

$399 SINGLE

$599 2 PEOPLE

GET LIFTED JUMPSTART PROGRAM

3 Private Sessions (to be used within 1 month after initial assessment)
Selina will take you through each workout in your take-home exercise program.

Fitness & Nutrition Assessment
A basic medical history questionnaire, setting short-term & long-term fitness goals, and a body analysis.

60-90 minutes.

Take-Home Workout Program + Consultation
A 3-day exercise plan, designed by Selina, for you to follow at home or a gym with Selina's continued support & guidance.
Along with a discussion of your assessment results and review of your customized exercise & meal plan regimen.
This consultation (15 minutes) and your 1st workout (45 minutes) will be done during the same appointment.

Policies & Procedures:
-It's recommended to consult with your physician before starting any exercise or nutrition plan.
-The full payment of $399 can be made by CashApp or Apple Pay.
-Payment must be made to reserve your assessment time slot.
-Your program will have an expiration date by which all your appointments with Selina must be used. Program should be used 1 month after payment is received.
-Medical History, Release of Liability, & Cancellation Policy will be sent via email & must be submitted at least 24 hours before your assessment.
*Buddy Training available for 2 people with similar fitness levels & goals. Price of the program for 2 people is $599.