

# EXERCISE & NUTRITION COACH

Offering online training/nutrition services



## ABOUT

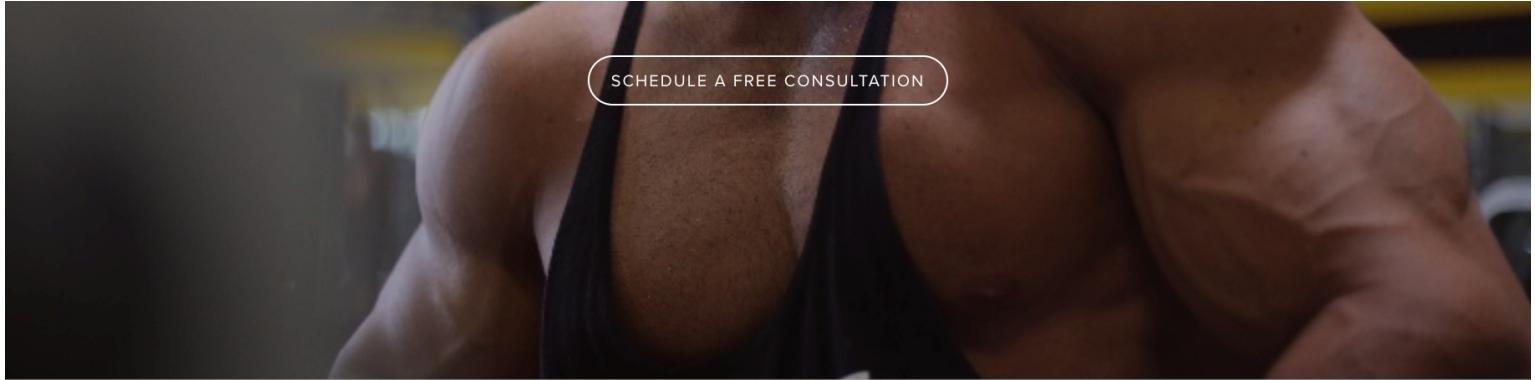
Eric Janicki is a world class fitness and nutrition coach working in Hollywood for the last 10 years. He has trained countless celebrities, athletes, and bodybuilders, helping them elevate their physique to the next level.

Eric specializes in hypertrophy training, weight loss and body fat loss, and performance training. His programs focus on helping each client develop muscle mass through a training modality called 'time under tension'.

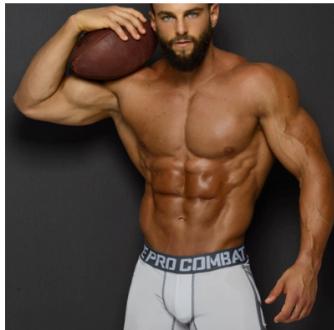
Alongside his training protocols, Eric also focuses on customized nutrition plans, to completely take the guess work out of eating. He helps each client be able to stay lean, without having to cut calories or do hours of cardio. A large component of Eric's coaching is based on education, and teaching each client what works for them, as well as how to make the process enjoyable.

His innovative coaching has allowed hundreds of clients to get into the best shape of their life, and be able to maintain their results indefinitely.

## 1:1 COACHING



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### Training

Each training program is customized to the individual based on goals, injuries and limitations, time and scheduling, etc. Training is available both 1 on 1 and in an online format via online coaching (online coaching included structured training programs customized to you, but does not include Facetime or zoom sessions).

### Nutrition

Nutritional coaching can be alongside training, or as a standalone service. All nutrition programs include custom meal plan or macro breakdown and weekly augmentations based on progress. I DO NOT do any cookie cutter templates, carb or calorie cutting programs, or other fad diets or trends.

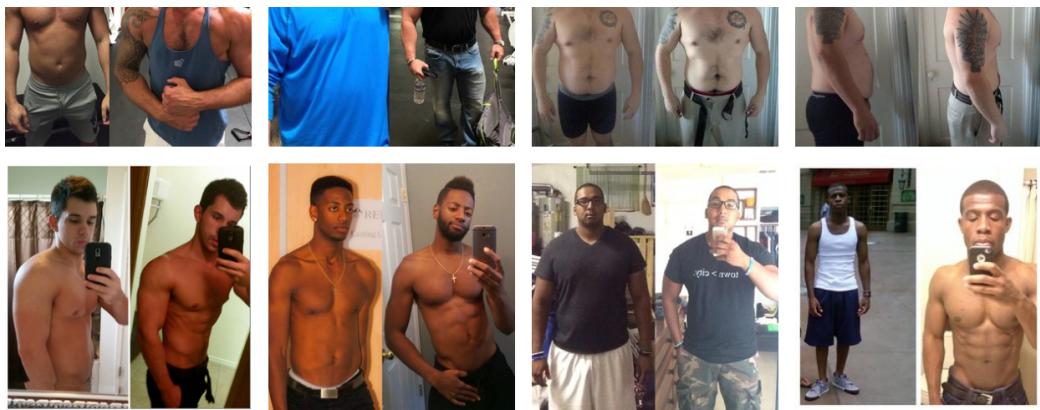
### Overall Wellness

My programs are heavily focused on improving daily biofeedback, including increasing energy levels, improving sleep quality, elevating daily mood and motivation, increasing training performance, rebalancing hormones and regulating sex drive, and learning how to minimize the impact of stress.

# RESULTS







#### SEE WHAT OTHER PEOPLE ARE SAYING



Client Testimonials

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