

Get ready to
CHANGE YOUR LIFE.

ERIC MOSS FITNESS



- Acclaimed **Author**
- **Personal trainer** since 2003
- Certified **StrongFirst™ Kettlebell Instructor** (SFG)
- Certified **StrongFirst™ Specialist** in **Body-weight Strength** (SFB)
- Certified in the **Functional Movement Screen** by Gray Cook (FMS)
- **RKC Instructor** under Pavel's leadership
- **Selected** by **StrongFirst™** to **teach** at personal training certification courses both **nationally** and **internationally**
- **World Record Holding** Performing **Strongman** and Inspirational **Speaker**
- **Assistant Coach** at the Breakthrough Strength Personal Development Workshop

Hi! I'm Eric. For a moment, I want you to forget about all my credentials or any slick marketing angle you've heard before. The only thing that really matters is the **results that I get for people like YOU.**

Since 2003, I've helped numerous people achieve their health and fitness goals and I've discovered a talent for turning the frustrated and confused gym goers into fitness success stories.

But I don't ask you to take my word for it.

Test drive it and see for yourself.

Right now I'm offering a one week trial membership including:

- Fitness evaluation
- Three customized-to-you personal training sessions in a group setting
- One-on-one goal assessment interview

After the interview, if I think you are the right fit, you will be invited to become a member of the exclusive **Eric Moss Fitness** program.

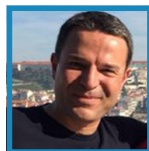
Text or call me direct at 973 476 5328 and let's get ready to **change your life.**

A SELECTION OF CURRENT MEMBERS WHO HAVE ACHIEVED PROGRESS WITH MY GUIDANCE AND SUPPORT:



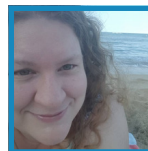
ANGELA

Dropped **over 50lbs**, and is now in the best shape of her life and is **getting even better!**



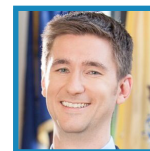
COSTIN

Dropped over 20lbs, and went **from zero to 15+ pull-ups** and is preparing for his **first marathon!**



CATHERINE

Dropping 1-3lbs. per week, **her cardio is off the charts** and she puts **88lbs over her head** with one hand!



STEW

Surpassed his best pull up score...while in his first week of training.

Text or call me direct at 973 476 5328 and let's get ready to **change your life.**