



TEAM TRAINING

TEAM 2-4
Team Training: 2-4 People
Nutrition and Regeneration plans
Access to Daily Readiness Monitor
Access to Daily Regeneration Monitor
FEEL BETTER • MOVE BETTER • PERFORM BETTER Access to Daily Readiness Index
Optional remote Heart Rate Variability Monitoring
Email check-in
2-3 X weekly 60 min.
Weekly Investment (Approx. Per Individual) \$75 - \$98

*We highly recommended a commitment of at least three months. To support positive results such as improved tissue tolerance, improved performance, mindset, and other physical adaptations it is essential to allow a sufficient amount of time in training for these changes to occur.