

THE LAB PT
Contest Prep Packages

Personal Training

www.TheLabPersonalTraining.com

www.thelabpersonaltraining.com

Strength. Conditioning. Nutrition.

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Contest Prep Packages

Please select and advise via [email](#) from one of the following package(s): 📧

Option A: Online (\$50 p.w.)	Option B: Gold (\$75 p.w.)	Option C: Silver (\$100 p.w.)
✓ Personalized Training Plan*	✓ 1x PT session**	✓ 2x PT sessions**
✓ Flexible Macro Plan*	✓ Personalized Training Plan*	✓ Personalized Training Plan*
✓ Daily Macro Targets*	✓ Flexible Macro Plan*	✓ Flexible Macro Plan*
✓ Reverse Recovery Diet*	✓ Daily Macro Targets*	✓ Daily Macro Targets*
✓ Posing workshops**	✓ Reverse Recovery Diet*	✓ Reverse Recovery Diet*
✓ Educated Dieting 🍽️	✓ Posing workshops**	✓ Posing workshops**
✓ Weekly Check-ins	✓ Educated Dieting 🍽️	✓ Educated Dieting 🍽️
✓ Live chat (Messenger DM)	✓ Weekly Check-ins	✓ Weekly Check-ins
✓ Action Plan	✓ Live chat (Messenger DM)	✓ Live chat (Messenger DM)
✓ Contest Tips and recommendations	✓ Action Plan	✓ Action Plan
✓ Email support	✓ Contest Tips and recommendations	✓ Contest Tips and recommendations
✓ Online Food Diary	✓ Email support	✓ Email support
✓ Online Group Coaching	✓ Supplement Advice	✓ Supplement Advice
✓ Mailing list	✓ Online Food Diary	✓ Online Food Diary
✓ Training singlet	✓ Online Group Coaching	✓ Online Group Coaching
✓ Posing Guide	✓ Mailing list	✓ Mailing list
✓ Peak week protocols	✓ Training singlet	✓ Training singlet
✓ Show day assistance (local only)	✓ Posing Guide	✓ Posing Guide
✓ Additional Communication (SMS)	✓ Peak week protocols	✓ Peak week protocols
✓ Effective Response time!	✓ Show day assistance (local only)	✓ Show day assistance (local only)
	✓ Additional Communication (SMS)	✓ Additional Communication (SMS)
	✓ Effective Response time!	✓ Effective Response time!
<small>* updated every 3-5 weeks ** subject to location availability</small>		
Reverse Recovery Diet included. Additional PT sessions = \$25		
Total: 20 weeks = \$1000	Total: 20 weeks = \$1500	Total: 20 weeks = \$2000

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