

Full Online Coaching — €190/month

A complete coaching system focused on accountability, feedback, and continuous progress.

What you get

- 1 Fully personalized training (updated weekly)
- 2 Weekly video check-ins
- 3 Nutrition guidance with adjustments
- 4 Priority messaging support
- 5 1 guided 60-minute workout session per month

What this means

- 1 Consistent feedback and direction
- 2 Ongoing adjustments based on results
- 3 Higher accountability

Best for

- 1 Clients who want faster results
- 2 Those needing accountability
- 3 People who value structured coaching