

# ON LINE TRAINING

(4 week blocks)

An all encompassing programme. An ideal solution for those who cannot train with me in person due to time or logistical constraints.

After an initial discovery call I will design a training and nutrition plan with the sole purpose of achieving your goals.

You will receive:

- My own Teamt custom app
- A 4 week training block designed specifically for you based upon your goals and equipment availability
- A flexible nutrition strategy. One which is sustainable and goal orientated
- A number of nutrition resources
- 4 cook books
- WEEKLY telephone check-ins
- Daily habit checker
- Myfitnesspal support

**4 weeks - £120**

