

15 SESSIONS

Included:

Initial Fitness Assessment: We begin with a comprehensive evaluation to understand your current fitness level, goals, and any specific considerations.

Customized Workout Plan:

Each session will feature workouts tailored to your fitness level and personal goals, ensuring you make measurable progress.

Basic 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.

Motivational Support:

Accountability and encouragement throughout your sessions to help keep you focused and inspired.

One-on-One Coaching:

Dedicated attention and instruction during each session to ensure proper technique and form.

While the 15-session package provides a strong foundation, it is a more streamlined experience without some of the enhanced features available in the 30-session package.