OUR PROMISE™

WE WILL...

- Set you up in the first week with a private link - for members only, which gives you access to our online training which includes mindset/goal setting and nutrition.
- Add you to our private Facebook VIP Group
- Teach you how to plan for success with your diet
- Teach you in depth how to use the food tracking app MyFitnessPal and how to lodge your food daily.
- Hold you to a higher standard than you currently hold yourself.
- Train you to critique and optimise your performance with weight training and mobility work.
- Empower and challenge you with our weekly coaching sessions.
- Connect you with a tribe of like minded members that are on the same path as you.
- Coach you each week on the Facebook Live group, so you're never more than 7-days away from getting the help you need from our team.

YOU WILL...

- Commit to the full duration of your membership and pay your weekly debits on time, so we can focus on getting you a result rather than chasing people up for payments.
- Ensure you complete all your online training modules and handouts from week one's pre-requisite course and share them with your trainer.
- Download and set-up the MyFitnessPal app to your phone and lodge food daily.
- Ask for help! We would hate to hear you didn't feel you were getting support that you needed.
- Be honest and open with your coach.
- Engage and interact in our private Facebook Mastermind Group. Part of what makes this program work consistently, is the team environment we put you in.
- Share your wins on our Facebook Group. Together, we grow more.
- If we ask - we don't ask everybody - we'd like you to try and refer at least three people of your calibre to the program. That means we can spend less time looking for clients, and more time helping you win.