

Dave Asprey - The Upgrade Collective

Course Series 2

Dave Asprey's "The Upgrade Collective Course Series 2" is a holistic program focused on biohacking, personal wellness, and peak performance. The course covers topics like nutrition, mental resilience, longevity, and fitness, providing tools and techniques to enhance overall health and productivity. Designed to guide individuals toward optimizing their body and mind, it includes insights on cutting-edge science and actionable lifestyle changes for long-term wellness.

(Week 01 – 35)

The Upgrade Collective will empower you to feel, look and perform at your best. Dave Asprey and his team invite you to join an incredible community for a one-year journey into the limitless energy and high performance that come from upgrading your biology, health and mind.

You. 10x better.

Join The Upgrade Collective, the

Dave Asprey mentorship program. Start Anytime!

IF YOU LIVE WHAT YOU LEARN – IT WILL CHANGE YOU & YOUR LIFE

Dave Asprey

Co-Founder of Human Potential Institute

Dave Asprey is the Founder of Bulletproof and 40 Years of Zen. He is a three-time New York Times bestselling science author, host of the Webby award-winning podcast Bulletproof Radio, and has been featured on the Today Show, CNN, The New York Times, Dr. Oz, and more. Over the last two decades Dave, the "Father of Biohacking," has worked with world-renowned doctors, researchers, scientists and global mavericks to uncover the latest, most innovative methods, techniques and products for enhancing mental and physical performance.