

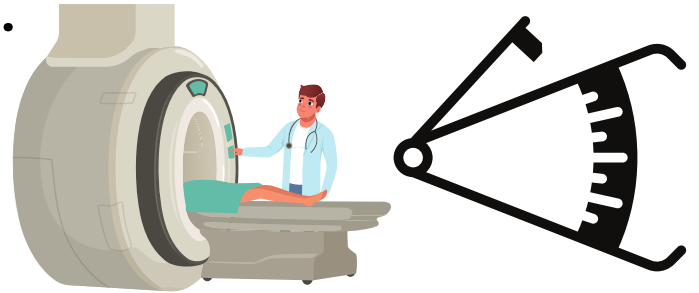


# PRICE PACKAGES

# BASELINE ASSESSMENTS



IN ORDER TO DEVELOP A TAILORED NUTRITIONAL PLAN FOR YOU, WE HIGHLY ADVISE A BODY COMPOSITION SCAN. THIS CAN BE DONE THROUGH A DEXA SCAN, INBODY SCAN, EVOLT 365 SCAN AND SKINFOLD CALIPERS (MUST BE ISAK TRAINED ASSESSOR).



WE ALSO HIGHLY ADVISE YOU TO OBTAIN BLOODWORK FROM YOUR GP IN ORDER TO ASSESS ANY NUTRITIONAL DEFICIENCIES.



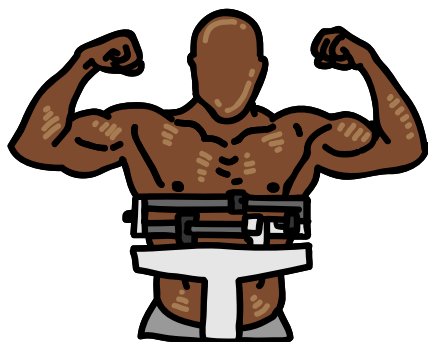
OUR METHOD AT CONDITION.NUTRITION IS TEST DON'T GUESS. IN ORDER TO GIVE YOU THE BEST AND MOST TAILORED PLAN POSSIBLE WE HIGHLY ADVISE THESE TESTS TO BE UNDERTAKEN.

# PRICE PACKAGES



ALL FIGHT CAMP PLANS INCLUDE:

TAILORED NUTRITION PLAN  
SUPPLEMENT GUIDE  
HEAT ACCLIMATION PROTOCOL  
ACCESS TO OVER 200 RECIPES  
FIGHT WEEK GUIDE &  
WEIGHT-CUT STRATEGY  
POST WEIGH-IN REFUEL  
FIGHT DAY NUTRITION



ALL PLANS ARE ACCESSIBLE VIA AN  
APP MAKING YOUR LIFE THAT MUCH  
EASIER DURING FIGHT CAMP

**SENPRO**

POWERED BY THE IOPN

# WEEKLY PACKAGES



**SILVER \$50 P/W**

**FORTNIGHTLY NUTRITION PLAN  
FORTNIGHTLY CHECK INS**

**GOLD \$70 P/W**

**15 MIN CONSULT  
WEEKLY CHECK INS  
WEEKLY ADJUSTMENTS**

**PLATINUM \$100 P/W**

**30 MIN CONSULT  
WEEKLY VIDEO CALL (15 MINS)  
TWO CHECK INS WEEKLY  
UNLIMITED ADJUSTMENTS TO PLAN**

**ADDITIONAL COSTS**

**CONSULTATION CALL (30MINS)**

**\$100**

# FITNESS & BODY COMP TESTING



**VO2MAX TEST: \$175**

**RMR TEST: \$100**

**BODY FAT ASSESSMENT VIA  
ULTRASOUND: \$80**

**3 TESTS COMBINED: \$265**

**FOR FURTHER INFORMATION  
EMAIL**

**CONDITIONNUTRITION@YAHOO.COM**