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Taking It to the Next Level

Jon Eikenberry

Age 30

Single father of a 5-year-old boy

Occupation: Parts salesman for John Deere

Enjoys four-wheeling with his son on their ATV.

Background

Jon Eikenberry has never had a weight problem; he's always been lean and athletic. Although fitness training has been part of his life, it was never something he did consistently ... until a couple of years ago. "I wanted to see what I would look like if I went all in with my training," said Jon. So he began working out five to six days a week and eating a healthful diet. By mid-year, Jon was feeling good about his progress. "I asked a friend of mine, who's a trainer, whether she thought I was at a level to compete," said Jon. "She encouraged me to do it." So he did.

At Jon's first competition, he placed first in open and second in novice. That was all the incentive he needed to take the sport to the next level.

"I posted a photo of myself on Facebook and said I was interested in joining a team," said Jon. "A friend of mine responded that I should get in touch with Adam White." So he did.

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“When Jon came to me,” said Adam, “he had already taken the first step to becoming fit and healthy. He had left his partying lifestyle behind and was focused on improving his life.” Even though Jon had a good handle on nutrition, his diet needed to be tweaked for the results he wanted. “Adam created a nutrition plan for me that he adjusted several times during that first year until we got it just right,” said Jon.

Adam attributes much of Jon’s success to his trust in the process. “Jon is the kind of person who is more successful when he works with a coach,” said Adam. “Without a coach, he tends to overthink things. With a coach, he’s willing to just do the work. Having a coach makes it considerably less stressful for him.”

Results

At the 2016 KC Classic, Jon placed first in the open division and won best overall, which qualified him for pro status.

Does your son work out with you?

I typically work out at the gym, but Imauri, my son, has his own bench at home, so he “works out” there. He also practices posing with me. When I’m competing, he’s in the audience with my mom cheering me on.

DURATION OF TRAINING: 20 WEEKS



BEFORE

AFTER

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Considering you competed four times in one year, you must really enjoy the sport.

Oh, yeah! I like getting on stage and showing what hard work and dedication can do. Also, now that I'm a fitness coach, I think it's important to show clients that I'm not asking them to do anything I wouldn't do myself.

What do you like best about working with Adam?

Adam is a great guy! He makes you feel like you're part of his family; he's very supportive. He's also quick to share his knowledge with you ... and he has a lot of knowledge in the field.

What was the biggest benefit you got from working with Adam?

With over 20 years of experience, Adam knows what works and what doesn't. Again, it goes back to knowledge.

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