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To Whom it May Concern,

I am writing on behalf of Ricky Martin, my fitness trainer, coach, and mentor. Ricky has been working with me and our small group for approximately three years. Getting and keeping us in the best shape, physically and mentally as possible, and I am pleased to recommend him.

Ricky's knowledge of body mechanics is superb. He never ceases to amaze me with his ability to keep us all focused while keeping us moving, whether it be with hand weights, free standing machines, aerobics, or mindfulness.

Ricky has had several challenges with our small group. From shoulder issues, foot and hand problems to backs, just to name a few. I have witnessed first hand how his knowledge of the body and its mechanics have helped us all. Personally, I have had lower back issues for years, which is just one of the reasons I started working with him. At times when I've been too nervous to even move, he has shown me how just the slightest stretch can give me not only the confidence I need to continue but also the confidence to keep the motion I need to recover. He is a great teacher and has taught me the correct use of my muscles to make lifting, pulling and pushing easier, while working out and just daily living. He knows when to push and he knows when to go easy, not always an easy task with me. He is a true leader and one of the best teachers I have come across in quite some time.

I would recommend Ricky wholeheartedly. Please do not hesitate to contact me with any questions you might have.

Best regards,

Barbara S. Biggerstaff

