

July 6, 1997

To Interested Parties:

Weight training with Al Vishnevetsky is a vigorous and satisfying experience that is far exceeding my initial expectations.

First and foremost, Al is helping me to achieve my personal fitness goals. I am a fifty-something woman, working to enhance my physical strength and condition as part of planning a transition from a sedentary desk career to a more demanding next vocation or retirement pursuit. My initial 2 months of training with Al have so significantly enhanced my sense of well-being and measurable performance that I have raised the bar in terms of my fitness objectives. With Al's motivation, I am demanding more of myself.

In addition to Al's technical competence as trainer and motivator, his attitude has been a major contributor to my progress and satisfaction. To some extent, I am not completely "at home" in a gym setting; my personal fitness goals are subtle and internal. Yet my expectations about the training experience are high. Al is sensitive to my individuality and recognizes my unique training needs.

I look forward to continuing my training with Al!



Kathy Eldred

May 19, 1997

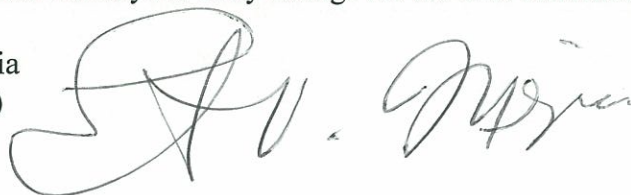
To My Friend and Trainer,

I have been weight training with Al Vishnevetsky for nine months. In that time, I have improved my bench press to over 245 pounds and hope to press my weight of 260 by July 8, which is my birthday. I will be 56 years old.

Al has been my fitness trainer and friend for all of these months. I would not recommend just anybody to train a person because you have to believe in your trainer and trust him to lead you in the right way.

As his card reads, "The Motivator", if you want to have a good a safe work out sign up with him and watch your body change for the best condition of your life!

Ernie Mejia
(Old Man)

A handwritten signature in cursive script, appearing to read "Ernie Mejia". The signature is written in dark ink and is positioned to the right of the typed name.