

1. Foundation

- For self-motivated clients who need expert programming and occasional guidance rather than live calls.
- The Promise: Structured training routines tailored to gym or home setups with basic macro targets.
- Deliverables:
 - Custom 12 week training program for main exercises
 - Video demonstration for all exercises
 - Weekly check-in via email
 - Nutrition guidance
 - Lifestyle integration
- Investment: \$170/month

2. Premium

- For clients who are looking for a more tailored approach.
- The Promise: Structured training routines tailored to gym or home setups with more detailed exercise selection and more guidance.
- Deliverables:
 - Custom 12 week training program including accessory exercises guidance.
 - Video demonstration for all exercises
 - Weekly check-in via email
 - Monthly 30 minute video call
 - Nutrition guidance
 - Lifestyle integration
- Investment: \$315/month

3. Deluxe

- For clients who want even more accountability and frequent feedback.
- The Promise: Structured training routines tailored to gym or home setups with more detailed exercise selection, more guidance, accountability, and feedback.
- Deliverables:
 - Custom 12 week training program including accessory exercises
 - Video demonstration for all exercises
 - Unlimited check-in via email (24-hour response time)
 - Weekly 15 minute video call (3 per month)
 - Monthly 30 minute video call
 - Nutrition guidance
 - Lifestyle integration
- Investment: \$675/month

4. Assessment

- Deliverables:
 - In depth video movement assessment for groundwork, CARs, standing mobility, walking, and running. (No longer than 30 minute recording)
 - Basic mobility routine based on results.
 - Incorporation of the findings in to premium or deluxe coaching programs
- Investment: \$145 each

5. Super Secret Option

- For current clients looking for additional guidance or past deluxe clients looking for more self sufficiency.
- Recommended every 1-3 months depending on goals, limitations, and experience.
- Deliverables:
 - One check-in via email to set the agenda for the video call
 - One 30 minute video call to discuss progress and problems with training, nutrition, and lifestyle.
- Investment: \$100 each

Recommended 3 month minimum for all coaching packages for best results

Exercises may be resistance exercises, stretches, self myofascial release, or other depending on needs

Prices subject to change.

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