

To whom it may concern;

I was one of the first members of Iron Mountain Gym. I had never worked out in a gym, much less worked out with a trainer. I was a very intimidated not only by the various types of equipment but how to perform on them safely. At the time I was recovering from knee surgery and so I was very wary. I did hire a trainer for a period of one month which I felt would give me time to learn proper technique. This turned out to be a complete waste of both my time and money. I will not go into details but suffice it to say I was turned off to the idea of hiring another personal trainer. This all changed when I meet Al. He truly put the fire in me. He didn't just stand there and count reps, he pushed me to accomplish goals I never thought to reach. It was hard at first, I did everything wrong and found I had to drop down in the amounts of weigh I could lift. After a couple of weeks I not only returned to my old lifting weigh but had more confidence to go after higher weights. All this through Al and his constant reinforcement. I knew Al would wouldn't let me hurt myself so I went right after it, all the while Al right there with me. I can't say enough about Al Vishnevetsky. He changed my whole life from what I eat to how I conquer and reach my goals both in and out of the gym.

A handwritten signature in cursive script, appearing to read "Steven Phillips".

Steven Phillips