



# TEAM CASEY

CONTEST PREPARATION  
DIET & CARDIO REVERSE  
PHYSIQUE IMPROVEMENT

## PROGRAM DURATION

The program is 12 weeks for the **initial sign-up**. If your show is sooner than 12 weeks, you can choose to use the remaining weeks to reverse diet or compete in multiple shows. After the initial 12 weeks, you may purchase another package with the same payment set up to continue.

At any point in the duration of your time on Team Casey, Coach Casey may offer discounts. If you should receive a discount on your packages for any reason, then take a hiatus from the team, you will go back to your initial start cost when you rejoin.

## PROGRAM RATES

- **Bikini Competition Preparation, Reverse Programs, & Physique Improvement Programs (Diet, Training, & further guidance) \$1190 in total** (includes taxes and payment processing fees) – a 12-week program for your initial start. There are monthly options available (\$430) after the first 12 weeks.

## PAYMENT FOR PROGRAMS

- 100% due upfront.
- Payments will be made via Square Up. Invoices will be sent from Team Casey, LLC with due dates. The invoices may be sent anywhere from 1-14 days before the invoice is due.

## **NO REFUND POLICY**

ANY DELINQUENT PAYMENTS WILL ACCRUE A \$20 LATE FEE FOR THE FIRST 24 HOURS and \$5 LATE FEE FOR EVERY ADDITIONAL 24 HOURS AUTOMATICALLY VIA SQUAREUP. The new, updated invoice will be resent with any fees. If the invoice due plus additional late fee are not taken care of you will not receive any preparation adjustments until it is indemnified. ALL COSTS PAID ARE NON-REFUNDABLE FOR ANY REASON. This NO REFUND POLICY also includes: \$20 RESCHEDULING FEE for all posing sessions.

No breaks, holds, or hiatus from programs once they are purchased. If you need to take a hiatus for any reason and would like to rejoin once your break concludes, please know that you will be charged for programs under current, active rates for that time.

**ONLY EXCEPTION:** If you request a hold, because of a personal injury that does not allow you perform, a physician's recommendation in the form of an email from the physician, will be required to hold the program for a maximum of 4 weeks. After 4 weeks, your program will run regularly.

# OUR PROGRAMS

## WEEKLY CHECK-INS & ADJUSTMENTS

Accountability at its finest. Getting contest ready is a detailed process. It comes down to the integrity and full dive into a weekly physique and mental check in. We analyze specific health variables, weight, progress photos, and create a plan each week to get you to your ultimate goal. The stage, the win, the physique that you have built, finely tuned and ready to rumble. You'll have access to your Coach via text message, e-mail, and the Trainerize application (coming soon!)

## FLEXIBLE DIETING OR BUILD YOUR OWN MEAL PLAN OPTIONS

We work with you to build a meal plan that you love (if you LOVE structure) OR we can teach you the basics of flexible dieting! You'll learn how to log, eat what and when you want, and reach your goals in the same amount of time as you would a meal plan! Nutrition guidance every week will provide you with optimal energy, solid muscle pumps, focus, and a well-balanced, conditioned physique that you're proud of. You will receive detailed instructions on how to utilize and navigate the MyFitnessPal phone application. If you are Team Casey, you will be required use this to log to keep track of your nutrition. You will have FULL ACCESS to Coach Casey's personal MyFitnessPal log. Here you will be able to see Casey's unique flexible dieting style and steal all of the ideas that you can in order to keep your progress steady while enjoying your show preparation or reverse program.

## **SPECIFIC & PERSONALIZED WEIGHT TRAINING PROGRAMS**

Your weight training programs will be strategically designed and broken down simply to enhance your aesthetics in your competitive journey.

Programs are adjusted in a progressive manner in order to emphasize physical shape, create visual proportion, build muscle, optimize functionality, and reveal appropriate conditioning you can see and feel. Programs come equipped with specific exercises, sets, repetitions, rest times, and creative instruction for super sets, pauses, pulses, and more.

## **PERSONALIZED CARDIO REGIMEN**

If cardio is paired with your weight training program, you will have specific instructions or recommendations for cardio that can include: beats per minute, calorie goals, and steps. Cardio can help enhance conditioning when paired with weight training. It can also provide a better negative energy balance for fat loss.

## **SUPPLEMENT RECOMMENDATIONS**

You'll receive supplement recommendations and changes throughout your contest preparations. You'll know why you're utilizing it, when you're taking it, and how much of the supplement you're taking. Our motto is, less is more to begin. You will also receive an easy-to-read supplement and nutrient guide to keep with information about 100+ bodybuilding supplements; for your own knowledge!

## REQUESTS FOR DATA & TESTING RESULTS

Your health is priority as we take your body to the extremes during contest preparation. We may request: full blood panels (hormone, CBC, electrolytes, In-Body and Dexa scans, food sensitivity test (Everlywell), microbiome make up tests (Thryve), and anything else we deem necessary during contest prep.

## PERFECT PEAK WEEK PROTOCOL (if applicable)

You'll have protocol additions for peak week; putting the frost on that physique cupcake for the stage. Daily to twice daily check ins will be instructed depending on multiple variables. The horror stories you have heard are not what works. On TEAM CASEY, you are instructed to not change a thing if everything (water, sodium, increasing calorie intake) is giving us that show day conditioning! Normal water intake, macros/meals, supplements, structured around your weight training and cardio to decrease cortisol, optimize digestion, and allow glycogen to store for full, pumpable show day muscles.

## ACCESS TO THE 'TEAM CASEY (MEMBERS ONLY) PAGE

This page has over 50 educational and informative modules! We have 6 levels of modules including so much content from mandatory videos that show you how to use all of our fitness applications, access our private pages, and get the most value out of your programs, all the way to the biology of how our bodies function optimally with your nutrition, training, and mindset (digestion, cortisol, hydration, and more!)

## **A SOCIAL PLACE TO SHARE WITH LIKE-MINDED, POWERFUL, DRIVEN WOMEN**

We provide you with multiple platforms like Facebook in order to get even more out of your coaching program. Our most successful clients take part in the community offering we have with dozens and soon to be hundreds of women with the same intent as you! Inside this group you will find women that have been with Team Casey since Day 1. They have a lot of experience to share as well as wins, 'learns', and tips n' tricks to events, vacations, family weekends, recipes, hormonal moments...you name it! We chat about it!

## **VIRTUAL EVENTS**

We provide our clients with bi-monthly virtual "Happy Hours" and "Brunches" with specialists of all kinds! Enneagram Experts, Sexuality Specialists, and Confidence Coaches to name a few!

## **TEAM DISCOUNTS ON HIGH END PRODUCTS THAT WE USE**

Discounts on all Detox Organics, Metabolic Nutrition, SlimTum, Glam Competition Jewelry, Pro Tan appointments and DIY supplies, Lion's Pack, MegaFit Meals, Muscle and Donuts, and more.