

# *el* silcock

*health ♡ fitness ♡ wellbeing*

## ONLINE MEMBERSHIPS

IF YOU WOULD LIKE TO SIGN UP  
THEN JUST LET ME KNOW.  
[FITCLUBWITHEL@GMAIL.COM](mailto:FITCLUBWITHEL@GMAIL.COM)

THERE'S NO OBLIGATION!



# online *memberships*

## TAILORED PROGRAMME £85 per month

### *Membership includes...*

#### **Goal setting.**

- We all need something to aim for, so that's why you will be setting yourself goals you want to achieve.

#### **Tailored monthly weight training programme.**

- Aligned with your goals, your programme can be designed for with home or gym, or both home or gym (depending on where you can train).
- Available via my training app, including instruction videos and session progress recorded.

#### **Daily stretch and mobility exercises.**

- Keeping flexible is incredibly important, so you will be given routines via the app that will fit into your daily life.

#### **Weekly progress check ins.**

- Check in every Sunday, via WhatsApp, to see how you are getting on with progress against your goals, and if we need to tweak anything to make sure of your success.

# online *memberships*

## Nutrition Management

- **We will:**

- get you in the right head space when it comes to your nutrition.
- improve your relationship with food and get you out of old habits and behaviours.
- make sure you are giving your body the nutrients it needs and deserves for your hormone health.
- educate you about the foods you need to help to keep fit and well.
- look at the foods you eat currently and see what tweaks we can make.

**There will be no restriction** on what you can eat or drink as restriction DOES NOT WORK.

**There will be no meal plans.**

You need to learn how to manage your own nutrition and do what's best for you and your health.

# online *memberships*

## TAILORED PROGRAMME *non negotiables*

You will be set weekly 'non-negotiables' to help you to achieve your goal(s). And we will measure your progress against these on your weekly WhatsApp catch ups.

**It's all about creating consistency and acknowledging your wins. With consistency becomes habits which means progress towards your goals.**

### **NON-NEGOTIABLES WILL INCLUDE:**

- Strength training goals.
- Stretching/mobilisation goals.
- Walking goals.
- Habit changing goals.
- Hydration goals.
- Nutrition goals.

# online *memberships*

**STANDARD PROGRAMME £55 per month**

*Membership includes...*

- **Monthly weight training programme.**
  - Your programme will be a standard strength weight training programme, with warm up and cool down stretches
  - You will have a choice of a home or gym programme.
  - It will be available via my training app, including instruction videos and session progress recorded.
- **Daily stretch and mobility exercises.**
  - You will have access to stretch & mobility workouts which are to incorporate into your weekly training routine.
- **Group chat via the training app.**
  - You will get support from the other Iron Maidens, cheering you on and celebrating your fist pump moments.

# terms & conditions

for all memberships

- **Full adherence** to the membership is expected.
  - You won't see results if you don't follow all of the advice given.
  - You are following a process, which will be a learning curve so you need to stick to it.
- **Non-adherence will result in cancellation** of your membership.
- **Monthly payments are to be made on time** or membership and all services will be suspended until payment is made.
- **No refunds** will be given under any circumstances.