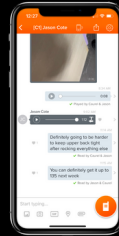


# SIMPLIFYING THE TECH

We utilize four key apps to streamline your coaching process.

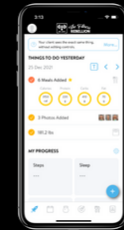
Do not allow the Apps to become a Distraction right now.

As you PROGRESS throughout the Fast Track You will be given detailed instructions on how to utilize each App in Question.



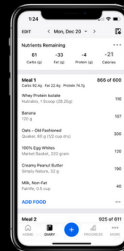
**VOXER**

- 1-1 Communication
- Group Chat



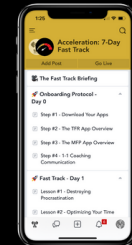
**TFR TRAINERIZE**

- Daily Action Items
- Nutrition Blueprint
- Training Blueprint



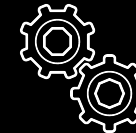
**MY FITNESSPAL PRO**

- Nutrition Tracking



**MIGHTY NETWORK**

- Fast Track
- Guides & Resources
- Coaching Clinic Calendar



## TFR TECH



*The Fitness*  
**REBELLION™**

EST. 2017  
\*\*\*\*\*