

Coaching is a set of services that go beyond a simple training program.

The service is aimed at people who want to have comprehensive support and be guided step by step along a medium- to long-term path towards achieving their goal and which include:

- **PERSONALIZED TRAINING:** name of exercise to be performed, related demonstration video, technical notes, sets, repetitions and rest time. If necessary, several cardiovascular training suggestions.
- **NUTRITION**
Nutritional goals to be achieved in terms of macronutrients and calories will be assigned, which will be cycled within the week according to the protocol. They will be periodically updated as the course progresses.
Prescribing diets with foods and weights is not within my professional competence. Always available via chat to resolve doubts and for dietary advices.
(In case you particularly struggle to organize your macro breakdown on your own, you can have a breakdown of macronutrients per meal based on your day and schedule upon request).
- **SHARED DIARY, PHOTOS AND MEASUREMENTS**
To better monitor progress, we will have an Online Shared Diary to be able to exchange data and feedback.
In the checks that there will be periodically, the analysis of this information will be used to adjust all the variables according to the goal to be achieved.
There will also be, once a month, a space where we will enter body circumferences and photos to thus assess the progress of body composition.
- **PERIODIC CHECK**
Depending on the package chosen, periodically there will be a Check. For this purpose you will send me a report of the previous weeks through one of the following ways:
Text message / Voice message / Video
Within 24-36h you will be sent Feedback via video with any program and/or nutrition related updates.
To prevent gaps in assistance, you will be asked to limit the use of audio notes and primarily make use of them for Checks; this way I can respond more immediately to everyone.
- **VIDEO ANALYSIS.**
In the check there is a technical analysis of exercises where there are doubts about performance techniques. The videos to be analyzed should be uploaded to the appropriate Google Drive folder.
- **PLEASE NOTE:**
 - 1) In the monthly check package, the video analysis will be there every two weeks.
 - 2) Is possible to send them via TELEGRAM.
- **DAILY SUPPORT**
For direct and effective communication, the service offers Whatsapp and/or Telegram support 7/7