

Programmes, Pricing, and Services Offered

Full Name (Name and Surname): _____ Date: _____

Age: _____

Gender: _____

Weight: _____

Height: _____

Fitness and Training Goal: _____

School (If and where applicable): _____

Sport (If one participates in any sport): _____

Please select the programme or package that you would like for us to conduct and assist you with from below. Please place a number in the “**Order Quantity**” column. For example, **1 = 1 Session; 2 = 2 Sessions; 3 etc...**

Tests and conditioning programmes and packages offered per person / or per athlete	Single Package Prices Per Session, per Person / or Per Athlete (Unless Stated Otherwise) – minimum time for a session is 45 minutes, and maximum time for a session is 1 hour 25 minutes	Order Quantity (Example: 1, or 2, etc.)
1) Fitness, Aerobic, Cardiovascular Endurance, Endurance, and Vo2 Max testing & conditioning	R 889. 99	
2) Flexibility testing and conditioning	R 749. 99	
3) Anthropometric testing	R 299. 99	
4) Functional Movement Screening (FMS)	R 899. 99	
5) Muscular Endurance and Stability testing & conditioning	R 889. 99	
6) 1 Rep Max (1RM) testing and conditioning: Strength and Power conditioning	R 889. 99	
7) Olympic Weightlifting and CrossFit Conditioning	R 889. 99	
8) High Intensity Interval Training (HIIT), Speed / Sprint, and Agility testing and conditioning	R 889. 99	

9) Plyometric, Body Weight, Calisthenic, and Velocity Based testing and conditioning	R 889. 99	
10) Metabolic Conditioning (MetCon)	R 889. 99	
11) Sports Specific Field Testing and Conditioning	R 889. 99	
12) Periodisation of Elite Athletes	R 889. 99	
13) Advanced Conditioning – Stability, Balance, Co-Ordination, and Reaction (Neural Based – Eye & Vision, and Listening, and Speaking)	R 889. 99	
14) School testing and conditioning – Please note number 7 below	Starting from R 1 499. 99 per school sports team OR R 499. 99 per person (Athlete) who is under the age of 15 – Thereafter R 889. 99 for anyone who is over the age of 15 but under the age of 20).	
15) Weight Loss and Muscle Hypertrophy (Gain) and / or Body Building Training Plans only and Exercise Prescription only	R 499. 99	
16) Personal Training and Exercise Prescription (we come to you, and we bring our own equipment for the session)	R 889. 99	
17) Full Athletic Package (per Athlete) – Testing and a Single Conditioning Session.	R 1 499. 99	
18) Single Athletic Packages – Testing Only, OR Conditioning Session Only, OR Sports Specific Conditioning Training Plan Only (for any Single Season: Off / Pre etc.).	R 749. 99	
19) Sports Biomechanics and Posture Re-alignment.	R 1499. 99	
20) Holistic and / or Sports Massage.	From R 499. 99	

For the **Monthly** Personal Training and Exercise Prescription Packages below, please mark with an “X” under the “Order Quantity” Column

Monthly Personal Training and Exercise Prescription Packages per Person (Unless Stated Otherwise) – From the Table above as Number 16 above					
Packages	Total Number of Sessions	Sessions per week	Total Cost of Package	Discount for referrals with positive outcomes	Order Quantity
Option 1	4	1	R 1 499. 99	R 90. 00	
Option 2	8	2	R 2 099. 99	R 100. 00	
Option 3	12	3	R 2 499. 99 (Recommended)	R 150. 00	
Option 4	16	4	R 3 799. 99 (Recommended)	R 180. 00	
Option 5	20	5	R 3 999. 99	R 200. 00	

Payment Options for the Monthly Packages:

- 1) 100% Within 72 hours before the commencement of first session.

Please can you also provide us with the (your) address and details that the Testing and Conditioning Programmes (or the Personal Training and Exercise Prescription) will be conducted at:

- 1) Name of Business, or Residential Complex, or Company, or Estate: _____
- 2) Street number, or house number: _____
- 3) Street Name: _____
- 4) Area or Suburb: _____
- 5) City or Province: **Johannesburg, Gauteng (areas serviced only).**
- 6) Postal Code: _____

The details asked for above are a strict requirement and will be kept confidential, and only for the use of business purposes, so that we can come to you with our equipment and conduct or assist you with the relevant programme that you have selected.

For more information, explanations, and better understanding of the 16 testing and / or conditioning programmes mentioned above, please refer to the link provided below:

<https://www.adcons.co.za/services/>

Other great packages that we also offer:

1. If one wants to add an Additional Service over and above their Main Package from any one of the selected packages below: An added single testing and / or conditioning programme will cost an additional R 499. 99 over and above the selected Personal Training or testing / conditioning programme from the list above, per session. This will work out as a combo package (so 2 different programmes in a single session. One may choose any one more testing and / or conditioning programme from the list of sixteen above). A maximum of two testing and / or conditioning programmes can be selected per session (You may mix and match). 😊

2. Monthly Personal Training and Exercise Prescription Packages, from above, are explained in detail here: Option 1 – Personal Training or testing and / or conditioning sessions for R 1 499. 99 This will work out to 1 session per week (which runs over a full month period). Days of Personal Training or testing and / or conditioning can be any day of the week or weekend, with times being arranged for. 😊
3. For option 1, the 4-session package, from above, referrals with a positive outcome will result in you getting a discount on the 4-session package if you have chosen this package. – See number 3.1 below: 😊
 - 1) The package of 4 sessions will be discounted a further R 90. 00 (over and above the R 1 499. 99). This works out to a total of R 1 409. 99 saving you R 90. 00 😊
4. 20 Personal Training or testing and / or conditioning sessions for R 3 999. 99 This will work out to 5 sessions per week (which runs over a full month period). Days of testing and / or conditioning will be on a Monday, Tuesday, Wednesday, Friday, and Saturday with times being arranged for. There is a referral discount for this 20-session package – See number 5.1 below. 😊
5. For the 20-session package, referrals with a positive outcome, will result in you getting a discount on the 20-session package if you have chosen this package. 😊
 - 1) The package for 20 sessions will be discounted a further R 200. 00 (over and above the R 3 999. 99). This works out to a total of R 3 799. 99 saving you R 200. 00 😊
6. Remember that we come out to you (your home / place) or to your chosen place of preference, so we will be bringing along some of our own testing, training and / or conditioning equipment. 😊
7. School packages start from R 1 499. 99 per school sports team. For individual school athletes it is R 499. 99 per person who is under the age of 15. Thereafter R 889. 99 for anyone who is over the age of 15 but under the age of 20. 😊

I have Read, Understood and Signed the Consent and Par-Q form? Yes / No

Signature: _____

NOTE: If “No” has been selected in the above statement, we cannot continue further with the Personal Training, Testing, and providing any Programmes and / or Physical or Performance conditioning.

Payment Options:

Banking Details:

Account Name:

Bank:

Account No:

Code:

Reference:

We are a registered business.

EFT or account Transaction preferred.

Please email us on info@adcons.co.za for these details.

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Will be communicated...

Other Extra Notes and Comments:

