

My VT4 Experience

By: Carla Mar Hill

I arrived at the VI Community just before the start of the VT4 contest period with a recent weight loss of 30lbs and measurements very near to the VI metrics. It was thrilling to discover a set of quantifiable measurements I could further train my body to. At the time, I didn't really know where I should or wanted to go "next" with my physique and fitness goals. Finding the VI metrics gave me a new measure of refinement to work towards so I became active in the community and decided to enter the contest.

The contest preparation process was a new challenge in that for the first time along my journey I had a predefined goal date to work with. I knew that any setbacks or challenges I might encounter would have to be dealt with and overcome quickly. It required a new level of determination and resourcefulness as I worked with a program that was foreign to me and my body. I was additionally challenged by an unexpected illness and by a major injury to find my way to the photo shoot in one piece and top form, but having that end date and photo shoot in sight, I never wavered and always found ways to work around whatever problems I was having.

Working with the VI programs has been rewarding in so many ways and it has been a terrific learning experience for me. I learned more about what my body is capable of and I gained strength, stamina and balance. I learned new methods of training and new exercises and I learned better which exercises are more or less well suited to the needs of the female physique. Having made my own extensive researches before purchasing the VI program, I was excited to discover NEW exercises and methods so closely in accordance with my own beliefs and suspicions. I only wish I had found it months earlier!