

## Hormesis: (n)

Repeated stressors  
create resilience

# Specialized approach to biohacking



### What is Biohacking?

Biohacking your body means changing your chemistry and your physiology through science and self-experimentation to increase energy and vitality.

Posted by: &nbsp;Team Tony. (2023, June 23). Biohacking: How to reach peak condition for a longer healthy life. tonyrobbins.com. <https://www.tonyrobbins.com/health-vitality/biohackingforbeginners>

**Optimized  
impact through  
Minimal  
Effective Dose  
(MED)**

## About Us

Blueprint 120 redefines well-being by empowering individuals to transform their health in a deep and meaningful way through the science of hormesis.

We are dedicated to providing a next-generation fitness and recovery center equipped with cutting-edge technologies and expert guidance.

Our mission is to inspire and guide you on your journey towards a healthier, more resilient, and vibrant life, one that surpasses your expectations and leaves a lasting blueprint of wellness for generations to come.

Our commitment is to help you unlock your full potential and evaluate your unique personal blueprint, enabling you to thrive for an active 120 years and beyond

## Contact Us

📍 212 Main St, Tuckahoe, NY 10707

📞 (914)618-4333

🌐 [blueprint120.com](http://blueprint120.com)

✉️ [blueprint120health@gmail.com](mailto:blueprint120health@gmail.com)

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Next-Generation Fitness Recovery



# Blueprint 120

**Your Roadmap to Longevity**

# Packages

Our goal is to help you achieve the maximum benefit for your body in the shortest time possible. With cutting-edge methods and tailored solutions, we are committed to elevating your health and well-being to new heights. Experience the future of fitness and recovery with us, where every minute counts towards a healthier you.

## ARX/ PROTEUS

### Big-3 (15 min)

1 Leg, 1 Push, 1 Pull

5- Pack (-20%)

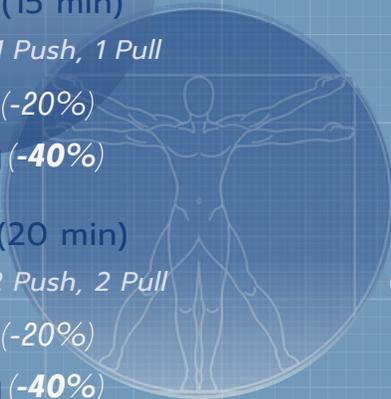
Monthly (-40%)

### Big-5 (20 min)

1 Leg, 2 Push, 2 Pull

5- Pack (-20%)

Monthly (-40%)



**\$65**

(Ea. Session)

\$250

\$149

**\$85**

(Ea. Session)

\$350

\$199

## HYPERBARIC OXYGEN

### 1.45 atms (60 min)

**\$125**

(Ea. Session)

10- Pack (-20%)

\$1,000

20- Pack (-28%)

\$1,800

### 1.45 atms (90 min)

**\$150**

(Ea. Session)

10- Pack (-15%)

\$1,250

20- Pack (-25%)

\$2,250

## PEMF

### Pulse Center Pro (30 min)

**\$50**

(Ea. Session)

10- Pack (-20%)

\$400

### Pulse Center Custom (60 min)

**\$100**

(Ea. Session)

10- Pack (-20%)

\$800

## COLD PLUNGE/ INFRARED SAUNA

### Cold Plunge (w/o Sauna)

**\$35**

20 min max

(Ea. Session)

5- Pack (-20%)

\$150

10- Pack (-30%)

\$250

### Fire & Ice (30 min)

**\$75**

Sauna/Cold Plunge

(Ea. Session)

5- Pack (-15%)

\$325

10- Pack (-10%)

\$699

### Fire & Ice (60 min)

**\$120**

Host up to 4 guests

(Per. Pers)

5- Pack (-20%)

\$475

10- Pack (-35%)

\$799

ⓘ All sessions >60 min. automatically charge \$2/ min. on bill

## RED LIGHT THERAPY

### Mighty Supercharge (15 min)

**\$50**

Mitochondria (Hypoxia/ Hyperoxia) (Ea. Session)

Carol Bike w/ live O2 & Red-light Therapy

**Free** Session- w/ 4- Pack reservation

### Shake n' Bake (15 min)

**\$35**

Vibrational Plate & Red-light Therapy (Ea. Session)

"Tried the PEMF treatment to heal my scapula/shoulder injury from 2018. Wow!! It really works. Feeling the difference after 3 treatments."  
-Kelly Chen



### Introductory Trio Package

**\$99**

One-time Only (Non-members) (\$165 Value)

Pulse PEMF (30 min), ARX 'Big-3' (15 min),

Carol Bike w/ Red-light Therapy

### Day Pass

**\$125**

Complete access (excludes hyperbaric oxygen)

Pulse PEMF (30 min), ARX & Proteus (15 min),

Carol Bike w/ live O2 & Red-light Therapy (15 min),

Cold Plunge/ Infrared Sauna (30 min)

### Monthly Pass

**\$250/mo**

Choose one from day pass options (2x/wk)

### Longevity Protocol

**\$299/mo**

Our version of 'superhuman' protocol (2x/wk)

STEP #1: ARX &/or Proteus

STEP #2: Carol Bike w/ live O2 & Red-light Therapy

STEP #3: PEMF

### Bone Builder

**\$299/mo**

(2x/mo)

Pulse PEMF (30 min), ARX (15 min),

Shake + Bake (15 min)

### Unlimited Upgrade

**\$699/mo**

Complete access (excludes hyperbaric oxygen)

**LIMITED OFFER** \$200 off **ONLY** valid first 20 customers