

## Testimonial for Suharni Mohammad (aka Sue Power)

Benjamin Lee  
Government Officer

I have trained with Sue for the last 3 months, and have seen great results. I feel more energetic, my posture is better and my built has improved significantly compared to when I was gymming without a personal trainer for the last 5 years. My friends have echoed the same thing, and told me that my personal trainer has been doing a good job.

I was initially hesitant to take up personal training because it seemed daunting. However, Sue changed my perception. She motivates me with encouragement every session to train harder and push myself. At the same time, she always reminds me of safety – to maintain a correct posture and engage my core. Sue also understands the different health conditions of her clients and tailors the fitness programme to suit every individual client. For myself, I have many dietary restrictions due to food allergies, which makes it difficult to complement my fitness regime. However, Sue took the time to plan my nutritional requirements and give me detailed advice on my diet. I have seen improvements in my fitness and energy levels after incorporating Sue's advice, and am very grateful for that.

Sue engages her clients 100% of the time during training. Her focus is fully on her clients, to ensure that every exercise is done correctly, with good posture and safety. In addition, she is an excellent spotter, and helps her clients, especially through the crucial last few reps to maximise the results of training. This is invaluable for me, especially for breaking through training plateaus and being more confident of progressing to more challenging weights.

Sue is not only a personal trainer, but also a teacher. We do not just run through the motions of each exercise during our training sessions. Rather, Sue explains in a detailed and easily understandable manner the muscle groups that are being worked on for each exercise. This helps me to better focus my mind and visualise the target muscles for each exercise, for better technique. Sue also teaches me the different training methods – supersets, drop sets, etc. With the understanding of the whys and hows of training, I train much more effectively than before with better focus and variation for better results.

Sue's gym is also well-equipped and well-maintained. The exercise equipment is comprehensive and varied – from weights to cables and machines. The large range of exercise equipment has provided good variation to the personal training. The gym is also very new and clean, thanks to Sue and Liz. The showers are spacious, the changing area is very well maintained and the equipment are in very good condition.

Sue has made training fun, and motivates me to continue exercising regularly. I not only appreciate the results that Sue has given me, but also enjoy the process of training. I would recommend Sue as a trainer because she is dedicated, knowledgeable, safety-oriented, results-driven and makes training fun with her great sense of humour.