

Tony & Karen Hill
Frog's Club One

Dear Tony & Karen,

I really don't know where to start, but thank you is definitely a good place. When my wife and I first heard about your class we knew that if you two were doing something it would be worth getting in on. We were definitely not let down. This class was the best \$240 we ever spent. You were right when you told us we would never view fitness the same after your camp.

I played sports all through high school, college, and am currently keeping up with my fitness and this class was by far the most challenging and fulfilling accomplishment I have achieved. Most trainers and coaches that I have had pushed me to a certain limit where they knew I was ready to quit and they let me stop, but you two pushed me way past my limit. There were definitely times I thought I absolutely could not do another movement, but I did and I have become much stronger mentally. I have learned that 90% of the exercise battle is in your head. I have learned to focus and to make my body work past when it tells me I can't go on.

I think my favorite memory was the day I broke the board after class. When you told us that we could do it I have to admit I was a major skeptic. I really didn't think I was going to be able to do it and I was embarrassed to try in front of everyone because I didn't want to fail. However, after you broke the first board and you walked us through the technique I was ready to go for it. That was one of the most focused moments and satisfying moments from beginning to end. I remember the count of 1, 2, 3, "Hi Ya". I did it. I almost couldn't believe it, but what a feeling. I think that accomplishment is the epitome of your class. If you set your mind to do something it can be done.

I have also learned a ton about diet and supplementation that I had never learned before and I look forward to implementing the new knowledge over the course of our lives. Thank you so much for your commitment, passion, and positive example to help myself and our class rise to a new level of fitness and surpassing mental and physical barriers that I did not think I could.

That reminds me, the team feeling of this class was awesome. I felt like we became a real team and it motivated me to try my hardest. Everyone really encouraged each other to push past the pain.

In my opinion if you two are doing anything it is way worth being a part of. I enjoy your character and team dynamic so much and it really does inspire me to go for it and to give it my all.

Your camp definitely lived up to the name Outrageous Fitness Camp. From front kicks, sidekicks, jabs, and 100's of push-ups and sit-ups we worked hard. My wife and I are even considering Tae Kwon Do now and also hanging a speed bag and punching bag just so we can work our bodies in that way. We feel confident and we are excited to continue our training. As a husband I loved seeing my wife get aggressive and learn some basic defense moves. This will definitely lead to further self-defense training.

It was hard to cram all you did into one month of classes, but you went above and beyond. I recommend this camp to anyone who thinks they are up for the challenge and want a refreshing way of looking at a life commitment to fitness.

My letter wouldn't be complete if I didn't offer suggestions so here goes. I really don't have much other than on the lecture days I think it would be great to leave the last 20 minutes to do some sort of intense exertion. I think the more creative and different the better. I loved the interval training and keeping us on our toes. It's cool kind of having a drill sergeant per say. When we don't know what's coming we can really push ourselves. You all have a great thing going. God truly has blessed you two with talents and gifts and I think you are using them well. Thanks again.

Your trainee,
Eric B.