

Linda Gray

Stephen Hercy was introduced to me by a woman acupuncturist who encouraged me "to take a serious Look at weight training. " I had always loved weight training...simply because I looked better. My profession demands some very strange hours and because of that I could never do anything that required attending classes or scheduling an appointment with a personal trainer. Consistency wasn't in the cards and I was left with the "on-again, off-again" love affair with the concept of weight training that seemed totally out of my grasp.

When I met Stephen, he told me that he would "design my body!" "Sure", I said, "All I have to do is work out six days a week, six hours a day...then I'll look just like Linda Hamilton" in a very sarcastic tone of voice. In my spare time!!!!!!

His reply was that I could empower myself!!!! What a great concept and one that I had never heard before. He had my attention. By giving me the basics and showing me clearly what it took, I could take my "Personal Custom-Made Book" to any gym in the world, walk in and feel confident that I could get a great workout and look like I knew what I was doing. I actually went to Gold's Gym in Venice, California, and felt confident!!!

I wanted a long, lean body like a swimmer or a dancer. I didn't want to look bulky like a lot of the body-builders that I had seen, so, I explained all that to Stephen with the fact that I had a very full life and didn't want my life to revolve around a gym.

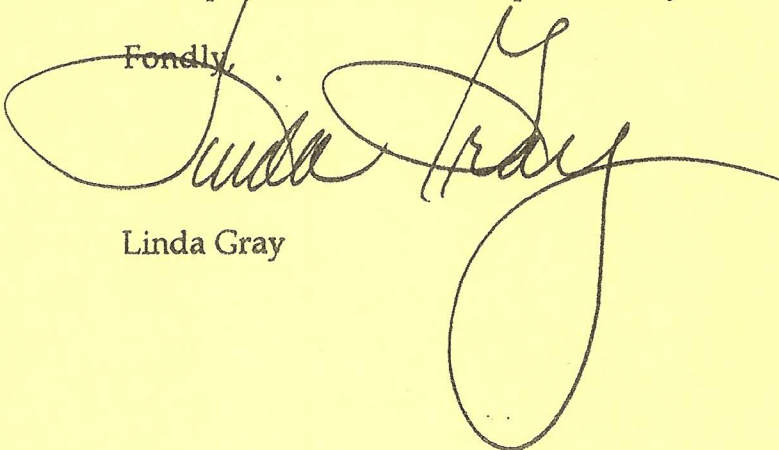
Some of Stephen's clients were women my age who wanted to look and feel better....period. They loved the way their bodies responded to a personal designer. That's another thing that it did for me! These were not all twenty-year-olds with perfect bodies. They were working women, with families. The common denominator was that they all could do their own routines when they had the time and the results were spectacular.

I thought that it was too L.A. to say that you had a "Personal Designer for your Body". I felt like I should look like an over-stuffed sofa rather than the "Swimmer Body" of my dreams..... but I really didn't care what anybody thought about what he was called. What I felt and looked like was what was important to me. Plus I was so strong that I could beat the--out of them!!!!

It's a pleasure to know Stephen Hercy.

Fondly,

Linda Gray

A large, stylized handwritten signature in black ink, appearing to read 'Linda Gray'. The signature is written over the printed name 'Linda Gray' and extends significantly below it with a long, sweeping tail.