

# Personal Training Packages

## **One-time payment**

- ❖ Initial 1-hour consultation call (free) to establish goals and record any relevant data pertaining to starting an exercise and dietary regimen.
- ❖ Complete personalized workout routine
  - 8 week long program.
  - The frequency, intensity, and volume customized to trainee's lifestyle, capability and limitations.
  - Can include but not limited to any modality; PPL, upper/lower, full body, body part split, etc.
  - Client's responsibility is to record the weight used in each exercise to hit the rep range for each set of each exercise.
- ❖ Nutrition plan
  - Calculated calories and macronutrient needs to reach the established goal discussed in the initial consultation.
  - A one day blueprint of what to eat for breakfast, lunch, and dinner (maybe snack) that can be meal prepped and followed exactly or modified based on client's preferences and eating style.
  - This plan consists of the first phase of a multi-step nutrition regimen called the "metabolic priming" phase. The goal is to establish the maintenance caloric intake to use as the starting point for the next phase which will either be a "cut" or "bulk" phase (not included). This step is necessary to build a consistent eating pattern before going into a restrictive deficit or calculated surplus and leads to a more successful lifestyle integration, which is the third and final step (not included).

## **Online training (Beginner → Advanced)**

- ❖ Everything that is included in the "one time payment" package in addition to:
- ❖ Personalized workout routine
  - Complete **app access** to digitally record exercise performance and track progress over the course of your journey.
  - Set your fitness schedule for the week in the included calendar to better prepare you for the successful execution of your plan. This includes scheduling your programmed workouts as well as any extra workouts, cardio sessions, or daily activity that you would like to keep track of.
  - Video examples of every exercise to ensure proper form and technique is being used.

- 2-way messaging with your trainer to ask any questions and communicate as often as needed about exercise modification, injuries, lifestyle changes, unforeseen challenges, progress expectations, nutrition substitutions or modifications, or anything pertaining to your personalized plan.
- Phased workout programming that adapts and changes with level of progression and goal reorientation (**strength focused** → **hypertrophy focused** → **endurance focused**) to avoid hitting the dreaded “plateau”.
- Option to upload biometric data to see a clearer picture of progress; weight, progress pictures, body measurements, daily steps, resting HR, sleep, and has smartwatch integration.
- Set customized daily habits and goals and get reminders.

❖ In addition to Nutrition plan

- 3-days of meal options that fit calorie and macro requirements as options to use in place of 1-day blueprint in case variety is needed.
- Continual monitoring by trainer to decide when metrics need to be changed to hit target goals.
- Full walkthrough of the three phases of the multi-step nutrition plan ending with lifestyle integration.
- Calculated cheat meals to help break through plateaus and get through times where discipline starts to waiver.

## **In-person training** (Intermediate → Advanced)

❖ Everything included in the “online training” in addition to:

- 1 session/week of guided workouts with personal trainer to ensure proper form and technique is used for each exercise.
- Each session is approximately 60 minutes; the 1 session can also be divided into two 30-minute sessions on separate days.
- More in depth analysis of body movements, posture, muscle weaknesses, muscle imbalances, to further personalize routine.
- Cues and thought processes going into each exercise to build a better mind-muscle connection and understand both where and how you are supposed to feel each exercise.
- Real-time adjustments to exercises to make sure the exercise fits you. Form is not always a “one size fits all” and micro-adjustments often change the feeling and effectiveness of the entire workout.
- Recommended for:
  - Clients that have exercise experience but need tweaks to some or all exercises and are confident that they can adhere to the program mostly on their own.
  - Clients that are self motivated but need weekly accountability.

## **In-person training** (Beginner → Intermediate)

- ❖ Everything included in the “online training” in addition to:
  - 2 days/week of in-person training with personal trainer for those that want to reach their goals faster and need more instruction at the onset of starting a brand new workout routine and trying to establish a long term lifestyle change.
  - Each session is approximately 60 minutes.
  - Recommended for:
    - The less experienced client that has exercised before but never really followed a strict lifting regimen.
    - Clients that are ready for lifestyle change but need extra guidance through a wider array of exercises that they may not have done before or have not done for an extended period of time.
    - Clients that know that for them to adhere to a program they need more structure and scheduled appointments so the new lifestyle can become habitual.

## **In-person training** (Beginner)

- ❖ Everything included in the “online training” in addition to:
  - 3 days/week of in-person training with personal trainer for those that want to reach their goals faster and need more instruction at the onset of starting a brand new workout routine and trying to establish a long-term lifestyle change.
  - Each session is approximately 60 minutes.
  - Recommended for:
    - Clients just starting out. Completely new to lifting weights and has never successfully followed an exercise regimen that resulted in the intended goals.
    - Clients with moderate to severe injuries, chronic pains or limitations that need close oversight to avoid injury.
    - Clients that want all of the guesswork taken out of the equation where all they have to do is show up at the appointed times and watch their goals materialize.
    - Clients that do not like exercise and know that without an appointed time they will not adhere to a plan on their own, but absolutely need to make the change.