

ONLINE TRAINING

Included:

- **Customized Workout Plan:** Each session will feature workouts tailored to your fitness level and personal goals, ensuring you make measurable progress.
- **(Optional) Weekly Live Workouts:** Join live online workout sessions for added motivation and interaction.
- **(Optional) Nutritional Guidance:** You'll receive general tips on nutrition to support your fitness routine and enhance your results. With the introduction of BMI, TDEE, and macronutrients goals if necessary to the individual's goals.
- **(Optional) Gain access to specialized workout modules:** (e.g., HIIT, Yoga, Strength Training)
- **(Optional) Additional Coaching:** One-on-one coaching via video calls for motivation and technique guidance
- **Comprehensive evaluation and (Optional) renewal of the workout plan.**