

Currently available

Aether Longevity — 2025 Coaching Tiers

Tier 1: Foundation Package

\$150/month (Available in 3 / 6 / 9 month plans)

A complete launchpad for beginners ready to take control of their health and physique.

Includes:

- Custom fitness program tailored to your goals
 - Essential nutrition guidance
 - monthly coaching calls for Q&A, coaching, and education to review key strategies and discuss progress and maximization
 - Weekly check-ins for accountability and motivation
-

Tier 2: Advanced Package

\$500/month (Available in 6 and 12 month plans)

Built for driven individuals ready to accelerate progress and dive deeper into technique and lifestyle optimization.

Includes:

- Advanced custom program with structured mesocycles(+daily routine)
 - In-depth nutrition guidance tailored to training phases as well as a Cookbook and meal plans from said cookbook
 - Video form analysis and feedback
 - Bi Weekly coaching calls
 - More frequent check-ins and adjustments
-

Tier 3: Elite Package

\$7,530 for 6 months(1255 per month)

Exclusive, high-touch coaching for individuals committed to full transformation and insane progress — physically, mentally, and strategically.

Includes the following:

- Fully custom training plan built live/recorded on vod(+daily routine)
 - Weekly microcycle updates based on progress and feedback
 - daily/every other day coaching calls with in-depth analysis with daily text checkins
 - Access to an informational media database
 - Full lifestyle optimization: sleep, nutrition, stress, productivity, biohacking, longevity+
 - Priority support and near 24/7 access (excluding sleep hours)
-



“Available in Every Tier — No Matter Where You Start”

- **Proven Knowledge** — Backed by decades of experience from mentors, trainers, gymnasts, bodybuilders, medical professionals, and strength athletes
- **Form Coaching** — Send in edited training videos for feedback weekly or within 24 hours (if time stamped and labeled clips)
- **Real-World Nutrition Insight** — Advice on what I would eat and drink in your position for performance and health
- **Micronutrient & Macronutrient Optimization** — Helping you dial in your nutrition for maximum output
- **Longevity & Biohacking Protocols** — For those who want to live longer, healthier, and sharper as well as maximize performance

- **Personalized Explanations** — Voice/video messages from me explaining concepts or sending relevant pre-recorded breakdowns
- **Custom Program Design** — Built from scratch, with full explanations and a simple TLDR version to follow
- **Motivational Structure** — Monthly physique update requests, posing guidance, mind-muscle connection work, reminders, and tracking systems
- **Scientific + Practical** — A mix of updated scientific knowledge and practical, tested bro-science that gets results
- **A Coaching Relationship, Not a PDF** — You're not buying a cookie-cutter plan. You're getting someone in your corner.
- **Tailored for Your Schedule & Equipment** — Whether you train at home, at Planet Fitness, or a full gym, we make it work.
- **Built-in Accountability** — Check-ins, form reviews, and regular feedback to keep you on track
- **Progress-Driven Design** — Every program evolves to progress efficiently. If you are not progressing, your plan will become more efficient based on the new insight.
- **Supportive Education** — Learn what you're doing and *why* — so this becomes sustainable
- **Flexible Communication** — Whether you prefer text, video, or calls — I adapt to your style
- **Honest, No-BS Feedback** — Encouraging but real. If you're falling off, I'll tell you. If you're crushing it, you'll know.

Note: I am not a registered dietitian. All dietary guidance is based on personal experience and coaching insight for educational purposes.

Tab 2

Light assistance and development
Medium assistance and development
Maximum assistance and development