



### **What is Dragonnet?**

Online one-on-one training, together with nutrition and coaching with fitness, nutrition and health professionals from the comfort of your home, home gym or standard gym.

### **What is the format of the training?**

You will be provided with exercises and videos for each training session. Training reps and sets will be in the format: “sets x reps @ rest”. For example, 4 x 8 @ 60 which means 4 sets of 8 reps with 60 seconds rest in between sets.

### **How will I know how to do the exercises?**

Videos are included for all your assigned exercises. Please look through these ahead of your workout and let us know if you have any questions regarding form, set up etc. There is also an option to take videos of your form and message them to us with your specific questions.

### **When will I receive an answer from my private message to my coach?**

You will receive a response within 48 hours.

### **I can now use a gym, can you amend my training?**

Yes of course, we can amend your programme for the next four week cycle.

### **I have no equipment at all at home, can I still train with you?**

Yes absolutely, this programme is tailored for the equipment and time that you have right now.

### **How can I pay?**

By bank transfer or Paypal.

### **How can I cancel?**

You can choose not to renew at anytime. We recommend that you train for a minimum of 12 weeks. Consistency and regular training plus good lifestyle habits are key.

### **I live locally, can I combine 1:1 training with online training that I can do at home?**

Yes, we welcome dual clients and we can plan training for you that fits your goals, both in the Dragon gym and on your own.

### **I started off on your Blue Dragon package but I now want to upgrade to a Red Dragon package. Is this possible?**

Yes absolutely, you can pay the balance and start immediately.

### **Does the true coach app work on iOS and Android?**

The app only works on iOS but we have a webapp for Android users:

- Head on over to your mobile browser and type in truecoach.co into your URL field.
- From here, login in with your email and password. This will allow you access to your client portal!
- From here, you can add a home shortcut on your Android device for quick and easy access!
- Click on the “...” at the top right of your screen...
- And click “add to home screen” to create a clickable icon on your mobile home screen!