

Lean Living Coaching Prices

BRONZE

Best for those who have some training experience, who are looking for some guidance and are willing to train alone 2-3 times per week.

Features

- 1 x 60 minute PT sessions per week
- Lean Living Nutrition Coaching
- Goal tracking and review

£168

pcm

SILVER (MOST POPULAR)

Best for those who want to see quicker progress in their personal training sessions and are willing to train alone 1-2 times per week.

Features

- 2 x 60 minute PT sessions per week
- Lean Living Nutrition Coaching
- Goal tracking and review

£336

pcm

GOLD

Best for those who are new to training, not ready to train in their own time and want maximum support during their personal training sessions.

Features

- 3 x 60 minute PT sessions per week
- Lean Living Nutrition Coaching
- Goal tracking and review

£504

pcm

I generally ask for an initial 3 month commitment so that we can build and commit to a plan that will get you results over that time period. Coaching program options can be changed on a month to month basis based on the progress you are making and the level of support you would like to receive.