

FORGECORE BY J.D.P.T.

PRICING SHEET

Online bodybuilding & strength coaching — delivered through the ForgeCore web app

THREE-DAY PERFORMANCE PLAN

£250/mo

Best for busy professionals, parents, beginners, and people who struggle with consistency

£200/mo billed yearly
SAVE 20%

WHAT YOU GET

- 3 personalised hypertrophy workouts targeting muscle building, strength, mobility, and flexibility
- Complete nutrition framework: calorie & protein targets, meal examples, eating-out guide, grocery lists, alcohol guidance
- Weekly check-ins and programme adjustments

FIVE-DAY TRANSFORMATION PLAN

£400/mo

Best for intermediate trainees, faster physique changes and more gym experience

£320/mo billed yearly
SAVE 20%

WHAT YOU GET

- 5 personalised advanced hypertrophy workouts targeting muscle building, strength, mobility, and flexibility
- Weekly check-ins and form analysis: squat depth, deadlift setup, and technique suggestions
- Direct WhatsApp access to James, 7am–7pm UK
- Complete nutrition framework: calorie & protein targets, meal examples, eating-out guide, grocery lists, alcohol guidance

CONSULTATION CALL

Enquiry

45-minute 1-to-1 video call — no obligation

- Full physique & goal assessment
- Bespoke training & nutrition roadmap
- Recording sent after the call

30-day money-back guarantee on all coaching subscriptions. Cancel anytime via your Account page or paddle.net.

<https://jdptandstrength.com/pricing> · jamesordavies@gmail.com

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