



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

