CONTRAST STRAINING PLANS

	Written Training Programs	Recorded Training	Livestream Training
Health pre-screening			\bigcirc
Free consultation			\bigcirc
Weekly training			\bigcirc
Peronalised to home setup			
Check-ins for accountability			
Delivery	Email - PDF	Vimeo	Zoom
Visual demonstration	\mathbf{x}		\bigcirc
Verbal feedback	×		
Realtime feedback	×	\mathbf{x}	\bigcirc
Social	\mathbf{x}	(\mathbf{x})	