

# PT Pricing

**Basic** - Get a 4 week training program (No adjustments) & App access

Best for people who have been training for a while and are confident training by themselves & Making their own adjustments to the program.

**Plus** - Get weekly program planning & adjustments with 24/7 message support, Calorie planning & Adjustments for Fat loss and muscle gain cycles.

Best for people who want more accountability, guidance with fat loss or muscle gain & are not sure how to program training sessions for best results.

**Personal** - Each in person session goes for 1 hour and costs \$75, Train with a friend and cost per session reduces to \$50 (Limited to 2 people max)

Best for people who want maximum accountability, motivation, on the spot technique adjustments.

The chart below shows you pricing, if you want to do more than 1 session per week email me.

[Charlie@cwstrength.com.au](mailto:Charlie@cwstrength.com.au) or Book Your Free 30min [Intro/Consult Session Here](#)

Tier	Includes	Fortnightly	Monthly
<b>Basic</b>	One off - 4 Week Program only		\$100
<b>Plus</b>	Weekly Adjustments + 24/7Support + Calorie Planning		\$180
<b>Personal 1</b>	Plus + 1 x 1:1 session	\$127	<del>\$255</del> > \$245
<b>Personal 2</b>	Plus + 2 x 1:1 session	\$165	<del>\$330</del> > \$310
<b>Personal 3</b>	Plus + 3 x 1:1 session	\$202	<del>\$405</del> > \$385
<b>Personal 4</b>	Plus + 4 x 1:1 session	\$240	<del>\$480</del> > \$455

