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Soho Strength Lab

182 Mulberry St
New York City, NY 10012

Online Training

Clients can now join one of the best personal training studios in NYC through our new online training community. Clients can choose from one of our 3 levels of training to best fit their goals.



Tier 1-\$30

This plan is perfect for the experienced gym-goer looking to do a well thought out program or the beginner who maybe wants to start their training in the right direction. It's the perfect plan for anyone that has general fitness goals.

-Includes a 4 week Basic

Template with up to 4 training sessions per week (16 sessions total)

-Training templates can be structured based on strength, hypertrophy, or fat-loss goals

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-Clients will have access to our exercise video library so they know exactly how to perform the exercises given



Tier 2-\$150

This plan is for the client that has a more specific goal in mind (i.e. an event, a certain body composition, strength). Each program is custom made to the client's goals and includes an additional Conditioning component that is not part of the Tier 1 plan. Tier 2 is designed for clients that want

all the great things in Tier 1 with a little more additional customization. This plan includes access to our video exercise library.

-Includes a 4 week Personal Template with up to 4 training sessions per week (16 sessions total)

-Personal Templates are created based on a more extensive questionnaire to better fit the individual compared to Tier 1

-Training will include an Energy Systems Development aspect that is customized for each individual client

-Video or Phone check-in sessions with one of our qualified personal trainers 2x per month



Tier 3- \$300

This plan is for the clients that have specific performance goals and is willing to commit to the entire training process. Each section of training will be prefaced with a small blurb explaining the purpose of the exercise protocol to educate clients about their own training.

We include all sports training

preparation in this tier and structure the plan accordingly. It has a higher training frequency than the previous tiers as well as more check-in sessions to make sure that the program is running the way it should. There is an increased monitoring of stress-recovery following each workout to assess the status of the client and allow for adjustments as necessary. This plan is the most intense as well as the most flexible.

-Includes a 4 week training plan with up to 6 training sessions per week (4 training sessions +2 separate Energy System Development sessions = 24 sessions total)

-Each session is followed by a Recovery-stress questionnaire to allow for optimal progress monitoring and for flexible programming

-Can be tailored to fit all sports training

-Includes 4 video or phone check-ins per month with one of our qualified personal trainers

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* Requires a 3 month commitment in order to ensure that clients get the most benefits of longer-term training

How to Become an Online Client

Sign up through our website sohostrengthlab.com or email us at info@sohostrengthlab