

A Skinny-Fat Transformation Online Coaching Testimonial

Written by Logan Rando



Hi, my name is Logan Rando and I've been a SkinnyFatTransformation.com reader for one year and two months.

I began my fitness transformation in December of 2014.

I stumbled across Oskar's website while reading through some fitness forums.

For several months I had been killing myself in the gym, lifting heavy weights five days a week.

My results were lackluster and I constantly felt lethargic and irritable.

I was putting in very hard work at the gym yet wasn't gaining the muscle I felt I deserved.

Even worse, I felt that I was retaining fat in all the wrong places.

I still had a visible belly and very little definition.

I had friends that put in half the effort I did yet were receiving stellar results?

I thought to myself... what am I doing wrong?!

When I discovered Oskar's website, SkinnyFatTransformation.com I had a moment of clarity.

For the first time in my life, someone was specifically addressing my build and my genetics.

The "skinny-fat" physique perfectly described my body type.

When I read about Oskar's personal transformation from skinny-fat to ripped, I knew I had to try his body-weight regimen for myself.

My mind raced with excitement as I drove to the gym from work that day.

I was so eager to try out his back-to-basics routine that I drove so fast and actually got a speeding ticket on the way over to the gym.

After 6 months of doing the beginner body weight routine I found myself 30 pounds lighter, with visible abs and a lean build.

I took a vacation to the Dominican Republic and was constantly complimented on my physique.

Friends who hadn't seen me in months were astonished and inspired by my transformation.

My progress inspired one of my friends, who also had a skinny-fat body type, to join me at the gym.

I knew this program worked for more than just me when I saw him lose his love handles and chest fat while gaining a toned masculine build in a few months' time.

After making the best progress I ever had, I felt amazing but was hungry for more. I knew I was ready to take my fitness to the next level, so it was a no-brainer when I made the decision to work with Oskar in the online coaching program.

After skyping with Oskar he made note of my personal fitness goals and designed an exercise routine and diet plan tailored to my goals and lifestyle.

Following the fitness regimen could not have been simpler.

Oskar laid out each exercise with the prescribed rep range, number of sets, and rest periods.

The diet plan included nutritious foods that I like to eat and was incredibly easy to follow.

I was never tempted to fall off the wagon because Oskar built into the plan two cheat meals per week.

I constantly looked forward to my meals, felt satiated, and was energized for my intense workouts.

In the past, workout routines I found online had me lifting so heavy that I was quickly drained of energy and struggled to complete the remaining exercises.

The results I received from these efforts were nonexistent!

The routine that Oskar designed challenged me to work every muscle group in my body in a timely, effective manner.

I always left the gym feeling satisfied that I put in a hard day's work while hitting each muscle groups effectively.

Simply put, the return on investment that Oskar's plan yielded far exceeded that of any workout I had previously used.

The most important part of the training process for me was the constant line of communication I had with Oskar.

On a weekly basis I input body measurements into a google spreadsheet.

With this data, Oskar could monitor exactly how my body was changing and could adapt the plan to minimize fat loss while maximizing muscle gains.

Within 24 hours of updating my stats, Oskar would provide valuable feedback and adjust the plan if needed.

Whenever I needed clarification or had a question, I could count on Oskar getting back to me very quickly.

I felt that I received a lot of value and personal attention from the program.

After completing a 12 week coaching program with Oskar, I'm pleased to say that gained significant size to my biceps, shoulders, and back all while maintaining a lean figure.

Oskar and I skyped at the conclusion of the program and he provided me with the tools and knowledge to continue into the future.

I'm absolutely confident that I'm prepared to continue to make muscle gains on my own!

Oskar is determined to help you reach your fitness goals and will be along with you every step of the way.