

## Tiger Coaching Certified Online Personal Training

**Certified Online Personal Training** it's a great way for most people to achieve their fitness and weight loss goals. Online Personal Training will save you money and offer you flexibility in your busy everyday life. One-on-one personal weekly consultations are included to keep you on target and motivated. Also included is your workout plan with easy to follow descriptions along with interactive moving pictures to show you how to perform each exercise correctly.

### How does Online Personal Training work?

- **You start by filling out the required forms** which will include listing your goals, workout history, estimate of present fitness level, any present or past injuries or health problems, required waivers, health history questionnaire, and fitness and activity likes and dislikes.
- **Your Online Training will be based on your individual goals.** Your online personal trainer will contact you by phone to discuss your needs and goals in detail. We will also answer all of your questions about structuring your plan to fit your time schedule and equipment available to you.
- **Then you will be given your own personal exercise and nutrition plan (optional add-on).** Your exercise routine will consist of many exercises presented to you just like they are on this page. You will fill out a weekly report, which your Certified Trainer will use to update your program. Your Personal Trainer will call you and email you every week to monitor your progress, update your program, and answer your questions. We walk you through everything, step by step.
- **Exercises come with directions and interactive diagrams** as shown below on this page (diagrams on actual programs are in motion).
- **Online Personal Training is the best way to go if you are trying to save money, because it's very affordable.** It is also convenient. With Online Personal Training, you can do your workout at any time. If your plans change, you don't have to cancel your Personal Training appointment. You can just do it later. You can even do half of your online workout, then come back and finish it later.
- One of the best things about Online Personal Training is that you have email access to your Personal Trainer at all times. **Prompt answers to all of your fitness and nutrition questions are only an email or a phone call away.** You will be given a special email address to write to (allow 24 hours minimum response time), and phone numbers to call a live Personal Trainer with questions weekly.
- **We can design an Online Personal Training program for you based on any equipment you have access to.** We can also recommend several affordable equipment options you can buy for home or office use including Swiss balls, tubing, medicine balls, ankle weights, etc. If you

don't have any exercise equipment, we focus on things you can do with a minimum amount of exercise equipment and costs.

### **Your Online Personal Training Program Includes:**

- **Individualized Programs designed for you.** All of these programs will include proper warm-up, the first stage of fitness which is a cardiovascular (aerobic program) with a breakdown of duration and intensity, (which will be monitored by a heart rate monitor or perceived rate of exertion). Your individualized program will change week to week so you can adapt and slowly and improve your fitness level without overtraining or injury risk. This program could be as simple as a walking program to a running program to train for a marathon.
- **The second Stage will include strength and conditioning program designed for you.** This will be structured to your goals whether it is to tone the upper body to adding muscle mass to gain weight, and/or to increase strength and conditioning for improved performance in any sport or activity. The program will have all of the detailed information you need to improve safely and successfully. Information included will be, type of exercise, frequency, recommended number of repetitions, number of sets with rest time in-between, and correct form shown through detailed pictures and descriptions including upper and lower body. Your program will be periodized to change every 6-8 weeks depending on your goals.
- **The third stage will include a comprehensive core strengthening program for the abdominals and back.** You will have access to hundreds of core strengthening exercises to keep your program fun and challenging. Variety is the spice of a successful fitness program.
- **The fourth stage will include flexibility and stretching program** to keep you healthy and injury free. Developing and maintaining flexibility helps to maintain range of motion through your activities which keeps us pain free and active as we get older. This will also include a PreHab/ReHab program for problem injury areas such as shoulders and rotator cuffs.
- **Also included** weekly phone and email consultations as needed to maintain motivation and progress.
- **Weekly Training Tips** and fitness articles to educate you on your fitness knowledge. You can request any material from exercise to nutrition. An online workout log is also available for your use.
- **Your on-line personal trainer will calculate your heart rate training zones** for a smart, safe cardiovascular training program.

**Example of Exercises with descriptions, pictures will show movement of exercise:**



**Bent Over Dumbbell Tricep Kickback**

- 1) Stand with feet hip width and knees slightly bent.
- 2) Start position: Bend at hips with back straight and knees bent. Take one hand and place on stationary object that is approximately waist height to support upper body. Hold DB in other hand with a neutral grip (palms facing each other). Bend elbow at 90° and raise upper arm so that it is higher than the level of your back (as shown)
- 3) Keeping elbows close to body and raised, extend forearm back.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Stabilize shoulder throughout movement by squeezing shoulder blades together slightly.



**Reverse Curl**

- 1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a ball. Position arms at sides with palms down on floor.
- 2) Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.
- 3) Return to start position.
- 4) Remember keep legs from swinging to prevent momentum throughout the exercise.

**Online Nutritional Add On Program:**

- You have access to a nutritional database through *Nutrition Generator* with detailed breakdowns of all nutritional information including calories, amount of protein, carbohydrates, and fat.
- All of your nutrient requirements are divided instantly into four easy categories: weight control, heart health, vitamins, and minerals. Here's how your new healthy meals will be balanced for optimal health:

<b>Weight Control</b>	<b>Heart Health</b>	<b>Vitamins</b>	<b>Minerals</b>
Total Calories	Sodium	B1 - Thiamin	K - Potassium
Carbohydrates	Cholesterol	B2 - Riboflavin	Mg - Magnesium
Protein	Saturated Fat	B3 - Niacin	Ca - Calcium
Fat	Fiber	B6 - Pyridoxine	Fe - Iron
	Omega 3	B9 - Folate	Cu - Copper
	Omega 6	B12 - Cobalamin	Zn - Zinc
		C - Ascorbic Acid	P - Phosphorous
		E - Tocopherol	Se - Selenium

## Total Health: Get an 'A+' in Nutrition

- Finally, you'll be able to eat better and feel better. Instead of confusing nutritional programs that spit out confusing formulas, *Nutrition Generator* is simple - you receive a grade. If you can read a 'report card' you can use the program. If your meal plan is strong in one area such as Protein or Vitamin E, then you will receive an 'A', or 'B'. And it goes all the way down the scale to an 'F' for failing.
- If you have too much (or too little) of certain vitamins and minerals your health can suffer! Your goal is to get as many A's as possible and the **program takes care of that for you**. It's completely automated - you don't have to think about it. And you can do it eating more of the foods you enjoy...

## Achieve All Your Goals: Weight Loss, Sports Performance, Increasing Muscle, Better Health, etc.!

- Not everyone wants to lose weight. Perhaps you want to gain more lean muscle. Maybe you are an athlete and want to make sure you're eating right for maximum performance. Or perhaps you just want to eat healthier and turn back the clock as you age.
- With the simple click of a button, you can choose your goals and then your meal plan requirements are created automatically based on **YOUR NEEDS**. It's so simple and effective!

## Program Costs:

Program Type	Price for 6 weeks	Price for 12 weeks	Price for 24 weeks
Tiger Coaching Online Training	\$99.00	\$169.00 (only \$14.00 a week)	\$279.00 (only \$11.50 a week)
Nutritional Add on Program	\$49.00	\$119.00 (only \$9.90 a week)	\$159.00 (only \$7.00 a week)

Give Online Personal Training a try! [Click here to start your fitness program](http://www.tigercoaching.com)

