Why I Train — And Why It's Never Too Late To Start

I'm Eric, and I've been a personal trainer since 2013.
I'm 49, stronger than ever, and living proof that age doesn't define athleticism — how you train does.

My mission is to help people over 40 (and beyond) build real strength, mobility, and confidence — not just in the gym, but in life. I don't chase fads or gimmicks. I train with purpose — and I show my community how to do the same.

I specialize in functional strength training that's powerful, joint-friendly, and built to last. Whether I'm using kettlebells, dumbbells, barbells, or bodyweight, my training is about being capable, athletic, and resilient — no matter your age.

You won't find machines and mirrors here — just real work, real movement, and real results.

It's not age — it's how you train.
Built for strength, movement, and longevity.
Never lacking. Never slacking.
Dominate aging — and look damn good doing it.