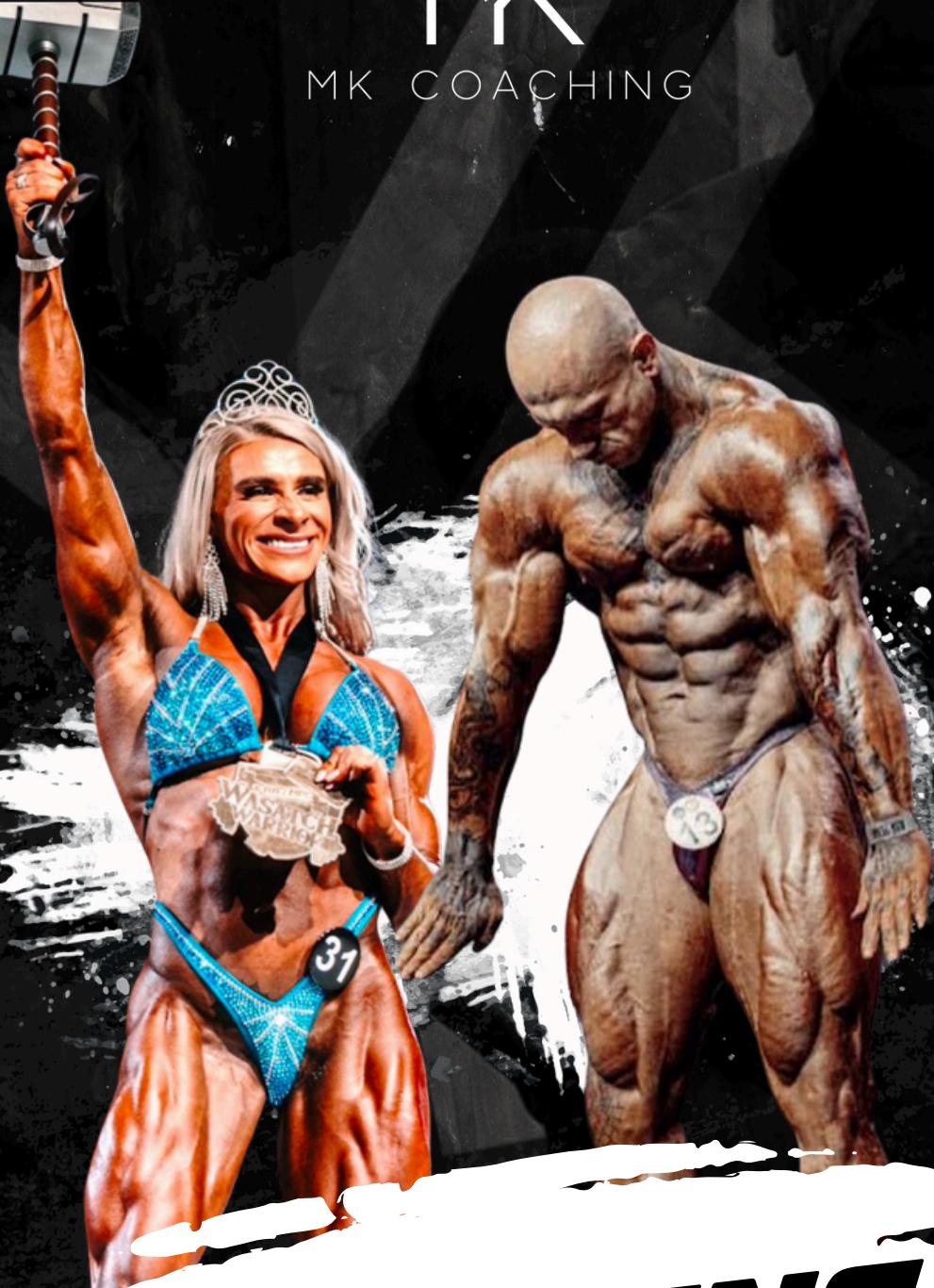




MK COACHING



# **COACHING INFORMATION PACK**

## HEAD COACHES

# **MEG & KUBA**



**MEG SYLVESTER-CIELEN**  
**IFBB PRO**

@MEGSYLVESTERCIELEN

**KUBA SYLVESTER-CIELEN**  
**IFBB PRO**

@KUBA\_SYLVESTER\_CIELEN

Thank you for your enquiry to join MK coaching, with head coaches and IFBB PROs  
Meg Sylvester-Cielen + Kuba Sylvester-Cielen.

At MK coaching we can find you the best coach and the right level of coaching support to suit your individual wants/needs. The service that we offer together is solely for athletes who have committed to 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](mailto: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, this is not necessary).

Once we have decided that 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 INFORMATION

# WHAT'S INCLUDED

- 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 and 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 and 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.
  - Our full support in reaching your goals.
  - In person check ins when needed.