



## VELIN: Fitness Menu – Tiered Offerings

Choose Your Access Point to Transformation

### ENTRY LEVEL – 'GET ME STARTED'

#### Custom Workout Plan – Starting at \$50

A fully tailored training structure built around your current space, rhythm, and goals. Comes with weekly breakdowns and suggested tempo. Designed for those ready to move with purpose.

#### Nutrition Basics – \$30

Simple, direct food guidance based on your goal: energy, strength, or fat loss. Straight from my personal experience – this is not textbook fluff.

#### Form Feedback – \$60

Send me video clips of your lifts or movement, and I return targeted, no-BS coaching. Includes custom corrections and notes to enhance performance.

### MID TIER – 'I NEED REAL GUIDANCE'

#### 4-Week Training Pack – \$100

A month-long personalized structure. Includes mobility, warmups, cooldowns, and breathwork options. Every week feels like you're leveling up with presence.

### **Technique Deep Dive – \$150**

Video review and detailed strategic coaching. We zoom in on how you move and rebuild precision. Useful for both beginners and advanced athletes.

### **First Consultation – \$75 (30 minutes)**

This is the required step to access premium. We assess where you're at and whether you're ready to work at this level. No fluff. Pure clarity.

## **PREMIUM – 'I'M READY TO BECOME THAT ONE'**

### **1-on-1 Recalibration Strategy Call – \$200/hr**

A deep 60-minute private recalibration. We break down your lifestyle, energetic leaks, fitness alignment, and training trajectory. One powerful call can reset your entire direction.

### **1-on-1 Private Training Session – \$350**

Virtual or in-person. I guide you through deep corrections, breathing rhythm, and primal realignment. You don't leave the same.

### **1-Month Reset – \$350**

This is a full-body recalibration that includes:

- Initial Consultation (30 mins)
- Fully Custom 4-Week Training Plan
- Weekly Check-ins (written or vocal)
- Energetic Mindset Notes (1/week)
- Light Q&A Support
- Priority Access for Live Sessions

## **NUTRITION PATH**

### **Nutrition Protocol (Premade) – Starting at \$30+**

Structured short-term plans designed to target specific needs: energy, gut reset, muscle repair, etc. These are thematic protocols available for instant access.

### **Custom Nutrition Protocol – Starting at \$40+**

A fully personalized food strategy scroll crafted around your body, lifestyle, and goals. Designed after reviewing your needs, delivered as a followable day-by-day rhythm.