

ANDY TANAKA

# The Muscle Building Package

FOR ONLINE COACHING



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Tanaka Training

# OUR ANSWER

## MAKING STRATEGIC GAINS

Our **Muscle Building Package** focuses on accelerating muscle growth, empowering you to make serious gains. Gym equipment, membership or not, we can make it happen!

Your tailored plan will follow fundamental principles of muscle building while zeroing in on the muscle groups you wish to enhance.

To ensure strategic progression, we'll track your progress and keep you accountable while providing a tailored nutritional plan that feeds your muscles optimally. Let's make some gains!

# Client Results



Doug gained 4kg of muscle in his arms & chest, creating his holiday ready physique!



Jasper gained 10kg of muscle, taking him from a kids-13 shirt size to a Mens S!



De'yon built his upper body and leaned out his abs, forming a new-found body that he was proud of!

# What's included?



## **TAILORED PROGRAMME**

Your own tailored fitness programme updated monthly.



## **NUTRITIONAL GUIDANCE**

Expert guidance on smart eating that keeps your lifestyle in mind.



## **PERSONAL TRAINING DIARY**

Your own progress diary for focused training & nutrition tracking.



## **WEEKLY CHECK-INS**

Weekly training & nutrition accountability check-ins to keep you accountable.

# What's included?



## **PROGRESS REASSESSMENTS**

Goal setting and progress reassessment every 4 weeks, including photos, weights and measurements.



## **VIRTUAL ANALYSIS**

Send over an unlimited number of video recordings of exercises you're unsure for expert tips and feedback.



## **SUPPORT ANYTIME**

Any questions you have or simply want support? We're just a call or message away!



## **100% MONEY BACK GUARANTEE**

If you've stuck to everything we planned and still didn't achieve results.

# Take your pick

**£240\*** p/month

3 MONTH MEMBERSHIP

[CLICK TO SIGN UP](#)

**£200\*** p/month

6 MONTH MEMBERSHIP

[CLICK TO SIGN UP](#)

**\*All paid through direct debit**



# That's it!

Congratulations on starting the journey to challenge yourself! We can't wait to help you discover your new found strength and muscular physique. Let's make some serious and strategic gains!"

Andy Tanaka

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