

Extra services

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Extra services with no personal training: build-your-own packages

- Completely personalised training programme (to be done by you at home or in a gym), designed after a complimentary 45 minute consultation. The number of sessions per week and/or length of the programme can vary depending on your needs.
 - Optional extras:
 - Tailored dietary and nutritional guidance
 - Unlimited weekday support throughout the programme
 - Progress tracking report and analysis
- Tailored dietary and nutritional guidance only. This includes information about calories and macros, what calories you need for different goals and detailed guidance and recommendations based on your habits, diet and goals.

These are perfect if:

- You are not interested in having a personal trainer working with you during exercise.
- You're not ready to commit to a personal trainer.
- You've got a gym membership you want to use/you enjoy being in a gym.
- You are self-driven.
- You want to lift very heavy which may not be possible to do at home.
- You know your diet is your weak spot to achieving your goals; remember, fat loss is 80% about what you eat.

[Contact me here to chat about what will serve your needs, and pricing.](#)

Consultancy

This is perfect if:

- You feel you need more one-to-one time with myself to chat through a specific situation or to seek targeted advice.
- You have your own training programme that you're following, but want some guidance and advice along the way. Similarly, I have created a workout programme for you, but you want to spend some time with me to show you how to do these properly and safely before you do them alone.
- You want to be kept accountable as you transition away from having worked with myself or another coach long-term.

This option can also be used for situations such as:

- **Home gym design:** You're setting up your own home gym and need advice. I can help you buy the most efficient equipment and optimise space.
- **Remote form checks:** I offer video critiques of lifting form with customised feedback and guidance.

Depending on what you need, this can happen in person, or as a video or phone call. We can establish an agenda for a call - particularly if it's longer - and make sure we cover everything you wish, while leaving time to expand further on certain elements. If there's anything that can be considered more 'specialist' that you'd like to talk about, please inform me about this beforehand so I can do any research I feel is necessary. You may wish to set up a regular consultancy session with me e.g. 1 hour biweekly.

1 hour	£80
30 minutes	£40
15 minutes	£20

The number of hours invoiced includes any initial calls/meetings or travel time if appropriate.

[Contact me here.](#)

Pay as you go personal training cost

1 hour	£110
1 hour 30 minutes	£165

Please note, sessions will be bespoke as far as is possible with the inconsistent nature of pay and go. Pay and go means results are less likely as consistency is key.

[Contact me here to get going!](#)

Other services

For non-fitness corporate clients

- Bespoke talks around wellbeing, sleep and health for your staff/members (at your workspace, club or members club). See examples of talks on my [SpeakerNet profile](#).
 - I can do completely personalised talks. Please contact me with more detail about the scope and what you're envisaging.
- Fitness, health and wellbeing 'surgery': book me for a period of time, where your staff can come as they wish and get advice from me about anything health and fitness related.
- Corporate circuit classes (held at your office as part of a HR/benefits/wellbeing offer).

For fitness company clients

- Fitness class cover for staff who are on leave/sick.
- Classes, sessions or talks at your retreat, boot camp, wellbeing escape or seminar.
- Talks how strength training will improve your members' sport. E.g. tennis and golf.
- Fitness, health and wellbeing 'surgery': book me for a period of time, where your members can come as they wish and get honest, fact-based advice from me about anything health and fitness related.

For individual clients

- Tailored circuit and HIIT classes for your own small group.
- Couples/buddy sessions.

[Contact me to chat more about what you're envisaging.](#)

Journeys I can facilitate

- Improving diet and nutrition and debunking misinformation
- Injury prevention and improvement of your sport through strength training
- Getting fitter and stronger
- Leaning out and losing weight

- Building and maintaining muscle (this includes getting 'toned')
- 'Reverse dieting' and restoring your metabolism
- Overall health and fitness development – helping you fall in love with moving more
- Improving your functional fitness
- The 'zone 2', 'heart rate' or 'aerobic' cardio method
- Half marathon preparation
- Building healthy habits
- Lifestyle improvements and optimisation e.g. improving your sleep

[Contact me for a complimentary consultation.](#)