

HYBRID TRAINING

Includes:

Personalized Workout Plan: Each session will combine in-person training with online components tailored to your fitness level and personal goals, ensuring you make measurable progress in both environments.

Live Interactive Sessions: Participate in engaging live online workouts to enhance your experience, offering a blend of remote participation and real-time coaching.

Nutritional Coaching: Benefit from personalized nutritional guidance to complement your workouts. You'll receive tips on nutrition, as well as insights into BMI, TDEE, and macronutrient goals tailored to your individual objectives.

Access to Specialized Modules: Gain exclusive access to various workout modules, such as HIIT, Yoga, Strength Training, and more, allowing you to diversify your fitness routine.

One-on-One Coaching: Receive additional one-on-one coaching through video calls, focusing on motivation, technique refinement, and addressing any questions you may have about your fitness journey.

Comprehensive Evaluation: Regular assessments to monitor progress and adjust your workout plan as needed, ensuring continuous improvement and alignment with your goals.