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## Revolution Fitness Launches A 'Magic Bullet'



REVOLUTION FITNESS, BOSTON'S neighborhood gym, introduces a customer-focused, results-driven technology program to best assist clients with their fitness and weight-loss goals. Five years in the making, certified trainer Mike D'Angelo (pictured in the photographs), developed the exclusive fitness software. Through a series of body analyses, including muscle to fat ratios and metabolic rate, the program illustrates a client's current body status as well as outlines areas that need improvement. The goal section maps out what's necessary in order to reach one's goals in a clear and concise format.

"We wanted to create a program that both educates and assists our clients in reaching their fitness goals," said Mike D'Angelo, Revolution Fitness personal trainer, who developed the program as a way to help his clients achieve results easier and faster. "We are using Science to do that! If you follow the numbers the program outlines, your goals are easily attained. If clients come in and want to lose a specific number of pounds by a certain date, the program outlines intake and expenditure guidelines to make it happen. It is that simple!"

Deemed as the "magic bullet for success," the patent-pending program breaks down one's approach to fitness into manageable daily, weekly and/or monthly goals. The program also has a client login feature that allows clients to view their progress and check their goals at home, between training sessions.

"When someone signs up for a personal training session, they can now be ensured that their experience and results will be unlike anything else out there," said Derek Christensen, the founder of Revolution Fitness.

The fitness assessment program is available for Revolution Fitness members and non-members for the price of one personal training session (ranging from \$85-125, depending on the trainer's expertise level). All Revolution Fitness trainers are well versed in the technology. The fitness assessment is available as an appointment on its own but is recommended as the first appointment of one's personal training package in order to kick-start a regular regiment under the supervision of a trainer.

