

Frequently Asked Questions

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1. What's the difference between your 1-on-1 Coaching, Custom Training, and eBooks?

- **eBooks** are pre-made 4-week programs (SHRED, BUILD, STRONG) designed around specific goals.
 - **Custom Training** is a personalized 4-8 week program based specifically for you with your available equipment, goals, experience, and schedule in mind.
 - **1-on-1 Coaching** includes everything from Custom Training *plus* nutritional guidance (macro suggestions, macro tracking, food education, etc), habit/mindset coaching & tracking, and progress tracking, on-going check in calls, and direct support from me.
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2. How do I know which option is right for me?

- If you're ready for full lifestyle optimization and getting the most out of coaching & accountability, **1-on-1 Coaching** is the way.
- If you want a personalized plan built just for *you*, go with **Custom Training**.
- If you like structure but want to work independently, choose an **eBook**.

The **BEST** way to figure out which is right for you is scheduling a free consult call with me so we can figure it out together.

3. Do I need a gym to follow these programs?

Nope! Many programs can be adapted for home use. If you're doing Custom Training or 1-on-1 Coaching, just let me know your equipment in the onboarding form/consult call.

4. How long are the workouts?

The average workout takes around **45 minutes**. However, they could be as quick as **20 minutes** or as long as **60+ minutes**, depending on your goals, time, equipment, etc. My approach is always **efficient & intentional**.

5. Is nutrition included in your coaching?

Yes, with **1-on-1 Coaching**. I'll help you build sustainable nutrition habits tailored to your goals, preferences, and lifestyle. eBooks and Custom Training are fitness-only.

6. What does ongoing support look like in 1-on-1 Coaching?

You'll get access to me through app messaging or email, regular check-ins, and adjustments as needed — I'm in your corner every step of the way.

7. What if I'm a beginner?

You are, in part, exactly who I built this for! I keep my programs simple, clear, and progressive — whether you're new or super experienced, I'll meet you where you are.

8. How do I access the programs?

- **eBooks** are delivered via email immediately after purchase.
 - **Custom Training** and **1-on-1 Coaching** are delivered through a private training app with video demos and built-in tracking.
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9. How do I get started?

Click the link in my instagram bio, links on my [website](#) or head to my [Linktree](#). Schedule a consultation call, fill out the Training interest form, or check out the eBooks — I'll follow up directly after you schedule your call or apply.