



TRAINING

My training programs are a mix of things I've learned within the natural bodybuilding community through meeting and training with various pros, and also my CSCS (Certified Strength & Conditioning Coach) certification and Exercise Science degree. All of these experiences, as well as continued attention to developing research, have meshed together to really help me personalized, science-backed training methods to help the athletes I work with. Throughout all coaching packages, programs are personalized to each athlete, and new programs are created every 8-16 weeks to ensure continued progression.



EDUCATION

I graduated from University of North Carolina Wilmington with a B.S. in Exercise Science and minors in Chemistry & Entrepreneurship. I was able to perform my honors' thesis research as a 13-month case study researching the effects of contest prep dieting on natural bodybuilders, namely effects on metabolism, hormones, sleep quality, mood, body comp and muscle retention. This really helped lay a lot of ground work into my understanding of the best strategies to not only help athletes improve body composition as successfully as possible, but also to just stay healthy and be able to enjoy the process over the long haul.



CLIENT RESOURCES

APFitness has a continually improved Client Resources section which all clients have access to for free. This section includes starter guides as well as a variety of other resources, including an upcoming exercise video library & tutorial. This section is consistently updated to provide even further assistance to athletes in addition to ongoing email support with myself. That way, even if athletes need instant assistance, they have additional resources they can fall back on if needed.



FACEBOOK GROUP

I manage an exclusive APFitness group Facebook page, which has been really cool for everyone on the team to connect with each other, me to provide updates to the team, and also an easy way for me to share the articles and other content I create that may help team members better maximize their efforts. Each new client also receives a new APFitness t-shirt or tank top for free as well!





CHECK INS

I have a once weekly official check in with each athlete. During this check in, they will send their bodyweight and a brief check in form over to me, along with notes about the previous week. I then use that information to assess what changes to their diet and/cardio are necessary. Progress pictures are also assessed periodically in order to better assess progression through our time together. Ultimately, although I am an online coach, I make a very strong effort to always be very responsive and hands on, so each athlete gets a high quality experience and the resources necessary to make as efficient progress as possible. I encourage every client to email me anytime they have questions, or just simply want to talk about a nutrition or training related topic they are interested in picking my brain about. It's important for me to always make myself available to help anytime I can during my time working with each athlete. So although check ins are only once per week, I'm happy to help anytime and make a point to respond to each email I receive within 24 hours, but generally much sooner!



DIET

I provide weekly adjusted macronutrient-based diets, which also includes hydration, fiber and meal timing suggestions to help maximize body composition and training performance, especially during contest prep when every little bit helps. I don't list specific foods, but rather daily protein, carb and fat totals for athletes to hit using foods of their preference and budgeting allowance. This provides a lot more freedom to not only enjoy foods each athlete prefers most, but to also easily maintain their diet plans when traveling or when unexpected situations arise and specific foods aren't always available. During peak week for contest prep athletes, I make a point to personalize each peak week plan to help make show day as successful as possible. My undergrad research helped improve my understanding of the various effects dieting has on athletes, and how to best mitigate those effects for ideal health and performance benefits. I also have my CISSN (Certified Sports Nutritionist from the International Society of Sports Nutrition) certification, which has been helpful in continuing my nutrition knowledge.

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BIOLAYNE.COM, IIFYM.COM, & FITOVERFAT.COM

