



## CORPORATE

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CAGE CODE - 9LRP2  
UEI - GMANPKSHV5L1

## CERTIFICATIONS



## TESTIMONIALS

*"KIND, COMPASSIONATE, THOROUGH, AND PROFESSIONAL! THEY HAVE A WEALTH OF INFORMATION ABOUT THE HUMAN BODY AND ITS COMPLEX SYSTEMS. HIGHLY RECOMMEND IT."*

*"STARTED THIS IN JANUARY AND I'VE SEEN SOME AWESOME GAINS AND LOSSES. I'VE LOST 40LBS SINCE JANUARY! FIT TO FIGHT FIRE!"*

*"TODAY FELT AWESOME. SMOOTH RHYTHM THE WHOLE WORKOUT. I'M ABSOLUTELY LOVING THIS PROGRAM. I'M 37 AND HAVE NEVER FELT IN BETTER SHAPE"*

*"I'VE BEEN DOING A LOT OF WORKOUTS FROM DIFFERENT APPS AND THESE WORKOUTS ARE THE BEST WORKOUTS THAT I HAVE EVER DONE."*

# FIREFIGHTER FURNACE HEALTH AND PERFORMANCE CAPABILITIES STATEMENT

The Firefighter Furnace Health and Performance Program is comprised of a distinguished team of experts, featuring doctors, college professors, and professional coaches, all of whom are dedicated to optimizing firefighter tactical performance. We possess a profound understanding of the unique physical demands placed on firefighters, and have successfully assisted thousands of individuals in elevating their performance and overall quality of life.

## CORE COMPETENCIES

### FIREFIGHTER-SPECIFIC PERFORMANCE TRAINING

Central to our program is our online fitness programming, a cornerstone offering featuring distinct tiers tailored to diverse fitness levels. Additionally, it encompasses advanced mobility sessions and annual fitness evaluations, ensuring a comprehensive and individualized approach to enhancing firefighter performance.

### EDUCATION IN HEALTH AND TACTICAL PERFORMANCE

We deliver cutting-edge educational content sourced from seasoned holistic practitioners and esteemed college professors, each recognized as subject matter experts in areas encompassing strength, conditioning, health, nutrition, performance, and rehabilitation.

### PROFESSIONAL SUPPORT AND COACHING

At our institution, we prioritize a personalized approach to attaining individual excellence. Our dedicated team comprises doctors and specialists in strength and conditioning who stand prepared to address the unique requirements of individuals seeking heightened guidance in matters of health and performance.

## ORGANIZATIONS SERVED

Supported over 12,000 firefighters across various organizations, encompassing federal government and public sector entities.



## NAICS CODES

812990 - ALL OTHER PERSONAL SERVICES  
611620 - SPORTS AND RECREATION INSTRUCTION  
611430 - PROFESSIONAL AND MANAGEMENT DEVELOPMENT TRAINING  
621511 - MEDICAL LABORATORIES  
713940 - FITNESS AND RECREATIONAL SPORTS CENTERS