

PRICING TIERS

DELUXE

- PDF BEGINNER WORKOUT PLAN
- INDEPENDENT
- AFFORDABLE

£9.99

PT IN YOUR POCKET

- BEGINNER'S WORKOUT PROGRAMMED INTO AN APP WITH DEMO VIDEOS

£19.99/MONTH

PEN PALS

- BESPOKE PROGRAM IN APP
- WEEKLY APP CHECK
- PHYSICAL & PERFORMANCE PROGRESS MAPPING

£95/MONTH

PEN PALS +

- CALORIE & MACRO CALCULATIONS
- FOOD DIARY SUPPORT
- DAILY APP CHECK INS
- WEEKLY CALL

£250.00/MONTH

1:1 - ONE SESSION

- Resistance/Strength Training
- Carido Fitness
- Boxing Fitness/Tech

£60.00

1:1 - 1/WEEK (4 WEEKS)

- Resistance/Strength Training
- Carido Fitness
- Boxing Fitness/Tech

£180.00

1:1 - 2/WEEK (4 WEEKS)

- Resistance/Strength Training
- Carido Fitness
- Boxing Fitness/Tech

£310.00

1:1 - 3/WEEK (4 WEEKS)

- Resistance/Strength Training
- Carido Fitness
- Boxing Fitness/Tech

£420.00