

# adonis fitness

## Private Training With Coach Rylan

### 2009 Packages and Prices

*Custom Packages Available Upon Request*

#### **Level 1 - Basic Package \$450**

The basic package is a great option for those wanting more than just a one-size-fits-all training program. During your initial consultation (which can be done by phone or email) you will have the opportunity to work directly with Coach Rylan to create your own fitness program based on your body, your goals, and what equipment you want to work with. Additionally, this program has features built-in that will help you stay on track and motivated, while ensuring constant success and no slip-ups. You will have three email consultations where you will have direct access to Coach Rylan to have any of your fitness questions answered, as well as every other week the Coach will personally modify your training program based on your progress reports to ensure maximum results each and every week.

*This package is best suited for those with at least 3-6 months of steady exercise experience and a sound base of nutritional knowledge.*

Some features included with this package:

- Initial Consultation (phone or email)
- 6 week Custom Strength Training Program
- 6 week Custom Cardiovascular Training Program
- Custom Step-By-Step Exercise Photos
- 3 email consultations
- 3 bi-weekly program updates

#### **Level 2 - Gold Package \$650**

The gold package includes everything included in the basic package, but adds nutritional support as well as increased one-on-one contact with Coach Rylan to help keep you on track with your program. You will receive a total of 5 email consultations (in addition to your initial consultation), as well as 5 weekly updates to your training program based on your progress. Furthermore, you will receive instructions on how to record a personal nutrition journal for one week, which you will then submit directly to Coach Rylan. The Coach will then do a thorough analysis of your eating plan and provide you with a summary of his findings along with recommended changes to help you reach your goals. You will also have the opportunity to discuss these findings personally with the coach by email or phone at no extra charge.

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*This package is best suited for those who have at least 2-3 months of exercise experience, but who may have difficulty sticking to their plan; as well as those who have some nutritional knowledge but aren't sure if their current eating plan is right for them.*

Included with this package:

- Initial Consultation (phone or email)
- 6 week Custom Strength Training Program
- 6 week Custom Cardiovascular Training Program
- Custom Step-By-Step Exercise Photos
- 5 email consultations
- 5 weekly program updates
- Personal Nutritional Analysis
- Personal Nutrition Consultation

### **Level 3 - Platinum Package - \$950**

The platinum package is the 'full-meal-deal' of personal coaching programs offered by Coach Rylan. This package expands on the offerings of the basic and gold packages substantially. The standard 6 week training programs are upgraded to a full 8 weeks for even greater results. Instead of step-by-step exercise photos, you will receive a custom video walkthrough of every exercise in your program filmed for you personally by Coach Rylan as well as a personal video introduction from the coach to help you get started on your program. You will have even greater one-on-one support from the coach with 7 email consultations in addition to 7 weekly program updates. For total nutritional support, you will also receive a copy of Coach Rylan's best selling Daily Detox Diet Program © and the Daily Detox Diet Recipe Book © that will help you lose fat and tone sculpted muscle in record time.

*This package is recommended for all clients, from complete beginners to advanced exercisers.*

Included with this package:

- Initial Consultation (phone or email)
- Custom Strength Training Program
- Custom Cardiovascular Training Program
- Custom Video Exercise Demonstrations
- 7 email consultations
- 7 weekly program updates
- Daily Detox Diet Program
- Daily Detox Diet Recipe Book