

My Optimum Performance Advantage



We asked our clients 3 simple and direct questions about their training experiences at Optimum Performance Strength & Conditioning.

Here is what Karren had to say.

- What is the major difference between training at OPSC and a traditional gym?

“OPSC has a more personal and motivating environment. The techniques give better results and are more effective than a gym. I absolutely love working out at OPSC and look forward to every new challenge Matt gives.”

- What is the most important result you have gained at OPSC?

“After being stuck at a plateau for a number of years, working out at OPSC has me seeing results. I am losing body fat and the scale doesn't seem to matter. I am a whole lot stronger and I feel great. I can also keep up with my young colleagues at work without a problem.”

- How do you feel about yourself since you've been training at OPSC?

“I feel healthier and stronger and I have a lot more confidence in myself. I do not feel my age, that's for sure.”

Every program at OPSC is tailored to you and your goals. Stop by or call today (508) 992-7987

Tell us that Karren's story convinced you and receive an additional discount.

Are you ready for a real change?



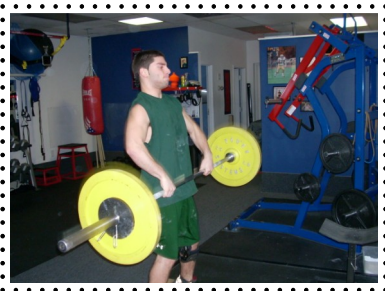
May 2009

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Here is what Brandon had to say.



- What is the major difference between training at OPSC and a traditional gym?

“OPSC is a lot more organized than a regular gym. We go through workouts that will make my body parts stronger that a regular gym would not work on.”

- What is the most important result you have gained at OPSC?

“I have developed a better running technique, which has helped me become a 2 way starter at Dartmouth High School.”

- How do you feel about yourself since you’ve been training at OPSC?

“I feel stronger, faster and my core is more developed.”

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Here is what Kate had to say.

- What is the major difference between training at OPSC and a traditional gym?

“OPSC offers a wide range of exercises I have never attempted or have even seen in a “regular gym. It is nice to know that you can see results without utilizing machines that you would use in a regular gym rather than using your body as it’s own machine at OPSC. OPSC focuses on using several muscle groups at once and toning your entire body during each exercise rather than focusing on individual body parts on different days. It is also nice to have knowledgeable staff to assist you , help you stay focused and motivated, to ensure that you are completing each exercise correctly and to answer any question you may have.”

- What is the most important result you have gained at OPSC?

“It is tough to pinpoint the most important result because I have seen results on many different levels. My clothing is fitting better, I have lost body fat and I have seen several areas of my body tone and tighten. I have also seen results in my strength and endurance. OPSC has built my confidence as I able to successfully complete exercises that I never thought I could do in a million years.”

- How do you feel about yourself since you’ve been training at OPSC?

“I feel great! I look better and overall feel better! I come to OPSC three times a week because I see results! I recommend OPSC to all of my friends. I believe in the program.”



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Here is what Beth had to say.

- What is the major difference between training at OPSC and a traditional gym?

“I attend OPSC for the one on one and small groups, modern equipment, knowledge of the activities and needs.”

- What is the most important result you have gained at OPSC?

“Knowledge of the exercises, workouts and how they effect my training and performance.”

- How do you feel about yourself since you’ve been training at OPSC?

“Healthy and strong with body, mind and soul.”

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Here is what Ross had to say.

- What is the major difference between training at OPSC and a traditional gym?

“Well, OPSC focuses on your body and the workouts are designed for you, athlete or not. Gym’s, all they have are machines, plus at OPSC there is a better environment here.”

- What is the most important result you have gained at OPSC?

“Well, OPSC taught me how my body moves and what it needs. Also that I need to respect my body too. I also got stronger faster here than at a gym.”

- How do you feel about yourself since you’ve been training at OPSC?

“I feel like a new person, also I got where I want to be. What can I say? OPSC helped me to become a starter on our football team.”

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We asked our clients 3 simple and direct questions about their training experiences at Optimum Performance Strength & Conditioning.

Here is what Celeste had to say.

- What is the major difference between training at OPSC and a traditional gym?

“Matt’s direction offers variety to my workouts. No boredom! I look forward to my sessions. I like the way he combines all muscle groups into the workout. I can’t do that myself (at a gym).”

- What is the most important result you have gained at OPSC?

“I’ve lost inches and weight. I feel stronger and comfortable in my skin.”

- How do you feel about yourself since you’ve been training at OPSC?

“As I previously stated, I feel my body is stronger and firmer. I feel younger. I am in the best shape of my life.”

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