

# ONLINE COACHING

## OVERVIEW

Online coaching captures all of the benefits of having your very own personal trainer, but all communication, education, and motivation is done through your laptop, tablet, and phone. Not only does this mean you can take your trainer with you everywhere, but it'll also save on cost.

Online coaching is recommended for people who have prior experience with exercise but would like to do the following:

- ✓ Need extra motivation
- ✓ Have questions about nutrition & training
- ✓ Would like to switch up their workouts
- ✓ Want a personalised program
- ✓ Require help with appropriate and realistic goals setting
- ✓ Need a professional to monitor progress & make suggestions



# ***BENEFITS OF ONLINE COACHING***

## ***SAVE MONEY***

With online coaching, you'll have complete access to your expert trainer, but you'll be saving on cost since everything is done online.

This will give you more money to spend on healthy food, supplements, and fitness gear.

## ***FLEXIBILITY***

Since you aren't limited to the hours of the gym that your trainer works at, you have complete flexibility when scheduling your coaching sessions. You can train whenever you want and wherever you want, and still have all the personalized coaching you need.

## ***FASTER GOALS***

Even if you have some experience with exercise and nutrition, having an online coach will ensure you can achieve your goals faster. Since you'll be able to ask questions and receive immediate answers with an online coach, there's no guesswork involved. You'll know exactly what you have to do to stay on track.

## ***UNLIMITED ACCESS***

One-on-one personal training is great, but it's limited to the hours of the gym and your trainer's schedule. With online coaching, you'll have unlimited access – 24 hours per day, 7 days per week – to the education, knowledge, and motivation that your personal trainer provides.

# ***PREMIUM COACHING***

Online Coaching with Nikos provides

✓ Online Profile



✓ Supplement Recommendations



✓ Personalised for You



✓ Healthy & Tasty Recipes



✓ Monthly Exercise Programmes



✓ Weekly Food Diary



✓ Detailed Video Guides



✓ Personal Tracking



✓ Monthly Diet & Nutrition Plans



✓ Stat Recording



✓ Calorie & Macronutrient Advice



✓ iOS / Android App

