



*"Maximize Your Performance"*

## *"Your Recovery, Made Easy"*

With our subscription plans (1, 3, or 6 months), your recovery continues seamlessly—automatic payments, rollover flexibility, and reminders before each cycle. Stay consistent, stress-free, and focused on living pain-free.

### 1-MONTH RECOVERY PLAN

*Your Partner in Staying Active, Pain-free, & Performing at your Best*

**\$499** (4 sessions, 1 session weekly)

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- *Built-in flexibility (up to 2 sessions can carry over)*
- *Tailored Assisted Stretching*
- *Trigger Point / Active Release*

**\$899** (8 sessions, 2 sessions weekly)

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- *Built-in flexibility (up to 4 sessions can carry over)*
- *Tailored Assisted Stretching*
- *Trigger Point / Active Release*
- *Corrective Exercise & Strengthening*
- *Home Exercise & Mobility Drill Support (TRS system when traveling)*

### 3-MONTHS PERFORMANCE PLAN

*Your Long Term Performance Plan*

**\$1,299** (12 sessions, 1 or 2 sessions weekly)

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- *Flexible frequency*
- *Built-in flexibility (up to 3 sessions can carry over)*
- *Tailored Assisted Stretching*
- *Sports Massage Therapy / Active Release*
- *Home Exercise & Mobility Drill Support (TRS system when traveling)*

## 6-MONTHS ELITE PLAN

*Your All-in Performance Partner*

**\$2,499** (24 sessions, over a period of 6-months)

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- 24 sessions over 6 months
- Built-in flexibility across 6 months (perfect for busy professionals who frequently travels)
- Tailored Assisted Stretching
- Joint Mobilization
- Sports Massage Therapy / Active Release
- Corrective Exercise & Strengthening
- Home Exercise & Mobility Drill Support (TRS system when traveling)

## A LA CARTE

**\$149** (60-minutes, single session)

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- One time recovery
- Session consist of Focused Assisted Stretching, Sports Massage, Rehab Training