

# BuffMother! Trainer, Suzi Velinsky

Customized / 1-on-1 / In-Depth 10-Week BuffMother Training & Coaching Programs 2/2015

## 10-Week "Standard" Package

### 10 Work-Out Sessions &/or Phone Conferences

Sessions scheduled at the BuffMother Studio to teach boosting & buffing exercise routines: 10 hrs \*Upon completion of your 10 weeks, unused sessions expire. Extra sessions are available for an additional \$50/session. (Discount packages available)

### Personalized Exercise Plan (Boosting & Buffing)

exercises, reps, sets, Abs - according to your equipment available, hormone cycle, fitness level & knowledge, ability, injury issues, etc: 5 hours

### Customized Work-out Schedule (Boosting & Buffing)

what to do when and on what day. 10 weeks set to your current hormonal cycle: 5 hrs

### 2 Personalized Meal Plans (Boosting & Buffing 54321 Diet™) set to your food preferences & fitness level: 3 hrs

**Email Correspondence** I will reply within 48 hours to answer question/concerns/assistance: 13 hours (15min/5days/10weeks)

**2 Success Journals** (Boosting & Buffing eating journals) for you to print and help omit the guess-work out of your daily food intake.

**Weekly Challenges** (these are beyond daily W/O's) example: challenging you to eat no bread for one week, or 100 extra lunges per day for one week.

**Photo Analysis** (side by side before & after analysis) offered after submission of all photos: 1 hour

**Personalized Hormone Chart** offered for your future fluctuations to adjust your own eating & work-outs accordingly to your own cycle: 3 hours

**Total 40 hours @ \$60/hour = \$2400 Value for \$600 for 10-weeks of my personal attention!**  
(Offer subject to change without notice)

### How to Begin:

- Start with reading Michelle's book "Hormonal Timing"...it gives you a great base level of information about how I train myself and how I train my clients. [www.buffmother.com/suzi-velinsky](http://www.buffmother.com/suzi-velinsky)
- Then we'll begin with an initial client fitness/diet questionnaire to assess your fitness & diet history.
- Once completed, I will set up your personalized workout plan.
- Then we can schedule your first session. (I've found that the hour we have together in person needs to be focused on the workouts not all the "paper work". It's very hard to give a client all the info they need, plus a good workout during the short time we have together in person. Please begin following my "BuffMother Trainer" blog on [www.facebook.com/buffmothertrainer](http://www.facebook.com/buffmothertrainer)
- Full payment is accepted in cash or check to Suzi Velinsky.

## 10-Week "Elite" Package

### 10 Work-Out Sessions &/or Phone Conferences

Sessions scheduled at the BuffMother Studio to teach boosting & buffing exercise routines: 10 hrs \*Upon completion of your 10 weeks, unused sessions expire. Extra sessions are available for an additional \$50/session. (Discount packages available)

### Personalized Exercise Plan (Boosting & Buffing)

exercises, reps, sets, Abs - according to your equipment available, hormone cycle, fitness level & knowledge, ability, injury issues, etc: 5 hours

### Customized Work-out Schedule (Boosting & Buffing)

what to do when and on what day. 3 weeks to get started then we will adjust any possible changes to the next 3 week, ending with the last 4 week schedule: 6 hours

**2 Personalized Meal Plans** (Boosting & Buffing 54321 Diet™) set to your daily schedule, work-out times, food preferences & fitness level: 4 hours

**Daily Texting** I will reply within 12 hours to assist you in your new lifestyle changes: 20 hours (20min/day of texting-charting-responding = 20m /6days/10weeks)

**Guided Grocery Shopping Tour** 1 Hour of my personal assistance during a grocery store visit. Teach what to buy, how to begin label-reading, and helpful hints to K.I.S.S.

**2 Success Journals** (Boosting & Buffing eating journals) for you to print and help omit the guess-work out of your daily food intake.

**Weekly Challenges** (these are beyond daily W/O's) example: challenging you to eat no bread for one week, or 100 extra lunges per day for one week.

**Photo Analysis** (side by side before & after analysis) offered after submission of all photos: 1 hour

**Personalized Hormone Chart** offered for your future fluctuations to adjust your own eating & work-outs accordingly to your own cycle: 3 hours

**Total 50 hours @ \$60/hour = \$3000 Value for \$800 for 10-weeks of my personal attention!**  
(Offer subject to change without notice)

*"A goal without a plan is just a wish."*

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