

## WELCOME TO STELLAR STRENGTH COACHING

- Do you want to feel stronger & more confident?
- Do you want to improve your sporting performance?
- Do you have low bone density?
- Are you new to strength training & want guidance on how to do it safely?
- Are you following a generic program that isn't right for you?

### If so, Stellar coaching may be what you need. Here's how coaching will benefit you:

- Have every session mapped out in detail using the worlds best training software
- Can be coached from anywhere in the world, remotely accessible service
- Receive an individualised, versatile program that is right for you
- Receive timely feedback on your training sessions & progress
- Boost your motivation & accountability
- Avoid injury, overtraining & plateaus
- Build a partnership with a coach who is responsive, knowledgeable & invested in your success

#### PLATINUM PACKAGE



A coach that understands strength training as well as injury and rehabilitation

Individualised daily strength training & mobility programs suited to your lifestyle & delivered in accordance with your goals

Technique coaching

30% off all services within the practice

Unlimited access to your physiotherapist coach via email, text & phone

Coaching feedback after every session

Response & adjustments to your program based on your feedback made within 12 hours

Nutrition & lifestyle advice

Personalised sessions based on regular testing & goals

Premium Training Peaks account

#### GOLD PACKAGE



A coach that understands strength training as well as injury and rehabilitation

Individualised daily strength training & mobility programs suited to your lifestyle & delivered in accordance with your goals

Technique coaching

20% off all services within the practice

Access to your physiotherapist coach via email & text

Coaching feedback after every session

Response & adjustments to your program based on your feedback made within 24 hours

Nutrition & lifestyle advice

Personalised sessions based on regular testing & goals

Premium Training Peaks account