

Tiger Coaching & Personal Training

iMett Testing

402-488-8280 – coach@tigercoaching.com

Weight Loss Package:

This fitness program is tailored to those focused on losing weight and following a healthier lifestyle. The program will begin with an assessment followed by customized weekly cardio and strength routines, guidance, and facts on diet and healthy eating for your body type. The custom made program will specifically break down how often, how long, what type, and how hard every workout should be in order for you to produce the best and fastest results.

Initial Assessment with 8 week Program: \$139.00

Beginners Package:

This fitness program is tailored to those that are working out for the first time or have not worked out in several years. The program will begin with an assessment, followed by a detailed orientation that addresses aerobic exercise, strength, flexibility, and nutrition, for the fastest, easiest, most successful way to improve overall health and fitness.

Initial Assessment with 8 week Program: \$119.00

Performance Enhancement Sports Package:

This training program is designed for those individuals that have been actively working out, but are now at a plateau and looking for a jump start to their current routine. An assessment to establish your VO2 max and Lactate Threshold will be followed by a customized program that will take you to a new level of fitness as you keep advancing toward your fitness goals.

Initial Assessment with 8 week Program: \$139.00

Performance Enhancement Elite Package:

This training program is for the serious athlete. Establish your VO2 max and Lactate Threshold. Those who are looking for a specific day to day customized training program for triathlons, marathons, or any intense sport. This program will put you in excellent, injury free shape in order to achieve your goals. Get the edge you need to beat your competition, and improve your overall performance.

Initial Assessment with 8 week Program: \$139.00

Group Package:

This is a great program for families and friends that like to workout together. Each individual will receive their personal assessment and customized workout program. This program will cover aerobic exercise, strength, flexibility, and nutrition. You will quickly learn how to work out correctly and more efficiently for your individual body type. It's time to get into the best shape of your life.

Initial Assessment with 8 week Program: \$89.00

Minimum group of four

