

Kalthoff Performance

Customized Exercise Programming

Zach Kalthoff MSc, CSCS

***Olympic Silver Medalist 2024:** Lead Strength Coach, Canadian National Rowing Team*

***Olympic Gold Medalist 2021:** Lead Sport Scientist, Canadian Women's National Soccer Team*

***University National Champion 2019:** Lead Strength Coach, McMaster Women's Basketball*



There are multiple ways we can work together to reach your fitness goals

*Depending on what your goals are, I have a plan that will **fit your lifestyle**. Some people are self-starters - they receive a plan and go for it with little guidance needed. Others need support along the way. Regardless of where you see yourself, **we'll make it work!***

Customization Level	App Access	Intro Call	1-3 Weekly Workouts	4-6 Weekly Workouts
Tier 1 Standard Programming			\$50	\$70
Tier 2 Custom Programming			\$120	\$150
Tier 3 Highly Customized Programming			\$200	\$250

Additional Programming Details



Monthly Membership

Add on to any program

Weekly, Bi-Weekly or Monthly 30 minute, 1on1 video coaching calls to tackle fitness, nutrition or injury related program questions. Ranges from \$75-\$300 / month. This is ideal for someone who wants:

- Consistent program modification
 - Video review of exercise technique
 - Nutrition planning and guidance to target your goals
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Tier 1

Standardized programming

These are non-individualized programs that emphasize full body strength, athleticism, resilience to injury and general health and wellness

Tier 2

Choose your workout schedule

These are individualized programs that are built specifically for you and include:

- Individualized injury prevention and corrective movements for you
 - Targeted gym and endurance-based plans for the sports and activities you love
 - Tailored recovery so you can feel your best
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Tier 3

Choose your workout schedule

These are highly individualized programs that are built to accommodate your lifestyle, goals and schedule:

- Individualized programming including all tier 2 services plus additional customization
- Targeted gym / home based plans that fit into your schedule



“Zach is an invaluable asset to any team or individual looking to improve their strength, endurance and quality of life. He truly cares about your goals and goes above and beyond to support your success, both in and out of the weight room. His deep understanding of strength and conditioning, combined with his dedication to continually expanding his knowledge, makes him an exceptional coach. Training under Zach’s leadership not only made me a stronger athlete but also a more confident one!”

- 2x Olympic Medalist Avalon Wasteneys



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