Aries Fitness Training Program

Thanks for your message! Below is a detailed breakdown of what our personalized personal training program includes. This comprehensive approach is designed to ensure you not only achieve your goals but also stay motivated and enjoy the process.

1. Initial Consultation

- Goal Setting: We will discuss your fitness goals—whether they're related to weight loss, strength building, improving endurance, or other specific outcomes.
- Health History: We'll gather information about your medical history, current lifestyle, injuries, and any other factors that may impact your training.

2. Personalized Workout Plan

- **Custom Training Program**: Based on your goals and fitness assessment, we will design a training program tailored to your specific needs. This will include:
  - Strength training (targeting specific muscle groups)
  - Cardiovascular training (HIIT, steady-state, interval training, etc.)
  - Flexibility and mobility work (dynamic stretches, foam rolling, yoga, etc.)
  - Functional training (balance, coordination, agility)
  - Progressive overload to ensure consistent improvement
- **Variety & Periodization**: We'll incorporate variety and periodize your program to prevent plateaus and keep your workouts engaging.

3. One-on-One Personal Training Sessions

- **In-Person or Virtual Sessions**: Depending on your preference, you'll have the option of training with me in person or virtually. These sessions will focus on:
  - Proper technique and form to prevent injury
  - Intensity adjustments to match your fitness level and progress
  - Motivation and guidance to push you towards your goals
- **Accountability**: Regular check-ins to track your progress, modify workouts as needed, and keep you accountable.

4. Nutritional Guidance

- **Meal Planning & Nutrition Tips**: I'll offer practical advice on how to fuel your body for optimal performance and recovery. This may include:
  - General guidelines on macronutrient balance (protein, carbs, fats)
  - Meal timing strategies to enhance energy and recovery
  - Supplements (if necessary) and how to incorporate them into your routine
  - Strategies for portion control, healthy food choices, and mindful eating

5. Progress Tracking & Adjustments

- **Regular Check-Ins**: We'll assess your progress at regular intervals to make sure you're on track. This could involve:
  - Re-assessing body measurements, body composition, and fitness levels
  - Reviewing workout progress (weight lifted, distance run, etc.)
  - Adjusting the program to align with any changing goals or feedback
- **Weekly Feedback**: After every session, I will provide feedback on your progress and any adjustments we need to make to optimize results.

6. Ongoing Support & Motivation

- **24/7 Support**: I'm available for questions, motivation, and support between sessions via text, email, or app.
- Motivational Strategies: From goal-setting to mindset coaching, I'll help you stay focused and positive throughout your fitness journey.
- **Weekly Check-Ins**: In addition to training sessions, we'll have periodic check-ins to discuss your thoughts, challenges, or anything you need to help you stay on track.

7. Lifestyle Coaching

- **Sleep & Recovery Advice**: Tips on how to improve the quality of your sleep for better recovery and performance.
- **Stress Management**: Strategies to help you manage stress, as it can impact both your fitness and overall well-being.

- **Injury Prevention**: Educating you on safe movement patterns, recovery techniques, and how to avoid injury through proper warm-ups, cool-downs, and self-care routines.

8. Program Updates and Adjustments

- **Ongoing Progress Adjustments**: As your body adapts to the program, we'll update your training plan to continue challenging you and ensuring continuous improvements.
- **Goal Re-evaluation**: At regular intervals, we'll reassess your goals and reset new targets based on progress and evolving needs.

9. Pricing:

Each package will include personalized support, a mix of workout plans, nutrition guidance, and accountability to ensure client success.

1-Month Coaching Plan - 200 CAD

Ideal for: Clients looking for a short-term commitment or a jump-start to their fitness journey.

What's included:
- Personalized Fitness Plan: Custom workout schedule based on fitness level, goals (fat loss, muscle gain, strength, etc.), and available equipment.
- Nutrition Guidance: Macro-based meal plans or simple nutrition guidelines to support fitness goals.
- Weekly Check-Ins: Progress assessments via video call or text, adjusting the plan as needed.
- Support & Accountability: Email/DM support for questions, form checks, and encouragement.
- Progress Tracking: Tracking sheets for weight, measurements, or other relevant fitness markers.

Additional Features:
- Quick Start Guide: Easy-to-follow instructions to help clients get started immediately.
- Supplement Advice: If applicable, guidance on supplements to support fitness goals.

3-Month Coaching Plan - 500 CAD

Ideal for: Clients committed to seeing long-term results and building sustainable fitness habits.

What's included:
- Personalized Fitness Plan: Adjusted every month based on progress and goals.

- Detailed Nutrition Strategy: Full meal planning, recipe ideas, grocery lists, or meal prep tips tailored to the client's lifestyle.
- Weekly Check-Ins: More frequent progress tracking with adjustments to workout plans or nutrition.
- Ongoing Support & Motivation: Unlimited messaging for check-ins, questions, or motivation.
- Accountability: Weekly email/text reminders, motivational tips, and potential challenges to keep the client on track.
- Lifestyle Coaching: Support in managing stress, sleep, and other factors that influence fitness.

Additional Features:
- Quick Start Guide: Easy-to-follow instructions to help clients get started immediately.
- Supplement Advice: If applicable, guidance on supplements to support fitness goals.

6-Month Coaching Plan - 850 CAD

Ideal for: Clients who want to make fitness a lifestyle and achieve transformative results over time.

What's included:
- Fully Customized Fitness Plan: Updated monthly based on progress, goals, and any changes in lifestyle.
- Comprehensive Nutrition Guidance: Includes macronutrient breakdown, meal tracking, and deeper insights into dietary habits.
- *Weekly Check-Ins: In-depth review of fitness progress with detailed feedback and new goals for the next week/month.
- 24/7 Support & Accountability: Real-time access via messaging for constant feedback and guidance.
- Exclusive Coaching Sessions: One-on-one monthly video calls to discuss goals, obstacles, and any necessary plan adjustments.
- Progress Tracking & Adjustments: Detailed progress reports with measurements, body fat percentage, strength, or other fitness markers.
- Supplement and Recovery Strategy: Recommendations for recovery techniques, rest days, and supplement usage based on goals.
- Mindset Coaching: Focus on mental strength, goal-setting, and overcoming mental blocks that hinder success.

Additional Features:
- Personalized Video Content: Tailored instructional videos to correct form, provide motivation, or address specific client needs.
- Lifestyle Integration: Help clients make fitness a seamless part of their life, from time management to managing fitness while traveling.
- Supplement Advice: If applicable, guidance on supplements to support fitness goals.

- Bonus: Referrals or for committing to the 6-month program gets free additional coaching calls, a special bonus workout in person).

Conclusion

This program is more than just workouts—it's a holistic approach to improving your fitness, health, and well-being. We focus on your physical, mental, and emotional growth to ensure lasting success. With my support and your dedication, you'll achieve your goals and create a sustainable, healthy lifestyle.

I’m excited to be part of your fitness journey and am here to help you every step of the way!

If you have any questions or need more details, feel free to reach out. Let’s get started!

Best regards,
Ariesguy