

Online Private Coaching.

FOUNDATION

\$149/month

- ✓ Access to COR workout library (coming soon!)
- ✓ Monthly personalized video plan (2 personalized videos)
- ✓ Weekly accountability check-in (message)

Perfect for:

Busy professionals who need structure + flexibility without overwhelming commitment.

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GROWTH

\$399/month

- ✓ Everything in Strong Start
- ✓ Bi-weekly Live Online workouts
- ✓ Monthly customised program (video + PDF)
- ✓ Bi-weekly progress check-ins
- ✓ Constant support from COR (form, recovery, accountability etc)

Perfect for:

Those who want personalised guidance + accountability, but still some flexibility in their schedule.

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TRANSFORM

\$995/month

- ✓ Everything in GROWTH
- ✓ Weekly 1:1 sessions (4–5/month)
- ✓ 1 free extra pre-recorded workout (3 total)
- ✓ Fully personalized weekly program updates
- ✓ Daily accountability check-ins (optional)

Perfect for:

High achievers who want premium support,
maximum accountability, and life-changing
results.

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EXTRAS

Add an extra Live Online workout or Pre-Recorded workout to level up your program:

Live Online: +\$40

Pre-Recorded: +\$120