



THE COACHING GUIDE / A.M FITNESS

ONLINE FITNESS + NUTRITION COACHING

# YOUR LIFE. YOUR PACE. YOUR NEXT CHAPTER.



1%  
BETTER

Build strength. Feel fitter. Find your rhythm.

Personal coaching with Aqeel Rajak, built around the life you actually live.

ETA COLLEGE QUALIFIED / 10+ YEARS IN THE INDUSTRY

EXPLORE YOUR PLANS

CHAT WITH AQEEL

STRONGER. FITTER. HEALTHIER YOU.

## 02 / THE PERSON IN YOUR CORNER

# PERSONAL. PRACTICAL. NO GUESSWORK.

## COACH AQEEL RAJAK

Certified personal trainer / ETA College

10+

Qualified through ETA College in Fitness & Nutrition, Aqeel brings over 10 years in the industry to your training and nutrition journey.

From your first workout to your next strength goal, your programme is shaped around your life, goals and body. At home or in the gym. Beginner or experienced lifter.

FAT LOSS / MUSCLE BUILDING / STRENGTH / NUTRITION

03 / BUILT FOR THE LIFE BETWEEN WORKOUTS

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# YOUR PLAN. YOUR EVERYDAY RHYTHM.



## TRAIN WITH PURPOSE

A custom programme built around your goals, experience and how you train.

## FUEL YOUR GOALS

Personalised nutrition alongside training, delivered through Trainerize.

## GET THE RIGHT SUPPORT

Choose independent training, weekly accountability or extra personal guidance.

# SMALL STEPS. CLEAR DIRECTION.

## 01 START A CONVERSATION

Begin with a free WhatsApp consultation. Share your goals and ask questions before choosing a plan.

## 02 CHOOSE & COMPLETE ONBOARDING

Choose your package, arrange payment and complete onboarding so Aqeel can personalise your programme.

## 03 GET YOUR PROGRAMME

Your training and nutrition plan is delivered through Trainerize. Follow sessions and track your progress in the app.

## 04 BUILD YOUR RHYTHM

Monthly coaching includes weekly check-ins and adjustments. The 12-week base plan supports independent training.

# FUEL YOUR GOALS. KEEP YOUR LIFE.



Good food.  
Real life.  
Room to enjoy it.

Each package includes a nutrition plan. Discuss your preferences, routine and needs during onboarding.

Premium adds advanced nutrition guidance, plus lifestyle and habit coaching.

PERSONALISED TRAINING + NUTRITION, TOGETHER.

06 / YOUR OPTIONS, CLEARLY

# YOUR GOAL.

## YOUR LEVEL OF SUPPORT.

Choose a custom plan to follow independently, or ongoing coaching with accountability.

### 12-WEEK PLAN

**R1,200**

once-off

Custom 12-week training

Nutrition + tracking

Trainerize app access

Self-guided base plan

### COACHING

**R1,549**

per month

Custom training + nutrition

Weekly check-ins

WhatsApp support

Monthly adjustments

Trainerize app access

### PREMIUM

**R1,649**

per month

Everything in Coaching

Monthly 1:1 call

Priority WhatsApp support

Advanced nutrition

Lifestyle + habit coaching

12-week bonus: a free first month of Premium, worth R1,649. Claim via WhatsApp after checkout. Continuing Premium is optional at R1,649/month.

ZAR pricing checked 2 October 2026. See website for current offers and terms.

07 / MONTHLY COACHING

# COACHING

**R1,549 / MONTH**

Weekly support. Clear direction.

Custom training programme and nutrition plan, weekly check-ins, WhatsApp support, monthly adjustments and Trainerize coaching app access.

For people who want ongoing accountability and support.



**COACHING**  
PERSONALISED SUPPORT. REAL RESULTS.

**R1549** per month

Choose Coaching →

-  **App access to your plan**  
Training, nutrition & full tracking.
-  **Custom training programme**  
Built for your goals.
-  **Nutrition plan**  
Simple, sustainable & effective.
-  **Weekly check-ins**  
Accountability & ongoing support.

**ASK ABOUT THIS PLAN**

08 / EXTRA PERSONAL GUIDANCE

# PREMIUM

**R1,649 / MONTH**

More personal guidance.

Everything in Coaching, plus one monthly 1:1 coaching call, priority WhatsApp support, advanced nutrition guidance, and lifestyle and habit coaching.

Shown as Premier in the supplied artwork.



**PREMIER**  
MORE SUPPORT. BETTER RESULTS.

**R1649** per month

Choose Premier →

-  **Everything in Coaching**  
Training plan, nutrition, check-ins & app access.
-  **Monthly 1:1 coaching call**  
Direct support and accountability.
-  **Priority WhatsApp support**  
Faster replies and ongoing guidance.
-  **Advanced nutrition guidance**  
More detailed support for your goals.
-  **Lifestyle & habit coaching**  
Build sustainable routines and better results.

ASK ABOUT THIS PLAN

09 / YOUR INDEPENDENT START

# 12-WEEK PLAN

**R1,200 ONCE-OFF**

A custom plan to follow.

12-week custom training, nutrition plan, progress tracking and Trainerize access. No monthly commitment. The base plan is self-guided, without weekly check-ins or ongoing WhatsApp coaching.

Free first Premium month included. Claim after checkout via WhatsApp; continuing Premium is optional at R1,649/month.



**12-WEEK TRANSFORMATION PLAN**  
TRAINING | NUTRITION | FULL TRACKING

**R1,200** once-off

[Get Your 12-Week Plan →](#)

-  **12-week custom training programme**  
Built for your goals.
-  **Personalised nutrition plan**  
Simple, sustainable & effective.
-  **Progress tracking**  
Track your results inside the app.
-  **Coaching app access**  
Your complete plan in one place.
-  **One-off payment – no monthly commitment**  
Self-guided plan (no weekly check-ins or ongoing WhatsApp coaching).

[ASK ABOUT THIS PLAN](#)

## 10 / YOUR NEXT CHAPTER

# REAL PROGRESS. BUILT OVER TIME.

Progress can include more consistent habits, better training performance and more confidence in your next step.

Results vary with your starting point, consistency, recovery and circumstances. There is no guaranteed transformation or fixed result timeline.

## START WITH A FREE CONSULTATION.

Share your goal. Find your plan.  
Get a clear next step with Aqeel.

**FREE WHATSAPP CONSULTATION**



SCAN TO CHAT

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**Book a consultation**

Durban, South Africa