

VIRTUAL COACHING



@HUMANPHENOMENA

Our Virtual Personal Training packages are designed to support you towards your goals with as much support as you need.

	BASIC	TAILORED	PRO	ELITE
Fitness Training Program	Semi-Personalised	Personalised	Personalised	Personalised
Habit & lifestyle tracking	✓	✓	✓	✓
Progress assessments & virtual support	Virtual support only	✓	✓	✓
Nutritional guide	✗	✗	✓	✓
Coaching*	✗	Monthly check-ins	Weekly check-ins	Monthly Coaching + Weekly check-ins
Investment	£17 per month (+ £40 fee semi-consultation)	£27 per month (+ £70 consultation one off fee)	£47 per month (+ £50 consultation one off fee)	£97 per month (+ £25 consultation one off fee)

*Further coaching support can be included at additional cost

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Fitness Training Programs

Semi-personalised training programs are pre-designed programs made by our personal trainers. Using our pre-assessment tools, your program(s) will be selected around access to equipment and set for you and your goals.

Personalised training programs set by your own dedicated personal trainer. Your trainer and program will be allocated to best support your goal. Each training program will be designed to support you with your individual requirements. You will be able to keep in touch with your trainer who will be able to adjust your program when you need to change pace or move in another direction.

Habit & lifestyle tracking features

Our virtual coaching app enables you to consistently log your own progress towards your goals and keep you on track to accomplishing them. You will also be able to integrate your account with fitness tools such as My Fitness Pal (for nutrition) and Google Fit, Apple Health & Fitbit (activity tracking).

Progress assessments & virtual support

Your progress assessments are assigned to you by your personal trainer and will allow them to support you and tweak your program with finer details. Recommendation for further adjustments to your lifestyle that will support you towards your goals will also be fed back and can be worked on during your coaching. You will also be able to contact the support team in the app to gain clarity with features or elements of your program and our services.

Coaching*

Our Coaching offering is our most valued service. 1 on 1 time with your personal trainer who is fully trained in coaching. They will be able to have an open and safe conversation with you regarding your goals and the challenges you are facing. Our coaching empowers you on a self-directed personal growth journey that focuses on your wellness and performance. Elite package provides 1 x 30 minutes of coaching monthly, All check ins are up to 15 minutes phone call with your personal trainer to help keep you on track.

Nutritional guide*

Nutrition is a key factor in your personal wellness and performance on a day to day level. Our nutritional guides help you to learn and apply positive changes to your lifestyle that support wellness and performance improvements on the way towards your goals.

[*To learn more about our Coaching: click here.](#)

[*To learn more about our Nutrition guides: click here.](#)