

UP FITNESS Programming

CoreX Training Sessions per week delivered in a semi/private format

Fully comprehensive fitness programming

Coaching sessions (in-person, phone, or text)

Access to InBody scale for analysis of body fat, muscle, hydration levels, etc.

Full functional movement and injury prevention screening

Training Peaks account with plan creation to collect data from workouts and schedule program

Fitness testing to determine metrics specific to your goals including strength, cardiovascular threshold, and more

Heart rate and power zone analysis to track adherence to program and performance

10% Discount on all fitness, nutrition, and products at UP

Access to special workshops and Race UP programs

SILVER

\$520/month

2

5 days/wk

Bi-Monthly

Weekly



50% Discount

GOLD

\$720/month

3

Daily

Weekly

Unlimited



Unlimited

BRONZE

\$280/month

1

2 days/wk

Monthly

Bi-Monthly



2	3	1
5 days/wk	Daily	2 days/wk
Bi-Monthly	Weekly	Monthly
Weekly	Unlimited	Bi-Monthly
50% Discount	Unlimited	