



*Personal Training
Packages*



ALL PACKAGES ARE
TAILORED TO THE
CLIENTS
REQUIREMENTS

DISCLAIMER:
NO PROGRAMS SHOULD BE DEEMED MEDICAL
ADVICE OR PRESCRIBED TRAINING. CLIENTS
ACCEPT ALL RISKS WHEN USING
INFORMATION GIVEN TO THEM BY THE
TRAINER. IT IS THE CLIENTS RESPONSIBILITY TO
SEEK MEDICAL ADVICE SHOULD THEY FEEL IT'S
NECESSARY.



ALL PACKAGES
INCLUDE A FREE
30MIN
CONSULTATION WITH
TRAINER

Once Off Lean Building Package

Assessment and Goal Setting:

- Initial consultation to assess current fitness level, health history.
- Setting realistic, achievable targets for building muscle based on individual needs and capabilities.

Resistance Training:

- Focus on compound exercises that target multiple muscle groups.
- Incorporation of isolation exercises to target specific muscles .
- Progressive overload principle: Gradually increasing resistance (weight), repetitions, or intensity to stimulate muscle growth.
- Structured workout routines with adequate rest periods to optimize muscle recovery and growth.

Cardiovascular Exercise:

- Incorporation of moderate-intensity cardio for cardiovascular health and to support overall fitness.
- Emphasis on maintaining cardiovascular endurance without compromising muscle gains.
- Interval training or HIIT (High-Intensity Interval Training) to minimize fat gain while promoting cardiovascular fitness.

4 weeks
R400.00

6 weeks
R600.00

10 weeks
R850.00

12 weeks
R1000.00

Once Off Weight Loss Package

Assessment and Goal Setting:

- Initial consultation to assess current fitness level, health history, and weight loss goals.
- Setting realistic and achievable targets for weight loss based on individual needs and capabilities.

Exercise Regimen:

- Cardiovascular exercises (e.g., running, cycling, swimming) to burn calories and improve cardiovascular fitness.
- Resistance training (e.g., weightlifting, bodyweight exercises) to build lean muscle mass, which helps boost metabolism.
- Flexibility and mobility exercises (e.g., yoga, stretching) to improve range of motion and prevent injury.

Monitoring and Accountability:

- Only 1 follow up check in 2 weeks after the client has recieved their proram.

monthly online personal training package

Assessment and Goal Setting:

- Initial consultation to assess current fitness level, health history, and weight loss goals.
- Setting realistic and achievable targets for weight loss based on individual needs and capabilities.
- Bi-weekly check ins can be done via zoom call or via whatsapp images. Check ins include a clear photo of the scale, 3 photos of the client (front, side, back) thereafter notes will be made and sent to clients for their perusal.

Lifestyle Recommendations:

- Strategies to overcome barriers to exercise and healthy eating, such as time constraints or emotional eating.
- A supplement guide with detailed breakdown of each will be supplied to the client. This is aimed at improving quality of life starting from the inside! It's not compulsory for client to use the guide.

Exercise Regimen:

- Cardiovascular exercises to burn calories and improve cardiovascular fitness.
- Resistance training to build lean muscle mass, which helps boost metabolism.
- Flexibility and mobility exercises to improve range of motion and prevent injury.
- Workout plans will be created to suit the clients goal from month to month. Ideally workout plans will be changed every second month to give the body a chance to get the full benefit, but changes can be made at the clients request or after check ins are done by trainer to ensure it is accurate and most beneficial to the client.

Monitoring and Accountability:

- Bi-weekly photo/video check ins with trainer.
- Regular progress assessments (e.g., body measurements, weight tracking, exercise tracking) to track results.
- Accountability through regular check-ins with a trainer.
- Adjustments to the program based on progress and feedback.

Rest and Recovery:

- Importance of adequate sleep and rest days to allow muscles to repair and grow.
- Techniques for managing stress and promoting overall well-being to optimize muscle-building results.

Safety and Considerations:

- Consideration of any medical conditions or limitations that may affect exercise or diet choices.
- Emphasis on safe exercise techniques to prevent injury.
- Monitoring for signs of overtraining or inadequate nutrition.

Long-term Maintenance:

- Transition plan to help maintain weight loss or lean building achievements over time.

**joining fee
R550.00
thereafter
R400.00 p/m**