

PRICE LIST

2025/2026

FROM MAY 1ST

PREPARED BY:

DYLAN GALLACHER





ABOUT ME

WITH A BSC IN SPORT SCIENCE, DYLAN'S JOB AS A PERSONAL TRAINER IS BEING DEDICATED TO MAKING YOUR NEXT PROGRAM AS SIMPLE AS IT IS EFFECTIVE, ENSURING YOU ACHIEVE THE BEST RESULTS POSSIBLE WITH THE BEST RESEARCH AVAILABLE.

ALL THE TRAINING METHODS USED WITHIN DYLAN'S CONDITIONING COMMUNITY ARE BACKED BY RECOMMENDATIONS FROM LEADING STRENGTH AND CONDITIONING ASSOCIATIONS AND ENHANCED BY INSIGHTS FROM TOP PHYSIOLOGY JOURNALS. THIS APPROACH ENSURES THAT EVERY SESSION WITH YOUR COACH IS NOT ONLY EFFECTIVE BUT ALSO SAFE AND SCIENTIFICALLY SOUND.

- BSC SPORT AND EXERCISE SCIENTIST
- LEVEL 4 STRENGTH AND CONDITIONING COACH
- LEVEL 3 PERSONAL TRAINER
- LEVEL 1 ANTHROPOMETRIST
- MEMBER OF UK COACHING

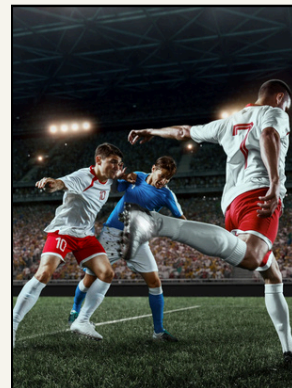
SEE OUR BLOG



POWER IN RUGBY



MEAL PLANNING



FOOTBALL MOBILITY



RESUME

BANNOCKBURN RUGBY FOOTBALL CLUB STRENGTH AND CONDITIONING COACH

WORKING WITH BANNOCKBURN DEMONSTRATES HOW A SMALL CLUB REQUIRES A HOLISTIC LEADERSHIP GROUP. WITH LIMITED TIME AND RESOURCES IT'S IMPORTANT THAT THE STRENGTH AND CONDITIONING COACH WORK CLOSELY WITH STAFF TO ENSURE A BALANCE BETWEEN RESISTANCE TRAINING, MOBILITY SCREENING, AEROBIC CONDITIONING AND SKILL ACQUISITION SO TO NOT TAKE AWAY FROM SPORT COACHING TIME. DEVELOPING LARGE RESISTANCE CIRCUITS REQUIRES CAREFUL PLANNING AROUND INJURIES, EQUIPMENT AVAILABILITY, TIME RESTRAINTS AND TRAINING AGE WHICH HAS CARRIED OVER NICELY INTO OTHER JOB ROLES.

STIRLING ALBION FOOTBALL CLUB (U-20'S) SPORT SCIENTIST & STRENGTH AND CONDITIONING COACH

WORKING ALONGSIDE STIRLING ALBION'S 1ST TEAM SPORT SCIENTIST IS DEVELOPING AN INSIGHT INTO HOW A STRENGTH AND CONDITIONING COACH CAN EFFECTIVELY PRESCRIBE TRAINING LOADS, NUTRITION RECOMMENDATION'S AND PHYSICAL FITNESS TEST'S TO A LARGE POPULATION USING GPS AND VIDEO ANALYSIS DATA. HOWEVER, MOST NOTABLY, THIS PLACEMENT ALLOWS ONE TO EXPERIMENT WITH THE INTRODUCTION OF INITIATIVES LIKE PERSONAL REFLECTION DIARIES, TRAINING LOGS AND FATIGUE QUESTIONNAIRES THAT HAVE SINCE INFORMED THE CREATION OF RESISTANCE TRAINING PROGRAM'S THAT THE PLAYERS HAD NOT YET BEEN EXPOSED TOO.

PURE GYM PERSONAL TRAINER & FITNESS COACH

THIS MOST RECENT WORK IN PERSONAL TRAINING HAS PROVIDED AN OPPORTUNITY TO PROGRAM AND COACH STRENGTH AND CONDITIONING ACROSS A BROAD ABILITY GROUP ON A 1-TO-1 BASIS. THIS POSITION HAS ALSO PERMITTED THE CREATION OF DYLAN'S CONDITIONING FROM THE BOTTOM UP. THIS WORK WITHIN PUREGYM HAS HIGHLIGHTED THE IMPORTANCE OF PROGRAM ACCESSIBILITY AND CONSTANT COMMUNICATION TO PROVIDE A REPUTABLE, RELIABLE AND ENJOYABLE EXPERIENCES TO CLIENTS. LEADING EXERCISES CLASSES AND DEMONSTRATING BARBELL MOVEMENTS ON A TRI-WEEKLY BASIS IN THE FITNESS COACH ROLE HAS DEMONSTRATED A PASSION FOR DEVELOPING STRENGTH IN NOVICE AND INTERMEDIATE LIFTERS THAT WAS NOT PREVIOUSLY OBSERVABLE .

GREENOCK MORTON FOOTBALL CLUB SHADOW FOOTBALL COACH

WORKING ALONGSIDE THE HEAD COACH OF GREENOCK MORTON'S YOUTH ACADEMY FURTHERED AN UNDERSTANDING OF INCLUSION AND TEAMWORK WHEN WORKING WITH YOUNG PEOPLE. THE ACADEMY WAS ALSO USEFUL IN HIGHLIGHTING THE IMPORTANT RELATIONSHIP BETWEEN IMPROVISATION AND ORGANISATION, IN THAT WHEN CHALLENGES APPEAR, A PREPARED COACH CAN STILL PROVIDE A QUALITY SESSION FROM SCRATCH.

BUSINESS POLICIES

BASIC PROGRAM POLICIES

WE BELIEVE THAT SHARING SOME OF OUR POLICIES CLARIFIES WHAT YOU CAN EXPECT BEFORE GETTING STARTED!

TRAINING SESSION LENGTH

EACH TRAINING SESSION IS SCHEDULED TO LAST ~45 MINUTES ALTHOUGH SHORTER AND LONGER OPTIONS ARE POSSIBLE.

PROMPTNESS

TO GET THE MOST OUT OF YOUR TIME, PLEASE BE READY TO TRAIN AT THE APPOINTED TIME OF YOUR CLUBS S&C SESSION AS OTHER CLIENTELE WILL MOST LIKELY BE BOOKED BEFORE OR AFTER YOURSELF SO ANY UNFORESEEN DELAY MAY REQUIRE YOUR COACH TO LEAVE BEFORE THE SESSION IS COMPLETE.

SESSION CONTENT

THE COACH WILL PREPARE EXERCISE CONTENT AS THEY SEE FIT. THIS EXERCISE CONTENT WILL BE DERIVED FROM THE OBSERVATIONS OF A PLAYER / SPORT ANALYSIS.

OTHER MEMBERS OF THE COACHING STAFF CAN OF COURSE MAKE REQUESTS TO CHANGE THE CONTENT OF THE SESSION.

CANCELLATION OF 1-2-1'S

YOU WILL NOT BE CHARGED FOR SESSIONS CANCELLED WITH MORE THAN 24 HOURS NOTICE. ANYTHING WITHIN A DAYS NOTICE IS LIABLE TO BE CHARGED.

EXCEPTIONS MAY BE MADE FOR SESSIONS THAT ARE RESCHEDULED WITH THE AGREEMENT OF THE COACH.

PAYMENT OF SERVICES

ALL TRAINING SESSIONS ARE INCLUDED WITHIN EACH PACKAGE. ADDITIONAL SESSIONS WILL BE CHARGED ON RECEIPT OF AN INVOICE.

ALL SERVICES ARE SERVED ON THE DYLAN'S CONDITIONING APP AND CAN BE PURCHASED VIA: WWW.DYLANSCONDITIONING.COM.

TRAINING LOCATION

YOUR TRAINER IS PRESENTLY BASED IN GLASGOW, MILNGAVIE. AS SUCH ALL 1-2-1'S FOR PLAYERS WILL BE DELIVERED VIA PUREGYM MILNGAVIE.

EXCEPTIONS CAN BE MADE WHERE THE COACH CAN ATTEND PRIVATE FACILITIES (TEAM/CLUB GYMS) WITH THE OWNERS PERMISSION.

PERSONAL TRAINING PACKAGES

LEARN MORE ABOUT OUR CURRENT PERSONAL TRAINING PACKAGES.

THESE HOLISTIC PACKAGES TACKLE NUTRITION, RESISTANCE TRAINING AND AEROBIC TRAINING AS WELL AS PROVIDE CONSTANT 1-2-1 MESSAGING AND REASSURANCE TO MAKE SURE YOU ARE ALWAYS ON TRACK.

MODES OF PAYMENT



IF YOU (THE CLIENT) CANCEL OR RUN LATE:

IF YOU CANCEL YOUR SESSION WITH LESS THAN 24 HOURS' NOTICE, OR FAIL TO SHOW, YOU WILL BE REQUIRED TO PAY 100 % OF THE SESSION FEE.

OTHER:

IF YOU (THE CLIENT) ARE LATE TO A SESSION, I WILL DO MY BEST TO GET THE MOST OUT OF THE REMAINING TIME LEFT IN THE SESSION AS I AM UNABLE TO RUN OVER TIME DUE TO PREVIOUSLY ARRANGED CLIENT COMMITMENTS.

ONLINE PACKAGE

ACCESS TO OUR APP
MEAL TRACKING TOOLS
BESPOKE PROGRAM
WEEKLY REVIEWS

£45



HYBRID PACKAGE

TWO 1-2-1 SESSIONS*
ACCESS TO OUR APP
MEAL TRACKING TOOLS
BESPOKE PROGRAM
WEEKLY REVIEWS

£80



ESSENTIAL PACKAGE

FOUR 1-2-1 SESSIONS*
ACCESS TO OUR APP
MEAL TRACKING TOOLS
HEALTH SCREENING
BESPOKE PROGRAM
WEEKLY REVIEWS

£140



ADDITIONAL SERVICES

LEARN MORE ABOUT OUR LIST OF ADD-ON'S AND ONE OFF ASSESSMENTS.

THESE ADDITIONAL SERVICES WILL PROVIDE INSIGHTS INTO YOUR BODY'S COMPOSITION, MOBILITY, AEROBIC CAPACITY AND MUCH MORE.

BELOW YOU CAN ALSO FIND OUT MORE ABOUT OUR TASTER SESSION'S AND HOW YOU COULD KICK START YOUR FITNESS JOURNEY WITH NO STRINGS ATTACHED.

MODES OF PAYMENT



IF YOU (THE CLIENT) CANCEL OR RUN LATE:

IF YOU CANCEL YOUR SESSION WITH LESS THAN 24 HOURS' NOTICE, OR FAIL TO SHOW, YOU WILL BE REQUIRED TO PAY 100 % OF THE SESSION FEE.

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IF YOU (THE CLIENT) ARE LATE TO A SESSION, I WILL DO MY BEST TO GET THE MOST OUT OF THE REMAINING TIME LEFT IN THE SESSION AS I AM UNABLE TO RUN OVER TIME DUE TO PREVIOUSLY ARRANGED CLIENT COMMITMENTS.

BODY COMPOSITION ASSESSMENT (ISAK)

£25

WITHIN THIS ASSESSMENT THERE IS AN OPPORTUNITY TO RECEIVE A PRECISE REPORT ON YOUR BONE MASS, MUSCLE MASS , AND BODY FAT PERCENTAGE. THIS COMPREHENSIVE ASSESSMENT PROVIDES TAILORED FEEDBACK TO HELP YOU UNDERSTAND YOUR BODY AND GUIDE YOUR TRAINING .

MOBILITY AND FLEXIBILITY SCREENING (ACSM)

£20

THIS ASSESSMENT WILL PROVIDE INSIGHTS INTO MUSCLE WEAKNESS, TIGHTNESS AND ALSO WHERE CORRECTIVE EXERCISE INTERVENTIONS MAY BE BEST SERVED. THIS SCREENING COVERS EVERYTHING FROM JOINT SPECIFIC RANGE OF MOTION TO FULL-BODY MOVEMENT PATTERNS.

AEROBIC CAPACITY TESTING (ACSM)

£20

SIMPLY PUT, THIS AEROBIC CAPACITY TESTING WILL PREDICTED A RELATIVE VO2 MAXIMUM VALUE TO YOU. BE SURE THAT THE TEST SELECTED WILL BE APPROPRIATE TO YOUR CURRENT TRAINING AGE AND FITNESS. SO ANYONE CAN BE ASSESSED! ONCE COMPLETED, YOU CAN COMPARE YOUR RESULTS TO GOVERNING BODY RECOMMENDATIONS FOR YOUR SEX AND AGE.

HEALTH SCREENING

£20

THIS GENERAL HEALTH SCREENING COVERS EVERYTHING FROM BLOOD PRESSURE, BODY MASS, WAIST TO HIP RATIO, HANDGRIP STRENGTH AND MORE. THIS COMPREHENSIVE SCREENING WILL IDENTIFY HEALTH MARKERS AND INFORM HOW YOU MIGHT BEST STRUCTURE YOUR NEXT EXERCISE ROUTINE.

PERSONAL TRAINING TASTER SESSION

£25

THIS SESSION GIVES YOU A FIRST-HAND EXPERIENCE OF PERSONALISED TRAINING, HELPING YOU TAKE THE FIRST STEP TOWARDS ACHIEVING YOUR FITNESS GOALS. IN JUST 60 MINUTES, YOU'LL GAIN THE CONFIDENCE AND CLARITY TO NAVIGATE YOUR FITNESS JOURNEY, KNOWING YOU HAVE EXPERT HELP EVERY STEP OF THE WAY.

ADDITIONAL INFORMATION

OUR MOVEMENT SCREENING

THE MOVEMENT SCREENINGS INCLUDED IN THE HOLISTIC AND ESSENTIAL PACKAGE COME STRAIGHT FROM THE AMERICAN COLLEGE OF SPORTS MEDICINE'S (ACSM) CORRECTIVE EXERCISE PROGRAM.

THIS ASSESSMENT WILL IDENTIFY WHERE TIGHTNESS, WEAKNESS OR IMBALANCES MAY BE IN AN ATHLETE. THIS PROGRAM ALLOWS THE S&C COACH TO PRESCRIBE CORRECTIVE EXERCISES TO IMPROVE JOINT ALIGNMENT AND TO REDUCE INJURY RISK.

CORRECTIVE EXERCISES

THESE EXERCISES GO THROUGH A PROCESS OF MYOFASCIAL RELEASE (FOAM ROLLING), STATIC / DYNAMIC STRETCHING, ISOLATED STRENGTHENING AND DYNAMIC MOVEMENT INTEGRATION. THIS ACSM BACKED PROVISION SHOULD ALLOW THE ATHLETE TO PERFORM AT THEIR BEST.

BODY COMPOSITION ASSESSMENT

UNDERSTANDING THE MAKE-UP OF YOUR ATHLETES CAN BE AN IMPORTANT PART IN ASSIGNING NUTRITION RECOMMENDATIONS, PRESCRIBING TRAINING LOADS, SESSION FREQUENCY OR EVEN IN INFORMING PLAYER POSITION.

HAVING REPEAT / REGULAR ASSESSMENT CAN ALLOW COACHING STAFF TO VISUALISE

RATE OF CHANGE, INTERVENTION SUCCESS ALONGSIDE TRAINING AND NUTRITION ADHERENCE.

COMPARING RESULTS (FIGURE 1) ACROSS ASSESSMENTS IS ALSO A GREAT MOTIVATIONAL TOOL FOR THE ATHLETE THEMSELVES AND SHOULD INFORM THEM OF WHAT IS REQUIRED TO MAKE PROGRESS.

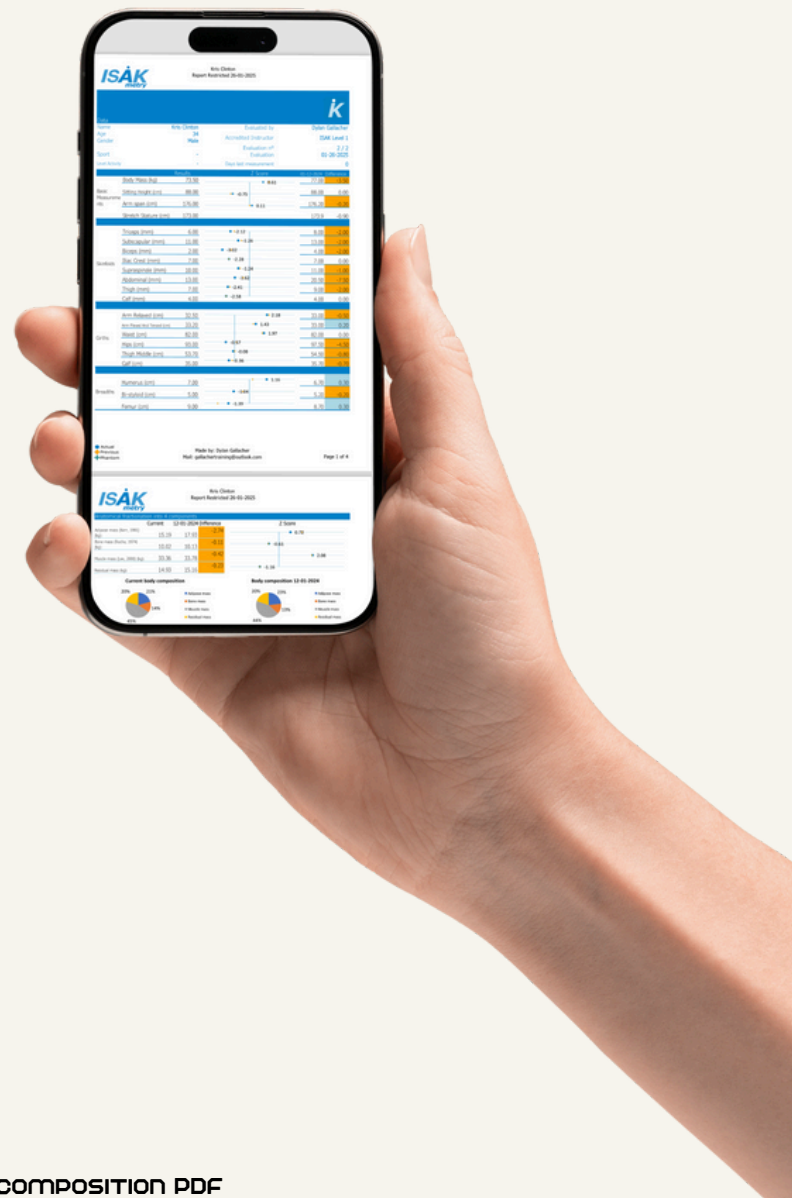
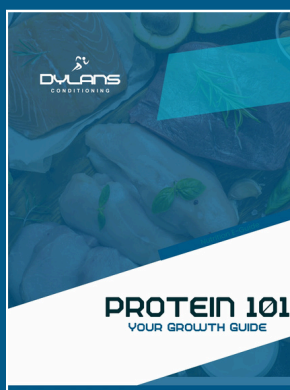


FIGURE 1. BODY COMPOSITION PDF

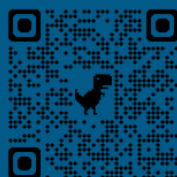
SEE OUR NUTRITION E-BOOKS



PROTEIN 101
£20



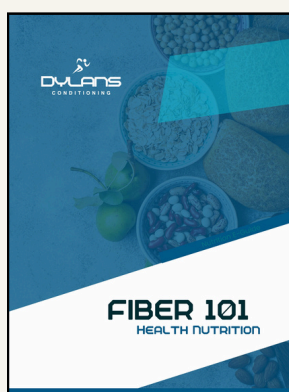
MACRO'S
£30



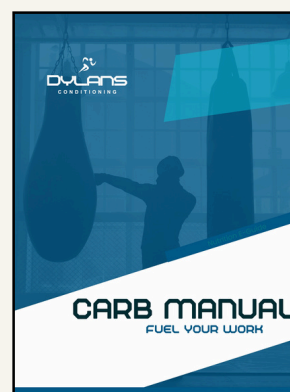
HYDRATION
£20



HOW TO SHOP
£20



FIBER 101
£20



CARB MANUAL
£20



QUICK NUTRITION

CARBOHYDRATE CONSUMPTION

THOSE WHO PARTICIPATE IN STRENGTH, RECREATIONAL, AND SKILL ACTIVITIES NEED APPROXIMATELY 5 TO 6 G OF CARBOHYDRATE PER KILOGRAM OF BODY WEIGHT.

THOSE WHO CAN EAT AT LEAST 4 HOURS BEFORE RECREATION / TRAINING SHOULD INCLUDE APPROXIMATELY 1 TO 4 G OF CARBOHYDRATE PER KILOGRAM BODY WEIGHT AND 0.15 TO 0.25 G OF PROTEIN PER KILOGRAM BODY WEIGHT.

IF THE PRE TRAINING MEAL IS CONSUMED 2 HOURS BEFORE EXERCISE, INDIVIDUALS SHOULD AIM FOR APPROXIMATELY 1 G OF CARBOHYDRATE PER KILOGRAM BODY WEIGHT.

THE IMPORTANCE OF PROTEIN

PROTEIN IS AN IMPORTANT THING, ESPECIALLY IN THOSE PARTICIPATING IN PHYSICAL ACTIVITY. FOR GOOD MUSCLE REMODELLING AND TONING, EXPERTS SUGGEST CONSUMING AT LEAST 20 TO 30 G OF PROTEIN PER MEAL AND EATING MEALS EVERY 3 TO 4 HOURS.

DAILY PROTEIN CONSUMPTION SHOULD SEE AN INDIVIDUAL CONSUME BETWEEN 1-2G PER KG OF BODYWEIGHT.

THE BENEFITS OF FRUITS AND VEGETABLES

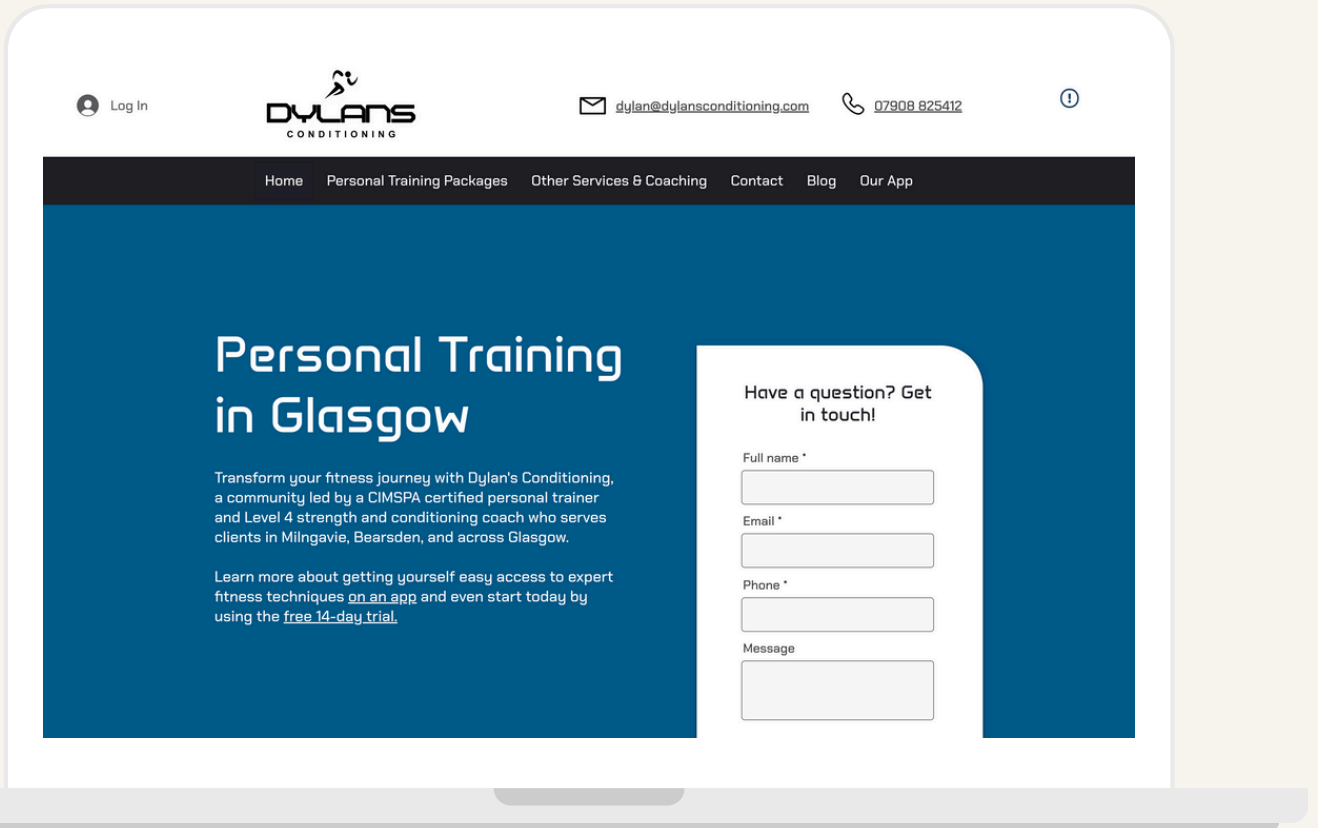
FRUITS AND VEGETABLES ARE RICH IN ESSENTIAL VITAMINS, MINERALS, ANTIOXIDANTS, AND PHYTOCHEMICALS THAT SUPPORT OVERALL HEALTH AND PROTECT AGAINST CHRONIC DISEASES SUCH AS HEART DISEASE, DIABETES, AND CANCER (SLAVIN & LLOYD, 2012). INCLUDING A VARIETY OF COLOURFUL FRUITS AND VEGETABLES IN THE DIET IS PARTICULARLY IMPORTANT, AS THESE FOODS HELP TO REDUCE INFLAMMATION AND IMPROVE IMMUNE FUNCTION.

HYDRATION STRATAGIES

THE REQUIREMENTS FOR WATER CONSUMPTION INCLUDE 3.7 L AND 2.7 L PER DAY FOR MEN AND WOMEN RESPECTIVELY.

ALL SOURCES OF FLUID, INCLUDING BEVERAGES SUCH AS COFFEE, TEA, JUICE, AND SODA, AS WELL AS THE FLUID IN FOODS, CONTRIBUTE TO MEETING A PERSON'S WATER NEEDS.

A LOSS OF 2% OR MORE OF BODY WEIGHT POST PHYSICAL ACTIVITY / TRAINING INDICATES THE INDIVIDUAL IS NOT ADEQUATELY REPLACING FLUID LOST THROUGH SWEAT.



WHAT'S NEXT

YOU'VE TAKEN A SIGNIFICANT STEP TOWARD BUILDING A STRONGER, HEALTHIER, AND MORE CONFIDENT YOU BY PICKING UP THIS BOOKLET. NOW THAT YOU HAVE THE INFORMATION AND INTENTION ON GETTING STARTED, WHY NOT TAKE YOUR JOURNEY EVEN FURTHER?

IF YOU'RE LOOKING FOR BESPOKE GUIDANCE, TAILORED WORKOUT PLANS THAT IS ALL DELIVERED ON AN EASY TO USE APP, GET IN CONTACT VIA THE WEBSITE.

WHETHER YOU'RE INTERESTED IN 1-2-1 PERSONAL TRAINING SESSIONS OR ONLINE COACHING, WE CAN WORK TOGETHER TO CREATE A PROGRAM THAT ALIGNS WITH YOUR SPECIFIC GOALS AND NEEDS.

