Kaely C. Wararatchai - Powerlifting Coaching Packages

TPF Athlete, SBD Sponsored Athlete, TPF Powerlifting Coach and TPF Referee
1st Place in IRON WARRIOR 2018 under 52kgs class and 2nd Place in
Thailand Powerlifting Alliance (TPA) 4.0 2018 under 52kgs class.

All prices are in Thai Baht.

2,000 – Personal Coaching 1 to 1 session

- Rate for one to one coaching – Sessions generally last from 60mins to 90mins.
- Consultations are free of charge.
- Available for one off sessions.
- Special rate available for those who wish to pre-book purchase a number of sessions.
- Purchase 5 sessions for 8,000 (1 free session).
- Analysis, screening and programming.

1,000 – Small Group Coaching – Per Person Per Session

- Rate for one to one coaching – Sessions generally last from 60mins to 90mins.
- Consultations are free of charge.
- Available for one off sessions.
- Special rate available for those who wish to pre-book purchase a number of sessions.
- Purchase 5 sessions for 4,000 (1 free session).
- Analysis, screening and programming.

2,500 – Online Powerlifting Coaching Package

- Standard Package - 4 weeks' worth of block training programs.
- Training sessions will be updated daily based on your performance.
- Feedback provided per session.
- Progress reports generated and used to gauge progress.
- Analysis of lifting mechanics.
- Support provided.
- Long Term Value Package 3 months of programming for 6,000.

6,000 – Barbell Basics Beginners Powerlifting Package

- Designed for those new to strength training or new to Powerlifting.
- Learn the fundamentals of powerlifting.
- Best performance of the main lifts.
- Accessory lifts, selection and how to best incorporate them.
- Bracing, breathing, mobility etc.
- Warm up procedures and corrective exercises.
- 4 weeks' worth of reactive programming.
- 2 in person contact sessions per week included.
- Program updated based on your performance.
- Feedback on each session, progress reports, analysis of mechanics and support provided
- Long term value package - 3 months of coaching – 16,000