

KUBA SYLVESTER-CIELEN

COACHING
INFORMATION
PACK

HEAD COACH - KUBA

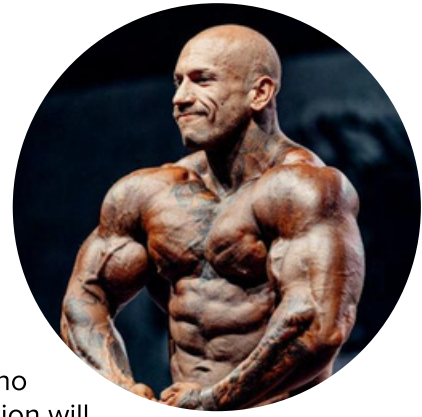
Thank you for your enquiry to join MK coaching with head coach **IFBB PRO Kuba Sylvester-Cielen**.

At MK we have different levels of coaching to suit your own individual wants/needs, so that we can match you with the best coach for you.

The service that I offer is solely for athletes who have the highest level of commitment, displaying meticulous work ethic which matches my team ethos. Only those individuals who fit with this ethos will be accepted into my team. Your application will only be accepted if you are looking to take your physique & development to the next level.

Before we begin I will need a detailed bio sent to me via email – **kuba@teammkcoaching.com** this should detail all information about you, current progress pictures, your competitive history and why you would like to join my team (if you have reached me through filling out an enquiry form, you can skip this step).

Once I have decided if you are the right fit for me or another MK coach, we can then get you set up as part of my team.



EXCLUSIVE KUBA COACHING INCLUDES:

- A full, detailed training and nutrition program, personalised to your individual needs.
- Support via WhatsApp or Phone as often as needed.
- Comprehensive check in process via a google sheet, communication & access outside of check ins and covering any questions you may have.
- Programme changes when needed.
- Analysis of your training videos.
- Educating you on the process of bodybuilding & self development on our journey.
- Access to exclusive Team Kuba website with content covering all bases from lifestyle to training education, to nutritional guidance etc.
- Access to the workout library with over 90 demonstrations and descriptions on how exercises should be performed.
- Weekly lectures, with Q+A (with access to playback recordings).
- Access to the Team Kuba community of athletes.
- My full support in reaching your goals.
- In person check ins when needed.

