



CLIENT SHOWCASE

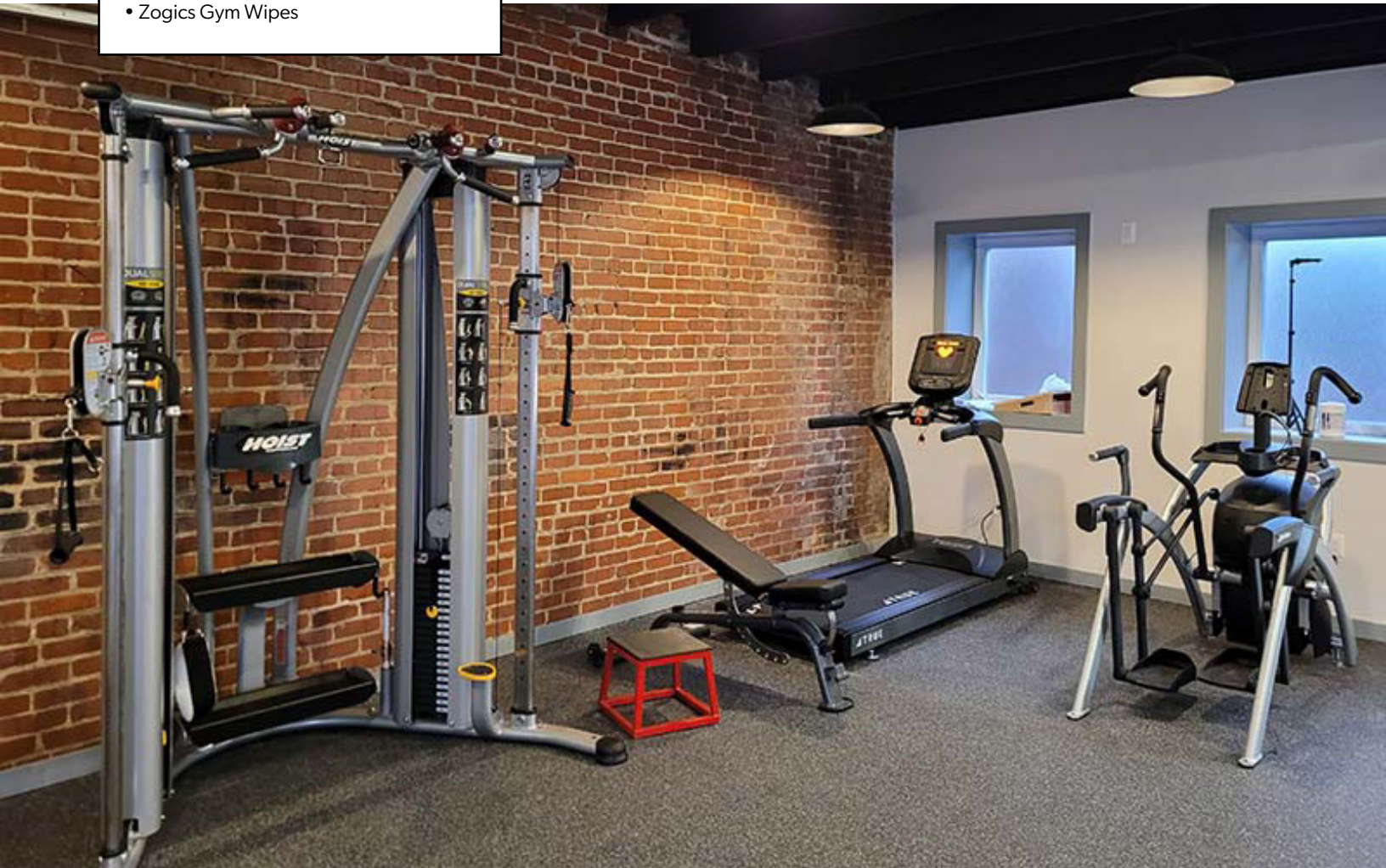
ERRICK MCADAMS, CPT

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



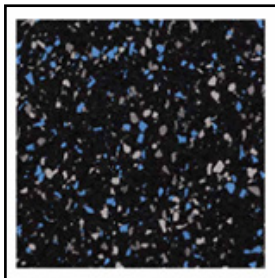
TKO
75lb Pro Style Heavy Bag



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

 hello@ardentfitness.com

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