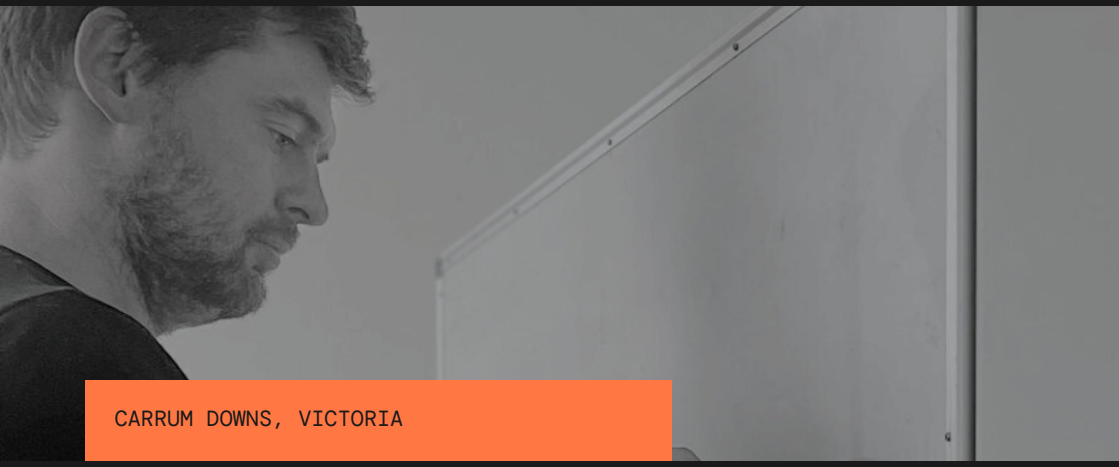
PERSONAL TRAINING

One-to-one strength coaching. A plan built around you.

Coached sessions, a complete training program, nutrition guidance and ongoing review.



CARRUM DOWNS, VICTORIA

BUILT AROUND YOUR STARTING POINT

You might be new to strength training, returning after time away, or ready for a more considered approach to your training.

01

Understand the person

We discuss your goals, training history, current ability and weekly schedule. Assessment helps establish a useful starting point.

02

Write the plan

I select exercises and plan the workload, loading and progression around what you can do and consistently commit to.

03

Coach and review

You receive technique feedback in person. We record the work, review your response and adjust the next stage of training.

KNOW EXACTLY WHAT TO DO

Your independent sessions are written in the same detail as the sessions I coach in person.

WHAT YOUR TRAINING PLAN SPECIFIES	
EXERCISE & ORDER	The movements you perform and the order you perform them in.
SETS & REPS	How much work to do, with repetitions selected for the purpose of the session.
LOAD	The weight or loading instructions for the prescribed work.
TEMPO	How to perform each repetition, including lowering and any pauses.
REST	How long to recover between the prescribed sets or exercises.
PROGRESSION	What changes as you improve, and when the plan needs reviewing.

A FULL SERVICE. ONE CLEAR PLAN.

The coaching extends beyond the hour we spend together in the gym.

YOUR TRAINING

A complete program for coached and independent sessions, with assessment and review informing the work.

YOUR NUTRITION

Practical nutrition guidance suited to your goal, food preferences and routine. Nutrition information is provided through Everfit.

HANDS-ON TREATMENT

Appropriate hands-on treatment is included within your coached sessions when needed. We discuss suitability as part of your coaching.

CHOOSE YOUR COACHED FREQUENCY

Both options include the complete service.
The difference is your in-person session frequency.

A$150

PER WEEK

ONE SESSION

One 60-minute coached session each week.

12-week minimum total: **A$1,800**

A$280

PER WEEK

TWO SESSIONS

Two 60-minute coached sessions each week.

12-week minimum total: **A$3,360**

AUD / 12-WEEK MINIMUM / TREATMENT WHEN APPROPRIATE

LET'S DISCUSS YOUR TRAINING.

We use the conversation to establish what you need, whether the service fits and how it would work in your week.

01

A time arranged by SMS

I'll text you to arrange a call. We can discuss your goals, availability and the coaching options.

02

An in-person visit, if useful

If appropriate, we arrange a consultation. The purpose, venue, duration and any fee are agreed before booking.

03

A clear starting plan

Once we agree the arrangement, we confirm your start and the information needed to prepare your coaching.

Reply to my text to arrange a call.

Questions beforehand? Email Dale.