



HEAVY METAL BARBELL

Remote Coaching Services

CLUB PROGRAM

\$30/MONTH

- Access to one HMB programs each month (Weightlifting, Masters, or Strength & Conditioning) via TrueCoach app
- Great for athletes who have good technique, want to compete, and want a proven program
- No video analysis or coaching feedback

TIER ONE

\$125/MONTH

- Initial Video Call Consult with an HMB Coach
- Individualized Programming for your specific Goals and Needs
- Comprehensive Training Log and Video Library via TrueCoach software
- Video Review and Feedback
- 2 x Week Communication via TrueCoach
- 1 x Month HQ Visitation
- Free Coaching at Meets with HMB Coaches Present
- Discounted Nutrition Consults and Personal Training Rates

TIER TWO

\$175/MONTH

- Initial Video Call Consult with an HMB Coach
- Individualized Programming for your specific Goals and Needs
- Comprehensive Training Log and Video Library via TrueCoach software
- Video Review and Feedback
- Daily Communication via TrueCoach
- Monthly Video Calls with HMB Coach
- 1 x Month HQ Visitation
- Free Coaching at Meets with HMB Coaches Present
- Discounted Nutrition Consults and Personal Training Rates

TIER THREE

\$225/MONTH

- Initial Video Call Consult with an HMB Coach
- Individualized Programming for your specific Goals and Needs
- Comprehensive Training Log and Video Library via TrueCoach software
- Video Review and Feedback
- Text Messaging During Office Hours (Monday-Friday: 9-12pm; 3-5pm)
- Daily Communication via TrueCoach
- Monthly Video Calls with HMB Coach
- 1xMonth HQ Visitation
- Free Coaching at Meets with HMB Coaches Present
- Discounted Nutrition Consults and Personal Training Rates

Tiers 1-3 Require a 3 Month Initial Contract Commitment and then are on a month-to-month renewal schedule.