



I believe that there are 3 areas that we need to train for us to be the best versions of ourselves. Strength, nutrition & mindset. They are all necessary for us to train if we want the best results.

SERVICE	PRICING	INCLUDES
Discovery Call	FREE	30 minutes
Custom Workout Plan	\$250	One Time
60 min Training Session	\$75/hr (after a pkg is purchased)	In my gym (local)
Bronze Package	\$350/month (3 months)	*12 week transformation coaching which includes weekly calls *Custom Workout Plan *Accountability group
Silver Package	\$400/month (3 months) Save \$25	*12 week transformation coaching which includes weekly calls *Custom Plan (updated monthly) *1 training session (60 min)/month *Accountability group
Gold Package	\$450/month (3 months) Save \$50	*12 week transformation coaching which includes weekly calls *Custom Plan (updated monthly) + 2 training sessions (60min/each)/month *Accountability group
Platinum Package	\$550/month (min 3 months) Save \$100	*12 week transformation coaching which includes weekly calls *Custom Plan (updated monthly) *4 training sessions (60min/each)/month *Accountability group
