

Online Coaching	Base	Plus *Virtual Training Package
✓ Smartphone Fitness		
App	Yes	Yes
✓ Monthly Training Program	Yes	Yes
✓ Budget appropriate list for creating at home gym/ equipment recommendations	Yes	Yes
✓ Cardio Recommendations	Yes	Yes
✓ Nutrition Education & Guidance *Including 21-Day Meal Guide/Shopping List/ Healthy snack Guide	Yes	Yes
✓ Macronutrient & Caloric Breakdown (Carbs/Fats/Proteins)	Yes	Yes
✓ Initial 30 - Minute Consultation & Virtual Assessment to address Health history, injuries, or physical limitations	No	Yes
✓ One on one sessions & 15 min check-in a week (45 Minute sessions)	No	Yes
✓ Appropriate Guidance for form, intensity levels and effectiveness for exercise performed	No	Yes
✓ Tutorial on how to set up your at home gym and utilize equipment	No	Yes
	74.99	349.99

\*15% Discount For All Seniors, Medical Professionals, Service Men/Women (Police officers, Firefighters, Military, EMT)

\*\* 10% off For a referral or 3 month commitment