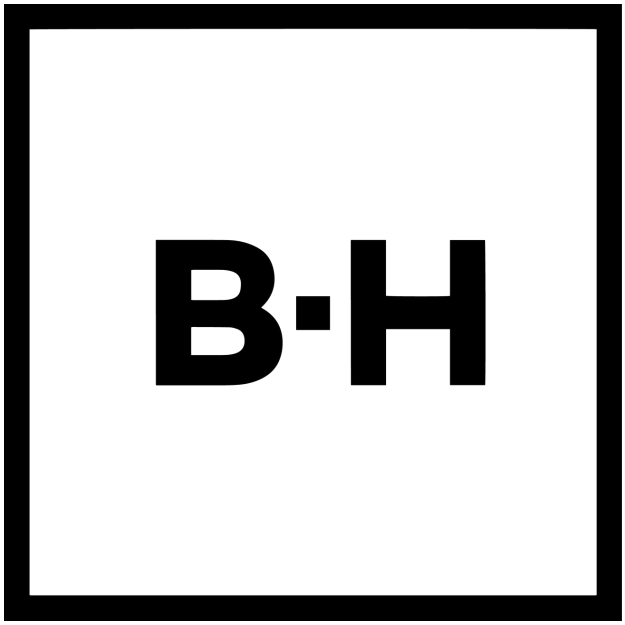
Brandon Hepburn
Personal Trainer & Online Coach
Fat Loss & Muscle Gain Specialist



"Inspiring others to better themselves. Giving people knowledge on training, nutrition and making it a part of their lifestyle."

PERSONAL COACHING

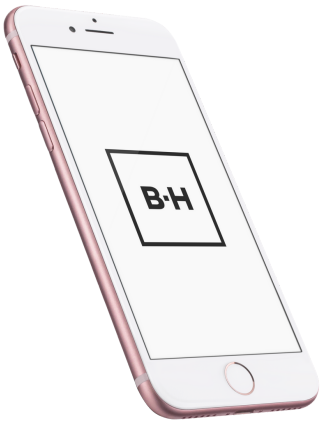
ONE TO ONE PERSONAL TRAINING

EACH SESSION WILL LAST AN HOUR AND IS PERSONALISED TOWARDS MEETING YOUR GOALS.
WHETHER THAT BE WEIGHT LOSS, MUSCLE GAIN OR STRENGTH. EVERY SESSION IS VARIED TO KEEP YOU MOTIVATED AND ENSURE THAT YOU NEVER BECOME BORED. AS IMPORTANTLY, I WILL TEACH YOU HOW TO DO ALL THE EXERCISES SAFELY AND EFFECTIVELY SO THAT YOU WILL BE ABLE TO FOLLOW YOUR TRAINING PLAN OUTSIDE OF YOUR 1-2-1 TRAINING SESSIONS.

GROUP TRAINING

A GREAT WAY TO HELP YOU CONQUER ANY BARRIERS YOU MAY BE FACING IS GROUP TRAINING. WHATEVER YOUR GOALS ARE FAT LOSS, MUSCLE GAIN OR STRENGTH.
SO, IF YOU HAVE A FRIEND, FRIENDS OR FAMILY MEMBERS THAT ARE READY TO FORM THE NEW YOU! GET IN CONTACT.

TO KEEP THE QUALITY OF MY SESSIONS AND TO ENSURE THAT I'M ABLE TO KEEP A CLOSE EYE ON EACH INDIVIDUAL, I DO NOT TAKE ON ANY GROUPS CONSISTING OF MORE THAN 3 PEOPLE.



ONLINE COACHING

WHETHER YOUR GOAL IS WEIGHT LOSS, MUSCLE GAIN OR COMPLETELY CHANGING THE WAY YOU LOOK AND FEEL. THE BENEFITS OF ONLINE COACHING ARE NO MATTER WHERE YOU LIVE, HOW OFTEN YOU WANT TO TRAIN. OUR ONLINE COACHING WILL MATCH YOUR PERSONAL LIFESTYLE.

WE WILL WORK SIDE BY SIDE TO CONQUER YOUR GOALS. YOU WILL RECEIVE A PERSONALISED DIET PLAN, PERSONALISED TRAINING PROGRAM AND 24/7 SUPPORT FROM BRANDON.

PERSONAL COACHING

MEN'S & WOMEN'S TRAINING PLANS

THIS IS A MONTHLY SUBSCRIPTION PERSONALISED TRAINING PLAN. NUTRITION AND SUPPLEMENT ADVICE, WITH BIO WEEKLY CHECK-INS (EVERY 2 WEEKS) THIS PLAN IS CREATED FOR YOUR GOALS AND UNIQUE LIFESTYLE.

YOU'LL GET:

- PERSONALISED TRAINING PLAN
- NUTRITION & SUPPLEMENT ADVICE
- BIO WEEKLY CHECK-INS (EVERY 2 WEEKS)
- EMAIL SUPPORT

NUTRITION PLAN

FOR ANYONE & EVERYONE WHO NEEDS A BIT OF ACCOUNTABILITY & STRUCTURE TO THEIR EATING HABITS.

THIS IS OPEN TO ALL ABILITIES & REQUIRES NO EXPERIENCE IN FOOD TRACKING OR "DIETING".
WE WILL WORK TOGETHER TO FIND A METHOD OF EATING THAT WORKS FOR YOU BASED ON YOUR HABITS, LIFESTYLE, PERSONAL PREFERENCES, AND ONE THAT WILL HELP YOU REACH YOUR GOAL.

OPEN TO ANYONE WHO WANTS TO LOSE BODY FAT, FEEL MORE CONFIDENT IN THEIR BODY, ELIMINATE BLOATING AND INFLAMMATION IN THEIR STOMACH BUT ALSO THOSE WHO WANT TO FUEL BETTER FOR PERFORMANCE.

YOU'LL GET:

- PERSONALISED NUTRITION PLAN
- PERSONALISED MACROS & CALORIES, DESIGNED FOR YOUR GOALS
- SUPPLEMENT ADVICE
- SHOPPING LIST
- RECIPE E-BOOK
- BIO WEEKLY CHECK-INS (EVERY 2 WEEKS)
- EMAIL SUPPORT

Meal Plan

- Personalised Nutrition Plan
- Personalised Macros & Calories, Designed For Your Goals.
- Supplement Advice
- Shopping List
- Recipe E-Book

Training Plan

- Personalised Training Plan
- Tailored To Your Lifestyle & Injuries
- Regular Changes To Your Plan. To Make Progress & Keep It Enjoyable!
- A Variety Of Weight Training, HIIT Training & Cardio.

Support

- 1-2-1 Personal Coaching at Gymbox. To Look At Developing Your Technique, Mobility & To Overcome Any Other Barriers.
- 24/7 Support & Motivation
- Full Access To The Members Site
- Weekly Video Calls
- Any Questions? I'm Here For You. Don't Hesitate!
- Direct Contact With Brandon.

Personal Training

One Session £80

One Session (Two Participants) £90

4 Sessions Per Month (X1 A Week) £300 = £75 A Session
*** 4 week coaching period ***

8 Sessions Per Month (X2 A Week) £560 = £70 A Session
*** 4 week coaching period ***

12 Sessions Per Month (X3 A Week) £780 = £65 A Session
*** 4 week coaching period ***

*** All Sessions are One Hour***

Online Coaching

12 Weeks - £100 Per Month
*** 12 week coaching period minimum, then a rolling contract ***

Nutrition Plans - £60 Per Month *Monthly Basis*

Men's & Women's Training Plans - £35 Per Month *Monthly Basis*

Payments

Payments will be processed by GoCardless.
https://gocardless.com
A link will be personally sent to you for your chosen package.

Check-Ins & Documents

The main source of tracking your progress will be Progress Images. Take a Front, Back and Side view image. Fasted (On an empty stomach) Ideally in the same clothing (Lingerie/Underwear) mirror and lighting to get the most accurate results.

Check-Ins will be every Sunday before 12pm.

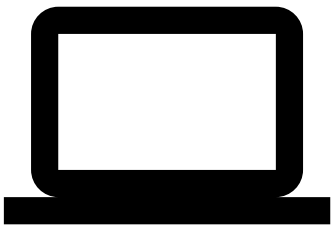
**If you have any problems, please let me know.
WhatsApp me all your information including progress pictures, body weight (kg) and please fill in this form (if required).**

https://goo.gl/forms/qpWiAVuAqJnZU0jj2

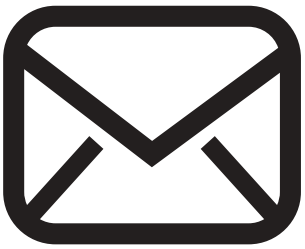
All your information (training plans, nutrition and more) will be delivered to you through your private folder via Google Drive. A link will be sent to you, so you can get access.

**Example of progress images.
(Starting pictures)**

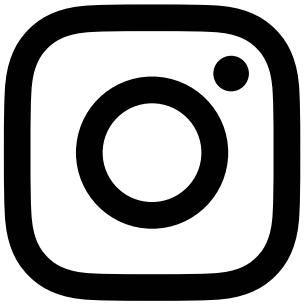
CONTACT



www.brandonhepburn.com



brandonhepburnpt@gmail.com



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