

30 SESSIONS

Included:

Advanced Customized Workout Plan:

Each workout will be updated every month based on your progress and evolving goals, incorporating new techniques and exercises to keep your sessions engaging.

Mindset and Motivation Sessions:

Monthly discussions focused on mental resilience, goal setting, and maintaining motivation, ensuring you stay committed to your fitness journey.

Weekly or Bi-Weekly Progress Monitoring Sessions:

Similar to the fitness assessment in the 15 package, In this 30 package, the trainer and client review the client's progress, discuss any challenges, and adjust the workout plan as needed to keep the client on track. (30 sessions only)

Expect bite sized education:

Giving proper nutrition, exercise techniques, and overall wellness strategies, empowering clients to make more informed lifestyle choices.

As the program progresses, the trainer conducts periodic fitness assessments to track the client's progress, identify areas for improvement, and adjust the workout plan to continue achieving optimal results.