

Revolutionise your life.

Permanently.



ADAM MIKIETINSKI

Bodybuilder. Coach. Greek God.

Sematriux 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**?

[LEARN MORE](#)



Best Fruit & Veggies

Rich in both soluble and insoluble fiber, such as pectin, hemicellulose, and cellulose, they're also a source of vitamin C and plant polyphenols, which are disease-fighting compounds found in plants. Sounds like a fancy new supplement? Actually, this is a very common fruit you're not eating enough of!

[READ MORE](#)

Best Fruit & Veggies

Rich in both soluble and insoluble fiber, such as pectin, hemicellulose, and cellulose, they're also a source of vitamin C and plant polyphenols, which are disease-fighting compounds found in plants. Sounds like a fancy new supplement? Actually, this is a very common fruit you're not eating enough of!

[READ MORE](#)

Best Fruit & Veggies

Rich in both soluble and insoluble fiber, such as pectin, hemicellulose, and cellulose, they're also a source of vitamin C and plant polyphenols, which are disease-fighting compounds found in plants. Sounds like a fancy new supplement? Actually, this is a very common fruit you're not eating enough of!

[READ MORE](#)



Newsletter

Never miss another post

Your Name

Your Surname

Your Email

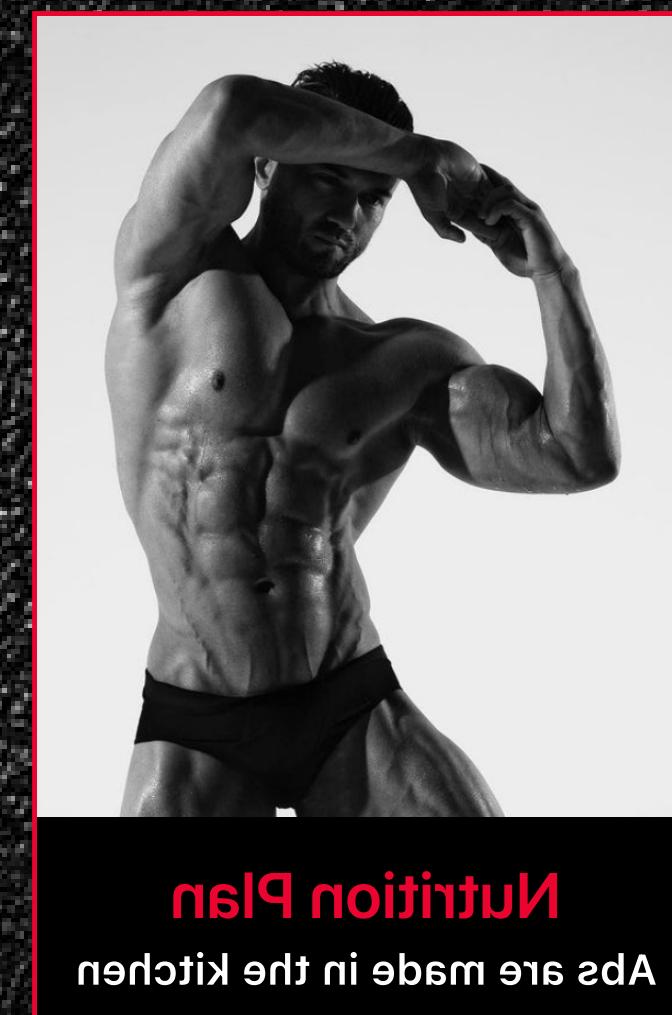
I want to receive occasional marketing

SUBSCRIBE

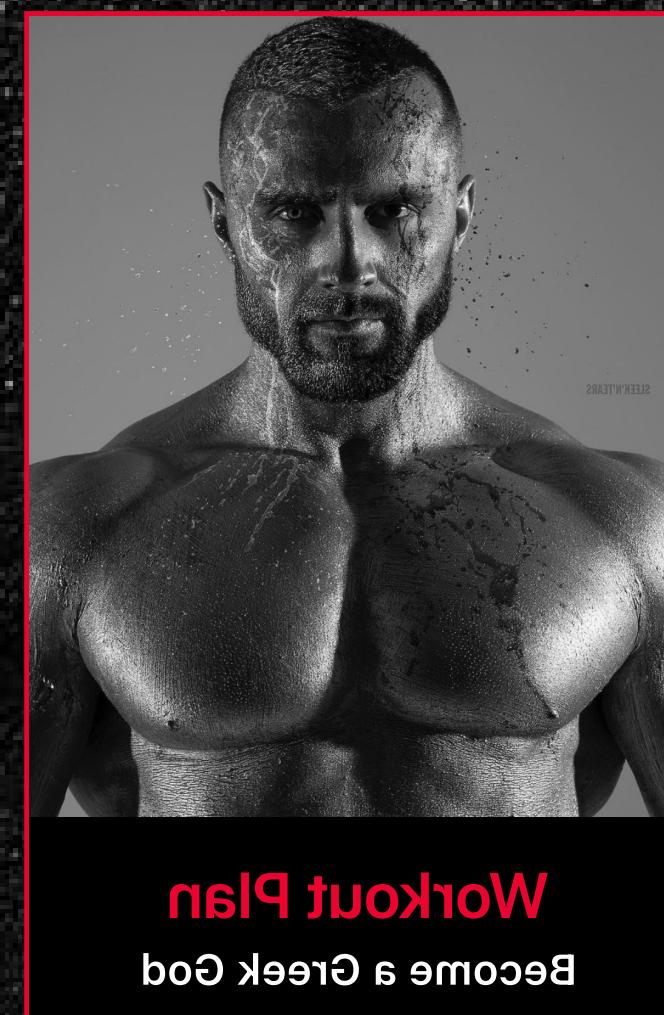
[Unsubscribe at any time](#)



Cooking
One on one cooking



Nutrition Plan
Aps are made in the kitchen



Workout Plan
Become a Greek God



Workout Plan

Become a Greek God

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

BUY NOW



Nutrition Plan

Abs are made inn the kitchen

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

BUY NOW



Coaching

One on one coaching

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

[BOOK NOW](#)