

Program	Starter	On The Fly	VIP
What's Included?	<p>12 detailed workouts designed perfectly for you and your goals</p> <p>3 different workouts each week</p> <p>Progressive workouts that target your specific goals</p> <p>Modifications included</p> <p>20-40% off nutritional supplements &amp; personalized recommendations</p>	<p>Everything from <b>Starter</b></p> <p>PLUS:</p> <ul style="list-style-type: none"> <li>- Additional workouts as needed</li> <li>- Two 45 minute <u>virtual</u> training sessions to review workouts in detail (booked in advance)</li> </ul>	<p>12-30 detailed workouts perfectly designed for you and your goals</p> <ul style="list-style-type: none"> <li>- One diagnostic session (measured every 4 months)</li> <li>- Four 1-on-1 virtual sessions (1/week or as needed)</li> <li>- In person available as well (<i>see booking schedule</i>)</li> </ul>
Commitment	<p>Complete these workouts on your own, in the nooks and crannies of your busy lifestyle.</p> <p>Send a sweaty selfie to me when you're complete with your workout.</p> <p>Reach out with text questions anytime.</p>	<p>Start of the month, 20 minute virtual scheduling session:</p> <ul style="list-style-type: none"> <li>- Create workout schedule together</li> <li>- Set goals</li> </ul> <p>Month 2+</p> <ul style="list-style-type: none"> <li>- Review progression</li> <li>- Reassess goals for next month</li> </ul> <p>Send a sweaty selfie to me when you're complete with your workout.</p> <p>Reach out with text questions anytime.</p>	<p>Everything from <b>On The Fly</b></p> <p><u>Full</u> accountability:</p> <ul style="list-style-type: none"> <li>- Text me before and after self-run workouts</li> <li>- Shared Google Calendar of workouts</li> <li>- 30-60 minute virtual training sessions (4x)</li> <li>- Weekly text check-ins in addition to training sessions.</li> </ul> <p>Reach out with text questions anytime.</p> <p>*Must reschedule sessions at least 48 hours in advance</p> <p>*Missed sessions will not be reimbursed</p>
Price	<a href="#"><u>\$99/month</u></a>	<a href="#"><u>\$175/month</u></a>	<a href="#"><u>\$270/Month (4 sessions)</u></a> <a href="#"><u>\$57/additional session</u></a>

\*All plans come with initial intake, health history & goal setting call (free, with no commitment).

\*Once ready, plans are paid in advance monthly.