



ONLINE COACHING

Build Muscle | Get Strong | Be Better

£99 P/M



Online Training is like having a PT in your pocket without having to be constricted to a your training diary. You can train when and where you want as its all on your terms. In this day in age you can do so much with your smart phone and online training us utilising that technology to create the results you want and to develop a friendly client/coach relationship.

WHAT IS INCLUDED?

TRAINING

- Training Programme Based On your Goals, lifestyle and Schedule (BESPOKE)
- Progressive overload methods of periodisation to excel your results
- Exercise Tutorial Videos
- Exercise selection, reps, sets, rest periods

NUTRITION

- Calorie and Macronutrient targets based on your goals
- Constant Review of calories and macros
- List of foods that are rich in each macronutrient

COMMUNICATION

- Bi-Weekly Video calls to check in via ZOOM
- 24/7 support on What's app
- <12 Hour response time
- Unlimited support time. Ask questions, alter training and nutrition plan etc.
- Mindset Coaching

THE APP

- Track and log your workouts
- Upload body stats and measurements to track progress
- Exercise tutorial videos
- Calendar to show your workouts

ARE YOU READY TO START YOUR ONLINE FITNESS JOURNEY?

[CLICK HERE](#) TO APPLY, OR USE THE QR CODE



Here is a step by step guide and what to expect when you sign up to FLETCHERFIT



WELCOME TO THE FLETCHERFIT TEAM:

Once you purchase your Online Coaching package you will receive an email to create a profile and download the FletcherFit app. Once signed in, you will receive an automated message on how to use the app, an intro video from Rhys Fletcher and a link to fill out a questionnaire.

BACKGROUND RESEARCH:

After you have filled in the FletcherFit Questionnaire, we will look through your answers and will start to devise your training program and nutrition plan. If we need any other additional information we will send you a message.

YOUR FIRST CALL:

When the training and nutrition programme is complete we will message you to book in a 1-2-1 FaceTime/Zoom Call. This call will be a great first step to build up a client/coach relationship and to go through the programme giving scientific justification.

THE JOURNEY BEGINS:

After your initial call you are ready to start your journey to becoming a fitter, healthier and stronger version of yourself!