

# ONLINE PERSONAL TRAINING

## ONLINE FITNESS COACHING WITH BENSON JAMES

"Your results are a reflection of your lifestyle,  
NOT just your workouts"

Benson James



### BASIC ACCESS

- \* 30 Day Training Plan
- \* 30 Day Healthy Eating Plan
- \* Private Facebook Group
- \* Exclusive Mobile App Membership
- \* Private Member Only Forums
- \* Regular Informative Articles
- \* FREE Monthly Ebooks

**£40**  
Per Month

### (Most Popular) RESULTS ACCESS

- \* 30 Minute Initial Consultation
- \* 30 Day Personalised Training Plan
- \* Week 1 and Week 4 Assessments
- \* 30 Day Personalised Eating Plan
- \* Private Facebook Group
- \* Exclusive Mobile App Membership
- \* Private Member Only Forums
- \* Regular Informative Articles
- \* FREE Monthly Ebooks

**£75**  
Per Month

### V.I.P ACCESS

- \* 30 Minute Initial Consultation
- \* Weekly One to One Phone Review
- \* Weekly Personalised Training Plans
- \* Personalised Assessments
- \* 24/7 support via What's App
- \* 30 Day Personalised Eating Plan
- \* Private Facebook Group
- \* Exclusive Mobile App Membership
- \* Private Member Only Forums
- \* Regular Informative Articles
- \* FREE Monthly Ebooks

**£150**  
Per Month

Location

Wales, South Glamorgan

<https://www.freeadsz.co.uk/x-407432-z>



LOCATION DOES NOT MATTER. DESIRE TO SUCCEED DOES. GET RESULTS IN YOUR OWN TIME TO FIT YOUR SCHEDULE. SUPPORT FROM YOUR OWN COACH WITH OVER 20 YEARS

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