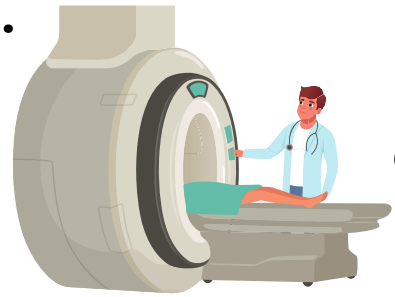
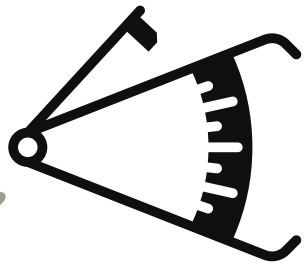
PRICE PACKAGES

BASELINE ASSESSMENTS

CONDITION
NUTRITION

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.

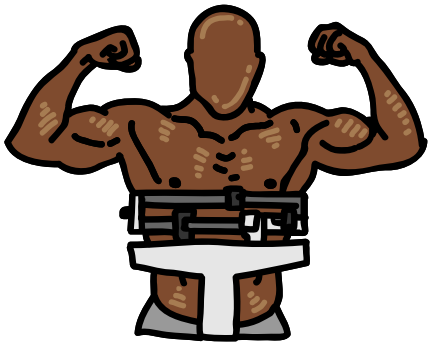
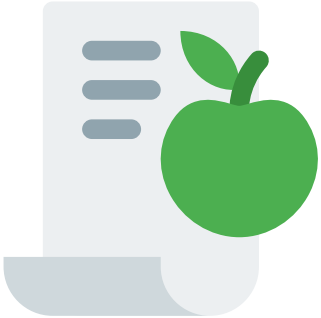
OUR METHOD AT CONDITION.NUTRITION IS TEST DON'T GUESS. IN ORDER TO GIVE YOU THE BEST AND MOST TAILORED PLAN POSSIBLE WE HIGHLY ADVISE THESE TESTS TO BE UNDERTAKEN.

PRICE PACKAGES

CONDITION NUTRITION

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

CONDITION
NUTRITION

SILVER $45 P/W

INITIAL 15 MIN CONSULT
FORTNIGHTLY NUTRITION PLAN
FORTNIGHTLY CHECK INS

GOLD $65 P/W

30 MIN CONSULT
WEEKLY CHECK INS
WEEKLY ADJUSTMENTS

PLATINUM $90 P/W

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

ADDITIONAL COSTS

CONSULTATION CALL (30MINS)
$100