



**GROUP PARTNERSHIPS (TEAMS, ORGANIZATIONS, FRIENDS, FAMILIES, COUPLES).**

**Customizing human performance and optimizing genetic potential with TRUTH based physiology.**

**Encouraging, Electrically Supercharged Energy, and highly COMPETITIVE ATMOSPHERE.**

SESSIONS	2 – 4 ATHLETES	5 – 10 ATHLETES	11 – 16 ATHLETES	17 - 26 ATHLETES	27 – 50 ATHLETES
8 SESSIONS	\$175/session \$1,400 TOTAL	\$250/session \$2,000 TOTAL	\$260/session \$2,080 TOTAL	\$270/session \$2,160 TOTAL	\$280/session \$2,240 TOTAL
16 SESSIONS	\$170/session \$2,720 TOTAL	\$245/session \$3,920 TOTAL	\$255/session \$4,080 TOTAL	\$265/session \$4,240 TOTAL	\$275/session \$4,400 TOTAL
24 SESSIONS	\$160/session \$3,840 TOTAL	\$235/session \$5,640 TOTAL	\$245/session \$5,880 TOTAL	\$255/session \$6,120 TOTAL	\$265/session \$6,360 TOTAL
36 SESSIONS	\$155/session \$5,580 TOTAL	\$230/session \$5,640 TOTAL	\$240/session \$8,640 TOTAL	\$250/session \$9,000 TOTAL	\$260/session \$9,360 TOTAL
48 SESSIONS	\$150/session \$7,200 TOTAL	\$225/session \$10,800 TOTAL	\$235/session \$11,280 TOTAL	\$245/session \$11,760 TOTAL	\$255/session \$12,240 TOTAL



## MOVEMENT PERFORMANCE TEAM PARTNERSHIP MENU OPTIONS:

IRON SHARPENS IRON PARTNERSHIP MENU OPTIONS:	RUGGED FORTRESS
<b>FORGING CLASSES: (75 minutes/session)</b> <ul style="list-style-type: none"> <li>• 8 SESSIONS must be COMMITTED to</li> </ul>	X
<b>CUSTOMIZED to the TEAM'S NEEDS (PRE-SEASON, IN-SEASON, OFF-SEASON &amp; 5 CLASS OPTIONS)</b>	X
<b>ADVANCED FUNCTIONAL BIO-METRICS: TEST &amp; RE-TEST COMPETITIONS every SESSION</b>	X
<b>ENCROUAGING, ENRICHING, ELECTRIC &amp; ULTRA COMPETITIVE ATMOSPHERE</b>	X
<b>MOVEMENT PERFORMANCE Rx VIDEO MENU &amp; CALENDAR with Mastered Movement Progressions for daily performance outside of sessions.</b>	X
<b>HOME GROWN MOVEMENT PERFORMANCE APP</b>	X
<b>THE MOST RUGGEDLY STURDY FORGING TOOLS (ROGUE GYM EQUIPMENT)</b>	X
<b>8 WEEK MINIMUM COMMITMENT NEEDED from TEAMS and their ATHLETES for PHYSIOLOGICAL ADAPTATION.</b>	X



## MOVEMENT PERFORMANCE MEMBERSHIP CLASS CHARACTERISTICS:

IRON SHARPENS IRON 3D- CHARACTERISTIC S & CLASS OPTIONS	TOP GUN JEDI KNIGHT	SILVER BACK SPARTAN WARRIOR	SUPPLE YETI	MAVERICK OUTLAW	MASTER YODA MATRIX MASTERY	SPEEDY ROAD RUNNER	BACK COUNTRY RENEGADE
ATHLETE SPECIFIC CHAIN REACTION BIOMECHANICAL SPECIFICITY	X	X	X	X	X	X	X
MOVEMENT WITH A PURPOSE APPROACH & CONQUERING	X	X	X	X	X	X	X
STRENGTH	X	X			X		X
POWER & DYNAMIC STABILITY	X	X		X	X	X	X
MOBILITY		X	X		X		X
ENDURANCE, METABOLIC CONDITIONING	X			X	X	X	X
SPEED, AGILITY, QUICKNESS				X	X	X	X
EXTREME BACK COUNTRY EXCURSIONS							X

## MOVEMENT PERFORMANCE ACADEMY FORGING TOOLS:

ISI FORGING TOOL MATRIX	STRENGTH	POWER	MOBILITY	ENDURANCE	SPEED, AGILITY, QUICKNESS	EXTREME BACK COUNTRY EXCURSIONS
Dumbbells	X	X	X	X		X
Kettlebells	X	X	X	X		X
Barbells	X					
Hex Bar	X					
Sleds	X	X				
Med Balls		X		X		
Partner Work	X	X				
Sand Balls	X	X				
Battle Ropes	X	X	X			
TIDAL BAGS	X	X	X			
Indian Clubs			X			
Agility Ladder & Parachutes		X		X	X	
Jump Rope		X		X	X	
Agility Obstacle Course		X		X	X	X
JUMP, HOP, JOP		X			X	
Technical Trail Running						X
Mobility Strategies & Myofascial Release tools			X			X
Nature: Rocks, stumps, logs						X