



PERFORMANCE PACKAGES



PERFORMANCE PLAN

\$160.00

- Phased Programming
- In-App workout delivery
- Detailed exercise videos with points of performance and coaching tips
- Exclusive access to articles, videos, webinars and more
- Preferred pricing on all other Pro Prep Academy Services

PREP PLAN

\$200.00

- Everything in Performance Plan
- Individual metrics and progression date
- Individual performance video review and coaching
- Joga recovery sessions
- Preferred pricing on all other Pro Prep Academy Services

PRO PLAN

\$250.00

- Everything in the Performance and Prep Plan
- 2 Live “Coaching Corners” per month
- Performance nutrition guidelines
- Functional Movement Assessment
- Preferred pricing on all other Pro Prep Academy Services



**FOR FURTHER QUESTIONS ABOUT PRICING, PLEASE
EMAIL US AT PERFORMANCE@PROPREPACADEMY.CA**

WWW.PROPREPACADEMY.CA