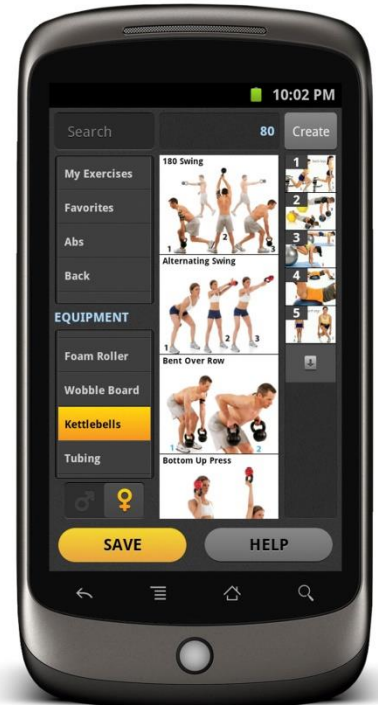




A complete web based fitness program with mobile app, instructional videos and expert programming for EMS & Fire.



**Your fitness**  
**On Your Schedule**  
**On the Job**  
**And on the Go!**



Learn the inside secrets to staying fit & reducing injuries on the job and at your desk!

We've taught 1,000's of first responders, now learn online!

Our programs, website, mobile app and on line support networks will keep you focused, healthy and fit for duty. You can even print workouts, share them with others and track each other via social media!

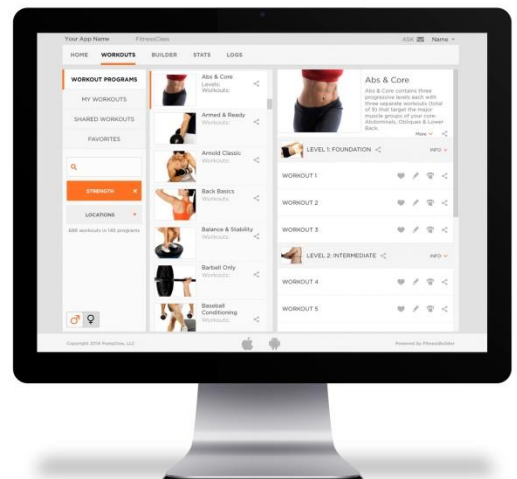
Diet, Nutrition, Stretching, Pain Management & Desk Jockey Fitness.....it's all in there.

[www.fitresponderfitness.com](http://www.fitresponderfitness.com)

Fit Responder Fitness is like getting a coach, trainer, physical therapist and nutritionist on your phone and computer.

Designed by first responders, sports medicine trainers, tactical strength & conditioning coaches, wellness specialists and nutrition experts our goal is to provide you with programs that are both convenient and specific to your needs on the street.

Get Fit, Feel Better, Have less pain with web based coaching for only \$14 per month. For all Members join now and receive a FREE Nutrition e-book worth \$29.00!



### Injury Prevention

Our programs develop job specific flexibility while helping you to reduce pain.

### Strength & Conditioning

Following scientific fact our programs will build muscular strength and advanced physical conditioning.

### Fat burning

Using evidence based programming coupled with “on the job nutrition” we will help you meet your wellness goals. Get started now.