



Training Program Only.

Best for beginner & experienced lifters who want structure

- Customized workout plan to fit your weight loss and strength goals, fitness level, injuries, and preferences
- Mobility exercises (dependent on specific areas for improvement)
- Includes one overview discussion call

This plan does not include further coaching/feedback
\$75 investment



Nutrition Program Only.

Best for those who need customized nutrition guidelines

- Customized nutrition plan to fit your weight loss and/or strength goals
- Detailed breakdown of macronutrient and calorie protocols
- Special access to my Macro Guide with meal suggestions

This is a one-time plan designed to last ~4 to 6 weeks
\$85 investment



Training & Nutrition Program

Includes all benefits from Training and Nutrition Programs listed above

\$160 investment



In Person/Virtual Training.

One hour training session including:

- Mobility warm-up
- Strength conditioning
- Individualized modifications & progressions
- Mindset & motivation coaching
- Goal tracking & progress monitoring

\$60 per 1 hour session
OR \$550 for 10 sessions (paid in full)

One Time Services



All the Bells & Whistles: Ongoing Coaching & Accountability.

*Best for those who want accountability, guidance,
and ongoing support*

- Monthly training program
- Nutrition plan with ongoing adjustments
- Sample meals to hit your macros using foods you enjoy
- Weekly check-ins with progress photos, measurements, recap of how your week went, biofeedback, etc
- Exclusive access to the fitness app Everfit, which allows you to view training programs, follow along with workouts, upload progress pictures/body metrics, and chat with me directly
- This package includes one personal training session per month (either in person for those local to Charlotte, NC or via a Facetime/Zoom call)

\$225 monthly investment

All Inclusive Package