

COACHING & TRAINING PROGRAM DETAILS

REQUIREMENTS:

- ✓ **MUST** have general knowledge of basic exercises and feel comfortable training in the gym.
- ✓ **MUST** be HIGHLY (self) motivated and ready to get to the next level.
- ✓ **MUST** be able to be consistent with training/cardio and nutrition protocols.
- ✓ **MUST** commit to sending updates on check-in day.
- ✓ **MUST** communicate clearly, frequently and be honest and take responsibility of actions.
- ✓ Just a reminder this does not include competition prep.

TRAINING AND COACHING INCLUDES:

- Individualized Macros or Meal plan that fits your exact schedule with your personal food preferences. Meal Plan changes upon request- Unless you request exact changes for new foods, meals will be kept the same. This plan can be exactly how you want it but you have to tell me.
- Cardio Programs/Guidelines
- Training Phases/Workouts based on your sex, age, training experience, metabolism, lifestyle, and goals, etc.
- Supplement Recommendations upon request
- 24/7 Email support as well as Text Messages. Text messages are usually answered within 24 hours-Emails can take up to 48-72 hours depending on travel schedule.
- Bi-Weekly check-ins, unless otherwise specified, to review your progress and establish necessary changes to your protocol.
- Monthly Mentor Phone call upon request . Here we can discuss mindset strategy, struggles and how to overcome, celebrate your wins and game plan for next month.

WHAT YOU CAN EXPECT IN 1-4 WEEKS:

In your first 4 weeks I will learn the most about how you respond to different approaches. In most cases, nutrition and training changes are not that frequent. I need to assume trial and error but given enough time to see what consistently works or does not work. This initial experimentation is key to laying a foundation to your future progress.

WHAT YOU CAN EXPECT IN 5-8 WEEKS:

By this time, you and I will have a better idea of the protocol to which you respond best, progress will accelerate, and our work together will become primarily a matter of encouraging adherence to your personalized plan. In addition, we will develop a closer relationship that will allow me to better understand your personality, motivations, and preferences, and alter your protocol to align with them.

WHAT YOU CAN EXPECT IN 9+ WEEKS:

At this point, you will have made significant progress with me. Habits will have been formed to keep you heading in the right direction, and adjustments will continue to be made, as necessary, to maintain progress. Relative to your starting point, you will have developed a much stronger knowledge of nutrition, training, cardio intensity, and supplementation, and how to integrate all of these into a sustainable lifestyle. I will introduce Macro Counting as opposed to a meal plan as an option to maintain this new way of living if you currently do not know how.

PRICING AND PAYMENT OPTIONS/INSTRUCTIONS:

- \$975 PIF for 12 weeks or \$375 Per month (3 month minimum)
- If you decide one of these options work for you, let me know which one works best for you and I will send you an invoice through Paypal or request Venmo or Apple Pay
- As soon as I receive your payment, I will begin your custom program. You will receive your program within 5-7 days after purchase.