KUBA SYLVESTER-CIELEN + MEG SYLVESTER-CIELEN

COACHING INFORMATION PACK

MK COACHING

HEAD COACHES - MEG + KUBA

Thank you for your enquiry to join MK coaching, with head coaches and IFBB PROs Meg Sylvester-Cielen + 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 we offer together is solely for athletes who have commitment at the highest level, displaying meticulous work ethic, which matches the team ethos. Only those individuals who fit with this ethos will be accepted into our team. Plans and coaching will be done collaboratively between Meg and Kuba.

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

Once we have decided you are the right fit for us or another MK coach, we can get you set up as part of our team.

MEG + 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 MK community of athletes.

• My full support in reaching your goals.

• In person check ins when needed.