



**ERIN EMPOWER
COACHING PACKAGES AND
INFORMATION**

FULL ONLINE TAILORED PACKAGES COVERING:

- Lifestyle
- Weight-loss
- Fat-loss
- Body Recomposition
 - Muscle Gain
 - Body Tone
- Accountability Focused
 - Client Focused
 - Sport Specific
- General Fitness and Wellbeing
 - Body Transformations
 - Mindset Transformations

- Weekly accountability and online check-ins – You can use WhatsApp to reach me at any time
- Exceptionally prompt responses
- Complete customised and goal-specific nutrition based on your preferences, updated and modified every week if needed
- Complete access to the Erin Empower App. Exercise, diet, sleep, daily routines, weekly check-ins, and other factors are all included in this
- Thoroughly planned and tailored programming that are tailored to your objectives, your routine, and the gym equipment that is available
- Video tutorials are accessible if and when required
- Analysis and evaluation of recorded training with feedback on execution of exercises
- Complete cardio program including steps goals which are updated when required

FULL ONLINE TAILORED PACKAGES INCLUDE

- 4 Week Block: 80
Euros
- 6 Week Block: 100
Euros
- 8 Week Block: 120
Euros

PRICING