

From.
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In just one short year, Girard Smith, founder of "The Bodic System" has developed a muscle endurance program that I feel will swiftly emerge as America's #1 fat burning, muscle building, workout regimen.

I have had several trainers over the years, and experienced many fitness programs, but none like Bodic. Girard's style of training is like no other. Decreasing my body fat, he has helped me loose inches, achieving the lean, muscular body I've always wanted.

Continuing to train under Girard and The Bodic System, I continue to reshape my body, and energize my life. With a fitness program, designed exclusively for me, my family, peers, and patients are amazed at my results.

Sincerely

Dotun Ogunyemi, MD