



# **Services**

**Personal Training**

**Contest Prep**

**Online Personal Training**

**Meal Plans**

**Strength Training**

# Personal Training

One on One personal training sessions are available in Louisville, Kentucky and the surrounding areas. Each session is comprehensively designed specifically for each client and their respective goals and ability.

My experience includes 10 years as a personal trainer, former college athlete, college strength coach, men's physique champion and competition prep coach. I take pride in providing a safe, supportive, and energetic environment. With a commitment to ensuring every session is challenging and filled with an array of diverse exercises and movements.

## Rates-

**\$60/1 Hour**

## Packages-

**8 one hour sessions for \$450**

**12 one hour sessions for \$650**

**Group rate- \$35/1hr per person  
(2 to 4 people)**

**\*Contact me for in-home training rates**





## Contest Prep

If you are a hard-working, motivated, determined, positive person...and you desire to display your hard work at its absolute best on stage under the big lights, then we have a spot for you on Team-EB-FIT.

We are a TEAM. We support and help each other become the best version of ourselves, with the intention of inspiring others to do the same.

Every person is unique. Every physique, metabolism, schedule, training style, and background is what makes you who you are. I take all these factors into account when coaching athletes, no cookie cutter plans or approach will be used. I get to know you and your goals and design a program that will give you personally the best chance to be successful.

*(Includes Custom Meal Plan, Nutrition Coaching, Custom Workouts, Motivation, Posing Consulting, Weekly Check-ins, 24/7 Support)*

Contact me for rates



# Online Personal Training

Online personal training allows for personal motivation and accountability to develop while under the direction and guidance of a certified professional.

We will discuss your overall goals, eating habits, and schedule and design a program that will give you the results you desire. My ultimate goal is for you to develop a healthy LIFESTYLE that you can sustain for the rest of your life.

*"Your Success is My Success"*

## Online Personal Training includes-

- Custom Meal Plan
- Custom Workout Program  
*(at home or in gym)*
- Daily Motivation
- Weekly check-ins  
*(to track progress and make changes accordingly)*
- 24/7 email support

## Rates-

8 weeks- \$350

6 months (24 weeks)- \$1000



# Meal Plans

Every meal plan is custom designed for you and your goals. Whether you want to lose weight or put on some muscle mass, I have experience helping people achieve whatever goals they desire. We will discuss your current diet and eating schedule, favorite foods, food allergies, and foods you can't live without to create a plan that you can enjoy while giving you the best chance to be successful at achieving your goals.

Contact me for rates.



# Lifestyle Package

My ultimate goal is to assist my clients in developing a LIFESTYLE that they can sustain and enjoy for the rest of their life. Eating healthy, staying active, and maintaining a healthy balance in all facets of life. That's why I offer the "Lifestyle Package", an all-encompassing program that ensures complete structure and constant accountability.

## The Lifestyle Package includes-

### 4x One on One Personal Training Sessions

*(meet once a week, additional sessions can be added)*

### Custom Meal Plan

*(adjusted accordingly based upon progress)*

### Custom Workout Program

*(home or gym)*

### Daily Motivation

*(motivational emails)*

### Weekly check-ins

*(to track progress and make changes accordingly)*

### Rates and Packages

**1 month(4 weeks)- \$400**

**3 months (12 weeks)- \$1000**

**6 months (24 weeks)- \$1500**





# Strength Coaching

As a former college athlete and certified personal trainer, my true passion is helping individuals optimize their performance in their respective competitive sport. I spent two seasons as the Strength Coach for Kentucky Wesleyan College men's basketball. I have worked with countless athletes, at all levels, to become stronger, faster, more explosive, and reduce susceptibility to injury. I have also suffered several injuries during my career that demanded extensive rehabilitation. I use my experiences and training to assist athletes in returning to old form or even better.

There is no substitute for hard work, but working smarter will produce optimal results. Contact me for custom safe and effective training programs for athletes to become the best version of themselves.

## Individual Rate-

**\$60/ 1 hour**

**Contact me for affordable Group Rates.**

