

**XCD TRAINING**

MANHATTAN / JERSEY CITY

xcdtraining.com

2026 RATE CARD

PROGRAM PRICING

Fully custom coaching, programmed and delivered inside the XCD app.

PROGRAM

INVESTMENT

One-off custom workout

Single session, built to your goal

\$225

2-Week Program

\$238 per week

\$475

4-Week Program

\$213 per week

\$850

6-Week Program

\$196 per week

\$1,175

8-Week Program

\$181 per week

\$1,450

The longer the block, the lower the weekly rate. Payment in full at the start of the program.

EVERY PROGRAM INCLUDES

- / Intake questionnaire and goal setting
- / Fully custom programming built around your equipment and schedule
- / Delivered in the XCD app with video demonstrations for every exercise
- / Set, rep and load tracking on every session
- / Weekly check-in and program adjustments
- / Direct messaging with weekday response
- / Week-to-week progress and trend reporting

ADD-ONS

Custom nutrition plan

\$350 one-time, or \$150 per month alongside a program

Hyrox competition prep

Add 20% to any program

Post-injury and post-clearance programming

Add 20% to any program

AFTER YOUR PROGRAM

Clients finishing a 4, 6 or 8 week program continue on ongoing monthly coaching at \$450 per month. Same inclusions, rolling month to month, cancel with 30 days notice.