



ZB Personal Training  
Be The Best You

## Packages

### PLATINUM

- 3x one to one session per week
- Nutrition guide
- Tailored Training Programme for the month
- 3x Check Ups + 3x Video review per week
- Free access to weekend bootcamp (COMING SOON)
- Free T-shirt
- Free Recipe Book (As released)

£400

### GOLD

- 2x one to one session per week
- Nutrition Guide
- Tailored Training Programme for the month
- 2x Check Ups + 2x Video review per week
- Free access to weekend bootcamp (COMING SOON)
- Free T-shirt
- Free Recipe Book (as released)

£280

### SILVER

- 1x one to one session per week
- Nutrition guide
- Tailored training programme for the month
- 1x Check Ups + 1x Video Review per week
- Free access to weekend bootcamp (COMING SOON)
- Free T-shirt
- Free Recipe Book (as released)

£160

### BRONZE

- 1x one to one session per week
- Nutrition Guide
- Training Guide
- Discounted access to weekend bootcamp (COMING SOON)
- Free Recipe book (As released)

£140