

POP COACHING TIERS

POP FOUNDATIONS - \$37/MONTH:

- Monthly training
- Access to our app for workouts and programming
- Video library of exercises
- Alternate exercises available for at-home or limited equipment
- Accountability and support through our app message board
- Expert programming to optimize body composition results
- Program will run in 8 week cycles with built-in progressions
- program will emphasize progressive overload which is key for muscle maintenance and/or muscle building
- Built in options for 2-4 days per week of training which can be done concurrently with any existing cardio-focused program

POP ESSENTIALS - \$147/MONTH:

- Initial macro prescription and personalized nutrition plan based on your goals
- Bi-weekly check-ins to make adjustments based on results
- Accountability and support through our app message board
- Video support on the psychology of behavior change and goal achievement
- Simple meal guides and grocery lists to help with food choices
- Macro friendly recipes
- Weekly support calls each month
- Free access to everything that's included with our POP Foundations program

POP PREMIER:

(BY APPLICATION ONLY; LIMITED SPOTS AVAILABLE EACH MONTH)

- 1:1 coaching support
- 24/7 access to your coach for questions, guidance, support, and accountability
- Weekly check-ins to assess progress and make any necessary adjustments
- Phone calls as needed
- Integration of our neurotyping principles for greater adherence and enjoyability
- Ability to work through complex situations like hormonal imbalances or gut health issues
- Mindset support and improvements in your relationship with food
- Making sure the plan suits your lifestyle to ensure permanent results
- Free access to all neurotype training programs
- Free access to everything that's included in our POP Essentials program
- Priority access to any upcoming challenges, events, promotions