

Individual Programming by Stelios Perogiannis

All programs are custom made for your individual goals & needs and are designed for an 8 week period. If you wish to continue after that, the same will apply.

First we will go through an assessment to find out where you are at, what limitations you may have, and where you would like to be within a realistic timeframe. This will, of course, depend on how much time you have to devote on this particular skill, ability or challenge.

ONLINE

Assessment.

FREE 20 minute assessment (video preferred) or voice call if video is not an option,

We will run through the goal wished to achieve and take it from there.



Move onto next stage.

If you wish to continue, once I receive your payment, we can move onto the next stage.



Provide some photos.

You will provide a few photos or videos of your current level so I can see what we need to work on.



Personalized Program.

I will then design your personalized 8 Week Program, which will be in video format & pdf. Once you receive it, you are ready to get after it!



Weekly support.

With each 8 Week Program you will also have weekly support from me. You will be encouraged to send through progress videos for corrections and feedback.



Two 60 minutes session.

Your 8 Week Program does also include two 60 minutes Zoom or WhatsApp sessions that you can use when it is more convenient for you. I generally recommend the first session at the beginning so we can go through the program together and the other session about 4 weeks in, so we can adjust anything that is needed.



IN PERSON

Assessment.

The "In Person" programming does also include a 20 minutes assessment at the beginning. I can be in person, via video or call. Choice is yours however, I advise you do it in person, as much as possible.



Move onto next stage.

If you wish to continue, once I receive your payment, we can move onto the next stage.



Personalized Program.

I will then design your personalized 8 Week Program, which will be in video format & pdf. Once you receive it, you are ready to get after it!



Weekly support.

With each 8 Week Program you will also have weekly support from me. You will be encouraged to send through progress videos for corrections and feedback.



Two 60 minutes session.

Your 8 Week Program does also include two 60 minutes sessions to be conducted in person at your home, the beautiful outdoors or the gym. Please note that any extra gym cost is on you! You can use these sessions as you like, however, I recommend the first session at the beginning so we can go through the program together and the other session about 4 weeks in, so we can adjust anything that is needed.



Both options are amazing for all those of you that are really good at doing your homework and are self motivated.

Investment is €250.00
10% discount applies to returning clients. Saving of €25.