



TRAIN ANYWHERE

No Equipment. No commute. Just show up.

Individual Training:

30 Minutes

5 sessions - \$55/session - Total \$275

10 sessions - \$50/session - Total \$500

45 Minutes

5 sessions - \$70/session - Total \$350

10 sessions - \$65/session - Total \$650

Partner Training:

30 Minutes

5 sessions - \$70/session - Total \$350

10 sessions - \$65/session - Total \$650

45 Minutes

5 sessions - \$90/session - Total \$450

10 sessions - \$80/session - Total \$800

Group Training:

As low as \$25 per person. Email for more details.

30 Big Days for Big Goals:

A structured 30-day program combining expert coaching, accountability, and customized plan for \$400 Flat Rate. Email for more details.

- **1-on-1 Virtual Training** - One 45-minute training session per week
- **Customized Workouts** - Two additional workouts per week designed for you
- **Daily Check-Ins & Accountability** - Stay on track with my personal guidance

Contact:

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