

Plans & Packages



STARTING YOUR JOURNEY Choose from our custom made rigorously developed services to find the right challenge for you. Muscular health is the key to longevity, we take it seriously.

The Method Of UpYourROM

Up your ROM focuses on your own personal mobility goals through tailor-made online programs researched and experienced first hand by founder Antoinette Weatherley.

Antoinette has made it her life-long mission to teach her clients the importance of mobility training with a purpose. Using strengthening techniques and time under tension for this unique approach to mobility training, you will feel a sense of true connection and confidence behind you in every session.

We can't wait to share your journey with you and make a positive change in your life as it has with ours.



Bespoke Online Mobility Coaching

We value a person as a whole and like to tailor our programs to meet you exactly where you are. No one-size-fits-all, generic stretching approach here.

You are unique and so is your path to upping your ROM here with us. That's why this online mobility and strength coaching program will be made with your personal goals, standards and schedule in mind.

At Up Your ROM, we focus on contractile strength, zero passive mobility methods and most importantly building the correct foundations towards smashing your mobility goals in no time.

Having complete stability & control over your newly developed ranges of mobility is our number one goal here at UpYourROM.



Booking Online Coaching

How it works

Upon booking, you will receive a PDF invoice. Payment is required in order to reserve your spot.

Upon payment, you will receive a self mobility assessment. This ensures your program is made to your unique restrictions & requirements, so be sure to fill this out to the best of your ability!

Once received, we will start curating your routines and send the first one over at the dedicated start date.

Starting from your very first session, we ask that you film the last set of each exercise and send via WhatsApp in order to assure the best possible coaching.

From that we can fine tune your program, give you feedback on form, execution & adjust your program to suit.

Once the first week is complete, we'll have you film different selected movements (not necessarily the last set of each exercise). Of course, should you have any additional questions, you're welcome to film and share any additional movements within the exercise with us.

Full refund available within 72h upon payment



Full Time Online Coaching Packages

Welcome to Up Your ROM! We're excited to start working with you. Please find our updated offerings below. Should you have any questions on your quest to find your perfect program, please reach out to us directly.

Full Time Online coaching packages

24/7 Online Coaching via Email & What's app

3M all inclusive package £550

6M all inclusive package £950 (£150 total saving)

12M all inclusive package £1900 (£300 total saving)

*Discounted rates for extending program duration are available upon completion of the coaching package.



It's important to us that all our students thrive in our work together. That's why all Full Time Online Coaching Packages include:

Initial self mobility assessment

Bespoke program with personalised progressions/regressions based on where you are.

Unlimited program updates based on your progress

Instructional videos for a better understanding of how to perform the exercises

Unlimited email/what's app support

Unlimited video analysis

Part Time Online Coaching Packages

Let's set you up for success with a bespoke mobility program, this comes with part time coaching. The first week of your program we will communicate via what's app, going over your videos so you have a full understanding and confidence for the following 8 weeks ahead. This program will be made based upon your self mobility assessment and your future mobility goals.

The final week of your mobility program we will follow up whether you'd like to continue into the next phase of progressing and fine tuning your program from the strength and mobility you have developed over the previous 8 weeks from following your program.

Part Time Online coaching package

1 week Online Coaching via What's app

8 Week Bespoke Mobility Program £350

Extending program duration into 2nd 8 week phase is £175

Including the first week of coaching feedback for phase 2.



L/V/i Sit Program

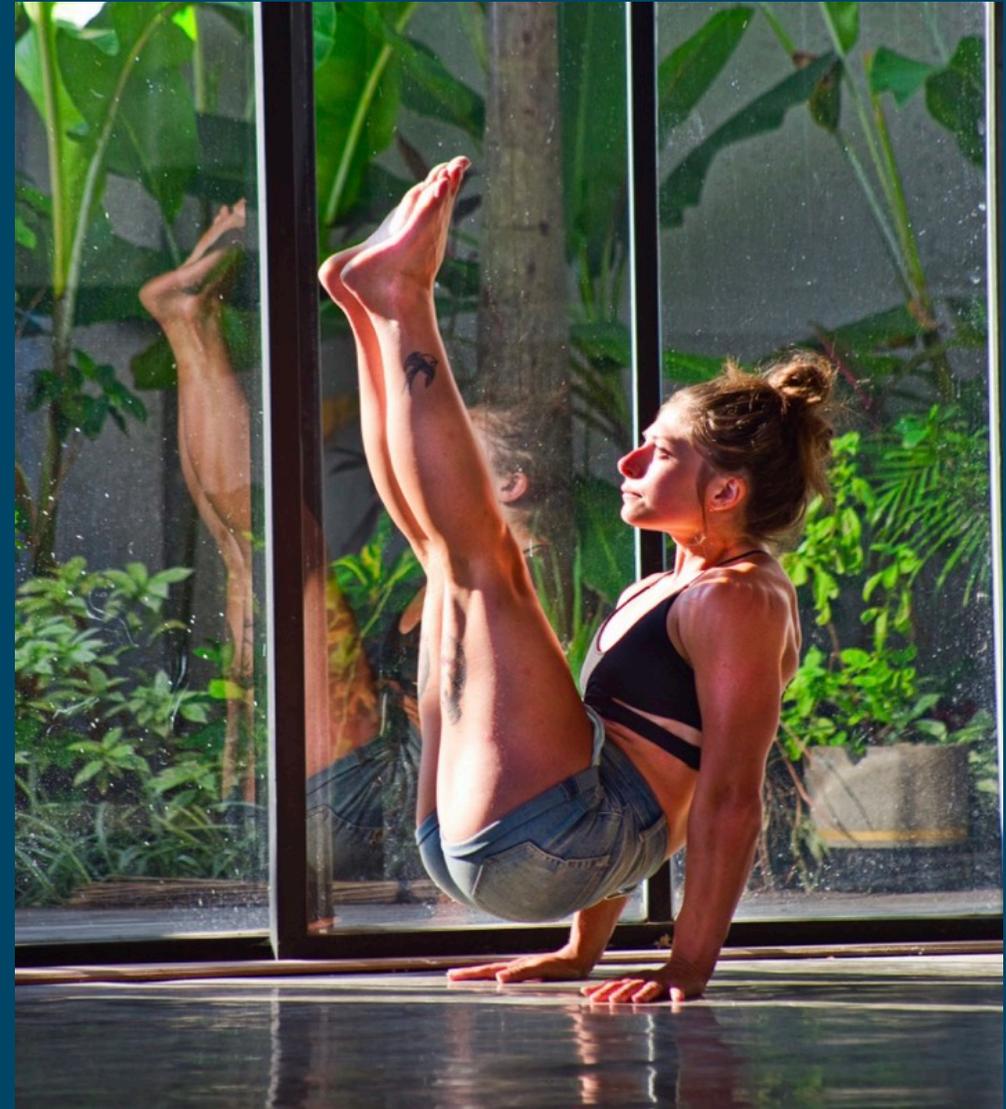
8 Week Program

Ready to hit your mobility goals and finally nail your L/V/i Sit?

This program is suited to all flexibility and strength levels, its packed full of regressions and progressions to easily have the tools at hand to take charge and bring your training to the next level.

This program is broken down into two routines, firstly compression strength & secondly upper body neuromuscular strength. With full descriptions, videos, voiceovers and images at your fingertips you will be on the right path to smashing this unique goal.

This online package is £60, with 8 weeks of online coaching + weekly check in's.



Enter The Dragon

12 Week Program

Time to slay the Dragon! In this 12-week mobility program, designed for either beginner or intermediate practitioners, we'll target the areas that require more active range of motion and strength in order to nail this challenging movement.

All you need is a 1 hr 2x/week (guided practice) + 5 mins daily (personal practice) and some basic equipment (listed below).

*Note: Enter the Dragon is designed for those with stable joints. If you're experiencing ongoing ankle, hip or knee issues, skip this and head straight to our Bespoke Online Coaching Packages.

Which one is best suited to you?

Beginners requirements: New to Dragon squats? Perfect! All you need to start the Beginners program is time, access to the equipment and, most importantly, an open mind.

Intermediate requirements: Already progressing along your journey, but want help taking your dragon to the next level?

If you're experienced with pistol squats (both sides),

Baby Dragon Squat and have a healthy and strong adduction and external rotation, then this program is for you.



Enter The Dragon

12 Week Program

How it works:

Enter The Dragon users will receive an online mobility program that is broken down into two easy-to-follow routines:

1, Mobility, Stability and Strengthening Routine: gets you started along your way to achieving this gravity defying goal.

2, Strength and Stability Routine: targets your weakened areas. Expect structural balance focus for safe progression to the Dragon Squat.

The best part? Every Enter The Dragon program comes with weekly check-ins (12 total) to make sure you're set up to hit your goals and slay all day.

Intermediate Equipment Required:

Access to a box, 10kg plate/or ankle weights, yoga block, 2kg/4kg dumbbell.

This online package is £80 with 12 weeks of online coaching + weekly check in's.

Beginners Equipment Required:

a box

10kg plate/or ankle weights yoga block, resistance band/pole/post can be used instead.

