



ONLINE COACHING PLANS

STARTER PLAN

€90 ex. VAT / Month (min. commitment 3 months)

1. Initial Assessment
2. Monthly program
3. Easy-to-use app with video demo's for every exercise
4. Tracking Progress (weight, photos, strength metrics)
5. Messaging access via app (weekly support)

PERFORMANCE PLAN

€150 ex. VAT / Month (min. commitment 3 months)

1. Initial Assessment
2. Weekly program
3. Easy-to-use app with video demo's for every exercise
4. Tracking Progress (weight, photos, performance & strength metrics)
5. Habit tracking (Sleep/Stress/Daily activity)
6. Messaging access via app (weekly support)

ELITE COACHING PLAN

€300 ex. VAT / Month (min. commitment 3 months)

1. Initial Assessment
2. Weekly programming / programming on-demand
3. Easy-to-use app with video demo's for every exercise
4. Tracking Progress (weight, photos, performance & strength metrics)
5. Direct access to support via app & whatsapp, video or voice, coach always available
6. Habit tracking (Sleep/Stress/Daily activity)
7. Nutritional coaching, meal plans, macro tracking
8. Connecting wearables for data.