

Packages of *Greatness*

It's time to achieve your goals quickly, sustainably and in the long term. Give yourself a kick and start your change.



Fitness | Ernährung | Lifestyle

Are you motivated, have already signed up for a gym, or have you bought some home gym equipment, but you are seeing little to no progress? Are you starting to postpone your training sessions and wait for the "perfect time" to make a change?

Start your journey to personal transformation with me, both physically and mentally. Recognize your true greatness, your potential and see what is possible through sport and a new lifestyle.

Together we will optimize your exercise routine, transform your posture, make you more efficient in your everyday life and take your self-confidence to a completely new level.

My offer to you:

- **Step-by-step concepts tailored to your goals (training, nutrition and mindset)**
- **Personal training (depending on package selection)**
- **regular adaptations**
- **Weekly form checks via WhatsApp with analysis and feedback**
- **Training analysis and feedback via WhatsApp**
- **Recipe suggestions and recommendations**
- **Mobility exercises including video to copy**
- **Ongoing contact via WhatsApp**



Pick Your Package

| <i>Personal Training</i> | |
|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Personal Training 1:1 | |
| 60 Minutes | € 100,00 inkl. Mwst. <small>Entrance ticket for the coach is NOT included</small> |
| 5x60 Minutes | € 450,00 inkl. Mwst |
| 10x60 Minutes | € 800,00 inkl. Mwst |

→ By choosing a Coaching Package, you'll get **- 10% discount** for all personal training bundles.

| <i>One time Trainings concept</i> | |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| <ul style="list-style-type: none">• One-time creation of a training concept tailored to your training goal and your everyday life | |
| one-time | € 100,00 inkl. Mwst. |

One time Nutrition concept – the right diet is a basic building block for your success

- One-time creation of a nutrition concept tailored to you and your everyday life

Food table, calories, macronutrient information

one-time

€ 130,00 inkl. Mwst.

Package - Basic Online Coaching – online only

- Individual training concept tailored to your goals + explanatory videos
- Training analysis and feedback via Whatsapp
- Individual nutrition concept + food list
- On request: Nutrition tips - recipe suggestions and recommendations
- Weekly form checks via Whatsapp
- Mobility exercises e.g. as a video to imitate
- Ongoing contact via WhatsApp

from 3 months

mtl. € 150,00 inkl. Mwst.

Onboarding once at the beginning

* for a booking of 6 months, onboarding is not required*

€100,00 inkl. Mwst.

Package - “*Great*”

- Online initial consultation (onboarding included)
- 3x 60 minutes personal training
 - more training sessions can be booked separately
 - **Personal Training bookings are with a discount of -10%**
- Individual training concept tailored to your goals + explanatory videos
- Training analyses and feedback via WhatsApp
- On request: Nutrition tips - recipe suggestions and recommendations
- Weekly form checks via WhatsApp - analysis and feedback
- Mobility exercises e.g. as a video to imitate
- Ongoing contact via WhatsApp
- Exclusive Discount for your Supplements at **SINOB.DE** by using discount Code: **VERO**

term of 6 weeks

Price on request.

Package - “*Greater*”

- Online initial consultation (onboarding included)
- **5x 60 minutes personal training**
 - more training sessions can be booked separately
 - **Personal Training bookings are with a discount of -10%**
- Individual training concept tailored to your goal + explanatory videos
- If necessary - adaptation of the training concept
- Training analyses and feedback via WhatsApp
- **Individual nutrition concept + food list**
- Adaptation of the nutrition concept if necessary
- Nutrition Tips - Recipe Suggestions & Recommendations
- Weekly form checks via WhatsApp - analysis and feedback
- Mobility exercises e.g. as a video to imitate
- Ongoing contact via WhatsApp

- Exclusive Discount for your Supplements at **SINOB.DE** by using discount Code: **VERO**

term of 3 Months

Price on request.

Package - “*Greatness*”

- Online initial consultation (onboarding included)
- **13 x 60 minutes personal training**
 - more training sessions can be booked separately
 - **Personal Training bookings are with a discount of -10%**
- Individual training concept tailored to your goal and your everyday life + explanatory videos
- **If necessary - adaptation of the training concept**
- Training analyses and feedback via Whats App
- **Individual nutrition concept + food list**
- **Adaptation of the nutrition concept if necessary**
- Nutrition Tips - Recipe Suggestions & Recommendations
- Weekly form checks via WhatsApp - analysis and feedback
- Mobility exercises e.g. as a video to imitate
- 24/7 contact via WhatsApp
- Exclusive Discount for your Supplements at **SINOB.DE** by using discount Code: **VERO**

term of 5 months

Price on request.