



You train for firefighting jobs, but are you fit for them?

- Increase Strength
- Improve Endurance
- Improve Stability
- Prevent Injuries
- Improve Speed
- Improve Mobility
- Improve Air Consumption
- Become Healthier

FREE first-time introductory session for each Fire Department.

Workouts designed for firefighters, by a firefighter.

Kyle Wodynski

- Certified Personal Trainer
- Certified Group Fitness Instructor
- Degree in Exercise Science
- CPR Certified
- Firefighter for 15 years
- Certified & Insured

Workouts are done conveniently at YOUR firehouse. I travel to YOU.

**WHAT ARE YOU WAITING FOR?
CONTACT KYLE TODAY!**

kyle@newbreedfitness.com
(201) 919-5837