



Personal Training (Online Coaching Only)

(Currently no competition plans available)

6 Weeks - \$150
8 Weeks - \$250
12 Weeks - \$350

What's Included:

- 5-6 day detailed training plan based off your goals and needs
- Cardio Schedule

I design your customized training plan based off the information I collect from the questionnaire you fill out. Depending on where you currently are (starting out) the program will be based off that and change as you progress. The program can change depending on that progress. Everyone is different and how your body will respond to the program varies. That's why we have check-ins every Monday with weight and photos. These photos are confidential between you and me. I use them to track your progress and make the necessary adjustments to your program. All communication is through email. I will be available to you as much as you need! You may have past injuries, current injuries, have had surgeries, mobility or flexibility issues, lack strength, whatever it may be the program will be designed around that as well. So you will not be expected to do something you cannot do or that would hurt you. The program will also be designed to help you build strength or help you recover from any issues you currently have! The goal of the program is to get you active, get you healthy, help you lose weight, gain muscle, heal you, build endurance, no matter what your goal is it's tailored to you specifically! Remember, it can take up to 6 weeks or even longer to start noticing a change, so do not get discouraged, trust the process! The key to success is hard work, consistency, envisioning and believing in your goals!