How Online Coaching Works

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Online coaching with KG Physique is designed to give you personalised training, nutrition and ongoing support, regardless of where you live. You don't need to train at the same gym as me or even be in the same country. Everything is managed online, with regular check-ins and one-on-one video calls to make sure you're progressing towards your goals.

1 Weekly or Fortnightly Check-ins

Depending on your coaching package, you'll receive a check-in form every week or fortnight. This is your opportunity to let me know how things have been going, including your training, nutrition, energy levels, recovery and any challenges you've faced.

You'll also submit your latest bodyweight, body measurements and progress photos.

Consistency is important when tracking progress. All progress photos should be taken:

- On the same day of the week
- At approximately the same time of day
- In the same lighting and against the same background
- Using the same poses and camera angles

This allows me to make accurate comparisons from one check-in to the next, rather than relying on how you look in different lighting or photographs.

2 Your One-on-One Video Call

Once you've submitted your check-in, we'll have a scheduled video call at a regular time that works for you.

During the call, we'll discuss how your week or fortnight has gone, what's improved, what challenges you've experienced and whether you're on track to achieve your goals.

We'll review your bodyweight, measurements, progress photos, training performance, nutrition, recovery and overall wellbeing.

This is also your opportunity to ask questions, raise concerns or discuss anything that might be affecting your progress.

3 Making Adjustments to Your Plan

Based on your check-in and our discussion, I'll determine whether anything needs to change.

Depending on your progress, this could involve adjustments to:

- Nutrition: Calories, protein, carbohydrates, fats or meal structure
- Training: Exercises, training volume, intensity or recovery

- Cardio: Duration, frequency or overall activity levels
- Enhanced athletes: Reviewing health markers, bloodwork and potential risks associated with PED use

Not every check-in will result in changes.

If you're progressing well, your strength is improving, your body composition is moving in the right direction and you're achieving your targets, there may be absolutely no reason to change anything.

Making changes simply for the sake of making changes can actually interfere with progress. Sometimes the best approach is to keep doing exactly what's working.

On the other hand, if progress has slowed, recovery is suffering or something isn't working as expected, we'll discuss what needs to be adjusted and why.

4 Additional Requirements for Enhanced Athletes

For clients who use performance-enhancing drugs (PEDs), health monitoring is an essential part of my coaching approach.

Your health and safety always take priority over physique goals.

Enhanced athletes are expected to commit to the following:

- Bloodwork every 10 weeks: Regular blood tests to monitor important health markers and identify potential concerns.
- Blood pressure monitoring 2–3 times per week: To keep track of cardiovascular health and identify any concerning changes.
- Resting heart rate (RHR) monitoring daily: To help monitor cardiovascular trends, recovery and potential signs of excessive stress.
- Ancillary medications and health support: Where medically appropriate, additional medications, supplements or other health-related measures may be required to manage identified risks. Prescription medications must be assessed and prescribed by a qualified medical practitioner.

Please be aware of the additional costs involved.

Blood tests, a reliable blood pressure monitor, any required medical consultations and appropriate ancillary treatments are additional expenses you should budget for on top of your coaching fees.

These requirements are not optional extras. They're an important part of taking a responsible approach to enhanced bodybuilding.

I will review the information you provide, discuss potential health concerns and recommend medical assessment where appropriate. PED-related medical decisions, including prescribing and medication adjustments, must be made with a qualified healthcare professional.

5 What You Can Expect From Me

My role is to provide you with a structured, personalised approach to achieving your physique goals, backed by my experience competing in bodybuilding.

You'll receive regular feedback, clear explanations of any adjustments, and ongoing support throughout your coaching journey.

Whether you're looking to build muscle, lose body fat, improve your physique or prepare for a bodybuilding competition, the approach remains the same: track your progress, assess what's working, make adjustments when necessary and prioritise long-term results.

Online coaching isn't about sending you a training and diet plan and leaving you to figure everything out yourself. It's an ongoing process where we work together, review your progress regularly and make informed decisions based on your individual response.

The goal is simple: consistent progress, clear communication and a plan that evolves with you.