

ECFIT Membership Options and Features

	Purchase Strength Programs	OnDemand Monthly Membership	Premium Membership
	Short Form Videos. Purchase Individual Strength Programs	Long Form Videos. 100+ Strength / Mobility and Recovery Classes	Must include an active ECFIT Strength On Demand Membership
	\$39 - \$299 per program	\$19.99/month	Founders Rate \$39.99/mo thru Feb 2021. Then \$49.99/month
ECFIT - Boulder Programs App Access to the programs that you purchased within the ECFIT - Boulder App	X		
ECFIT - Boulder Programs App Complete Access to the top 10 programs offered from ECFIT - Boulder App			X
ECFIT Strength On Demand Access to over 100 videos		X	X
Training Peaks Training Calendar Ability to load an individual ECFIT - Boulder Program			X
Training Peaks Training Calendar Ability to load an ECFIT Strength On Demand Collection		X	X
Training Peaks Training Calendar Progressive strength program including Tissue Release, Mobility, Strength and Recovery			X
Basic Cardiovascular Training Plan Run / Bike / Hybrid (both run and bike). Designed for people not currently racing			
Coming in summer 2021 Training Peaks Training Calendar Progressive strength program tracks including focus on Cycling/Running or Swimming Strength. Choose your track each month			X
Weekly Zoom LIVE (On Demand) Strength or Foundation Training Sessions - ECFIT Coaches alternate Strength and Foundation Training Sessions every other week			X
Weekly Facebook LIVE Mobility / Strength / Foundation Training Sessions	X	X	X
Question and Answer with ECFIT Expert Series during LIVE recording			X
FREE 15 minute Quarterly Custom Strength Consultation with an ECFIT Strength Coach			X
Custom Strength Consultation - Member Pricing (20% discount)			X
Custom Strength Training Session - Member Pricing (20% discount)			X
Strength Equipment Discounts	X	X	X
Coaching Affiliate Discounts		X	X