

How AJAC Can Help You

There are 3 ways I can potentially help you, ranging from lowest cost to highest cost

1. **If You are Motivated to train but need social support and a place to ask questions**

Join Kings Collective. This is my Fitness Community for Men. ALL members of Kings Collective get lifetime access to ALL of my training programs

[Click Here to Start](#)

2. **Are looking for a fitness coach? Someone who will take care of diet and nutrition and tell you what to do?**

I offer two levels

[Join our Fitness Transformation Group Coaching](#)

OR

[Executive Coaching \(exclusively 1on1\)](#)

3. **Do you want to talk because there is a health/fitness problem you need help solving in 1 hour?**

[Lets book a consult call](#)