

Cooper Training Institute - Powerlifting Coaching Packages
Updated: November 29, 2018
Thailand TPF Coaching

6,000 THB

- Customized individualized block programming
- Programming given in 4-week blocks
- Biomechanical analysis of recorded lifts
- Communication via email with questions
- Competition coaching pricing available

8,000 THB

- Customized individualized block programming: reactive-based programming
- Reactive-programming given in 2 week blocks based on analysis and feedback
- Biomechanical analysis of recorded lifts
- Communication via email, or FaceTime/skype with questions anytime*
- Competition coaching FREE

10,000 THB

- Customized individualized block programming: reactive-based programming
- Reactive-programming given EVERY week based on analysis and feedback from previous week
- Biomechanical analysis of recorded lifts
- Communication via email, or FaceTime/skype with questions anytime*
- Competition coaching FREE
- Pre-habilitation / re-habilitation and corrective exercise recommendations
- Licensed/certified dietician referral - specializing in powerlifters