

tatiana

KOVAL

go-getter

*6 week online personalized
fitness & nutrition bundle*

\$260

This is the combined 6 week fitness program, and nutrition program at a discounted price! After answering a questionnaire and conversing with me, I will create a workout plan guaranteed to get you results if followed properly. This will take into account your injuries, likes and dislikes, resources (i.e. gym membership or home workout), and many other key factors. Each program includes a 6 week workout routine, as well as an annotated version of that routine, which will explain all the set ups, cues, proper alignments, and points of focus for you during each exercise as if I am right there with you! You also will have access to contact me at any time if you are having questions or confusions with any of the workouts, or if you just need further guidance and motivation. This nutrition program is an “if it fits your macros” style personalized nutrition program. After answering a brief questionnaire I will determine what your daily macros should be, I will create a full meal plan for you, then I will provide a list of foods which are interchangeable with foods on the initial plan so you can have variety and some freedom in your meals! When following this meal plan properly you will begin to see a flatter more toned tummy within days and all over changes within two weeks.