

Chris L. : Mike Shannon and Full Spectrum Fitness Helped Take My Fitness to a New Level.

Mike Shannon and Full Spectrum Fitness changed my mindset on fitness and diet. For most of my life, my workout routine consisted of all cardio and no real strength training. Mike really helped transform my workout routine to look at fitness more holistically - with a combination of strength training and cardio. He also created a meal plan for me that helped me reach my desired body fat goals. Mike was a true partner in the entire process and took everything into consideration. Even when I injured my arm, he customized my workout routines so that I could continue strength training while my arm healed. Mike's great balance of support, encouragement and goal setting was instrumental in helping me achieve my fitness goals. I couldn't have done it without him!

