



ONLINE ATHLETE COACHING PROGRAM

FOR REMOTE ATHLETES

ENHANCE YOUR STRENGTH, SKILL, PERFORMANCE
WHEREVER YOU ARE

4 weeks | 8 weeks | 12 weeks

PROGRAM INCLUDES

- **Complete 4 to 12 week Program** for specific goals discussed over Virtual Call
- **WhatsApp support** for Doubts, Queries, and Regular Check-ins
- **Exercise technique analysis** via video sharing
- Nutrition, Recovery & injury prevention Strategies

FOR:

- Competitive and Recreational Athletes who are experienced with weight training and want the best training program to enhance their performance.
- Competitive and Recreational Athletes who are unable to visit the center.

