

# CLIENT WINS

*Adrian C.*

**140 Day Transformation  
(4.5 months)**



**January 13th**

**June 2nd**

Front



Side



Back



*Keegan G.*

# 64 Day Transformation

**Down 19 Pounds**



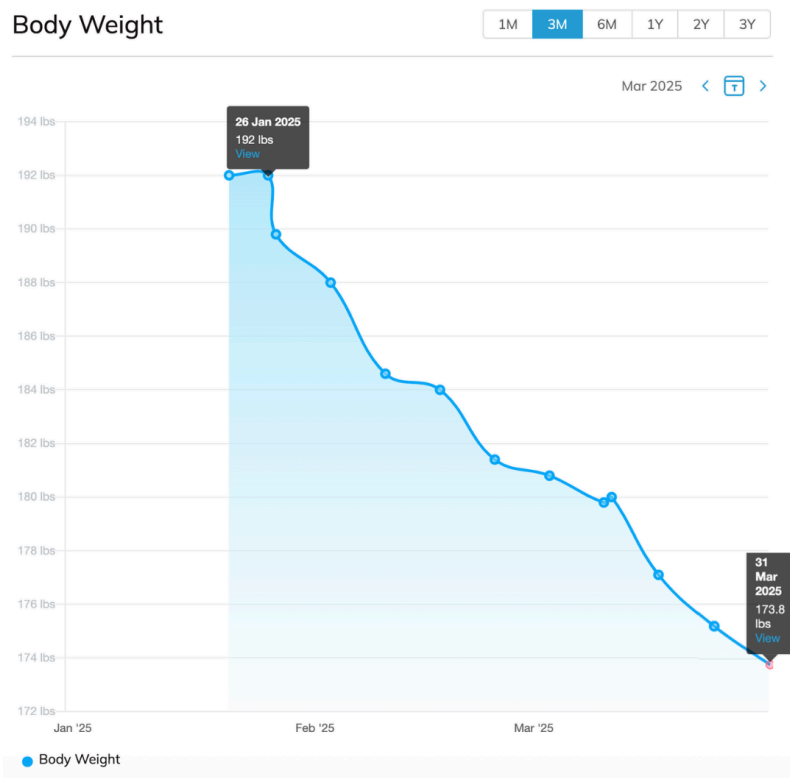
Front



Side



Back



## Keegan's fat loss timeframe

Within 64 Total Days, He Shredded 19lbs

# ***Federico F.***



## **9 Month Transformation**



“Exactly what I needed. I didn't think I had it in me and thought building up my muscle mass would be extremely complicated, but Dirk showed me the way. The first physique picture I sent to Dirk at the start of the program was me at the beach because I always wanted the beach bod. Now I have it.”



# ***Logan W.***



## **3 Month Transformation**

"I truly cannot thank you enough for helping me get to where I want to be and I 100% could not have done it without you. Bout' time I got a 6 pack."

# ***Omar M.***



## **3 Month Transformation**

“Shocked at how well my body responded to Dirk’s method of training. Made it less stressful on me by not having to think about what exercises to do. He also helped me understand what progressive lifting was. This style of training was super effective and kept me excited to train. Super thankful for all the effort put into my personal program.”



# Addie S.



8 Month Transformation (Shown Above)

10 Months After Working Together (Shown Below)

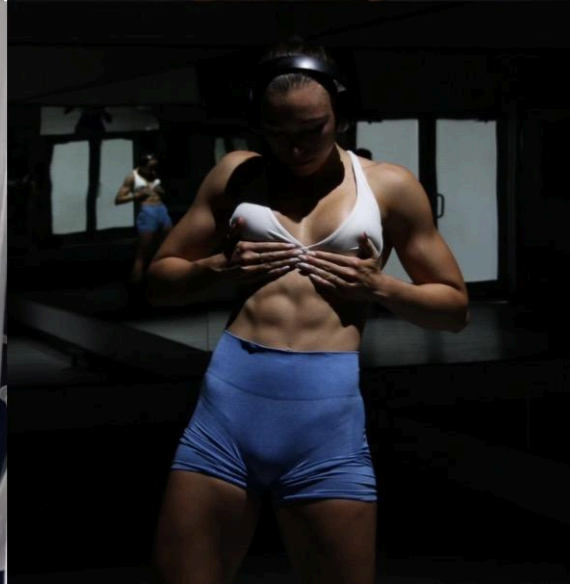


“I had been lifting for about 3 years before I started with Dirk, I was seeing very minimal progress and had never taken a science based approach to lifting. His new style of training literally transformed my body! I was worried that I would end up looking bulky but I've never looked this good in a bikini.

Really thankful for his knowledge but mostly his patience in teaching me everything at my own pace. Best Decision Ever!”



***Eva C.***



**9 Month Transformation**

February 23rd, 2023



November 28th, 2023

*Full transparency:  
This second set of pictures I do not know the exact  
dates for, somewhere around a year total.*



**Before^**



**After^**

“Dirk guided me through my entire fitness journey, and his expertise / passion for fitness made a life lasting influence on me. I mean, I started out being a total newbie in the gym and looking at lifting as more of a chore to get through 3x a week. Now, it’s my favorite part of each day. He tailored my training to what I could handle at the time, since I was initially so un-experienced, it wasn’t a complete overload of information and tasks, instead it was a gradual change as he coached me so that I genuinely looked forward to workouts and healthy eating. It was incredible how he knew exactly what to do to get the body I wanted. He has not only shaped my physique but also instilled valuable lessons that I’ll always carry with me. I owe my physique to his knowledge and support and will forever be thankful for his help.”

# *Jaden J.*



## 6 Month Transformation

“I’ve always been active my whole life through sports, but I’ve never seen true progress until I started training with Dirk. I’ve struggled with being skinny my whole life and have always wanted to change that. My first day with Dirk I instantly could tell that he was very knowledgeable and not just a “big guy”. With his guidance, he showed me a proper diet and training regiment that would help me achieve my goals. Because of him I’ve fallen in love with the gym and will continue to make progress.”



# ***Andy J.***



## **5 Month Transformation**

"I swear so much has changed. I followed everything to the dot. I know it just takes time but Dirk put me on the right path. Dirk brought my confidence and smile back and I'll only get better from here."

# **Sean G.**

## ***Lost 55 Pounds – at 57 years old***



### **11 Month Transformation**

“I had been struggling with my weight for more than 20 years. No matter what I tried, the weight always crept back—until Dirk’s program. This was the first time I found something that actually worked. In one year, I lost 55 lbs, built more muscle than I ever have, and developed a healthy relationship with food. I feel strong, confident, and more alive than I ever thought possible at 57. Dirk’s coaching was more than just weight loss, I genuinely found happiness everyday in taking small strides to becoming the best version of myself!”



# Stephen R.

## 63 Years Old



## 4 Month Transformation (125 Days)

Lost 22lbs and gained significant muscle mass.  
(Reference Body Index Screenshot)



# ***Javiera G.***



## **1 Month Transformation**

“Best coach ever, even though I struggle with speaking English he has no problem being patient to make sure we are always on the same page. I Can’t believe so much changed in only 1 month”

***Mathieu L.***



**90 Day Transformation**



# ***Cailen H.***



## **5 Month Transformation**

“LOVED the versatility of the workouts, I can't believe how much progress I made with just 4 workouts per week and 50 minute sessions. Dirk made the whole process simplified, which made it a lot easier to stay consistent. I was most impressed by how he helped me grow my upper chest since that was my most lacking body part.” *(reference first image)*



***Alec K.***



**4 Month Transformation**

# ***Aidan G.***



## 6 Month Transformation



"I grew a lot over the course of these 6 months working with Dirk. Through his coaching program I put on 15lbs of muscle, stayed lean, and lowered my body fat percentage. If you genuinely want to improve your current physique then I highly recommend working with him."



# ***Javar D.***



## **6 Month Transformation**

**208 lbs ➡ 184 lbs**

“Dirk’s the man! Couldn’t be more thankful for his help. Compliments keep flying at me from the fam and friends regarding my fat loss so far. Can’t wait to see what I look like in another 6 months”.



# ***Chris Andrade***



## **4 Month Transformation**

“Firstly, Dirk has helped me establish good and healthy eating habits to not only progress my physique but feel good in daily life as well as during training. His program has also done very well in showing me proper training techniques and form to get the most out of my workouts. His program has done an incredible job in keeping me consistent by tracking lifts, weights, and general progress to see my hard work paying off.”

***Michael C.***



**5 Month Transformation**

## ***Barry G.***



### **6 Month Transformation**

## **Client Case Study:**

### ***Caitlin***

Caitlin was a 31 year old mom managing 2 kids, a full time job, online classes alongside her numerous hobbies as well. She had been training for 10+ years doing yoga, orange theory classes, and inconsistently lifting weights. When she started with me she managed to prioritize going to the gym only 4x a week for 45 mins - 1 hour. I told her that's all she needed and I would build her a program tailored to her time constraints. She initially was very insecure and preferred not to take progress photos. As shown below.





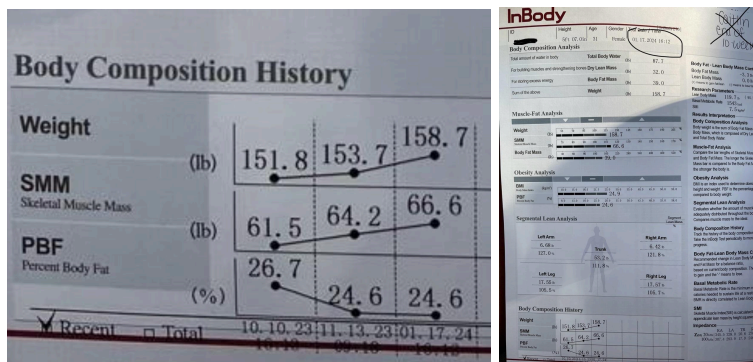
Her goals were as follows:

Initial goal: Build muscle and lose some fat.

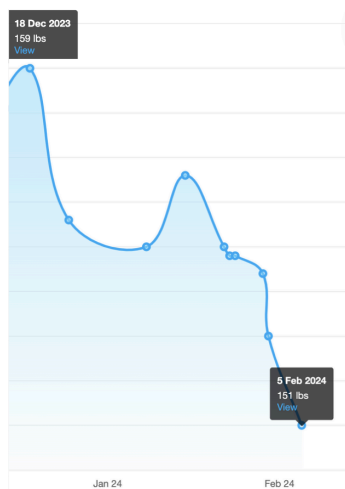
Long term goal: Eventually cut down to 140 lbs with a more toned look.

She started with me at 151 lbs and after 3 months working with me she had gained 5 lbs of pure skeletal lean muscle mass and had lost 2.1% bodyfat.

As shown in her inbodies below.



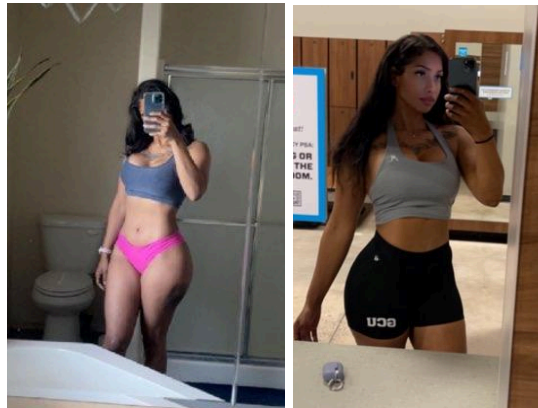
Then I put her into a pure fat loss phase. We prioritized a gradual weight loss to maintain and build on the muscle we had worked so hard for. Within 50 days she lost a little over 8lbs and had revealed a more toned physique as seen below.



As of February 15th 2024 she is sitting at 148 lbs, currently still building muscle while gradually losing fat. I have her on track to be sitting comfortably at 134-135 lbs by day 150 with a much more toned physique.

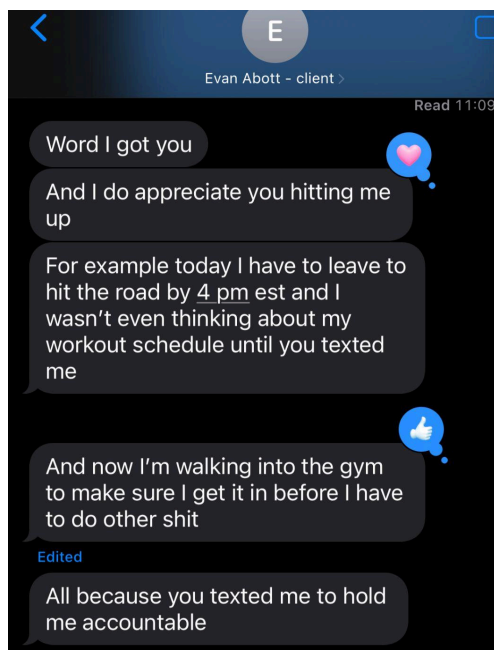
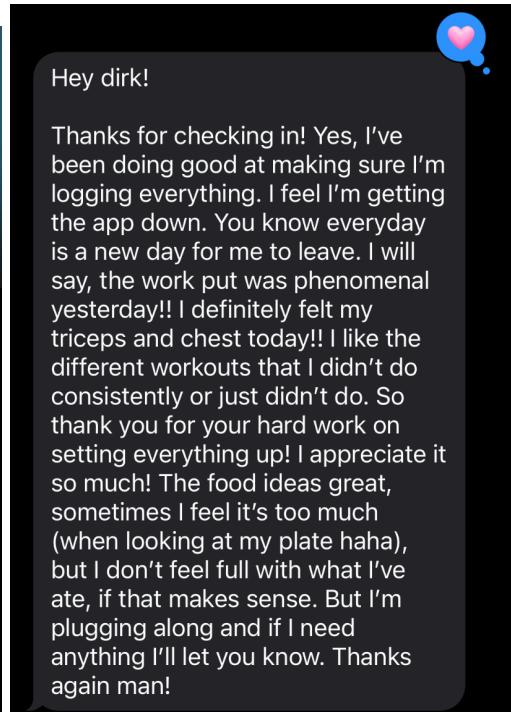


This is her after the initial 3 months we spent building muscle and losing fat, sitting at 158 lbs



And this is her 50 days later sitting at 148 lbs  
Clearly a lot more comfortable taking progress photos now.

## Client Messages Below



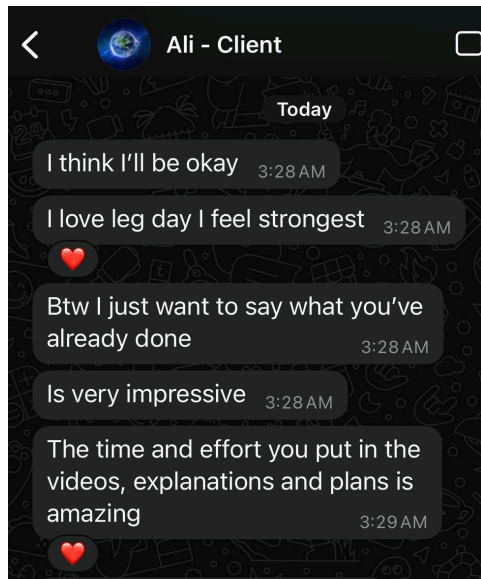
Logan W

8:16 AM

Took this yesterday ( with really good lighting ) shocked at my body fat loss aha







I have to say I'm really happy with the program and it has been a real game changer for me. My family and friends have noticed it physically and in many overall mood. I know I've thanked you before but it's worth repeating!



Didn't know which ones! Haha I'm literally shocked at how well my body responded to your method of training. Literally made it less stressful on by not having to think about what exercise to do and helped me understand what I wasn't progressing! It's super effective and excited to be kept on in this capacity! Thanks for the offer and all your effort you're putting into the program you're building!



Mike Anderson - Client >

Yesterday 2:57 PM

Workout done. I don't even understand how I'm going up so much every week. It doesn't make sense to me. It's like I'm 20 years old going to the gym for the first time. What is happening??



LA/alker

11:39 AM

Can't thank you enough for the program I have something to look forward to everyday

Feel better than I ever have 😊



Charlie

11:51 AM

Thanks bro, I'm loving the routines, my body is feeling like it's getting consistently pushed to failure which is something I never really pushed to before, for example like the superset single leg glute raise/leg curl & those AMRAP push ups, etc. on the diet end this week has been weird because of my work schedule, but I have been trying to hit my goals, just this morning I did some grocery shopping for the meals you sent







 Weir


8:33 AM

Looked in the mirror today and am really stoked with all the changes I've made. Wore a shirt confidently today at the gym I wouldn't have been seen dead in 2 months ago. Very motivated and excited to see what I can do moving forward.



Luca 

10:53 AM

 i'm thankful for all the help you've given me so far and rllly glad i made the decision to sign up for your coaching! can't wait for all the progress we finna make in the future. i'll work extra hard

Just wanted to let you know it's my birthday and I'm going to start it off by thanking you. Thank you Dirk for helping me enjoy my 20th I'm happier, I feel way better, and I got my confidence back. Your help for the past couple of months did that and I'm grateful. You're one of the few people who have impacted my life in a great way and I hope you have great day today as well.



M



Michael  - Client

travelling I have to sub one or two machines.

Yeah man love the set up and notes and everything. It's the best program I've done and appreciate you always checking in. Bring it on! Haha I'm looking forward to continuing to get better and lookin fly. 🤔

Thanks brotha that means so much to me, let's keep crushing it. Can't wait to show you the new workouts I'm implementing 🙌

Delivered



**Jason Falenski** Yesterday

i appreciate you reaching out about mental health Dirk! Makes you a great coach.. I have been practicing mindfulness daily and it has helped me feel locked in and overall more grounded. I appreciate your support as always



as far as feedback - you have been amazing brotha. i love this program and every time i go into the gym i feel myself getting stronger. i am filling out shirts i've never filled out before, i am feeling more confident, and overall feeling a refreshed perspective on lifting which makes me crave it!



the only thing is your making me grow out of all my clothes! haha 😂



**Amaya Taina** 6 hours ago

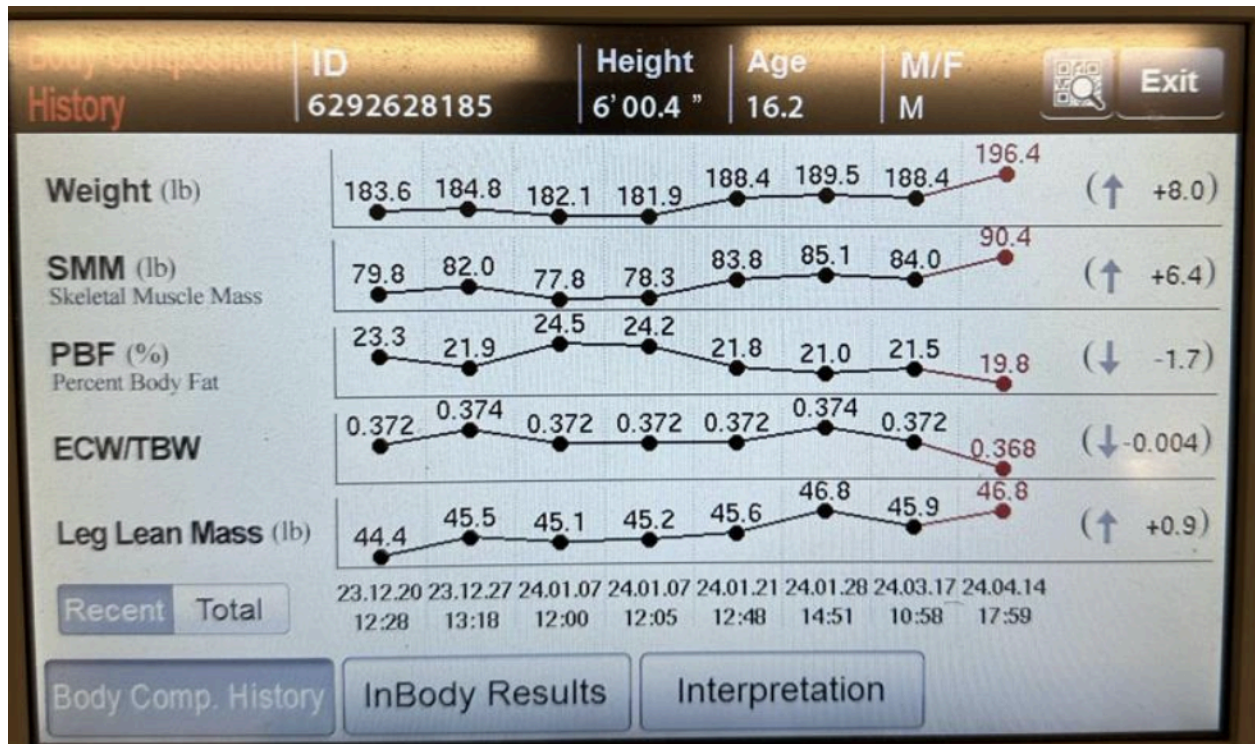
Dirk has been an amazing personal trainer. Not only is he knowledgeable and has great skills, it shows in his workout routines as well. I've been under his guidance for only a month and have seen vast improvement to my diet, energy, and physique. I had a few cheat days, and Dirk never brought me down. He found ways to help me recover from the fast food I ate. Dirk always brings positive feedback and builds you up. Also, he is very attentive to your needs as a client and customizes a plan to what you want.



I'm very thankful for Dirk's knowledge and guidance during my fitness journey.

I highly recommend this program, it is extremely structured and breaks things down in a way that is easy to understand. From the nutrition goals, to having a well thought out routine. If you commit to it, you will be amazed by the results that you will see





Alessandro Minneci 1 hour ago

Recovery last 3 days has been at 99% on whoop, and 98% sleep too. Legendary bro. Feeling like superman. 6x a week easy.

If anything changes ill let you know



Also havent missed a day with macros. Super locked in



**Jake Edwards** Yesterday

Hey bro, just wanted to flick through a quick message to say thanks for the program. It's honestly been a game changer for me. I've tried at least 4 other paid plans from people on insta and online, and countless other programs I've come across. This one has by far been streets ahead. Before starting with your plan, I was basically going backwards and at a loss for what to do. Despite trying to find the right resources, I couldn't get anything that worked, especially on a continued basis after the initial switch to a new program. Since starting this plan, I have seen massive and consistent improvement to my body and consistent forward momentum at the gym (despite my less than perfect consistency). I've probably gained more in the last 6 months than the last 2+ years, and look the best I have after 5+ years of gym. I really appreciate the effort you have put into explaining each exercise and how to perform it for the best result, both in the videos and the plan summary (I think these details have been one of the biggest aspects that has helped me move forward consistently and separates this program from others). The frequent change ups are also good and keep me engaged and keen to go to gym. I just need to keep improving my consistency. Anyway, I hope we can keep working together when my plan is up for renewal, and if there's anything I can do to help promote your plans or help you out, please let me know, I would love to be able to give something back! (I don't know a lot of gym people but would of course recommend in an instant). Good luck with your 2025 goals! Jake.



**Ellis Lanaux** 12 minutes ago

Workouts have been great so far! I really like the style and pace. Fits with what I enjoy doing in the gym



**Adrian Campos** 1 hour ago

Preciate it twin. I feel great my guy, no problems with hunger or feeling weak/tired. I feel like an absolute machine, getting leaner while still getting stronger. I'm excited everyday to kill it



**Dirk Germon** Just now

So proud of you! Lets keep this momentum rolling, big things planned for ya my man!



I'm gonna be completely honest, I usually hate Mondays. I can't tell you the last time I woke up feeling this good on a Monday lol.





**Jeffrey Trujillo** 3 hours ago

Another progress update: today was finally warm enough for shorts where I live so I put on a pair of my golf shorts. This summer they were super tight and now they are almost too big



**Jediah Eusebio** 8 minutes ago

Thank you I really needed those messages! I wanted to go gamble and drink yesterday so bad like it was the most intense craving I've had since November but I didn't yesterday so that's good.

The contract I signed with myself when we talked about it was that I would stay sober for at least the rest of our coaching contract so I'm gonna stick to it Thanks Dirk !



**Dirk Germon** Just now

Beyond proud of you brotha. Making insane progress just with the mentality!



**Adrian Campos** 6 minutes ago

Thx, bro I'm actually working out right now. My back is still getting strong af I'm doing weighted pull ups now, I'll see how I do on chest. I feel great tho



**Ellis Lanaux** 2 minutes ago

Been crushing the gym tho



Honestly didn't expect to learn so much from the videos since I've been lifting for a while



But I feel like my form has already gotten better across the board



**Jeffrey Trujillo** 33 minutes ago

That might be my new favorite workout



Btw I'm down to 130 lbs, looking nice and slim.







**Stephen Rodman** 3 hours ago

Right now, I don't have anyone in mind but I also have retreated from much of my normal social life. That's changing however so if I do sense someone I know could benefit then I'll be sure to recommend you to them!! I've only been working with for about 10 days but I wouldn't have started this process with you if I didn't feel strongly you are the best trainer for me. I'm not blowing smoke up your ass, I'm just stating a fact. You understand many dimensions and layers to the process and I feel very confident that over time, results will bear that out. I'm already experiencing a huge change for the better with regard to how I feel physically (injuries I have are old and chronic and something to work with not a result of our training!!!) and mentally. That's a big step right there!



roddy



**Logan Karosus** 7 minutes ago

Yo that push day was probably the best one I ever had



**Gabe Vigeland** 8 minutes ago

Totally, I really appreciate you being such a good coach. You are killin it!





Jeffrey Trujillo 1 hour ago

Finally starting to look vascular! Sorry if that's a weird picture to send but you don't know how pumped I am about this!



new



Dirk Germon Just now

DUDE LETS GOOOO



Even though I'm sure you've heard this a lot, I believe I need to chime in regarding your videos, instructions, tutorials...etc. From my point of view you do an exceptional job explaining each and every exercise/routine in the simplest yet clearest terms. It's a true gift! You're very clear and concise about form, and provide excellent additional tips that are invaluable!!

The only other person I've ever known with such an ability was my late uncle who was a tennis teaching pro. He could explain every aspect of the game, strokes...etc in the most clear and basic way so that players of all levels could understand. He not only taught me how to play but was my mentor (unknown to him until I told him near the end of his life) for how to teach the sport myself when I ran the tennis program for several summers at the camp I went to.

That is the highest compliment I can give!!



To: Stephen Rodman - Client



Thanks Dirk! It feels good both physically and mentally to be on the right track in life again and I feel the program you've set up for me (meals included) are just what I need (I'm bitching over those fucking pushups...I'm determined to reach 10 before failure, so at least there's motivation to get past the paltry 6-8 I can barely get now). Today's workout overall was great and I followed your encouragement to up the weight so that failure came around 8 or 9 reps rather than 11-12 on most of the exercises.

Of course! Great improvements already!

Delivered





**Dirk Germon** 43 minutes ago



0:40



1X



**Jeffrey Trujillo** 16 minutes ago

Thanks for the explanation. That makes sense. I've felt pretty good where I'm at eating now. I feel like the last 2 weeks or so I've noticed more muscle tone and gain or maybe it's more noticeable because of fat loss. Like I said I'm starting to see more vascularity as well and even some tone to my core. I'm really feeling better throughout the week too with the two days of rest a week. I like where we are



ready



**Dirk Germon** 21 minutes ago



0:34



1X



**Keegan Gicking** 16 minutes ago

Definitely the best I've felt lately throughout all this I feel like my energy levels have also been great I've been able to consistently get to sleep earlier too lately, getting good sleep when I workout in the morning and have caffeine earlier in the day rather than later. I can definitely tell the difference. Everything feels like it's going well thanks for checking in!



**Dirk Germon** Just now

Dude, Im so glad to hear that! This is what were striving for. Keep it up!





**Dirk Germon** Yesterday



0:53



1X



Today



**Jake Edwards** 2 hours ago

Thanks legend, I'll get some pics for you this week!

I've been trying out the hitting the lower end of the rep range on the first set like we discussed last week. Has been going good, a couple times it did mean the following sets were a lower weight/rep ratio than before, but guessing this is because the first set is more fatiguing, so overall probably better

I've been super surprised many times lately with how my strength is progressing. The way a weight which was challenging a few weeks ago becomes easier is insane, almost feels like you're breaking the laws of physics or something haha

Anyway, hope ya have a great week and will get those pic to you



**Logan Karosus** 2 hours ago

I think I'm actually doing pretty good, I feel like the workouts have been awesome and the gym is actually fun again. It's really awesome to see the numbers and reps go up even if it's minuscule.



new



**Adrian Campos** 1 hour ago

Man I'm finna look crazy in a month 😂



**Nada Yaghi** 1 hour ago

Coach, I just wanted to say the changes in the meal plan are really great everything tastes nice and delicious👍 thank you





**Allen Robinson** 7 hours ago

Hi Dirk, that was probably one of the best videos so far. Very powerful. How are you so smart at your young age lol. It definitely addressed how to measure progress. I was kind of waiting for the day I would wake up and seeing all the change but it happens over time



**Dirk Germon** Just now



0:35



1X



**Dhrit Khona** 6 hours ago

hey



morning routine is great, starting off with a bit of a walk, then prayers and podcasts



new

getting caffeine in



11:16 AM also feeling actually sore and the need to recover now, didn't feel it before the program. shows maybe i wasn't pushing myself to my full potential before this. thanks





**Angel Chavez** Yesterday

Hey, I'm trying to get in the habit of logging my MACROS, I just now made some time to sync MyfitnessPal.

I've walking 10-11k steps consistently for the past week, it feels like a game accumulating streaks! This reminds me of one of the good videos you posted.

Today workout session was very good, this time I went by myself so I can truly focus. The 1 1/4 incline DB press is still new to me and a bit uncomfortable but I'm taking it to failure.

I've prioritized my sleep based on your video is extremely important to sleep well, and avoid any lights or physical activity at least 1h before resting and have a chill night, it's funny since I have a mini split in my room and I dump the temp at 60F.



My personal life has been challenging with work, myself and trying to actually figure out what do I really want. Unfortunately for the last couple months I've fall into this bad habit, but your videos have helped me me a lot to realize that I'm just addicted to the wrong thing. Every time I truly get a good workout in, my steps in, a day I know I ate clean makes me the happiest and nothing else does that but doing what I should be doing.



Today



**Gabe Vigeland** 4 hours ago

Hey dirk just wanted to let you know I've finally started to see my chest grow and my abs are lookin great. Your advice on abs two days a week was perfect and they are lookin great. And my chest was one of my hardest muscle groups to grow so lovin the results I'm seeing there. Thank you for your help and lookin forward to more results to come



Today



**Andy Kim** 3 minutes ago

Hey Dirk! Thank you for everything and super stoked to get into it!! I just watched the videos for today's workout, legs quads focused and I saw progressively how intense it got, so much so that by the last workout sissy squat on smith you were hanging on the bar while explaining 😂😂 IM EXCITED!!

Still can't believe how quick I saw results doing this lol



**Dirk Germon**

8:02 AM

Dude I love to hear that lets keep this snowballing and the little wins will just keep getting bigger!

↓ NEW



**Jeffrey Trujillo** 18 minutes ago

Just wanted to pay you another huge thank you. Yesterday at work on 4 separate occasions people asked me how much I've been working out because I look way more toned and fit. Honestly it was so good to hear because I've been frustrated with myself lately. So thank you again for helping with this transformation