



Shawn Wenzel

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So often in people's testimonials you hear about how much weight they lost or how many pant sizes they dropped. You won't hear that from Shawn Wenzel. While his photos definitely show an amazing transformation, Shawn's focus was more on his family. "I feel Aaron and Underground Functional Fitness have given my family their husband and father back," says Shawn.

As luck would have it, Shawn was paired up with Aaron at another fitness facility and followed him here to Underground Functional Fitness. "His dedication and commitment to me keeps me motivated to maintain an active and healthy lifestyle," says Shawn. Before training with Aaron, Shawn never had any type of formal exercise training. He feels that Underground is the key to achieving his fitness goals. "The business has an excellent concept: Get to the point, work hard, and your goals will be achieved." That is exactly what happened for Shawn -- he lost more than 70 pounds and dropped 4 pant sizes. And from that loss, he gained even more: "Before training with Aaron, and being 70 pounds overweight, I was always sore, tired, lazy, and couldn't even play catch with my kids. I had debilitating back pain that affected all aspects of my life. I had no ambition and didn't want to do anything. Today I am a changed man. My back pain is completely gone, I am able to keep up with my kids, and I have more drive and self-esteem. Aaron and Underground saw my potential and helped me reach my goals, and for that I'm extremely grateful," says Shawn.

Shawn is married to his wife, Amy and they have three children together: Collin 9, Janie 8, and Tyler 6. He has worked in the window business for 15 years and owns and operates Wenzel Home Improvements. In his spare time he enjoys spending time with family, fishing, and golfing. His goal is to maintain an active and healthy lifestyle in order to set a good example for his children.



Before After



Before After