

4 Pillars of Becoming Dynamic Within Fitness

About The Authors:



Chris and Eric Martinez, co-founders of [Dynamic Duo Training](#), are certified sports nutritionists, certified strength and conditioning coaches, and current ISSN Diploma post graduate program students. Chris and Eric provide safe, ethical, health-first, and research based practices to their clients. Chris and Eric are coach's that practice what they preach and love helping people reach their goals.

Chris and Eric Martinez, CISSN, CSCS, CPT, BA, also known as the “Dynamic Duo” operate a world class online Training, Nutrition, and Lifestyle Consulting Business “Dynamic Duo Training.”

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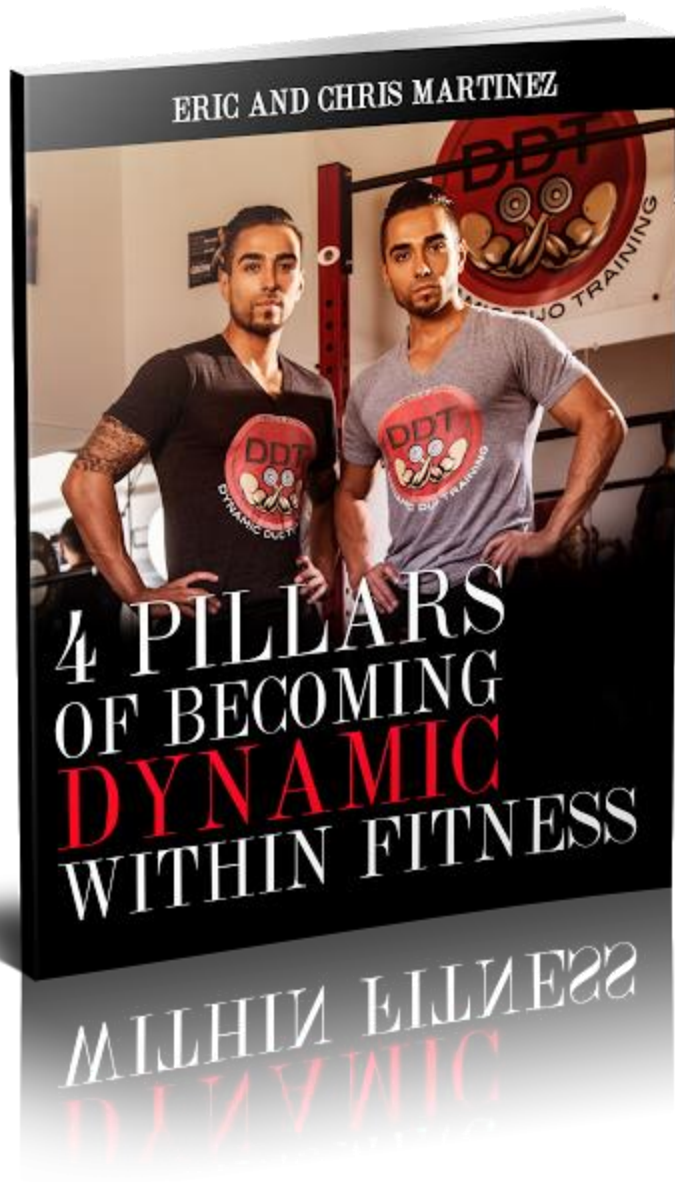
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Chapter 1



Flexible Nutrition



The fitness industry is full of diets, full of training methods, full of extremists, full of bad information, you get the picture right?

Here you will find absolutely none of that. You will find research based information that has science to back up its theories and claims on what we're presenting to you, allow us to introduce to you "flexible dieting."

Let's face it, there is no such thing as the perfect diet or the perfect nutrition program. The important question you should ask yourself is "what's the best diet or nutrition program that's going to:

- a. Fit my lifestyle
- b. Be able to adhere to on a consistent basis and long term

