

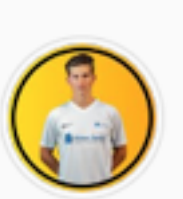


# Perform coach 1o1 Coaching services

|                           | <b>Stamina Plan<br/>(aerobic base building)</b> | <b>Football specific<br/>stamina plan</b> | <b>Football specific<br/>stamina plan + Stamina Plan<br/>(aerobic base building) (Bundle)</b> | <b>Nutrition Plan</b> | <b>Gym Plan</b> | <b>Gym plan + nutrition plan (Bundle)</b>  |
|---------------------------|---|---|---|-----------------------|-----------------|--|
| <b>Price</b>              | onetime payment: standard 5€, customized 10€    | standard 5€, customized 10€               | standard 7.5€, customized 15€   | 10€/month             | 15€/month       | 20€/month                                  |
| <b>Length</b>             | 4 weeks   | 4 weeks                                   | 4 weeks + 4 weeks   | 4 weeks               | 4 weeks         | 4 weeks                                    |
| <b>Additional service</b> | /   | /   | personal whatsapp number for 24h/7 support  | /                     | /               | personal whatsapp number for 24h/7 support |

| <b>More information:</b> |   |   | <b>What is needed from you</b>   | <b>Payment</b>   | <b>Testimonials</b>  |
|--------------------------|---|---|--|--|--|
| <b>Zooms calls</b>       | you will have the option to have zoom calls w/ me. One session lasts 45 minutes in which we can talk about everything you want. 2 zoom calls per month will cost 15€. You can also just have one (10€)  |   | <ul style="list-style-type: none"> <li>•listening to my advice</li> <li>•discipline</li> <li>•filling out the log sheets to track your progress (2 times per week) (only takes a few minutes)</li> </ul> | <ul style="list-style-type: none"> <li>•paypal</li> <li>•google pay</li> </ul>           | <p>Check out my story highlight cover "Community" and "Feedback" to see how many other athletes have already improved due to my programs.</p>   <p>Community      Feedback</p> |
| <b>Gym program</b>       | <p>the gym program will be a periodized and customized program on your individual needs for 4 weeks with optimal frequency and volume which fits to your current lifestyle. I will also pay attention to workload so you re optimally recovered for team training and match so you will get amazing results.</p> <ul style="list-style-type: none"> <li>•optimal program: order of exercises, sets &amp; reps, rest etc.</li> </ul> |   | <ul style="list-style-type: none"> <li>•gym and nutrition plan are monthly cancelable</li> </ul>   | <ul style="list-style-type: none"> <li>•if you have any questions just ask me</li> </ul> | <p>You can also check out "my story" on instagram to see my own transformation</p>  <p>My Story</p>   |
| <b>Nutrition plan</b>    | <ul style="list-style-type: none"> <li>•nutrition plan which fits to your lifestyle</li> <li>•you decide: counting calories or not</li> <li>•you can still enjoy your favorite food and eat w/ family &amp; friends</li> <li>•enhance performance &amp; energy on the pitch</li> <li>•recover faster and train more often &amp; reducing the chance of getting injuries</li> </ul>  | <ul style="list-style-type: none"> <li>•you won't get an exact meal plan (an exact meal plan is also not good for long term results cz you don't learn anything and you are not flexible)</li> <li>•you will get the perfect macro distribution in order to achieve your individual goal and other tips about meal frecueny &amp; timing etc..</li> </ul> |  |  |  |
| <b>Stamina plan</b>      | both stamina programs are perfectly in tune with each other. First you should do the aerobic program and then the football specific program. However, you can also start directly with the specific program, if you already have a "good" stamina.  | <ul style="list-style-type: none"> <li>•choose the standard program if you don't train anything else than stamina</li> <li>•choose the customized program if your also train other qualities, so i can customize the stamina plan around your workouts for optimal performance on team training and game day</li> </ul>                                   |  |  |  |