

## **ONLINE FITNESS COACHING**





V.I.P ACCESS

\* 30 Minute Initial Consultation

\* 24/7 support via What's App

30 Day Personalised Eating Plan

£150

**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

(Most Popular)
RESULTS ACCESS

\* 30 Minute Initial Consultatio

30 Day Personalised Training Plan
 Week 1 and Week 4 Assessments

\* 30 Day Personalised Eating Plan

\* Private Facebook Group

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\* Exclusive Mobile App Membership

\* Private Member Only Forums

\* Regular Informative Articles

\* FREE Monthly Ebooks

£75

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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

