

Undeniable Physique

GYM DAY PASS OR MEMBERSHIP IS NOT COVERED.

TRAINING PACKAGES:

- STANDARD 1:1 TRAINING RATE: \$55/35 min. Session
- PREMIUM 1:1 TRAINING PACKAGE: \$442 for 8 sessions scheduled over the course of 4 weeks **If you ONLY want training
- ONLINE COACHING + 4 TRAINING SESSIONS (sessions scheduled within 4 weeks): \$450
- ONLINE COACHING + 8 TRAINING SESSIONS (sessions scheduled within 4 weeks): \$660
- GYM MEMBERSHIP: Please refer to sternsgym.com

Slots are first come, first serve. No cancellation within 24 hours of a scheduled session. Doing so will forfeit your payment.

For 1:1 training, use the scheduling links provided under "SERVICES"

ONLINE COACHING

Online coaching consists of a custom diet, cardio regime, supplementation regime and progress gauging (week/week or day/day)

- ONLINE COACHING RATE: \$250/month

NOTE: The first payment will be a bigger payment. You will pay for the current month as well as the next month. **This does not include training workouts

Workouts will be sold separately (\$35/workout) and solely dependent on your current training plan. Your training plan will be custom for your physique. If the body lacks proportion, symmetry, and aesthetics...I'll take action to design something for you (if you desire).