



***ONLINE PROGRAMS***  
***YOUR GUIDE TO THE PERFECT PLAN***

# ***HOW DO THESE PROGRAMS WORK?***

- 1. Complete online form and register**
- 2. Pay the start up \$50.00 and download the free app TrainHeroic.**
- 3. Between 24 - 48 hours you will be contacted by Coach Coby directly to pick the most suitable program for your goals**
- 4. A payment form will be sent out to complete and process your \$9.95 per week direct debit**
- 5. Your program will be loaded instantly for 8-12 weeks (depending on the program)**
- 6. You get to smash your goals whilst having access to Coach Coby for any questions. All sessions will have warm ups, the sets and reps, exercises with tutorial videos and the ability for you and Coby to track your improvements.**
- 7. Once the program is complete there are options to further your training through our programs or end the subscription**

# MUSCLE BUILDING PROGRAMS:



# FAT LOSS PROGRAMS:



# BASKETBALL SPECIFIC PROGRAMS:



# FOOTBALL (AFL) SPECIFIC PROGRAMS:

