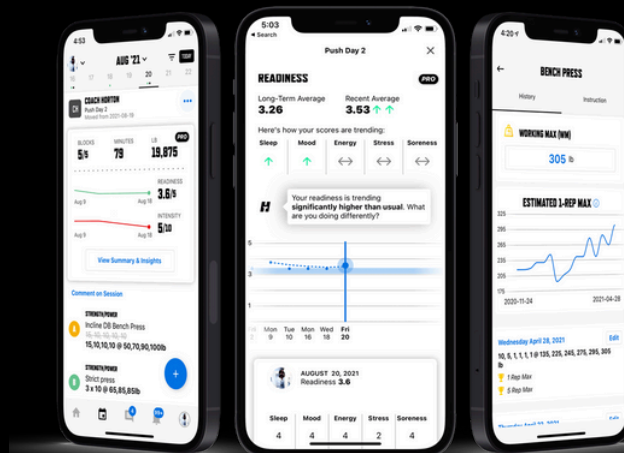


# VIRTUAL SPORTS PERFORMANCE COACHING

**TAILORED TRAINING.**  
**DESIGNED FOR COMPETITORS.**  
**ENGINEERED FOR RESULTS.**



**150**  
/month

## STANDARD

- ✓ Custom training plan built around your goals, sport, and schedule.
- ✓ Delivered on TrainHeroic for seamless progress tracking and video instruction.
- ✓ Direct in-app messaging for quick questions and ongoing feedback.
- ✓ Weekly check-ins with Coach Francis to stay accountable and on track.
- ✓ Monthly training adjustments so your program always matches your needs

**200**  
/month

## ELITE

- ✓ Custom training plan built around your goals, sport, and schedule.
- ✓ Delivered on TrainHeroic for seamless progress tracking and video instruction.
- ✓ Direct in-app messaging for quick questions and ongoing feedback.
- ✓ Weekly check-ins with Coach Francis to stay accountable and on track.
- ✓ Unlimited program adjustments to keep your training aligned with your needs.
- ✓ Unlimited video reviews for exercise technique coaching anytime.
- ✓ Priority support with fast responses to your questions and feedback.

