

Tiger Coaching Success Stories

Fitness Evaluations

	<u>12/10/2004</u>	<u>04/04/2005</u>
Tom – Body Composition	- 15.5%	11.2%
Push-up Test	- 32	40
Cardio Step Test	- 130 bpm	96 bpm
Cardio (RHR) Test	- 60 bpm	52 bpm

“Gary Took me off of my fitness plateau, and helped me reach my goals, they focus on your weaknesses to make you fit aerobically and well as increasing your strength”

	<u>2/10/2004</u>	<u>5/04/2004</u>
Carolee - Body Composition	- 18%	16%
Bench Press Test	- 25 reps.	44 reps.
Sit-Up Test	- 26 rep	55 rep.
Flexibility Test	- 25"	26.5"

“Tiger Coaching helped me reach my strength goals”

	<u>10/15/2003</u>	<u>8/04/2004</u>
Ray - Body Composition	- 27%	20%
Push-up Test	- 10 reps.	19 reps.
Cardio Tests (RHR)	- 91 bpm	59 bpm
Cardio Step Test	- 150 bpm	125 bpm
Sit-Up Test	- 52 rep	63 rep.

“Tiger Coaching’s program greatly improved my cardiovascular conditioning”

	<u>2/10/2004</u>	<u>5/04/2004</u>
Carrie - Body Composition	- 18.5%	16%
Bench Press Test	- 25 reps.	44 reps.
Sit-Up Test	- 26 rep	55 rep.
Flexibility Test	- 25"	26.5"

“I was cardio fanatic, I needed to gain muscle and strength and Tiger Coaching’s Body Sculpting program increased my tone and strength in 3 months.”

	<u>6/15/2003</u>	<u>12/2/2003</u>
Debbie – Body Composition	- 26.6%	18.8%
Push-up Test	- 30	85
Sit-up Test	- 45	75
Flexibility Test	- 18"	21.5"

“Gary changed my program and I got results. He keeps me motivated”

	<u>8/06/2003</u>	<u>10/30/2003</u>
Lori - Body Composition	- 34%	29%
Push – Up Test	- 23 reps.	33 reps.
Sit-Up Test	- 35 rep	50 rep.
Flexibility Test	- 19"	21.5"

		<u>8/31/2001</u>	<u>2/28/2002</u>
Kate -	Body Composition	- 27%	22.5%
	Bench Press Test	- 33 reps.	37 reps.
	Cardio Tests (RHR)	- 66 bpm	56 bpm
	Sit-Up Test	- 45 rep	59 rep.
	Flexibility Test	- 18.5"	20"

"Tiger Coaching caters your fitness program to your needs"

		<u>4/3/2002</u>	<u>8/10/2002</u>
Gwen -	Body Composition	- 25%	21.3%
	Bench Press Test	- 38 reps.	53 reps.
	Push – Up Test	- 32 reps.	40 reps.
	Sit-Up Test	- 50 rep	63 rep.
	Flexibility Test	- 22"	23.5"

"Gary has started me on my path to a lifetime of fitness and health."

		<u>3/22/2002</u>	<u>6/15/2002</u>
Denise -	Body Composition	- 21.5%	17%
	Bench Press Test	- 37 reps.	39 reps.
	Cardio Tests (RHR)	- 70 bpm	58 bpm
	Push – Up Test	- 32 reps.	40 reps.
	Sit-Up Test	- 67 rep	78 rep.
	Flexibility Test	- 23"	24"

"Tiger Coaching's programs are creative and innovative with lots of variety, which kept me motivated"

		<u>3/22/2002</u>	<u>6/15/2002</u>
Vicki -	Body Composition	- 32.2%	26.8%
	Bench Press Test	- 15 reps.	20 reps.
	Cardio Tests (RHR)	- 64 bpm	54 bpm
	Sit-Up Test	- 14 rep	38 rep.
	Flexibility Test	- 21"	21"

"Having someone set and monitor your program results in greater success".