PERSONAL TRAINING WITH MOVEMENTFIRST:

PERSONAL TRAINING PRICES FOR ON-GOING WORK 

BODY TRANSFORMATION PACKAGES 

MOVEMENT ANALYSIS AND FOUNDATION — YOUR FIRST SESSION 

TERMS AND CONDITIONS

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DECIDE WHAT YOU WANT TO FOCUS ON

There’s a lot of things I can help you with, you just have to decide how much time you have and what you want to focus on.

DECIDE HOW MUCH WORK YOU WANT TO DO WITH ME / BY YOURSELF

I can either show you stuff (mentor you) and let you practice yourself with the occasional session to check, correct and progress or we can do more personal training and hands-on experience so that you’re always looked after.

On-Going Prices

This is the best way to work on:

- Resolving movement restrictions
- Learning new skills (Calisthenics, Motor control)
- Getting practical help with Posture, Muscles, Nutrition and Fat Loss (learning through experience)

<table>
<thead>
<tr>
<th>1 Session: £89</th>
<th>4 Sessions: £260</th>
<th>10 Sessions: £590</th>
</tr>
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<tbody>
<tr>
<td>A one-off to get a bit of expert help with anything you like to improve.</td>
<td>£65 per session</td>
<td>£59 per session</td>
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</tbody>
</table>

- Sessions must be used within two weeks
- Perfect for getting a bit of direction.
- Sessions must be used within six weeks
- Perfect for on-going work.

Need 3, 7, 462 sessions? Talk to me and we can look at bespoke options.

ALL PRICES ALREADY INCLUDE TAX, INSURANCE, GYM FEES ETC.. NO SURPRISES.
BODY TRANSFORMATIONS
LOOK GOOD IN THE BUFF IN 5-6 WEEKS / Extreme Fat Loss

This advanced program lives online, with full video tutorials on how to do it right.

Massive success rate all over the world with a proven track record.

<table>
<thead>
<tr>
<th>Price</th>
<th>New Bee</th>
<th>Working Bee</th>
<th>Bee The Best</th>
<th>Online only (DIY)</th>
</tr>
</thead>
<tbody>
<tr>
<td>£299</td>
<td>£669</td>
<td>£1,699</td>
<td><strong>£1,699</strong></td>
<td>Around £100-£150</td>
</tr>
<tr>
<td>or 2 people for £150 more</td>
<td>or 2 people for £300 more</td>
<td>or 2 people for £900 more</td>
<td><strong>Depending on package</strong></td>
<td></td>
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### Personal Training
- **3 PT SESSIONS**
  - **1 session** to progress mobility or to try the first workout
- **Establish Strong Foundation**
- **2 sessions** Mo-Bee-Lity starter (extensive functional testing)
- **24 or 25 WORKOUTS YOURSELF**

### Guaranteed Great Results
- In just 5-6 weeks

### How many workouts you do yourself?
- **24 or 25 WORKOUTS YOURSELF**
- **17-19 WORKOUTS YOURSELF**
- **NOTHING TO DO BY YOURSELF**

### Access to the signature program
- (inc. full tutorials and support)

### Personalized Meal Plan

### Guaranteed Great Results
- In just 5-6 weeks

### Get the most honey for your money

**EXPLORE THE SYSTEM HERE**
Your Very First Session (MoBeeLity Starter)

- Detailed mobility assessment with over 30 functional tests
- You will learn some important foundations and basic strategies
- This includes producing an in-depth report and highlighting key areas.
- Expose deficits (Let’s find what’s wrong with you – and then make you better).
- See video here

This is something I do with every new client. Your foundation is **everything** if you are going to build on it. This is a key difference between generic training (based on assumptions) and specific training, based on a detailed analysis of your movement. I realize most people just want to train, but no-shortcuts on this part. **We do it right.**

I charge £100 for the first session as it involves a lot of work beyond our time together.

Terms and Conditions

- The idea is to be reasonable so if you need flexibility (i.e. instalments, planned trip, different session frequency to match your schedule etc.) – go ahead and ask me.
- Price is inclusive of everything – nothing else to pay to the gym / etc...
- There are full changing facilities including lockers and showers (please bring your own towel and pad-lock).
- Sessions are 55-60 minutes. However, unless I’ve got an appointment right after you, I’m not looking at the clock if you aren’t and we can sometimes carry on a few minutes longer.

**Last minute flexibility / cancellations**

I’m happy to accept last minute changes as long as it’s reasonable, doesn’t create gaps and doesn’t interfere with other plans. **We are all humans** and I’m happy to work with you when you need me to be a bit flexible, as long as you ask for a time that is available.

There are a few scenarios when I will have to charge for the session:

- Super late notice (e.g. I left the house for the gym and you message me you can’t make it)
- If it creates a gap. For example: If I had three people back to back and you were the second one. Sometimes the person after you can come a bit earlier, which is fine. Other times, the person after you might be too busy to come in earlier and have to stay on their original time, which creates an hour gap. In case you want to cancel last minute and it creates a gap I can’t fill – I’ll have to charge for the session.
- I’m not too strict and I am well aware travelling in London doesn’t always go to plan. If you are a few minutes late / early – just let me know 😊
- Life happens, meetings at work / catching a cold.. not a lot you can do about it and this is ok. It’s ok if you need to re-schedule a session (if the time is available I’m happy to do it). But, if you are not around for 2-3 weeks, I cannot carry your sessions beyond your indicated time limits so please take it into account.

Payments: Payments can be done by Bank Transfer, PayPal or Cash – just ask me for the details.

I have lost a staggering amount of money in the past because I don’t like to talk about money and don’t like chasing people. **This is why I ask all payments to be made in advance.**