

# ONLINE PERSONAL TRAINING

ONLINE FITNESS COACHING WITH  
**BENSON JAMES**

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



## 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

## 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

Mobile: 07903 195275  
Email: Benson@Bensonjamesfitness.com  
Website: www.bensonjamesfitness.com

## V.I.P ACCESS

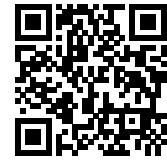
- \* 30 Minute Initial Consultation
- \* Weekly One to One Phone Review
- \* Weekly Personalised Training Plans
- \* Personalised Assessments
- \* 24/7 support via WhatsApp
- \* 30 Day Personalised Eating Plan
- \* Private Facebook Group
- \* Exclusive Mobile App Membership
- \* Private Member Only Forums
- \* 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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