YNG 35 PERFORMANCE COACHING

COACH NATE

35-DAY TRANSFORMATION

DISCIPLINE DOESN'T NEGOTIATE.

Five weeks. A personal plan. Clear direction every step of the way.

JUST

$20 / DAY

About the cost of one meal a day.

35 DAYS / COMPLETE PROGRAM

$700

Training + nutrition + coaching

YOUR DAILY SYSTEM

TRAINING + COACHING

Daily cardio + fitness: at least two planned sessions, with intensity and recovery tailored to you. Step-by-step guidance through every workout during the learning phase.

NUTRITION + RECIPES

A daily meal plan with two main meals and one snack, plus recipes. Portions and food choices matched to your goals, training and energy needs.

YOUR FIVE-WEEK JOURNEY

01 — **WEEK 1 / ADAPT & LEARN**

Ease into the routine, learn movement technique and build consistency with close coaching and full progress tracking.

02 — **WEEK 2 / BUILD THE ROUTINE**

Begin structured training and bring your meal plan into alignment with your goals and daily schedule.

03-04 — **WEEKS 3 & 4 / PROGRESS WITH PURPOSE**

Execute your plan with precise technique. Progress weights, workout performance and conditioning as your body adapts.

05 — **WEEK 5 / FINISH WITH FOCUS**

A results-focused final week with up to three daily sessions, tailored to your readiness and recovery. Optional fasting only when suitable; nutrition stays focused on fueling performance.

BOXING / SWIMMING / STRETCHING / BODYWEIGHT / CARDIO / CORE

YOUR NEW GUIDE TO A STRONGER YOU.

Start your 35 days with Coach Nate.

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Individual progress varies. Session intensity and nutrition are personalized.