

MATT ELLIS #8  
FROM THE  
DETROIT RED  
WINGS.

Rich,

Thank you very much  
for the opportunity to  
train at such an amazing  
place. Each day I felt  
great coming in and  
felt even better when I left.  
The Human Performance  
center and Chris have helped  
me realize my true potential  
as an athlete and as a person!  
Thanks and all the best!

