



*With Hayley Overall IFBB PRO*  
*'I help you bring your absolute best to stage!'*

# Posing Packages

*Professional Female Posing Coach,  
Wellness, Bikini & Figure*

*Official NPC/IFBB affiliated posing coach,  
featured on 2Bros website.  
Click to see more.*



HAYLEYOVERALL\_IFBBPRO

POSEANDPRESENT

EXTREMENUTRITIONCOACHING.COM/HAYLEY-OVERALL/

# Practise. Perfect. Present.

*POSING IS AN ART.*

*Presentation is a fundamental factor of competing.*

*Each federation and class has a set criteria that the judges are looking for, therefore it is crucial your posing reflects this. When comparing physiques on stage, it really can be the difference between placing or not.*

*Whether you are a first timer or seasoned competitor, practicing and perfecting your posing should be up on the top of your check-list - along with your training, cardio, diet, sleep etc*

*You put your heart and soul into prep so when presenting your final package, do not sell yourself short!*

*With years of experience within the fitness and dance industry, I have an expert eye when it comes to the details needed to create those angles to best showcase your physique.*

*If you would like to learn, feel more comfortable and confident on stage, I am here to help.*

# Face-to-Face & Online Posing Lessons

*POSING SESSIONS ARE TAILORED TO THE  
NEED OF EACH INDIVIDUAL*

*Posing sessions cover the following:*

- *Mandatory poses*
- *Transitions*
- *Walking in heels & how to walk on stage*
- *Individual routine (I-walk)*
- *Glute walk*
- *Stage presence & poise*
- *Show day run-through & stage directions*
- *Tips & tricks*
- *Advice on bikini, hair, make up, jewellery*
- *Federation criteria*

# Pricing

FACE TO FACE / ONLINE POSING SESSIONS

1x 30 mins  
£45



*Ideal as a taster session or  
adding finals tweaks to polish  
your presentation.*

1x 45 mins  
£65



3x 45 mins  
£170



*£56 per session!  
A discount of £25!*

5x 45 mins  
£249



*£49 per session!  
Discount of £76!*

1x 60 mins  
£75



3x 60 mins  
£199



*£66 per session!  
A discount of £26!*

5x 60 mins  
£299



*£59 per session!  
A discount of £76!*

Posing critique of  
1 x video £20



Minimum 10 mins video analysis of  
i-walk & mandatory poses

*Click on the cart to purchase.  
Contact me to book your first session.  
( I offer discount on group bookings - please ask)*

*Please note, I have a 48 hour cancellation policy. If you cancel  
less than 48 hours until your session, you will loose that session.*

# What To Expect?

## ONE - TO - ONE SESSION

- *Clarification of your federation & class,*
- *Discussion of experience & show date clarification.*
- *I will start with an initial assessment & overview of your compulsory poses. For beginners, I will break down & teach you the fundamentals of your poses.*
- *I will then begin to correct & perfect your posing including transitions & individual routine.*
- *For an experienced competitor I will work on the finer details of your presentation to showcase your best possible physique for your set criteria.*

*I specialize in female competitors, specifically the wellness & bikini class.*

*I will always give you feedback & take photos / videos so that you can continue to practice, improve & perfect your posing at home. (ready for our next session & fully preparing you for your show!)*

*If you have any specific questions then please email [hayleyoverall@gmail.com](mailto:hayleyoverall@gmail.com)*

*OR*

*Whatsapp 07496122906*

# Payment Process & Next Steps

## Step 1

Purchase & pay using the  
CART buttons

Pay via paypal to hayleyoverall@gmail.com

Bank transfer is also available.  
Payable to:

MISS H P OVERALL  
82-61-38  
90464267

Clydesdale bank

Don't worry if your bank doesn't recognise it,  
it's a partner bank to virgin money - the details  
are correct.

Please confirm once completed so I can check  
for you.

State the following as your reference:  
YOUR NAME & POSING

## Step 2

Contact me directly- Whatsapp 07496122906  
to book in a date for your first session!

Please state:  
YOUR NAME e.g. Hayley Overall  
FEDERATION e.g. 2BROS / PCA etc  
CLASS e.g. Wellness



# Terms & Conditions

## *PLEASE READ & NOTE*

Posing sessions typically take place at one of the following locations:

1)

Island Gym, Canvey Island,  
22 Vikings Way, Canvey Island SS8 0PB  
(private mirrored studio)

2)

Muscleworks Orpington  
Lagoon Rd, Orpington BR5 3RZ  
(private fully mirrored studio)

3)

Ripped Gym Basildon,  
Harvey Road, Basildon SS13 1EP.  
(non-private fully mirrored)

NOTE. You will be required to pay for a gym day pass which gives you full access to each gym.

All sessions can also take place online - sessions are just as effective! Screen shots of your session will be shared with you for future reference.

It is your responsibility to book suitable dates with me.

Strict 48 hour cancellation policy.  
Failure to give 48 notice will result in you losing that posing session.

No refund policy.

By purchasing, you are agreeing to these terms.

Thank you!