

MAGDA DYGA

COACHING INFORMATION PACK

MK COACH - MAGDA

Welcome to the **MKCoaching** service - we are currently taking on individuals who are looking to make better choices, understand training concepts and better their knowledge around health, through continued education.

Our goal here is to help support you to become the best version of yourself and help find a healthy lifestyle that best fits you, your life, your work and your goals. We just ask for your honesty with good communication, to help you achieve your own personal goals.

As a team we have different levels of coaching for your own individual wants and needs. And will ensure you have a coach to support you with your goals.

We will break everything down below what we offer with our coaching, should you need to know anything else we can have a phone consultation.



RAN BY MK COACH MAGDA AND SUPPORTED BY MEG AND KUBA

MK COACHING INCLUDES:

- Support via WhatsApp.
- Weekly check ins completed via an extensive google sheet to gather data to support with your current goals.
- Changes when needed depending on your response – within check ins and/ or when we communicate.
- A full training & nutrition program individual to you (overseen by Head Coaches Kuba/ Meg)
- Full support throughout your current goals – growing phases, dieting phases (photo- shoots, holidays weddings, comp preps etc), helping to build a better food relationship and understanding of nutrition/training.
- We will ALWAYS answer your message by the end of the day without fail.
- Access to the private client content site with over 200 educational videos covering all bases – from lifestyle, to training education, to nutrition guidance etc.
- Weekly lectures, with access to playback recording.
- Access to our workout library (demonstrations and descriptions on how exercises should be completed – 90+ videos within this) – link will be via the private section of my website that you will get access to.
- Form analysis to help improve performance, reduce risk of injury and help progress.
- Life support – on how to help plan your day or any further support you need away from the gym/bodybuilding. To help build good routines and form good habits.