MEMBERSHIP BUNDLES

Performance Athlete $249/mo

Our highest tier membership includes everything a serious athlete needs to optimize their progress:

Unlimited Team Coaching Sessions
Personalized Training Plan
Daily Video Feedback + Office Hours
24hr Facility Access
Quarterly Goal-Setting Check-Ins
Half-price meet handling at local events

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This membership is recommended for competitive-level strength athletes

Asynchronous Athlete $219/mo

This membership is for busy athletes who cannot always make it to team coaching during peak hours:

2 Team Coaching Sessions / Month
Personalized Training Plan
Daily Video Feedback + Office Hours
Off-Peak Facility Access
Quarterly Goal-Setting Check-Ins

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Commuter Athlete $179/mo

This membership is designed for athletes who reside outside of our daily commuting distance:

2 Team Coaching Sessions / Month
Personalized Training Plan
Daily Video Feedback + Office Hours
Quarterly Goal-Setting Check-Ins

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Email us about our student discounts at info@muscleandmindset.com

BUILD-YOUR-OWN-MEMBERSHIP PACKAGE

BASE MEMBERSHIPS

Barbell Club $99/mo
24hr facility access

Barbell Club Limited $69/mo
Off-peak facility Access

M+M Remote $99/mo
Daily video feedback + office hours

ADD-ONS

Team Coaching Lite $69/mo
Eight (8) Team Coaching sessions / month

Team Coaching Unltd $99/mo
Unlimited Team Coaching sessions

Personalized Plan $49/mo
Expedite your Progress with a Tailored Plan

Remote Coaching $99/mo
Daily Video Feedback + Office Hours

PRIVATE COACHING

1 Session $95

5 Sessions $451.25

10 Sessions $855

Payment plans are available for private coaching packages

LOCAL MEET HANDLING

Strategy Meeting + Meet Day Support at Local Events

$100 / Powerlifting Event
$50 / Olympic Weightlifting Event