

tatiana

KOVAL

online
training

\$555
monthly

All online programs are made specifically for you with your goals, accessibility, and schedule in mind. After we meet via Facetime, I will put together your program which you will see from an app on your phone, it will be complete with;

- videos of me performing each exercise
- exercise directions and form cues
- exercise order
- number of sets
- number of reps
- nutrition coaching
- progress photo and (optional) weigh ins for accountability
- monthly FaceTime check int

Online training is an AMAZING option if you;

- Are very busy with a varying schedule
- Travel a lot
- Want to work one on one with me at a reduced rate
- Need guidance structuring workouts
- Need guidance choosing a meal plan that's right for you
- Are intrinsically motivated, but want someone to check in with that will hold you accountable