Coaching FAQ

ONLINE COACHING & CONSULTATIONS · KGPHYSIQUE.COM.AU

Covers Online coaching, contest prep and PED & bloodwork consultations

Prices AUD and USD

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Personalised training, nutrition and physique development. Answers to the questions I get asked most about working with KG Physique.

1 Who is KG Physique coaching suitable for?

I coach both men and women, from beginners to experienced lifters, including natural and enhanced athletes. Whether your goal is fat loss, muscle building, body recomposition or competition preparation, your program is tailored to your individual needs, experience and lifestyle.

2 What does online coaching include?

Depending on your chosen package, online coaching includes personalised training and nutrition plans, regular video check-ins, progress monitoring, adjustments to your training and nutrition, and ongoing support. The objective is individualised coaching rather than generic workout and diet plans.

3 How much does online coaching cost?

Coaching package	AUD / month	USD / month	Video check-ins
Natural Coaching (men & women)	**AU$150**	**US$109**	Weekly
Enhanced Standard	**AU$200**	**US$149**	Fortnightly
Enhanced Premium	**AU$300**	**US$219**	Weekly
Contest Prep Coaching	**AU$350**	**US$249**	Weekly

Natural Coaching is for natural athletes and needs no bloodwork. Enhanced Standard and Enhanced Premium include PED cycle guidance and bloodwork review. You can pay in AUD or USD.

4 Do you offer PED and bloodwork consultations?

Yes. I offer individual consultations for people who want to better understand their bloodwork, hormonal markers and the health considerations associated with performance-enhancing drugs. Topics can include testosterone, oestrogen, lipid profiles, liver and kidney markers, haematocrit, blood glucose, growth hormone, peptides and other relevant performance and health markers.

PED & Bloodwork Consultation — 60 minutes

AU$150 / US$109

Consultations are educational and do not constitute medical diagnosis, treatment or prescription advice.

5 Will my nutrition plan be customised?

Absolutely. Your nutrition plan is designed around your food preferences, lifestyle, daily schedule and physique goals. You will not be forced to eat foods you dislike or follow an unnecessarily restrictive diet. Vegetarian and non-vegetarian plans are both available.

6 Will my training program be customised?

Yes. Your training program is developed based on your experience, goals, available equipment, training frequency and any physical limitations. Your program will be adjusted as you progress.

7 How do video check-ins work?

Depending on your coaching package, we schedule weekly or fortnightly video calls to review your progress, discuss challenges, assess your training and nutrition, and make adjustments. These check-ins also provide an opportunity to ask questions and receive direct feedback.

8 Do I need a gym membership?

Not necessarily. Training programs can be designed for commercial gyms or home-based training, depending on the equipment available. Access to a well-equipped gym can provide more options for progressive resistance training.

9 Do you coach enhanced athletes?

Yes. I work with natural and enhanced athletes, focusing on training, nutrition, recovery, performance and health monitoring. Medical supervision and prescription decisions remain the responsibility of qualified healthcare professionals.

10 How long will it take to see results?

Results depend on your starting point, goals, training experience, nutrition, consistency and individual response. Some clients notice improvements within a few weeks; substantial physique transformations typically require several months. There are no guaranteed timelines.

11 Do you offer competition preparation?

Yes. I coach first-time competitors and experienced bodybuilders and physique athletes. Preparation focuses on training, nutrition, conditioning, muscle retention and achieving the best possible physique for the stage.

12 Can I choose between weekly and fortnightly check-ins?

Natural Coaching, Enhanced Premium and Contest Prep Coaching include weekly video check-ins. Enhanced Standard includes fortnightly check-ins.

13 Can I still eat the foods I enjoy?

Absolutely. You do not need to abandon your food preferences to build muscle or lose body fat. Your plan can include the meals you already enjoy, such as rice, chicken, fish, eggs, red meat and vegetarian options, while aligning calories and macronutrients with your goals.

14 Where are your clients based?

KG Physique offers online coaching worldwide. All coaching and consultations are conducted remotely, so you can work with me wherever you live.

15 How do I get started?

Send me a direct message on Instagram or submit an enquiry through my website. We will discuss your current situation, training experience, goals and expectations before determining which coaching package or consultation best suits your needs.

16 How do I know KG Physique is a legitimate coaching service?

I understand that paying for online coaching, especially to someone based overseas, requires trust.

Before making any payment, we will discuss your goals, the package you are interested in, exactly what is included and how the coaching process works. You will know what you are paying for, how your training and nutrition plans will be delivered, how check-ins are conducted and what level of ongoing support to expect.

You can explore my Instagram, YouTube channel and website to learn more about my bodybuilding background, competitive experience and approach to coaching.

My aim is to build long-term coaching relationships based on transparency, communication and results, not simply collect payments.

Get in touch

Instagram: **@kg.physique**

Web: **kgphysique.com.au** · Enquire through the contact page