Paola Vargas's Bikini Prep Journey

### Paola's Transformation Before and After



Client's Name: **Paola Vargas**

Weight Lost: **18 Pounds (from 130 pounds to 112 pounds)**

Waist inches lost: **4 inches (from 29 inches to 25 inches)**

Total time it took: **18 Weeks**

View Full Story [here](#).

## 26. Brian Duaqui's Arnold Debut Journey

### Brian's Transformation



Client's Name: **Brian Duaqui**

Weight Lost: **21.5 Pounds** (from 178.5 pounds to 157 pounds)

Waist inches lost: **3.9 inches** (from 33.4 inches to 29.5 inches)

Total time it took: **15 Weeks**

View Full Story [here](#).

## 27. Sabine Guidon's Bikini Prep Journey

### Sabine's Transformation Before and After



Client's Name: **Sabine Guidon**

Weight Lost: **18 Pounds (from 143 pounds to 125 pounds)**

Waist inches lost: **2 inches (from 27 inches to 25 inches)**

Total time it took: **20 Weeks**

View Full Story [here](#).

## 28. Sadie Thille's Lean Gaining Phase Journey

### Sadie's Transformation Before and After



Client's Name: **Sadie Thille**

Weight Gain: **0.1 Pounds (from 109.5 pounds to 109.6 pounds)**

Waist inches lost: **(from 27 inches to 27 inches)**

Total time it took: **6 Months**

Calorie Intake: **500 calories intake (from 1500 to 2000)**

View Full Story [here](#).

## 29.Sammy Jurkowski Dieting Success Journey

### Sammy's Transformation Before and After



Client's Name: **Sammy Jurkowski**

Weight Lost: **16.5 Pounds (from 140 pounds to 123.5 pounds)**

Waist inches lost: **6 inches (from 34 inches to 28 inches)**

Total time it took: **24 Weeks**

View Full Story [here](#).

## 30. Kali Dee's Reverse Dieting Journey

### **Kali's Transformation** Before and After



Client's Name: **Kali Dee**

Weight Gain: **5.5 Pounds (lbs (from pounds lbs to 128.5 pounds))**

Waist inches lost: **0.5 inches (from 28 inches to 27.5 inches)**

Total time it took: **6 months**

View Full Story [here](#).

## 31.Kelsey Lewis's Dieting Success Journey

### **Kelsey's Transformation** Before and After



Client's Name: **Kelsey Lewis**

Weight Lost: **12 Pounds (from 139 pounds to 127 pounds)**

Waist inches lost: **2.5 inches (from 26.5 inches to 24 inches)**

Total time it took: **16 Weeks**

View Full Story [here](#).

## 32. Kelly Smith's Contest Prep Journey

### **Kelly's Transformation** Before and After



Client's Name: **Kelly Smith**

Weight Lost: **24 Pounds (from 133 pounds to 109 pounds)**

Waist inches lost: **4 inches (from 28 inches to 24 inches)**

Total time it took: **25 weeks**

View Full Story [here](#).

### 33. Jon McQueen's Reverse Diet Progress

## Jon's Transformation Before and After



Client's Name: **Jon McQueen**

Total time it took: **1 Full Year of Reverse Dieting progress.**

View Full Story [here](#).

## 34. Ali Aimaq's Fat Loss Journey

### Ali's Transformation Before and After



Client's Name: **Ali Aimaq**

Weight Lost: **20 Pounds**

Waist inches lost: **6 inches**

Total time it took: **20 Weeks**

View Full Story [here](#).

35. Priscilla Martinez's Journey to Getting Lean

## Priscilla's Transformation Before and After



Client's Name: **Priscilla Martinez**

Weight Lost: **30+ Pounds**

View Full Story [here](#).

36. Andrew Collins Fat Loss Journey

## Andrew's Transformation Before and After



Client's Name: **Andrew Collins**

Weight Lost: **33 Pounds**

Waist inches lost: **7 inches**

View Full Story [here](#).

## 37. Melissa Reisman's Weight Loss Success Journey

### **Melissa's Transformation** Before and After



Client's Name: **Melissa Reisman**

Weight Lost: **26 Pounds**

Waist inches lost: **6 inches**

Total time it took: **5 months**

View Full Story [here](#).

## 38. Mary Roberts Success Journey

# Mary's Transformation



Client's Name: **Mary Roberts**

Total time it took: **12 Weeks**

View Full Story [here](#).

39. April Baysinger's Current Progress (Reverse Dieting)

## April's Transformation Before and After



Client's Name: **April Baysinger**

Weight Gained: **1.3 Pounds**

Waist inches lost: **1 inch**

Total time it took: **16 Weeks**

View Full Story [here](#).

## 40. Kadier Gonzalez's Journey

### **Kadier's Transformation** Before and After



Client's Name: **Kadier Gonzalez**

Weight Lost: **15 - 20 Pounds**

Total time it took: **16 Weeks**

View Full Story [here](#).

41. Leona DeGroat's Journey (reverse diet)

## Leona's Transformation Before and After



Client's Name: **Leona DeGroat**

View Full Story [here](#).

## 42. Kim and Tyler's Reverse Dieting Success Journey

### **Kim's Transformation** Before and After



Client's Name: **Kim Fairbrother**

Weight Gained: **1 Pounds increase (from 129 pounds to 130 pounds)**

Waist inches lost: **No changes in weight (24.5 inches)**

Total time it took: **30 Weeks**

View Full Story [here](#).

## 43. Kim and Tyler's Reverse Dieting Success Journey

### **Tyler's Transformation** Before and After



Client's Name: **Tyler Kirby**

Weight Gained: **2.8 Pounds increase (from 161.2 pounds to 164 pounds)**

Waist inches lost: **.25 inches (from 30.25 inches to 30 inches)**

Total time it took: **30 Weeks**

View Full Story [here](#).

## 44. Tamra Dewey's Journey

### **Tamra's Transformation** Before and After



Client's Name: **Tamra Dewey**

Weight Lost: **15 Pounds**

Waist inches lost: **5 inches**

Total time it took: **20 Weeks**

View Full Story [here](#).

45. Anna Rose's Journey

## Anna's Transformation



Client's Name: [Anna Rose](#)

View Full Story [here](#).

## 46. Ruth Cervantes's Journey

### **Ruth's Transformation** Before and After



Client's Name: **Ruth Cervantes**

View Full Story [here](#).

47. Overcoming Poor Habits and Fear of the Weight Room Leads to a Healthier and Happier Lifestyle

## Cathleen's Transformation Before and After



Client's Name: **Cathleen Gray**

Weight Lost: **11 Pounds (from 178 pounds to 167 pounds)**

Waist inches lost: **2 inches (from 35 inches to 33 inches)**

Total time it took: **20 Weeks**

View Full Story [here](#).

48.

## Crystal's Transformation Before and After



Client's Name: [Crystal Sassen](#)

View Full Story [here](#).

49. Professional Fashion Model Overcomes Eating Disorder

## Tamara's Transformation Before and After



Client's Name: **Tamara Amrani**

Weight Lost: **10 Pounds (from 127 pounds to 117 pounds)**

Waist inches lost: **1 inch (from 27 inches to 26 inches)**

Total time it took: **20 Weeks**

View Full Story [here](#).

50. Losing 51 Pounds Brings Back Happiness, Confidence, and a Return to the Figure Stage

## Nicole's Transformation Before and After



Client's Name: **Nicole Gengaro**

Weight Lost: **51.8 Pounds** (from 174.6 pounds to 122.8 pounds)

Waist inches lost: **8 inches** (from 35 inches to 27 inches)

Total time it took: **53 Weeks**

View Full Story [here](#).

50. Full Time Grad Student Trusts the Process and Leads to Successful Weight Loss

## **Brielle's Transformation**

### **Before and After**



Client's Name: **Brielle Nuzzo**

Weight Lost: **12 pounds (from 126 pounds to 114 pounds)**

Waist inches lost: **3 inches (from 28 inches to 25 inches)**

Total time it took: **16 weeks**

View Full Story [here](#).

# Glute Testimonials

## Hang's Transformation Before and After



Client's Name: **Hang Nguyen**

Total time it took: **12 Weeks**

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## Andrea's Transformation Before and After



Client's Name: [Andrea Ada](#)  
Total time it took: [12 Weeks](#)  
View Full Story [here](#).

## Zulaen's Transformation Before and After



Client's Name: [Zulaen Fernandez](#)

Total time it took: [8 Weeks](#)

View Full Story [here](#).

## Priscilla's Transformation

### Before and After



Client's Name: **Priscilla Monte**

Total time it took: **12 Weeks**

View Full Story [here](#).

## Ashlee Transformation

### Before and After



Client's Name: **Ashlee Szabo**

Total time it took: **12 Weeks**

View Full Story [here](#).

## J's Transformation Before and After



Client's Name: **J.B**

Total time it took: **12 Weeks**

## Ashley's Transformation Before and After



Client's Name: **Ashley Mitchum**

Total time it took: **12 Weeks**

View Full Story [here](#).

## Kelly's Transformation Before and After



Client's Name: **Kelly Smith**  
Total time it took: **12 Weeks**  
View Full Story [here](#).

## Saddie's Transformation Before and After



Client's Name: **Sadie Thille**  
Total time it took: **12 Weeks**  
View Full Story [here](#).

If you would like to learn more about our services and how we can design you a individualized periodized training program along with a flexible dieting nutrition program around your goals, schedule, preferences, etc. please visit us **HERE** or contact us **HERE** for a free phone consultation.