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Personal training has been one of the wisest choices I have made. Working with Murray Middlemost has been a pleasure and an unexpected surprise!

I choose to train with Murray not only because he came highly recommended from a friend but also because of his philosophy in trunk control. In other words, strength and flexibility of the arms and legs does not amount to much unless the trunk is able to support them.

For almost a year, Murray has helped me shape goals, which are important to me in terms of scuba diving, running, and general body conditioning. Significant changes in my fitness, strength, flexibility, self-image and discipline keep me coming back for more. His general principles of training and diet I have incorporated into my daily routines and profession. For instance, I demand more of myself in my own training sessions (why only for Murray?!); I have entered a few 5 and 10 km runs to explore my potential; and I train my clients more aggressively with better results.

Murray does not cheat me rather he ensures I do not cheat myself in a training sessions He demands 100% of your physical ability and form in a given workout. Humor, knowledge, patience, encouragement and professionalism get me through the tougher parts of a session. Sessions are focused and comprehensive. Routines and equipment are always varied for better training effects and less boredom!!!!

I feel positive results during, immediately after and days following my workout. Relaxation, better sleep, more energy, better body awareness and increase drive are a few of the immediate positive effects. Longer term benefits have been increase ease moving dive gear in and out of the water, running longer distances, completing more demanding daily tasks with greater ease and less breathlessness.

Limitations in weight loss or loses in certain aspects of fitness are solely of my own free will. Murray is an excellent coach, teacher, and fitness trainer, but the desire to achieve fitness goals must come from within. Persistence, patience and exchange of information have paved my fitness journey these past months.

I highly recommend personnel training. My sessions with Murray have provided me with such a broad range of unexpected benefits that I cannot image life without them!!!
Thank you!

Cynthia Lambert

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Phoenix Fitness Client