

Eric I. Sturdza

To whom it may concern:

I would like to take this opportunity to recommend

Valentin Grozdev

a professional Strength and Conditioning Coach and dedicated personal trainer.

Valentin Grozdev served as my instructor from August 11th to August 17th 2012. He implemented and supervised an individually tailored workout program organized on two daily sessions.

I have found Valentin to be a reliable professional, who is genuinely concerned about the physical well-being of his clients and their achieving long-term health benefits.

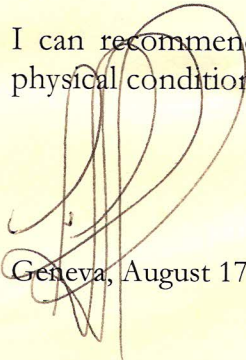
The one week program helped me stabilize my flexibility through physical therapy exercises, basic healthcare and wellness. Another of its benefits is to prevent injuries while practicing other sports, such as golf, hunting, shooting and exercising.

Besides being an excellent coach, his physiotherapist skills were a great addition.

Valentin has an extensive knowledge of body mechanics, muscle function and is capable of determining each individual abilities. His pleasant and positive attitude is a great asset to his willingness to work with his clients at their own levels.

I also appreciate that fact that he focused on what I was doing, my goals and my limitations rather than trying to impose the "perfect" program

I can recommend Valentin highly to anyone interested in increasing his or her physical conditioning.



Geneva, August 17th 2012