



**ERRICK M'ADAMS**  
PERSONAL TRAINING

HYDRATE BEFORE YOU CAFFEINATE®

## CLIENT SHOWCASE

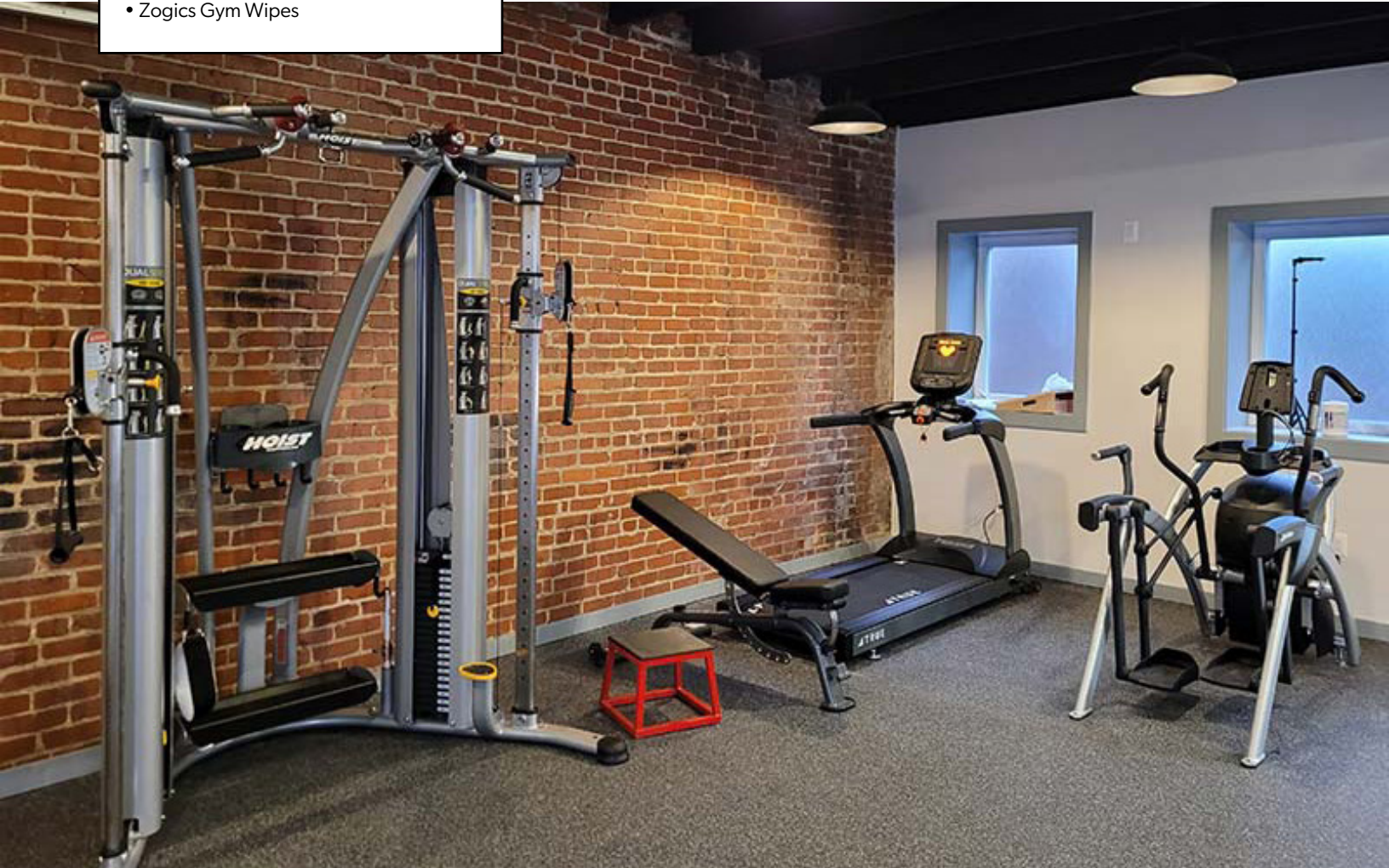
### **ERRICK MCADAMS, CPT**

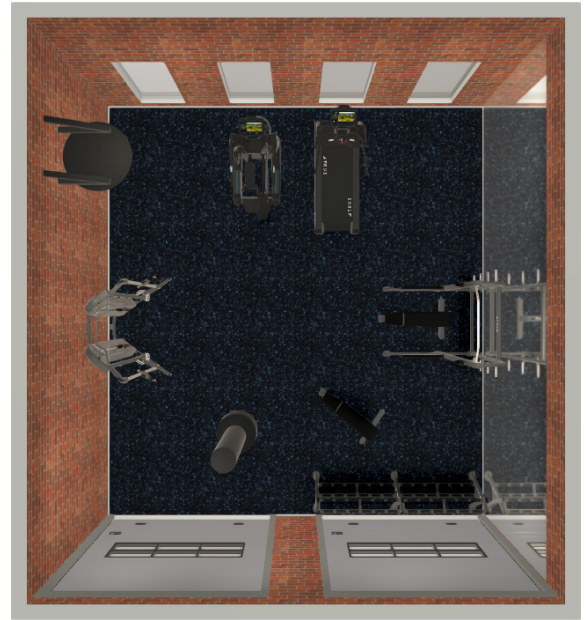
#### SERVICES PROVIDED BY ARDENT FITNESS:

- Space planning & 3D renderings
- Equipment recommendations
- Delivery & installation
- Zogics Gym Wipes



Errick is a Washington, DC-based personal trainer, who focuses on one-on-one sessions with his clients. Certified and insured by the American Council on Exercise, Errick will design a comprehensive fitness program for each and every client, including training, nutrition coaching, and diet monitoring.





"It (my studio) was basically a rock pile. Ardent Fitness did all the equipment and we've just been very fortunate. When people start working out things change outside of the gym. They move on and they move up in life and I just really enjoy being part of that process."

—ERRICK MCADAMS, CPT



**WATCH VIDEO WALKTHROUGH**

## EQUIPMENT PROVIDED



**HOIST FITNESS**  
Dual Pulley Functional Trainer



**LIFE FITNESS**  
Total Body Arc Trainer



**TKO**  
Tri Grip® Hex Dumbbells



**TKO**  
3-Tier Dumbbell Rack



**STAIRMASTER**  
HIIT Rower



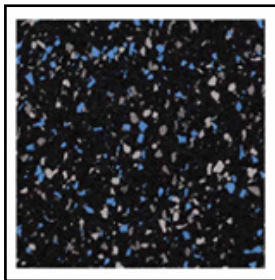
**TKO**  
75lb Pro Style Heavy Bag



**HOIST FITNESS**  
Lat Pulldown/Mid Row



**BETTERAIR**  
Biotica800 Probiotic Surface  
& Air Cleaner



**ECORE**  
Everlast Basic Roll  
Rubber Flooring



**PRIME FITNESS**  
Classic Plyo Boxes




**ZOGICS**  
Upward Pull Wall Mounted  
Wipe Dispenser



**ZOGICS**  
Antibacterial Disinfecting  
Gym Wipes

## CREATE YOUR FITNESS SPACE

Whether you're a small one-on-one studio like Errick, a larger commercial facility, or setting up a home workout space, Ardent Fitness can work with you every step of the way, from space planning and design to equipment selection, financing, installation and service.

 (888) 429-7759

 [ardentfitness.com](https://ardentfitness.com)

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