



# ONLINE COACHING SERVICES

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## Nutrition Skype Consult. w/ Macros

- Skype consultation to assess nutritional requirements
- Answer athlete's questions on theory, technique, etc
- Macronutrient recommendations given to optimize performance based on individual needs
- No follow-ups provided by coach

฿ 3,000 THB

## Custom Training Template (No Coaching)

- Customized individual block periodized programming
- 4-6 Weeks of programming given
- No follow-ups provided by coach

฿ 3,000 THB

## Custom Training Template (With Coaching)

- Customized individual block periodized programming
- 4-6 Weeks of programming given
- Bi-Weekly Follow-ups by coach with updates
- Biomechanical analysis of technique from recorded lifts
- 24 Hour guaranteed turnaround communication with coach via email

฿ 4,000 THB



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## Elite Reactive Coaching

- Complete customized, individual periodized programming
- Programming updated WEEKLY, with complete monitoring and athlete record keeping
- Biomechanical analysis of technique from recorded lifts
- Prehabilitation, rehabilitation and corrective exercise recommendations
- Full 24/7 access to your coach with 24 hour guaranteed turnaround communication with coach
- 1 hour skype consultation per month to be used as needed
- Competition preparation coaching available

฿ 6,000 THB / mo

## Elite Reactive Coaching + Nutrition

- Complete customized, individual periodized programming
- Programming updated WEEKLY, with complete monitoring and athlete record keeping
- Biomechanical analysis of technique from recorded lifts
- Prehabilitation, rehabilitation and corrective exercise recommendations
- Full 24/7 access to your coach with 24 hour guaranteed turnaround communication with coach
- 1 hour skype consultation per month to be used as needed
- Competition preparation coaching available
- Macronutrient recommendations and monitoring for optimizing athletic performance and weight goals

฿ 8,000 THB / mo

## Long Term Options

### 3 Mo. Elite Reactive Coaching

- 3 months of Elite Reactive Coaching guaranteed
- Ideal for competition preparation

฿ 15,000 THB / 3 mo

### 3 Mo. Elite Reactive Coaching + Nutrition

- 3 months of Elite Reactive Coaching + Nutrition guaranteed
- Ideal for competition preparation

฿ 20,000 THB / 3 mo

