



lucy  
klemt.



online fitness  
coaching.

SERVICES GUIDE

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Fall in love with exercise all over again through personalised, structured, 1:1 fitness coaching that demystifies training in a way that feels approachable, sustainable and enjoyable.

## WHO IS THIS FOR?

The Online Fitness Coaching package is for the individual who is looking to take some big leaps forward with their training.

Suited to those who have well-defined training goals and can confidently navigate a gym environment on their own. This service provides consistent support and accountability, feedback on form and performance as well as frequent contact with your coach to problem solve, celebrate wins and ask questions.



**\$77 AUD  
per week**

## WHAT'S INCLUDED?

- Personalised training programming based on goals, experience level and training preferences.
- Access to training program via the app TrainHeroic.
- Weekly review of program and progression based on previous week's performance.
- 15 minute weekly check in call via FaceTime or Zoom.
- Weekday support via WhatsApp.

*12 week minimum commitment, with subscription continuing on a week to week payment schedule after lock in period.*



## NEED SOME HELP WITH YOUR DIET TOO?

Receive 10% off any Dietetic Consultation when combined with this service.