Eric Helms

Availability not set yet.

Appearances on record

- Eric Helms- How Shredded Can I Get and Stay?, LiftingLindsay's More Than Fitness, Apr 28, 2025 (Feed-stated)

Appearances are Verified or Feed-stated credits from each show's own feed. Inferred credits are never listed.

Book or pitch

Book on PodSubs: https://podsubs.com/in/eric-helms/one-sheet