

adonis fitness

Personal Health and Fitness Consulting

ONLINE PERSONAL TRAINING

What is Adonis Fitness Online Personal Training?

Online personal training includes custom and personalized exercise and nutrition programs designed specifically for you, and delivered via email. You can choose packages that have step-by-step photo demonstrations of every exercise in your program, or even have a custom video program created that you can watch on your computer, or burn to a DVD. You may also choose to receive a certain number of one-to-one consultations with Coach Rylan via email, as well as weekly or bi-weekly check-ins where you will submit weigh-ins, body measurements, as well as submission of your training and nutrition logs so the Coach can monitor your progress and fine tune your program week to week.

Why online personal training?

Online training removes the barriers of conventional personal training. You no longer have scheduled appointments to keep. You train on your time, whenever and wherever you feel like it. In fact, many clients prefer to train in the privacy and comfort of their own home, relaxed and uninterrupted, and without the intimidating atmosphere of public gyms. Coach Rylan will create a program designed for whatever equipment you have access to, even if it's little more than your own bodyweight and an exercise ball.

Of course, another big benefit of online personal training is the amount of contact you get with your trainer for a much cheaper investment. Three weekly sessions with a personal trainer at your local gym adds up pretty quickly, and a typical 8-week training package can easily end up costing you \$2000 or more, and that's *without* nutritional coaching.

With the Adonis Fitness Online Personal Training Packages, you can get a custom designed fitness program, personalized nutrition analysis, diet program, weekly consultations with the Coach, program updates, constant progress monitoring, and much more for far less than you would pay at a commercial gym.

What makes Adonis Fitness different from all the other, much cheaper online personal training services?

Typical online personal training programs are created by software, not a real person. You answer a few questions, and the software spits out a generic program from a database of exercises. Make no mistake about it, one-size fits all programs are a recipe for disaster. How can a computer know your specific needs? How can it take into account your injuries, body proportions, and weak spots? It can't.

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That is why all online personal training programs from Adonis Fitness are designed by Rylan Duggan himself; a Practicing Kinesiologist, Certified Strength and Conditioning Specialist, Certified Personal Trainer, and Personal Health and Fitness Consultant with over 10 years experience and a university degree in Human Kinetics. This is why there are only a limited number of applicants accepted at one time; Rylan, and Rylan alone will monitor you personally. Your file will NOT be passed on to a less qualified assistant, or other trainer, and your emails will be answered by Rylan, and not by a virtual assistant overseas somewhere. You will be receiving the most comprehensive personal care from one of North America's most sought-after fitness experts.

Additionally, everything you receive in your package will be completely customized for you. Every exercise program is developed completely from scratch based on your personal goals and specific needs. For every online training client, Rylan does a personal photo shoot to provide you with detailed step-by-step exercise demonstration photos. And for clients selecting the all-inclusive Platinum Package, Rylan will create you a **custom exercise video**, where he personally takes you through all the exercises in your program; demonstrating how to perform them with perfect form.. Again, this is all created from scratch for each individual client so you can rest assured that what you are receiving is of the highest quality, with the greatest attention to detail possible. There simply is no other online training service like this in the world.

Coach Rylan Will Keep You On Track

With the built-in weekly weigh-ins and consultations available in your package, you can have personal access to Coach Rylan every week via email to have your questions answered, as well as have your progress personally monitored and adapted. ***This, in itself, is maybe the most important and unique aspect of Adonis Fitness' online training programs.*** The number one reason that people fail with their fitness plans is because there is nothing to hold them accountable to their program, and they fall off the wagon. However, with Adonis Fitness Online Personal Training, you will be required to submit your weekly diet journal, exercise logs, weight, and body measurements for monitoring; ensuring that you never go too far astray. You simply don't get the chance to fall off the wagon because the Coach is there every week to keep you moving forward towards your goals.

So What Is The Next Step?

The first thing you will do is submit an 'Online Training Application Form' which is available at www.adonisfitness.ca in the 'Services' section. Coach Rylan will then review your application and contact you via email to discuss what training package would suite you best. Upon selecting and paying for your training package, you will then

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schedule your initial consultation (which can be done by phone or email) in which you will discuss with Coach Rylan what goals you want to reach, for example; lose 20 pounds, drop two sizes, increase muscle mass, etc. You will also discuss where you wish to train, and what equipment you will have access to. Once all your details are verified, Rylan then goes to work designing your training program from scratch. Once your program is complete, and the exercises are photographed or filmed, you will receive your initial package by email with further instructions.

More Info On Your Weekly Consultations

At a set time at the end of each week, or every other week (depending on which package you chose), you will submit your records to Coach Rylan for analysis. This will include your body measurements, exercise results, and dietary journal. This will also be your opportunity to consult directly with the Coach should you have further questions or concerns about your program. He will then respond to your consultation questions directly, as well as give you direction for any modifications he would like you to make to your fitness and nutrition programs for the following week. *It's like getting a new fitness program every single week!*

What About Nutrition?

For clients selecting to have a personal nutrition analysis done, you will also receive a package containing detailed instructions on how to record your nutrition intake for an entire week. At the end of a week, you will submit this directly to Rylan for analysis, where he will examine the foods you are eating, meal timing and frequency, along with calories, carbohydrates, protein, sugar, fat, fiber, and much more. Once Rylan completes your nutrition analysis, you will receive a summary that will outline the areas of concern, what needs improvement, and other recommendations for altering your diet such that you are able to achieve your goals.

The Best Online Fitness Service Available!

As you can see, the amount of personal attention given to your program, as well as the amount of direct access to your own personal trainer is unparalleled in the online fitness industry. This is why clients of Adonis Fitness get such incredible results and success with their fitness goals. Keep reading to see what past clients have to say about Adonis Fitness and Coach Rylan....

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Here are some testimonials from Adonis Fitness clients...

“At first I was skeptical about hiring an ‘online personal trainer’. I didn’t think that it would be as effective as working with one in person. I’ve had personal trainers in the past, but was less than satisfied with my results. They were giving me the same program that they gave to everyone else, and didn’t seem to care about helping me reach my goals as long as I kept showing up for sessions. After reading about Coach Rylan in a newspaper article, and then reading the testimonials on his site and hearing about his dedication to getting his clients results, I thought I would give it a try, and I am SO GLAD I DID! He put together a completely personalized training program AND HE EVEN FILMED ME A VIDEO OF THE EXERCISES so I could work out at home. And with his weekly check-ins, I never felt alone or lost at all. The best news is, I started seeing results within a few days. Thanks Coach! “

“Rylan came highly recommended to me, and now I can see why. I have suffered for years being overweight, out of shape and dealing with many health issues. Sitting and talking with Rylan has been a real learning experience for me. He has told me things that even the diabetic clinics and dieticians failed to tell me. Rylan is a very informed young man...knowledgeable way beyond his years. He has a sensitive and supportive approach that makes you feel comfortable right from the start. The advice that I have been given wasn’t “clinical”, it came from a lot of thought, and it was designed just for my situation and me. Thank you Rylan for being who you are. You are a hidden treasure!”

Bonnie May-Gardner, Vernon BC

“We have been working closely with Rylan to provide personalized fitness consolation, nutritional planning and injury rehabilitation to our clients for over a year. Rylan’s knowledge, professionalism and credentials are unmatched, but it’s his personal attention, care and enthusiasm that he puts forth with every client that makes him stand out. Rylan works not only to educate each client; he also takes the time to listen closely to each client’s objectives in order to customize a program to suit their specific fitness goals. We are confident and proud to refer and work so closely with an individual of this caliber and Rylan’s expertise resonates in our clients and their results.”

Cara Arding

Co-Owner

Urban Fitness Ltd.

From a position of high stress, no regular exercise and excess pounds, Rylan created an appropriate, effective exercise program to help build my strength and stamina and generally feel fitter and more energetic. Once my initial burst of enthusiasm fizzled out, Rylan coached me through inner resistance, apathy and a gazillion excuses to keep me on track. As I progress, the program is modified step by step. An ‘aha’ moment occurred when I realized that my newly acquired core strength enabled me to lift my grandson without damaging my back! In addition, special exercises helped strengthen a weak ankle so that I can walk down hills and bumpy surfaces without twisting it or tripping. Another bonus is being able to shop for smaller sized clothes!

For my travels, Rylan created an exercise regimen to follow in any room with a door (!) using a special exercise kit. Having moved from BC to Ontario, I continue following his program and using his professional guidance to increase my overall fitness. I highly value and recommend Rylan’s professional skills.

Gillian Padgett, Toronto, Ont.

“Rylan Duggan is a rising star in the training community. He is a continually evolving expert who has a burning passion to see his clients succeed. For someone who wants results, Rylan is the obvious choice.”

Lars Bjornson, Vernon, B.C.

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“Using Rylan’s program, I have experienced a physical change in my body that I never thought was possible. I used to think that I had to slave away for hours on the treadmill and endure long, exhausting workouts. I am actually working out LESS than half as much as I used to, and in my own living room, and I am getting BETTER results in the last three weeks than the last year combined.”

Darlene McKenzie, ONT, Canada

“Rylan, I AM LOVING MY PROGRAMS!! This Friday will be the end of six weeks...hard to believe...and I am seeing and feeling changes!! I am loving the "definition" and the "sculpting" that I am seeing in the mirror... and that makes me very, very happy!”

Hetty Jo, Vernon, B.C.

*You shouldn’t go see Rylan because he is the most caring and sincere person you will ever find in the fitness industry, although he is. You shouldn’t go see Rylan because he is the most professional, qualified, and knowledgeable individual in his field, although he is. You shouldn’t even go see Rylan because he wants to see you succeed as much as you do, although he does. You must see Rylan because he simply delivers results. Do what he tells you, and you **will** reach your goals, it’s as simple as that.*

Sandra Jenson, Vancouver, BC

After years of struggling with my weight after having three children, I had simply ran out of ideas. I had tried every diet and program in the book, with no results, and I was desperate. My friend recommended that I hire a personal trainer, but I had always been skeptical about personal trainers. I knew for a fact that most of them only had to pass a three week course to get their designation, and I’ll be damned if I was going to let someone who wasn’t qualified mess with my health and my body.

But then, through word of mouth, I found Rylan Duggan. To say that Rylan was qualified for the job is an understatement. He has more letters after his name than in it, he has studied the human body intricately and has a university degree to prove it, and he is constantly furthering his knowledge through continued study and education. No matter the question, he always has the answer, and he was the answer I was looking for.

In the brief months that I have been working with Rylan, my body has transformed. Friends and relatives are shocked at the change when they see me. I no longer buy into the ‘I’m too old’ or ‘I’ve had children’ or ‘I’m a woman’ excuses that I once used to explain my inability to lose weight. Rylan has proved to me that no matter the circumstances, I can achieve the body that I want.

Rylan, you are a gem, and anyone who is smart enough to hire you as their personal trainer will see that as well. Thank you!

Kendra Swanson, Kelowna, BC