



## Online Personal Training

- You and your Trainer will discuss your goals/needs and then a Transformation Plan will be custom made for you (30/60/90 day plans)
- Before your plan starts, baseline measurements such as weight, body composition and before/after photos will be taken and input into the App (if a physical meeting is not feasible, you will take measurements and input them. Don't worry, we will show you how to do this, it is easy to do)
- Your Trainer will input your goals into the App so that both you and your trainer can always see how you are currently tracking against your goals.
- Your Trainer will send you custom made workout plans through our App, tailored specifically to your goals and your needs (*each exercise is accompanied by a how-to video that shows you the perfect form*)
- You perform the workouts at home or at your gym of choice on the designated frequencies prescribed by your Trainer (*Our trainers can see, through the app, whether or not you are completing your workouts. **Accountability is key to your success!***)
- You and your Trainer frequently communicate through the in-app messenger and/or in-app video conferencing. Your Trainer is always accessible so feel free to ask questions or reach-out whenever you want.
- You input the foods you eat into the app. As we monitor your food intake, we give you nutritional guidance and help you learn a sustainable/healthy way of eating that aligns with your goals. Inputting your meals and snacks allows both you and your Trainer to quickly see if you are in compliance with your daily calorie goals
- Throughout your Transformation Plan, we periodically retake measurements (weight, body composition etc..) to see how you are progressing. Each metric is easily graph-able in the App, making trend and progress analysis a breeze.