

CLIENT 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 AND STRENGTH AND CONDITIONING COACH 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
- ASSISTANT ATHLETICS COACH

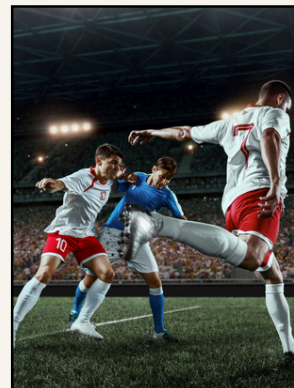
SEE OUR BLOG



POWER IN RUGBY



MEAL PLANNING



FOOTBALL MOBILITY



PERSONAL TRAINING PACKAGES

LEARN MORE ABOUT OUR CURRENT 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.

USE CODE: CLIENTCODE FOR 50% OFF E-BOOKS

USE CODE: CLIENTCODE50 FOR 50% OFF ADDITIONAL SERVICES

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.

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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.

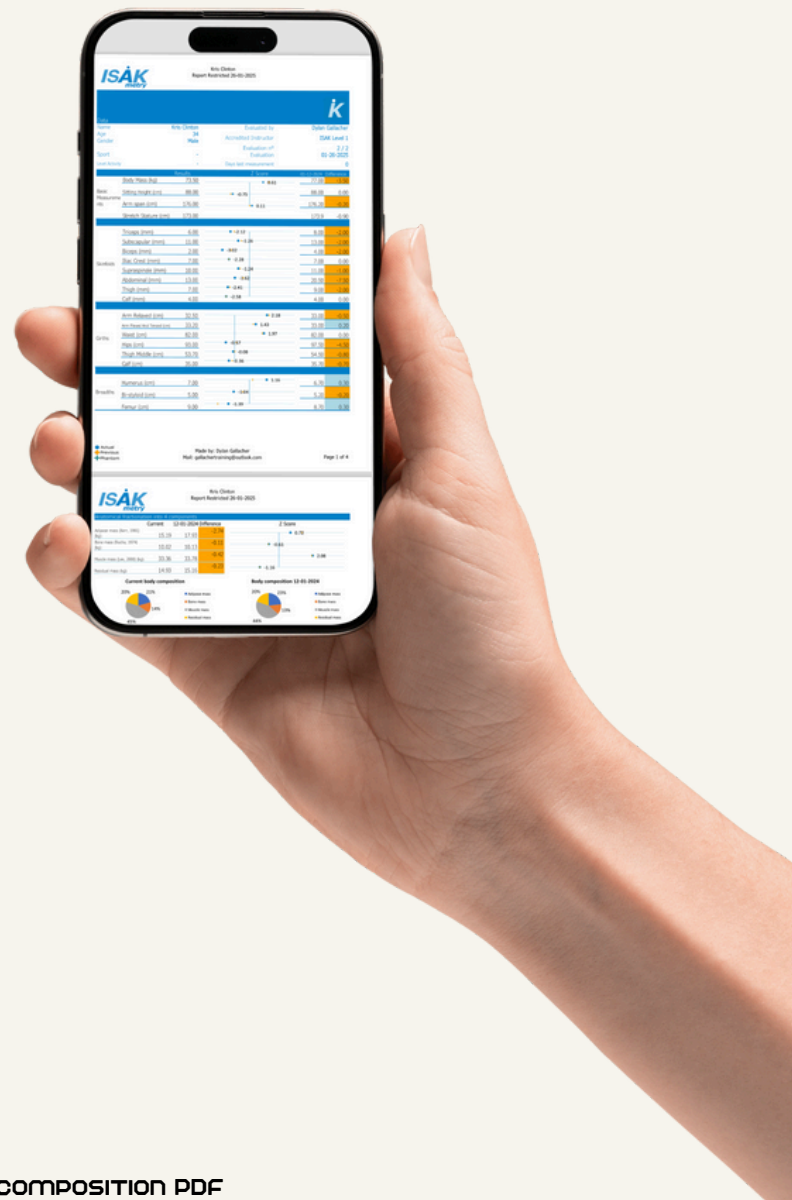
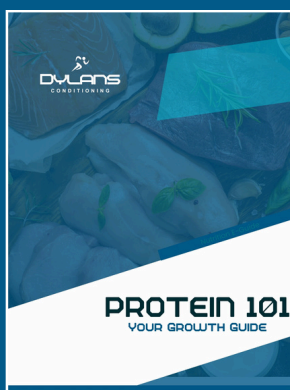


FIGURE 1. BODY COMPOSITION PDF

SEE OUR NUTRITION E-BOOKS



PROTEIN 101

£20



MACRO'S

£30



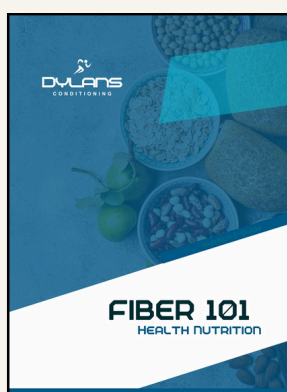
HYDRATION

£20



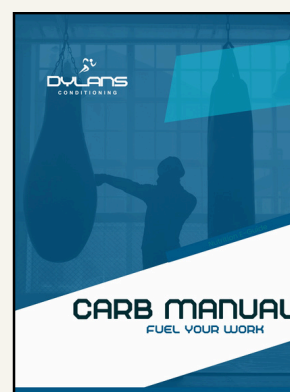
HOW TO SHOP

£20



FIBER 101

£20



CARB MANUAL

£20

