



EMS is a physical job, no matter how much technology we bring to the street to assist in moving patients providers still need to physically get the patient on and off the transport tool. Patients are frequently found in awkward positions and will always require providers to lift-pull-push-move-carry from dangerous positions. One of the only ways to reduce injury while improving overall wellness is to become fit for the job but the job has historically made this difficult; EMS has never had a program designed specifically for the rigors of the job, until NOW!

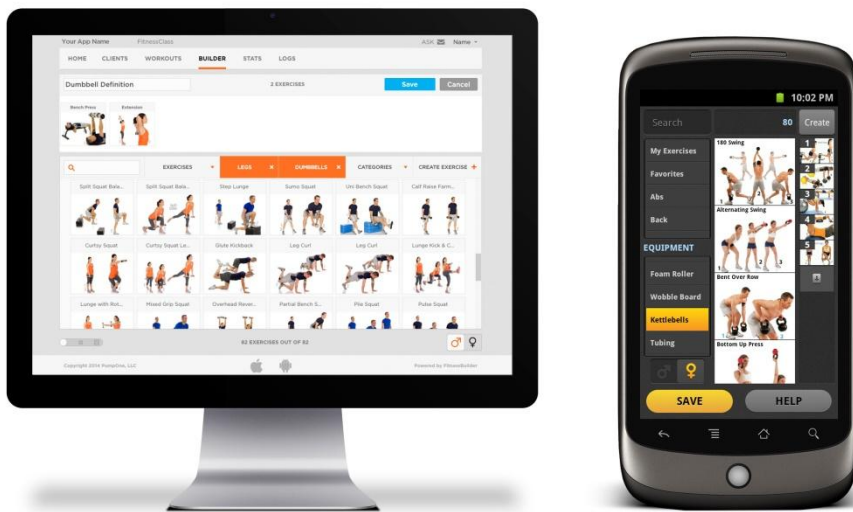
In 2013 NAEMT produced the first ever recommended fitness guidelines for EMS but until now they were just guidelines. We are proud to announce that the nation's leading provider of EMS injury prevention and fitness programs has partnered with NAEMT to bring the fitness guidelines to life.

[Fit Responder Fitness](#) is a 100% scientifically valid, evidence based EMS fitness program designed to improve provider physical capacity (job specific fitness) including mobility training that will reduce injury rate and severity.

Fit Responder Fitness will also teach you how to eat on the street; set simple goals to keep you motivated all while improving your wellness. Look better, feel better and get hurt less!

Mobile App & Website

Our mobile app for your android or iOs device has been carefully designed to be user friendly providing exercises that can be done on duty or off with any type of equipment or no equipment. We engineered the excuses out of the system.



WORKOUTS

Access over 100 EMS Specific Workouts plus over 950+ goal-based workouts.

With over 1000 ready-to-go challenging workouts, FitResponderFitness.com has a workout for you. With everything from Bodyweight Bootcamp to Bodybuilding and Sports Conditioning to Cellulite Shrinker, FitResponderFitness.com guides you through each exercise with images, tips, video and audio-coaching.

TRACK/PROGRESS

Track your exercises, workouts and body stats.

Keeping track of your exercise and body stats progress are successful motivation tools.

Log reps, sets, weight and cardio tracking to keep your exercise history at your fingertips to make sure you're progressing.

Take before/after photos, use the body measurement tools such as the weight tracker, and perform important body stat calculations such as BF %, BMI, healthy weight and target heart rate.

SHARE

Share, print and get social.

Share workouts with friends and get their logs back. Receive workouts to get challenged by others. With FRF.com Share Workout feature, your friends & family get rich, interactive workout sessions and challenges.

Print Workout is an amazing way to get complete workouts with images, tips, tracking and video links to a printable PDF that you can take with you. Just fold it up and put in your pocket.

Every workout log can be posted to your Facebook wall and Twitter feed along with the interactive PDF. Let your friends know how you're using FitResponderFitness.com to get and stay in shape, directly posting the session for them to try out on their own.

Member Benefits

NAEMT members receive more than 20% off the Yearly price of Fit Responder Fitness.com. PLUS you will receive a FREE e-book "How to Eat on the Street" by Fit Responder just for signing up, simply enter your member discount code during checkout! Be Fit, Stay safe, Every Lift Counts!

Already an NAEMT Member? Access your discount code [here](#).