

## Testimonial for Suharni Mohammad (aka Sue Power)

Ek Ben Yee (Miss)  
Educator

At first I thought that Sue only specialises in group exercise classes because I know that her group exercise classes are very popular. Later on, I found out from my female friend who is also her personal training client that Sue is also a body builder who takes part in competitions and does personal training.

I have always been fascinated by the way people sculpt their bodies through resistance training and I desire to achieve that result. However, I don't know how to achieve that result although I have been doing resistance training since 2006 and have read much about the subject. So when I get to know Sue, I found the answer.

When I first met Sue and communicated my fitness goals of wanting to increase my muscular strength and size to her, she didn't even doubt the possibility of achieving that even though I was already 51 years old then. After doing the fitness assessment, she started the training programme with me. Sue is very observant in identifying my areas of physical weaknesses such as my limited range of movement and incorporates suitable exercises to strengthen them.

Since I started training with Sue in 2010, there is significant improvement in my muscularity development. There is visible gain in muscle size and strength. My range of motion is also getting better. I can lift and carry heavy stuffs with great ease now. With improved fitness, I can do more physical and mental tasks within a shorter time without getting tired easily.

I look forward to each training session with Sue as it is systematic, time-efficient and well-planned. Being knowledgeable, experienced and observant, Sue selects the exercises according to my readiness to handle them at that point of my fitness level and more importantly, she ensures that I perform each exercise with the correct form and technique. Sue communicates her instructions and demonstrates each exercise with clarity. If need be, she will patiently take me through the moves step-by-step until I master them correctly.

She gives 100% of her time, energy and attention to me during one hour of training. Whenever the going gets tough, Sue will always have an encouraging word to push me on to complete the next rep. I'm also impressed with her generosity in sharing her wealth of knowledge and experience about fitness and training. She freely imparts her skills to me so that I can perform those exercises on my own.

I will recommend anyone whose fitness goals are to improve cardio-respiratory fitness, muscular strength, muscular endurance, flexibility, sports specific training or just fun workouts, to consider training with Sue.

Please feel free to contact me via email at [pookyballon@yahoo.com](mailto:pookyballon@yahoo.com) if you require further information.

