Supercharge your home workouts

Online Training | 1-2-1 Sessions | Nutrition and Lifestyle

Option	Description	Cost
Basic home workouts plan	• 4 week program utilising bodyweight exercises • Added functionality for use of bands/other basic kit • Nutritional guidance pages • Lifestyle guidance pages	60
Bespoke home workouts plan with **weekly check-in**	• 4 week program utilising exercises and kit specific to you and your needs • Nutritional guidance pages • Lifestyle guidance pages • Weekly check in call (zoom or phone) • Access to the Falconer Performance Community area • Access to full video library of exercises	120
Virtual group sessions	• 4 week program utilising exercises and kit specific to you and your friends needs • Nutritional guidance pages • Lifestyle guidance pages • Weekly check in call (zoom or phone) • 2x weekly zoom conference workouts • Access to the Falconer Performance Community area	80pp
1-2-1 Virtual Bronze	• 4 week program utilising exercises and kit specific to you and your friends needs • Nutritional guidance pages • Lifestyle guidance pages • Weekly check in call (zoom or phone) • 1x, 2x or 3x weekly zoom 1-2-1 workout, depending on if you chose Bronze, Silver or Gold • Access to the Falconer Performance Community area	170
1-2-1 Virtual Silver		320
1-2-1 Virtual Gold		420

FALCONER PERFORMANCE

For more information, visit the website or email:

matthew.watson@falconer-performance-coaching.com