

ONLINE COACHING SERVICE

BY

Harriet Brennan



WHAT DO YOU GET HB COACHING?

01

Bespoke Programming

Specific gym/home workout program designed based on individual preference, ability and goals.

03

Video Analysis

Send exercise videos to your coach for technique feedback. This ensures your technique is great.

05

Bespoke Dietary Calculations

We take all the guesswork out of food & dieting. Personalised calorie & macro calculations ensure you know exactly how to reach your goals

07

Daily Accountability

The key to success is consistency. Whether it be workouts, food diary or your habit tracker - we will be on your case if something isn't completed!

09

Weekly Free Group Class

We have a face to face session in Carterton on Fridays 6-6.45pm. Online Members are welcomed FOC - be around the group and get coached.

11

Education

Access to EBooks on everything you need to know to fully understand your program, the methods we use & why each aspect is important.

02

Ongoing Coach Support

Your coach is on hand to help you with any nutrition, lifestyle or exercise questions you have. This can help provide clarity.

04

Community

Our community group is an amazing space with other people just like you. Share wins and learning from each other.

06

Weekly Report

We will send a video report of your week analysing everything from your daily steps to your food diary. This is usually just after your 'Check In' where we monitor physical changes.

08

Performance Review

At the end of every phase, you will have a review with your coach to assess progress and help problem solve.

10

Face to face coaching

Face to face sessions can take place with your coach as an add on to your service. This can be very impactful to get hands on technique advice.

PERSONAL TRAINER



- Harriet is a qualified & insured Personal Trainer.
- Years of experience working with women in person & online using cardio & strength work to transform bodies
- Expect realistic, straightforward workouts

ENGLAND BOXING



- Harriet is an England Boxing L2 Coach
- A background in competition means Harriet has an excellent understanding in Weight Management which she draws on daily.

ABOUT HARRIET BRENNAN

BRENNAN'S GYM



- Harriet Co-Owns Brennan's Gym with Tom Brennan.
- The gym provides a platform for Harriet to support as many people as possible in achieving healthy bodies, high self esteem & positive Mental Health.

FEMALE SUPPORT



- Harriet specialises in Weight Loss Solutions for women
- Harriet's priority is to empower women. She believes that with the correct support & through hitting targets all women deserve to feel strong, happy, confident, beautiful & 'seen'

SERVICES:

OTHER
ONLINE
COACHING
PROGRAMMES

HB

INDIVIDUALISED PROGRAMMING	? *	✓
DAILY SUPPORT FROM YOUR COACH	? *	✓
BESPOKE CALORIE & NUTRITION CALCULATIONS	✗	✓
EDUCATION ON PROPER EXERCISE METHODS, SLEEP HYGIENE PRACTICES AND NUTRITION	✗	✓
PERFORMANCE REVIEW AT THE END OF EACH PHASE TO ASSESS PROGRESS AND GOAL SETTING	? *	✓
100S OF PRE-TRACKED RECIPES	✗	✓
100S OF SUCCESS STORIES	✗	✓

* Some coaching programmes do. But I'm ashamed to say how many do not (despite saying they do)

FREQUENTLY ASKED QUESTIONS

Do I need to be sporty to join HB Coaching?

The majority of the people we work with do not play a sport.

This service is exclusively for 'normal' women - we use a variety of components to reach your goals & none of them are unrealistic exercise programs!

Many of our Online Clients have never stepped in a gym!

Do I need to have strength training experience?

No! I support a variety of women, some who are long time lovers of strength training/exercise and some complete beginners.

Your program is BESPOKE to YOU. If you're new to weights, I will hold your hand through a 'foundation' learning phase to ensure you're confident in your plan.

Why do you recommend this over PTs?

We have so much more contact & I support you in so many areas online which is impossible to cover in a one hour PT Session.

Coaching you daily as a real person with a job, family & responsibilities ensures I consider everything that results in your success!

How do I know the cost is worth it?

We aren't the cheapest service out there. Cheap services can't deliver the same quality, care & results that we do.

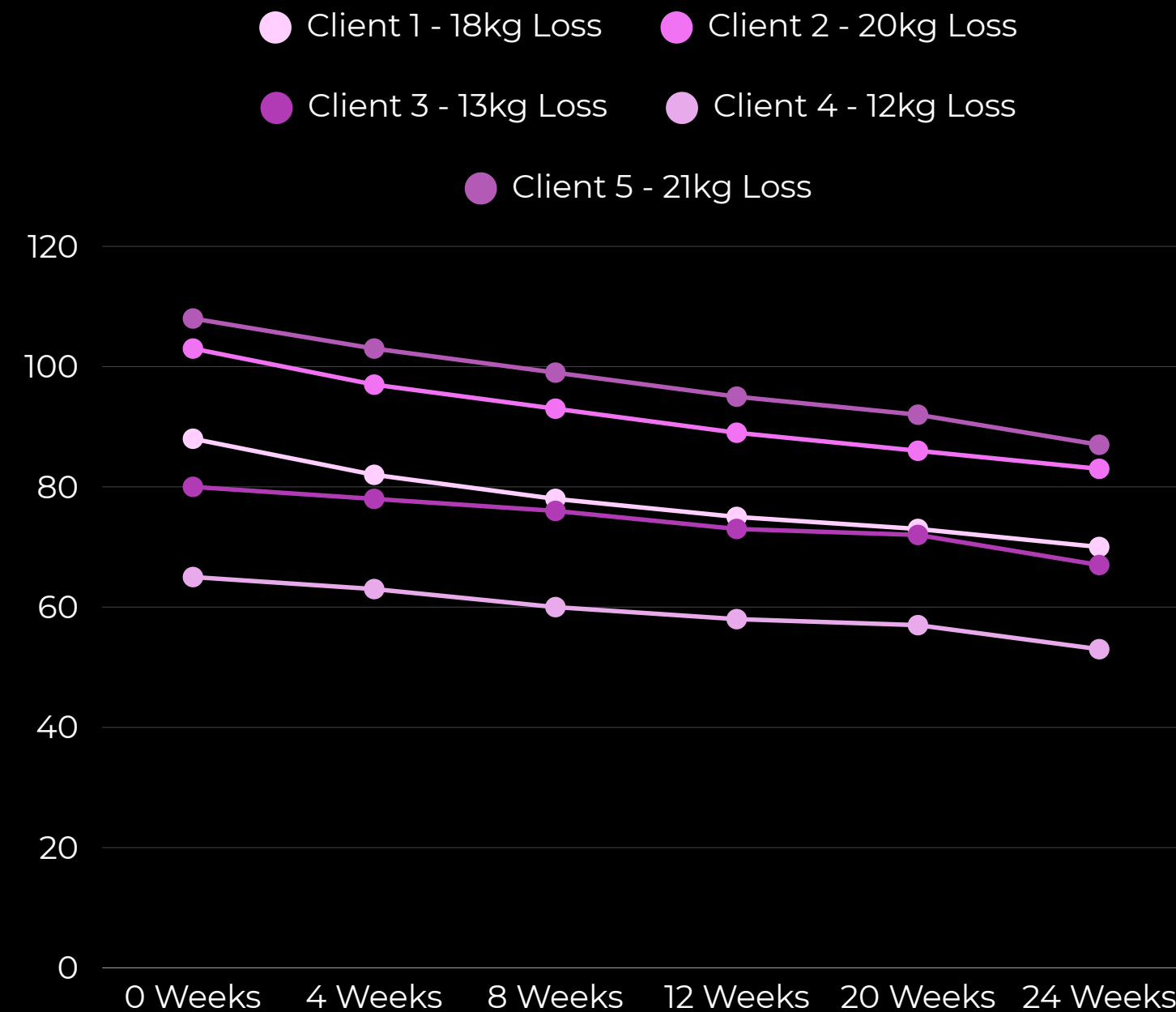
Consider this an investment. Rather than buying into multiple 'quick fixes', invest in a tried & tested Coach who promises results.

Do I need to have access to a gym?

It is completely up to you. I am confident in writing fantastic programs whether you work out at home, in a gym or include walks/runs & swimming as part of your plan.

So long as you're consistent, I will deliver realistic workouts with exceptional results.

RECENT CLIENT RESULTS



This graph shows Weight Loss results from 5 Clients who joined me in June 2024. Each followed an individual program & **all consistently reduced their bodyweight in a healthy, sustainable way.** This was our 5 month results.

“Since joining **HBCOACHING** my confidence is through the roof.”

“I knocked nearly 6 mins off my 5km run time thanks to **your advice** & the **little extras** you set me!”

“Everything was thoughtfully designed to push me just enough to see **real progress** without feeling overwhelm”

“My husband was like ‘**Holy Shit! Wow** 🤯’.”

“I’ve never felt comfortable in the gym, **the clear instructions & demo videos** really eased my nerves”

“I couldn’t live without the gym plan now! It is easy to follow & my bum looks unreal!”

WANT TO FIND OUT MORE?

DROP US A
MESSAGE TO
DISCUSS



Harriet Brennan

