

## EXTREME BODYSHAPING: A popular metro workout program is transforming bodies

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A popular metro workout program has been reshaping bodies with the help of exercise, diet and a cash prize for a little extra motivation. Farrell's Extreme Bodyshaping started transforming bodies in 1998 and has been growing since.

Participant Kevin Moreland says he wanted to make a change in the summer of 2008. He says, "I remember being out in the backyard with my son playing catch and I couldn't even bend down and

pick up the ball. I'd just let myself go."

For Father's Day, his wife gave him a little motivation. She signed him up for the ten week Farrell's Extreme Bodyshaping program. He says, "The initial 10 week program I gave it my all. I said I can do anything for 10 weeks, we'll see what happens." What happened: Moreland dropped 43 pounds, 7 percent body fat and won the \$1,000 prize for the biggest transformation at his location.

Founder Lance Farrell says, "We've really been blessed to have people come through and get good results, and it's really simple: Eat right and exercise." Farrell says the ten week program focuses on getting you fit, then maintenance after that. Classes are 45 minutes, six days a week. Three of the days are kickboxing, and the other three consist of resistance training using bands. He says there's also a big focus on eating right. Farrell says, "If you focus on exercise, you can get pretty good results. If you focus on nutrition, you get pretty good results. When you combine the two and you have a coach to help you through it amazing things can happen."

Moreland says his transformation is proof. He stuck with the program and won the \$10,000 prize for the year long competition. He says, "\$10,000 is a lot of money, but it's not a life changing amount of money. But, this program certainly is. It's life changing."

The program continues to grow. Farrell's started 2009 with fourteen locations and ended with twenty-three. People are even moving to Colorado, Arizona, South Dakota and Wisconsin to open up new locations this year.