

## **IRON PACKAGE**

This package comes with:

- Unlimited E-Mail Coaching/Support (\$36.00)
- Access to Library of Pre-made Exercise Routines (FREE)

**\$36.00 per month**

No commitment required; can opt-out of recurring payments, just give two weeks notice.

## **BRONZE PACKAGE**

This package comes with:

- Access to Library of Pre-made Exercise Routines (FREE)
  - Pre-made Exercise Program (\$20.00)
- Unlimited E-Mail Coaching/Support (\$36.00)
  - Physical Assessment (FREE)

**5 day program; \$56.00 per month**

No commitment required; can opt-out of recurring payments, just give two weeks notice.

## **SILVER PACKAGE**

This package comes with:

- Access to Library of Pre-made Exercise Routines (FREE)
- Unlimited E-Mail Coaching/Support (\$36.00)
- Customized Exercise Program (\$30.00)
- Physical Assessment (FREE)

**8 day program; \$66.00 per month**

No commitment required; can opt-out of recurring payments, just give two weeks notice.

## **GOLD PACKAGE**

This package comes with:

- Access to Library of Pre-made Exercise Routines (FREE)
- Unlimited E-Mail Coaching/Support (\$36.00)
- Customized Exercise Routines (\$30.00)
- Monthly Progress Tracking (\$48.00)
- Physical Assessment (FREE)

**12 day program; \$114.00 per month**

No commitment required; can opt-out of recurring payments, just give two weeks notice.