

POWER HALF-HOUR

30-MINUTE PERFORMANCE COACHING
ONLINE OR IN-PERSON

PERFORMANCE. CONTINUITY. RESULTS.
BUILT FOR HIGH PERFORMERS.

ONLINE



REMOTE RESOLVE

VIRTUAL EXECUTIVE COACHING
Train anywhere. Stay consistent.
Perfect for travel and busy schedules.

SINGLE SESSION
JPY 6,000 / 30 MIN

★ **INTRODUCTORY SESSION CREDIT (NEW CLIENTS ONLY)**
Your ¥6,000 introductory session fee is fully deductible from your first month's dues on any monthly membership plan (Options 1-3) when you enroll on the same day. Not valid on 4- or 8-session packs.

体験セッション料金 (¥6,000) は、同日に月額会員プラン (オプション1~3) にご入金の確金、初月の月費費から全額差し引きます。4回・8回のパックには適用されません。

EXECUTIVE HYBRID PACK

ONLINE + IN-PERSON FLEXIBLE SESSIONS
Use any combination to fit your schedule.



Use online or in-studio



Priority scheduling



Travel continuity support



Accountability & coaching



INTRODUCTORY SESSION CREDIT TOWARD MONTHLY MEMBERSHIPS

Applies only to monthly membership Options 1, 2, or 3. Same-day enrollment required. New clients only. Does not apply to 4- or 8-session packs.

WHY EXECUTIVES CHOOSE THE POWER HALF-HOUR



MAXIMIZE YOUR TIME
30 minutes of focused, strategic coaching.



MEASURABLE RESULTS
Performance tracking and personalized plans.



PRIVATE & EXCLUSIVE
Boutique studio in Ebisu. By appointment only.



TRAIN ANYWHERE
Stay consistent wherever your work takes you.

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SERVICES & PRICING

BOUTIQUE PERSONAL TRAINING STUDIO • EBISU, TOKYO
Performance Infrastructure for the Global Executive & Community

INITIAL PERFORMANCE ASSESSMENT
& PROGRAM DESIGN

JPY 55,000

A full diagnostic of biomechanics, metabolic markers, and objective goal-setting.

REQUIRED FOR
NEW MEMBERS

EXECUTIVE MEMBERSHIPS — PRIVATE STUDIO • EBISU

OPTION 1
ESSENTIAL CONTINUITY

JPY 180,000 / Month

- 4 In-Person Sessions / Month
- Full remote programming for independent training days
- Built-in 30-day session rollover
- Access to all Resolve Outdoor Group Events

MOST POPULAR

OPTION 2
PERFORMANCE PRIORITY

JPY 260,000 / Month

- 8 In-Person Sessions / Month
- Travel-adjusted programming — global access
- Unlimited "Power Half Hour" express coaching
- Priority Booking & VIP Outdoor Event access

OPTION 3
FULL EXECUTIVE ACCESS

JPY 380,000 / Month

- 12 In-Person Sessions / Month
- Dedicated WhatsApp / Signal priority channel
- Concierge scheduling + unlimited Power Half Hour
- Unlimited Outdoor Events + 1 Guest Pass / event

THE RESOLVE ECOSYSTEM:

All memberships include community access and high-efficiency tuning via "The Power Half Hour." Training continuity is protected under our global rollover structure — your programme travels with you.

COMMUNITY & GROUP SERVICES



STUDIO DROP-IN
JPY 11,000 / Session
First-time guests only. Fee waived upon same-day membership enrollment.



OUTDOOR GROUP EVENTS
(NEARBY PARKS)
From JPY 3,300
Build community. Train outdoors. Stay accountable.



ENGLISH LANGUAGE SERVICES
Complimentary communication without barriers.

RESOLVE FITNESS & TRAINING CENTER • EBISU, TOKYO

GETRESOLVE.ORG • INFO@GETRESOLVE.ORG

サービス & 料金

プライベート・パーソナルトレーニングスタジオ • 恵比寿、東京

新規会員様
必須

初回パフォーマンスアセスメント & プログラムデザイン | ¥55,000

バイオメカニクス、代謝マーカー、目標設定を総合的に分析します。

人気No.1

オプション1
エッセンシャル継続プラン
¥180,000 / 月

- 月4回のスタジオセッション
- 自主トレーニング日のリモートプログラム
- 30日間のセッション繰越
- 全てのアウトドアイベント参加可能

オプション2
パフォーマンス優先プラン
¥260,000 / 月

- 月8回のスタジオセッション
- グローバル対応のトラベル調整プログラム
- 無制限の「パワーパーファワー」
- 優先予約 & VIPイベントアクセス

オプション3
フルエグゼクティブプラン
¥380,000 / 月

- 月12回のスタジオセッション
- 専用WhatsApp / Signalサポート
- コンシェルジュスケジューリング
- アウトドアイベント無制限 + ゲストパス1名 / イベント



スタジオ・ドロップイン
¥11,000 / 回
初回のお見積り限定。
当日会で料金をキャッシュバック。



アウトドア・グループイベント (近隣公園)
¥3,300~
コミュニティを築く、アウトドアで鍛える、継続する。



英語対応サービス
無料
言語の壁なく、安心してご利用いただけます。