

Private Exercise Programming

A Brief Overview of the Process



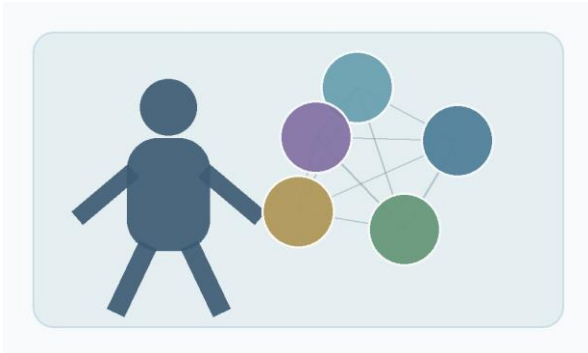
Remote Personalized Exercise Programming

Personalized strength, mobility, recovery and habit-based programs written by Tony Fahkry. Designed for clients who need structure beyond a generic app, but do not necessarily need ongoing personal training or health coaching.

TONY FAHKRY

Overview

This brief overview explains how my private exercise programming works and what you can expect if you're seeking a more structured, personalized, and sustainable approach to your health and physical wellbeing.



About Tony Fahkry

I am an author, coach and speaker whose current work focuses on personal growth, self-leadership, and sustainable change.

Alongside this work, I still privately write exercise programs for select clients, drawing on nearly 20 years as a qualified personal trainer with experience in post-rehabilitation, corrective exercise, strength training, and running corporate health and wellbeing seminars.

This is not something I advertise publicly. I keep it small and selective, offering remote exercise programming for clients who want structured, personalized support without generic templates or mass-market fitness coaching.

The programming is delivered remotely, but the process remains personal, structured, and carefully tailored to your goals, lifestyle, and current capacity.

Positioning

This is not a public fitness offer. It is a small, selective service for people who need realistic exercise structure, accountability and experienced guidance that fits their current life.

Who This May Suit

The service is designed for people who are ready to take more responsibility for their movement and wellbeing, but need a clear plan and expert structure.

Post-treatment transition People who have completed or are nearing the end of treatment and need a progressive exercise structure.	Busy professionals People who want strength, mobility, energy and consistency, but need the plan to fit their schedule.
Return to exercise People who feel uncertain about how to restart safely after time away, stress, injury or inconsistency.	Whole-person considerations People whose progress is affected by sleep, stress, recovery, nutrition habits and mindset.

Scope and boundary	This service does not replace physiotherapy, medical care, rehabilitation or clinical advice. I do not diagnose injuries or provide treatment. The work is focused on exercise programming, practical progression and sustainable habit support. When you need clinical guidance, you will be referred back to your treating practitioner.
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A Practical Use Case

You may no longer need frequent hands-on sessions, but still need structured exercise progression, clear weekly direction, and support with consistency. This is where remote programming can provide continuity while keeping clinical boundaries intact.

What You Receive

Factors Considered When Designing Your Program

- Movement
- Recovery
 - Sleep
- Nutrition
- Habits

Core inclusions

1. A personalized exercise program built around your goals, schedule, equipment and current fitness level.
2. Practical progression across strength, mobility, conditioning or general wellbeing as appropriate.
3. Guidance that considers sleep, stress, recovery, nutrition habits and consistency.
4. A realistic structure you can sustain beyond the initial motivation phase.
5. Review and adjustment options depending on the agreed support level.

Remote-first	Locally supported	Experienced oversight
Programs can be completed at home or in a local gym. Being remote keeps the process flexible and accessible.	If you need exercise instruction, you can ask a local gym instructor or relevant practitioner to check your technique.	The value is not simply a list of exercises. It is pattern recognition, progression, adjustment and context.

Why This May Help You

Many people don't need more information. They need a clear, realistic structure that respects their current capacity and helps them build momentum safely and consistently.

This service is designed to give you that structure, whether you're returning to exercise, building strength, improving energy, or wanting a more sustainable approach to your physical wellbeing.

It offers a practical bridge between where you are now and the level of consistency, confidence, and self-management you want to build over time.

Pricing

All prices below are in USD.

These options are structured to reflect experience, judgement and individual context, not a generic template or automated plan.

6-Week Personalized Exercise Program

\$250 USD

one-off

- Initial intake across goals, training history, limitations, equipment, schedule and lifestyle demands.
- Personalized 6-week exercise program written around your current capacity.
- Strength, mobility, conditioning and recovery considerations built into the plan.
- Guidance around consistency, sleep, recovery and nutrition habits.
- One program walkthrough session to explain the structure, progression and key exercises.
- Brief clarification support for up to 14 days following program delivery.

Best for people who want a precise plan they can follow independently.

Ongoing Exercise Programming & Support

\$350 USD

per month

- Ongoing personalized program management and progression.
- A new training phase every six weeks.
- Weekly email check-in based on a brief written update to support accountability, recovery, and momentum.
- Program adjustments made when appropriate, based on progress, recovery, travel, stress, soreness, and capacity.
- Guidance around exercise consistency, energy, recovery, and sustainable daily structure.

Best for people who want continued oversight, refinement, and accountability without needing weekly live coaching sessions.

Ongoing support does not include unlimited email access or weekly live coaching calls. Any additional calls can be arranged separately if needed.

Optional Support Calls

Additional support calls can be arranged separately if more in-depth discussion or coaching is needed.

45 minutes: \$95 USD
60 minutes: \$125 USD

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Pricing note

The appropriate option is discussed after the complimentary call. The aim is to recommend the level of structure and support that fits your goals, current capacity and need for accountability.

How To Start

The process is designed to be simple, thoughtful, and low-pressure. There is no obligation to continue after the initial conversation.

Step 1: Book a complimentary conversation	Use the booking page below to schedule a complimentary 30-minute conversation to discuss your goals, training history, current situation, limitations, schedule, and whether this approach is suitable.
Step 2: Complete payment and intake	If the service feels like the right fit, payment is completed before program design begins. I'll confirm any final details from our conversation so I can prepare your program properly.
Step 3: Program design	I write your personalized exercise program based on your goals, current capacity, equipment, schedule, recovery, and lifestyle factors.
Step 4: Program review session	Once the program is complete, we'll meet for a 30-45-minute walkthrough so I can explain the structure, progression, key exercises, and how to use the program confidently.

Next step	If you'd like to explore whether this is suitable for you, please book a complimentary 30-minute conversation through my booking page.
Booking page	https://tonyfahkry.simplybook.me/v2/
Website	https://www.tonyfahkry.com/

Thank you for considering whether this may support your health, energy, consistency, and overall wellbeing. I keep this work small so I can maintain quality and keep the process personal.