



### **All Programs Include;**

- 30 minute initial consultation
- Coaching cues & video demo for all exercises
- PDF with weekly training schedule & progressions

### **Initial Consultation;**

The goal of the initial consultation is to figure out how we can provide the best possible program specific to you and what you need. There are too many people out there focused on the “perfect” way to train, not realizing that life just doesn’t work that way. Instead of focusing on “perfect” we are focused on you. The best training routine is the one that you can (and will) stick to.

The biggest key to developing this is HONESTY. Make sure you are honest with yourself about where you’re at and what you can handle. Think long term sustainability over anything else.

- What does your work schedule allow for?
- What is your training experience?
- What kind of training do you enjoy?
- What have you struggled with in terms of training in the past?
- What has worked for you in the past?

These are just some of the examples of what we need to know in order to make sure that we are providing you with a program built around YOU.

### **Prices;**

4 Week program: 70\$+gst

8 week program: 120\$+gst

12 week program: 150\$+gst