

To whom it may concern,

My name is Jim Wheeler, I am a software engineer by trade and currently serve as the president of Argotrak, Inc. Chris Williams has been training me for the past 18 months and I consider him to be the best trainer I have worked with. My goals when we started were to strengthen my core specifically since I have had chronic back pain and my doctor recommended strength training to improve the back. Since starting with Chris I have lost weight, gained strength, balance and reduced the amount of pain in my back. I believe that Chris combines an extensive knowledge of training and physiology, motivation and patience plus really listening to the needs of his clients to come up with creative exercises to achieve our goals. I personally have never been around someone that is so positive and can motivate me to push past what I want to do, and we train at 7:00 am so that is no small feat. I would highly recommend Chris, and have many times to others, for training.