



Certified
Public
Accountants

July 15, 1997

To Whom it May Concern:

I have had the fortunate experience of working out with Alex Vishnevetsky for the last three months. Under Alex's constant supervision, motivation and dedication, I have achieved goals I never imagined possible.

I have gained muscle (1 inch in the arms, thighs and chest) and lost fat (1 inch off my stomach!). More importantly, with Alex's support, I have gained the ability to motivate myself to work out three times a week! This is a great achievement for somebody who has never worked out regularly or dedicated time to a gym.

Without Alex's motivation, I would never have found my way down the road to better fitness and a healthier life! I am confident Alex can help you achieve similar results. Just do it!

Sincerely,

A handwritten signature in black ink, appearing to read "Mark A. Metzger", is written over a horizontal line.

Mark A. Metzger, CPA

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