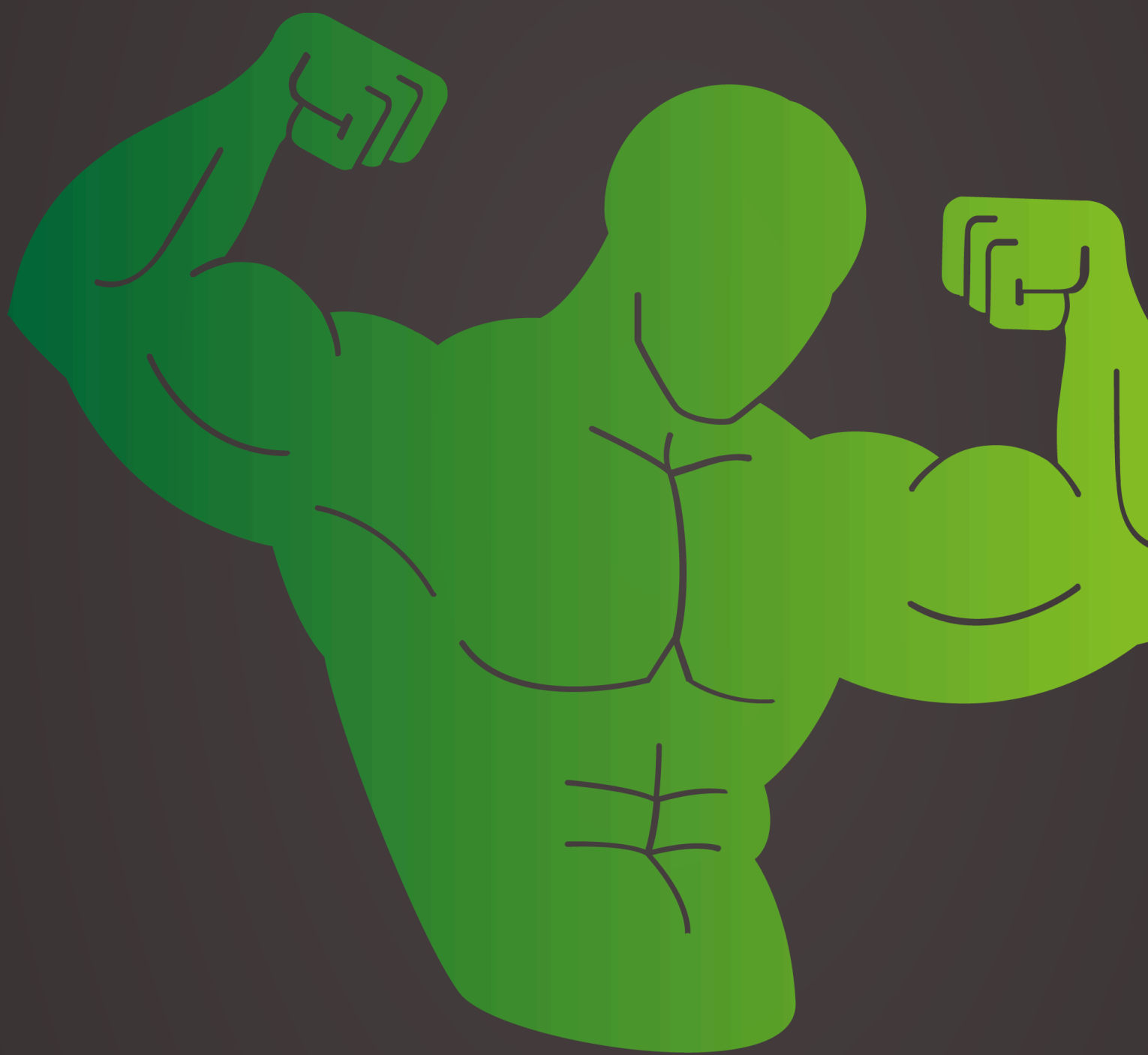




ONLINE COACHING · INFO PACK

THREE WAYS TO GET **COACHED.**

Basic. Complete. Premium.

Pick the one that fits your goal and your life.



Coach **Winno**

WHO'S COACHING YOU

I COACHED MYSELF FIRST.

I've coached people in person, 1:1 and in group classes, so I know what actually gets results for people with a job and a life.

I run my own training the way I'll run yours: every week logged, every change for a reason. (It worked: self-coached at ICN Coffs Harbour 2026, 1 gold, 2 silver, 1 bronze.)

My mission: Help busy people get the most out of their training with tried-and-tested intensity, workouts and programs that are proven to work.

1

PLAN BUILT FOR YOUR GOAL

Programs built around fat loss, muscle gain, strength or just getting started in the gym.

2

TRAIN + LOG IN THE APP

Your workouts, demos and nutrition targets all live in one place.

3

I CHECK, YOU ADJUST

Your data decides what changes. Not vibes, not guesses, everything is backed by science and I would genuinely never suggest something I wouldn't do myself.



Coach **Winno**

THE THREE TIERS

PICK YOUR LEVEL.

BASIC

Your plan, your app, your pace.

- Training program built around your goal
- Monthly macro and target review

\$150
PER MONTH

COMPLETE

RECOMMENDED

I review your training. Every week.

- Tailored program + weekly check-ins I review myself
- Video form feedback, fortnightly macro reviews

\$250
PER MONTH

PREMIUM

LIMITED SPOTS

Everything in Complete, plus me on speed dial.

- Fortnightly 1:1 video call + 24hr message replies
- Contest-prep & posing support, Hyrox Prep, bespoke service on best practices

\$500
PER MONTH

One's for people who want a plan, one's for people who want a coach, and one's for people who want me on speed dial. Billed monthly. Cancel anytime.

SIDE BY SIDE

WHAT'S DIFFERENT.

	BASIC \$150/MO	COMPLETE \$250/MO	PREMIUM \$500/MO
Training program	Built around your goal	Tailored to you	Tailored to you
Macro & target review	Monthly	Fortnightly, adjusted when your data says so	Fortnightly + bespoke targets & daily reminders
App to log training & nutrition	✓	✓	✓
Weekly check-ins I personally review	—	✓	✓
Video form review & feedback	—	✓	✓ same-week turnaround
Voice & video recorded responses	—	✓	✓
Exercise demos on request	—	✓	✓
Goal-specific program library	4 basic programs	Full library: 4 goal streams, 100+ workouts each	Full library
Message replies	As I'm able	Within 72 hours	Within 24 hours
1:1 video call	—	—	Every 2 weeks (30 min)
Contest-prep / peak week, or physique & posing review	—	—	✓

Not sure which one? Tell me your goal and how you like to train. I'll point you to the right fit. No pressure.



Coach **Winno**

ZERO LOCK-IN

NO CONTRACT. NO DRAMA.

Billed monthly. Cancel anytime. The only thing I want you locked into is your next PB.

1

PAY MONTH TO MONTH

Your card is billed monthly in advance through Stripe, same date every month.

2

CANCEL IN 2 CLICKS

Use the customer portal link in your receipt, or just message me. Cancel before your next billing date and you won't be charged again.

3

MOVE UP OR DOWN ANY MONTH

Start on Basic, step up to Complete when you want me watching. Your call.

Straight talk: I can't promise a specific result. Your outcome depends on consistency, sleep, food and effort. What I can promise is a proper plan, real feedback and a coach who actually reads your check-ins. Full details in the Terms: coachwinno.com/terms



Coach **Winno**

NEXT STEPS

READY? **HERE'S HOW WE START.**

1

BOOK A QUICK CALL

A Google Meet video call with me. Either you already know you want in, or you want a final round of questions before you commit. Both are welcome.

2

WE PICK YOUR TIER

We lock in your goal and the tier that fits. No hard sell.

3

I SEND YOUR LINKS

Your secure payment link and onboarding forms land straight after the call.

4

FINISH FORMS, I BUILD

Complete your health screening and goals form, I build your program, and we kick off.

To book: Reply to this message and let's find a time that suits you this week and I'll send the Google Meet invite.

Instagram @coach.winno · coach.winno@gmail.com

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