

## Andrew Watt

"I'm a police officer who trains hard in the gym and plays a lot of sports, so I would say I was in pretty good shape to begin with. But when I decided to try out for the Emergency Response Team, I knew I needed to take things to another level. I decided to start training with Maki and I've never looked back since. He came up with a unique training regime for me that focused on functional strength and conditioning. As a result I feel as though I am in the best condition of my life. Thanks again Maki."

- Andrew Watt