

Personal Testimonial about Phoenix Fitness and the Merits of a Personal Trainer

by

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August 20, 2004

I joined Phoenix Fitness in January, 2003, and it wasn't until the summer of 2003 that I started working with Bruno. Immediately, I learned to appreciate the difference between working out on my own and working with a personal trainer. Bruno's motto is "If you can't do four sets of ever increasing reps, why bother?" and he does not like to take "no" for an answer. This conditions you to work through your moments of doubt in relation to your own physical abilities. Bruno inspires me to raise my personal goals and expectations while making the workout enjoyable at the same.

A handwritten signature in cursive script, appearing to read "R Becker".