


American Muscle & Fitness  
102 Benedict Road  
Pittsford, NY 14534  
800-253-5182



Official Seal

I would like to recommend Remond Elder to you as an AMFPT Certified Trainer. Remond has successfully completed the American Muscle & Fitness Personal Trainer Certification course and has been issued valid trainer's certificate # 7121201H on October 04, 2005. Remond's test score ranked at the top of the AMFPT Trainer's scores.

AMFPT is a national and international certifying body based in New York with over 5200 graduates in 30 countries worldwide. American Muscle & Fitness has been registered with Dun & Bradstreet since 1995 and has approved *Exercise, ETC* as a continuing education provider. American Muscle & Fitness Personal Trainer Certification meets the National Health Club Association, C. M. Meiers and Sports Fitness underwriting standards for issuing fitness trainer liability insurance.

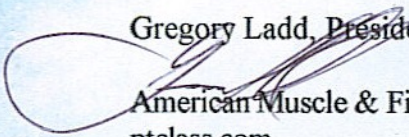
Some subjects covered in the AMFPT Personal Trainer curriculum are:

- Trainer Liability
- Exercise Safety
- Health Assessment
- Weight Loss
- Anatomy
- Muscle Function
- Fitness
- Toning
- Nutrition
- Exercise Machines

Please feel free to contact me if you have any questions regarding Remond' certification.

Thank you.

Gregory Ladd, President



American Muscle & Fitness  
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