



RWTH

ONLINE TRAINING AND NUTRITION

BEING FIT HAS NEVER BEEN SO ATTAINABLE

Don't sit! Let's get fit!

I have 20+ years of sports experience and played collegiate baseball all 4 years. I had an opportunity to play professionally but suffered a torn labrum in my shoulder. Since all I did after that injury was go to the gym, I turned my passion for fitness into personal training. My goal is to inspire and change as many lives as I can by motivating individuals and giving them the confidence to achieve their fitness goals. Let's live longer, healthier, and more active lifestyles together. NEVER SETTLE!

30-DAY ONLINE BODY WEIGHT PROGRAM:

\$100.00

What's Up Ya'll! Feel uncomfortable in the weight room? Don't know how to use equipment? No problem. I got you! This is a 30-Day Online Bodyweight challenge that you can take with you to the gym, or do at home, so that you know exactly what to do and how to do it. All you need is your bodyweight, so this program is great to give you a good foundation for more advanced compound movements when we get into weight lifting. This is beginner friendly but still challenging for gym regulars.

THE FAST PLAN-NUTRITIONAL GUIDE (30 DAYS):

\$200.00

Do you feel like your workouts aren't enough? Like you aren't getting enough results? Are you tired of feeling sluggish? Do you want to lose body fat rapidly? Then you need this! I have created a 30-Day Nutritional Guide that tells you exactly how, when and what to eat. I even include my favorite recipes. The cooking is basic and requires no cooking experience BUT is very delicious. I give you custom macros to follow and have you check in with me every week. I even have new foods and recipes to eat every month. I always tell my clients that nutrition is 80% and exercise is 20%. If you aren't putting effort in your nutrition, it is like swimming upstream. All your hard work in the gym goes to waste. So let's get to burning fat and accelerating results!

30-DAY ONLINE WEIGHT TRAINING PROGRAM:

\$100.00

What's up y'all! Have you tried the 30-Day Bodyweight Program and want to advance? Do you want to see muscle growth? Do you want to train with the big boys/girls? Then look no further. I customized a 30-Day Weight Training Program that not only shows you proper form, but pushes your limits. This is where with consistent training, you will see rapid growth. Remember, if it doesn't challenge you it doesn't change you.



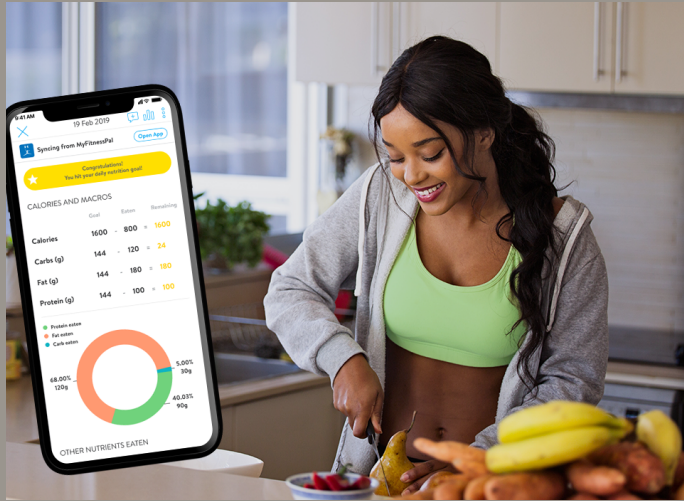
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Fitness App Icon

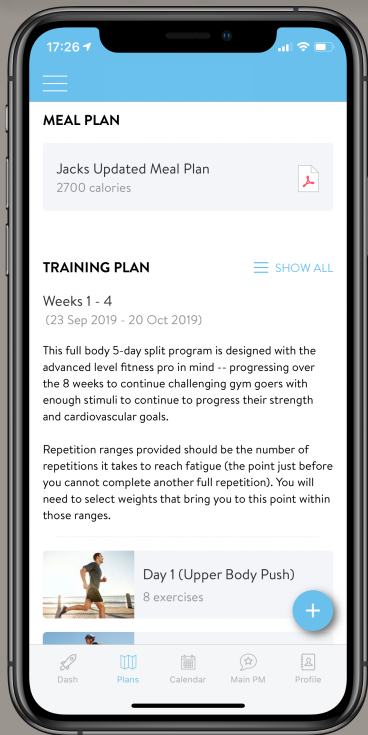
STATE OF THE ART APP TO STAY ON TRACK



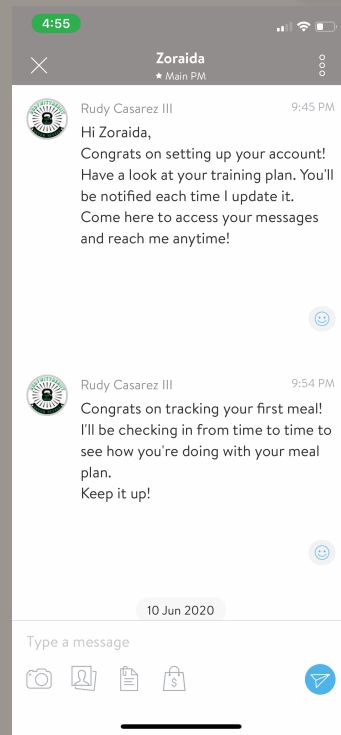
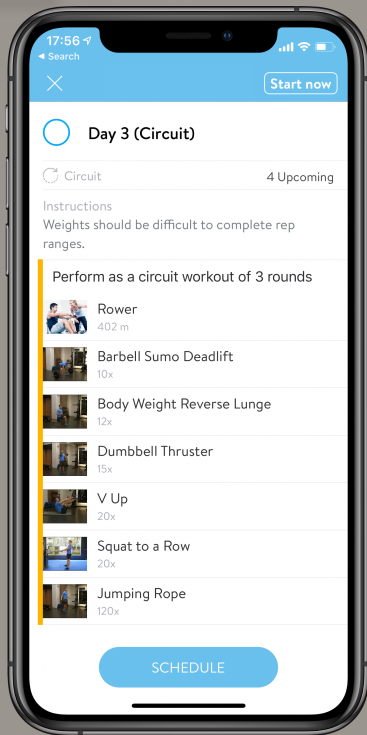
MyFitnessPal integration to stay on top of your food intake.



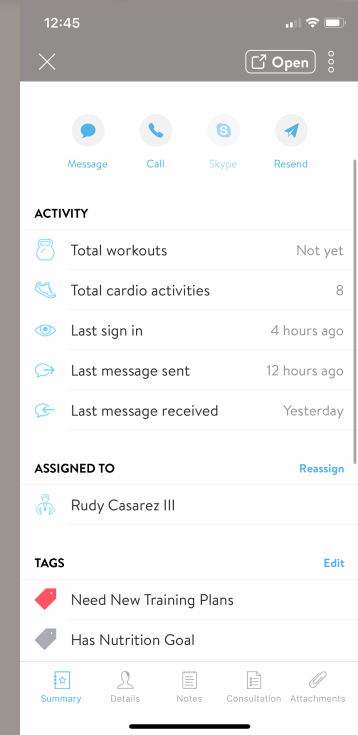
Structured days so that you know exactly what to do.



Customized macros and guided workouts at the palm of your hand.



Daily macro and activity completion check-ins as well as 24/7 support from me.



THE RESULTS SPEAK FOR THEMSELVES



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60 days



Rudywitthehiit

60 days

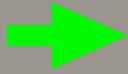
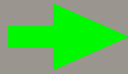


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WITH NEW YORK CHALLENGE

For more information, pictures, or testimonials visit my social media!



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My Website: [HTTPS://RUDYWITTHEHIIT.COM](https://rudywitthehiit.com)