



UpRight Remote Training

OPTION 1	OPTION 2	OPTION 3
FMS or 3DMAPS Performance Software Access	FMS or 3DMAPS Performance Software Access	FMS or 3DMAPS Performance Software Access
Nutrition and Regeneration plans	Nutrition and Regeneration plans	Nutrition and Regeneration plans
Access to Daily Readiness Monitor	Access to Daily Readiness Monitor	Access to Daily Readiness Monitor
Access to Daily Regeneration Monitor	Access to Daily Regeneration Monitor	Access to Daily Regeneration Monitor
Access to Daily Readiness Index	Access to Daily Readiness Index	Access to Daily Readiness Index
Optional remote Heart Rate Variability Monitoring	Optional remote Heart Rate Variability Monitoring	Optional remote Heart Rate Variability Monitoring
Email check-in	Email check-in	Email check-in
	Once weekly 30 min. Skype Training	Once weekly 60 min. On-site Training
Monthly investment \$49	Monthly investment \$280	Monthly investment \$360

*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.