

Revolutionise your life.

Permanently.



ADAM MIKETINSKI

Bodybuilder. Coach. Greek God.

Sematruix Fitness is all about helping you be the **best** version of **yourself**.

I will help you get where you want to be with:

- Workout plans
- Nutrition plans
- 1on1 coaching

Workout. Nutrition. Motivation.

Do you want to learn what it takes to train like a professional athlete and get the results that you always desired?

It takes tremendous amount of discipline and resilience in order to adapt and succeed.

How do YOU get there?

No bullshit approach but consistency, hard work (in and outside the gym) and smart programming.

Nobody can do the work for you, you get what you put in. This being said the journey doesn't have to be lonely and confusing with a professional by your side!

If you want to look like a **Greek God**, you have to **become one**.



Are you **ready**?

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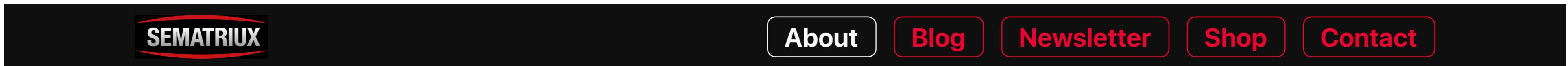
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Typography

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Heading 2 (60)

Heading 3 (30)

Heading 4 (24)

Large Text (24)

Large Text Semibold (24)

Medium Text (20)

Medium Text Semibold (20)

CAPTION (18)

CAPTION SEMIBOLD (18)

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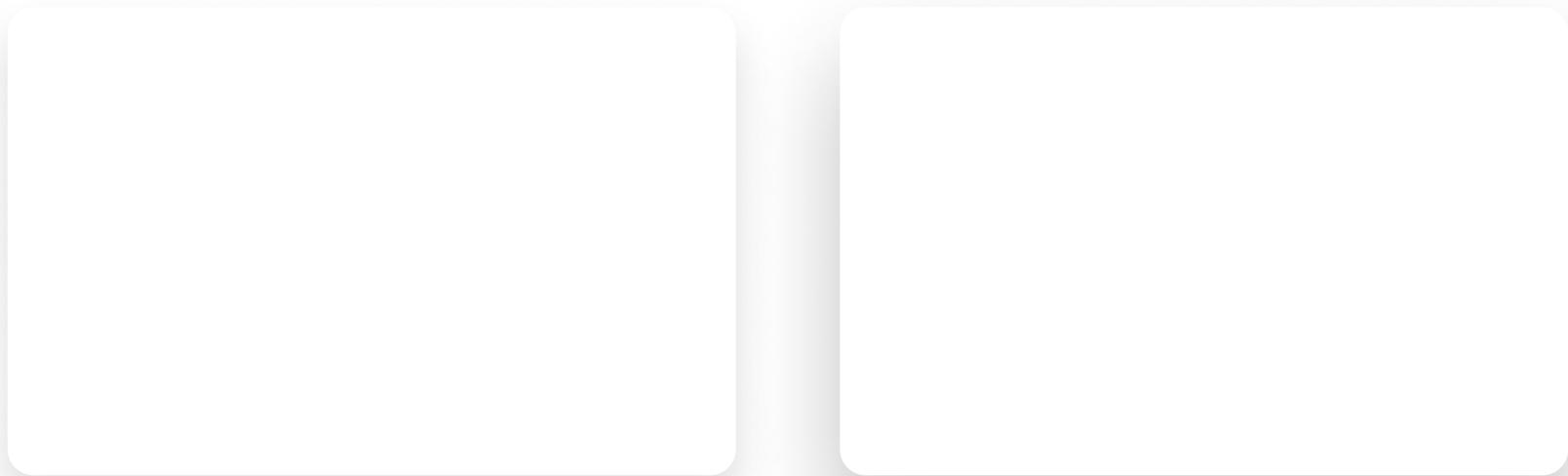
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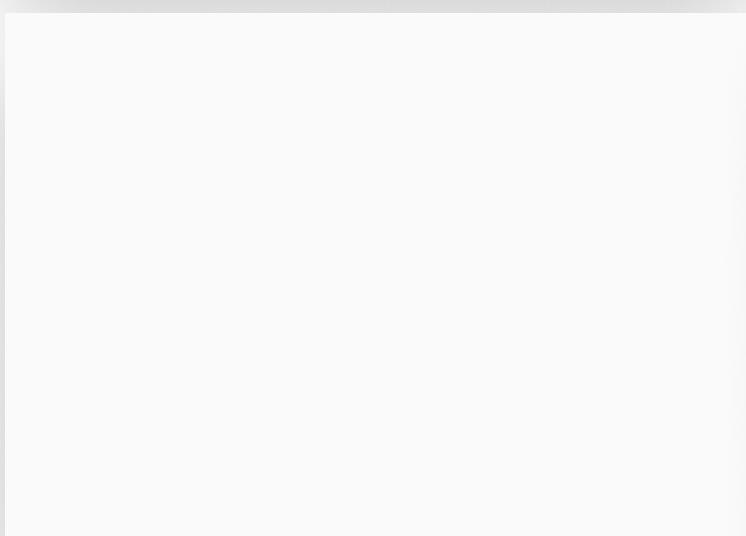
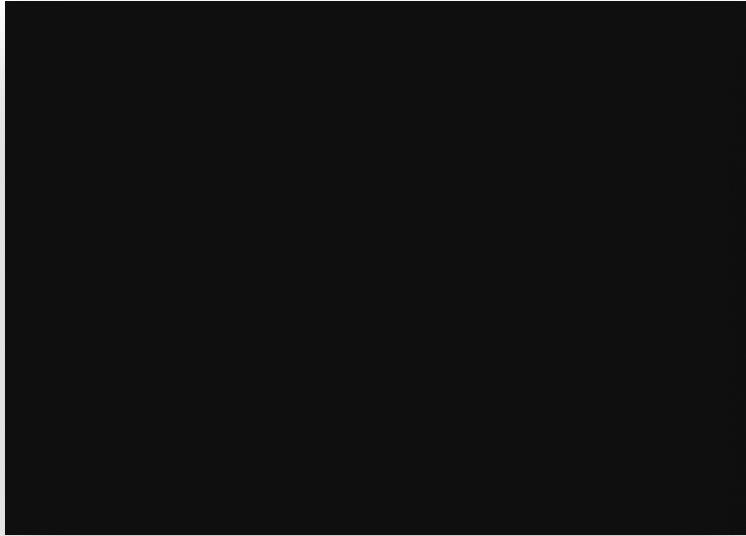
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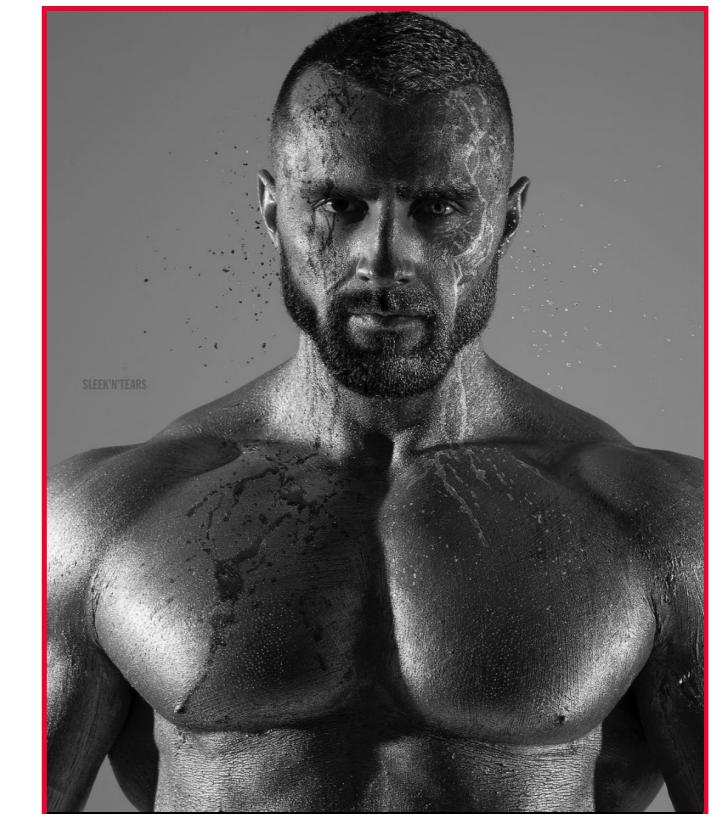
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**Nutrition Plan**

Abs are made in the kitchen

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One on one coaching



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Workout Plan

Become a Greek God

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