

— GB — COACHING

YOUR GOALS. MY GUIDANCE.
REAL RESULTS.



PERSONAL TRAINING

- ✓ Personalized training plan
- ✓ Nutrition guidance & advice
- ✓ Progress tracking & evaluations
- ✓ Technique improvement & coaching
- ✓ Motivation, accountability & support
- ✓ Access to the app

STARTING FROM
€67,50
PER SESSION



ONLINE COACHING

BASIC

€75
PER MONTH

- ✓ Training program
- ✓ Weekly check-in
- ✓ Access to the app
- ✓ Nutrition guidelines

PREMIUM

€100
PER MONTH

- ✓ Everything in Basic
- ✓ Personalized nutrition guidance
- ✓ Personalized workout guidance
- ✓ Weekly nutrition analysis
- ✓ Weekly progress analysis



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