

## **Storm Mountain Training Center, Inc. CrossFit, West Virginia**



Since its conception, Storm Mountain Training Center has demonstrated its individual and team training capabilities by conducting training programs for federal law enforcement agencies, major metropolitan police departments, correction facilities, fire departments, emergency medical personnel and military special operations forces.

Storm Mountain's instructor team is specifically tailored to meet the needs of any potential training requirement. Team members have in-depth knowledge and practical expertise in the areas of specialized high risk / tactical operations. All have been special operations leaders in the U.S. Military and/or law enforcement agencies.

Our philosophy is to build a well rounded individual, providing training concepts which cover all areas of public service career fields. Training programs include, but are not limited to; firearms, offensive and defensive combatives, fitness programs utilizing the CrossFit training model, driving, counter terrorism and officer survival.

Our motto is adopted from a speech given by the late college football coach Bear Bryant, he said "The will to win, compares little with the will to prepare to win". Storm Mountain Training Center's staff fully believe in this principle and will prepare you to win physically, mentally and technically.

Our programs of instruction can be held at our Elk Garden, WV facilities or a mobile training team can come to your location. Our firearms and tactics division can respond worldwide. The CrossFit division can respond to all of West Virginia, and limited parts of Maryland and Virginia. For areas not covered by CrossFit WV, please call our offices for a referral to other highly qualified CrossFit affiliates in your areas.

Storm Mountain Training Center fully endorses and supports the Test Ready Pro program as a cutting edge opportunity for individuals seeking careers in law enforcement, firefighting and emergency medical services. To this end, Storm Mountain Training Center, Inc. is offering a 25% discount in all of our training programs to Test Ready Pro alumni.

For additional information on our company, facility, staff or services, please contact:

### **Storm Mountain Training Center, Inc.**

#### **CrossFit West Virginia**

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Elk Garden, WV 26717

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CrossFit Champions is a licensed CrossFit Affiliate located in Spring, TX, the Champions area of NW Houston. The owners and trainers at CrossFit Champions have extensive backgrounds in strength training, metabolic conditioning, track and field and cross-country running, weightlifting, martial arts and nutrition.

At CrossFit Champions we train everyone from stay-at-home moms to special forces personnel, from the recreational fitness fanatic to the professional athlete. As long as you come with the right desire, attitude and fortitude, we want to work with you. Whether you are new to fitness or are an elite athlete, our CrossFit training programs can help get you to the next level!

CrossFit Champions' main objective is real-world strength and fitness, not just the appearance of it. Life depends on health, and longevity depends on fitness. For some (special forces, LEOs, firefighters, paramedics, etc.), fitness can be the difference between life and death. For others, reaching their ultimate level of strength and fitness is a never ending personal quest. Whatever the reason, cause, inspiration or need you have for a new level of fitness, we can help you get there.

Half the battle in demanding training is attitude. Every workout should make you nervous on some level. If you aren't at least a little scared, then why do it? Sub-par should not be worth your thought, time or energy. Approach every workout as if your life depends on completing it (doesn't it?). We work hard here and we expect you do the same.

You know the old saying, "Actions speak louder than words?" This is soundly true in strength and fitness, especially in a program like CrossFit. Strength, endurance, stamina and speed cannot be faked. You can talk all you like about how fit and strong you are, but our workouts will prove or disprove your statements within 10 minutes. Our bottom line: don't talk it, just do it!

We are committed to producing real world fitness through functional movements and hard work. We believe in and foster fitness that is broad, general and inclusive. Our programs utilize movements from Olympic Weightlifting, gymnastics, martial arts, calisthenics, running and traditional resistance training to produce world-class results.

At CrossFit Champions you will build strength, stamina and power while improving mobility, agility and coordination by using constantly varied functional movements, executed at high intensity. By adjusting the complexity, intensity, and/or load, we can start you at a level appropriate to your current fitness level and experience. As you progress, we introduce more challenging exercises to improve coordination, agility and range of motion.

CrossFit Champions fully supports and endorses the Test Ready Pro program and believes it to be an outstanding opportunity for anyone seeking careers in law enforcement, firefighting and emergency medical services. CrossFit Champions is happy to offer a 20% discount on all our programs for Test Ready Pro clients.

For additional information on CrossFit Champions, our trainers or our services, please contact:

**CrossFit Champions**

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# CrossFit SoCal

— Forging Elite Fitness —

CrossFit SoCal  
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CrossFit SoCal is dedicated to forging elite human performance by the use of the CrossFit program, as well as its incorporation of other functional sports such as: Olympic and power weightlifting, Parkour (the ability to navigate and move the body over obstacles that are in the environment), and basic gymnastic and grappling skills.

CrossFit SoCal was founded by a Navy doctor, a Navy SEAL paramedic and a USA Weightlifting coach in 2006. All trainers are Level 3 CrossFit Certified and have experience in training hundreds of people from one on one to large groups of 20 or more. Some of our clients include: U.S. military special operatives, ICE, FBI and ATF personnel, police officers, BUD/s candidates, firefighters and paramedics. We take pride in giving the best possible training to those who serve. We not only offer the best training out there, but we also are experienced in nutrition counseling for optimal performance.

CrossFit SoCal believes in virtuosity of movement. This means that every client of CrossFit SoCal is taught the proper form for each exercise whether it is a push-up or a more complicated Olympic lift before increasing intensity and weight. For safety and effectiveness we offer an eight session Fundamentals class which teaches the proper execution of the CrossFit movements. Clients also learn Olympic and power lifting, basic gymnastics, Kettlebell exercises and much more. Group or individual classes can be taught at our facility or group classes at your site. Upon completion of Fundamentals, clients may continue with our Elite Fitness Classes that will focus on intensity and strength gain.

CrossFit SoCal endorses the Test Ready Pro program as an invaluable resource for men and women seeking careers in law enforcement or as first responders. We are excited to be partnered with Test Ready Pro in the San Diego area. CrossFit SoCal is offering a 30% discount off the Fundamentals class and 30% off the monthly Elite Fitness dues to Test Ready Pro clients.

For more information on CrossFit SoCal, our programs, and trainers, please contact:

CrossFit SoCal  
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CrossFit Los Altos  
Los Altos, CA

CrossFit Los Altos employs over 20 trainers that are at the highest level in the strength and conditioning industry. We work with hundreds of clients of all ages and abilities. Our proven methods are highly efficacious and essential for those requiring elite fitness.

Our philosophy is to use a performance based approach with our clients. We scale and modify the training, but always use highly effective and safe movements to produce the desired results. This produces an individual that is highly capable in all aspects of fitness. This broad based elite fitness training is crucial for those in law enforcement, firefighting, emergency medical services, and military.

CrossFit Los Altos fully endorses and supports the Test Ready Pro program as a cutting edge program for individuals seeking careers in law enforcement, firefighting, and emergency medical services. To this end CrossFit Los Altos is offering a 40% discount to Test Ready Pro alumni.

For additional information on our company, staff, services, or facility, please contact:

CrossFit Los Altos  
600 Fremont Avenue  
Los Altos, CA 94024  
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To: Mr. Chris Bedwell  
From: Frank DiMeo  
Re: Test Ready Pro/CrossFit

Our private training facility is located on the central Gulf Coast of Florida, situated near Tampa, Ft. Myers, and Orlando. Training is conducted in small group or private sessions.

We are looking forward to providing challenging and effective fitness training to Test Ready Pro clients. "Training for any contingency" is our mindset and focus.

As your clients prepare for some of the most demanding careers in the world, it is our commitment to train them in a manner that will maximize their chances of survival, and the completion of their respective missions. This will entail utilizing unconventional training methods and equipment in conjunction with solid, proven training principles.

I stated in my book, "Strength for the Streets", we must prepare those we train to handle the toughest "15 seconds to 15 minutes of their lives" first. Real-world crisis situations are unpredictable, unexpected, and place extraordinary demands on the mind and body. We train to meet those situations successfully.

Regardless of a persons' state of fitness when they arrive at our facility, we can safely bring women or men to a much higher level of overall fitness.

Knowing the value of good law enforcement in our chaotic world, we are honored to be a strength & conditioning provider for Test Ready Pro, and will offer a 25% discount to all Test Ready Pro alumni.

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## **Primal Fitness**

Primal Fitness is an elite strength and conditioning facility with its foundation in Crossfit's method of broad-spectrum training. With our certified staff we can address a variety of training methods involved in attaining high levels of fitness for both individuals and groups. This allows us to develop effective training programs for police departments, military special operations forces, fire departments, federal law enforcement agencies and emergency medical personnel. Our experience with effectively enhancing the training of those involved in these high-risk professions has led to a focused and efficient approach to improving every aspect of fitness to reduce their risk significantly.

In addition to the general strength and conditioning we adapt from Crossfit, we also specialize in the training of Parkour, which is a method of effectively navigating the obstacles in your common environment. We worked to adapt the Parkour methodology to equipment-specific training that applies to a variety of military and law enforcement personnel, training officers and soldiers to move in a safe and effective manner over a variety of common obstacles, thus improving the efficacy of their performance in high-stress situations. With our combination of Parkour and tactical training, our clients gain an understanding of common environmental hazards as well as methods to quickly overcome them to place themselves or others in less danger. The benefits of this training in combat conditions cannot be overstated; when life or death is a direct effect of the quality of your physical training, the ability to move smoothly rather than stumbling under fire can be an immense contrast.

We are capable of training individuals and groups in our Northeast Washington DC facility as well as traveling on location within the Maryland, DC and Northern Virginia area. Whether in the gym or on location, you will have the full benefit of our experience in training members of the military, Special Forces and law enforcement communities, as well as our affiliation with various specialists, from tactical defense to functional martial arts.

For additional information about our facility, class schedule and staff:  
<http://www.primal-fitness.com>

Primal Fitness- Northeast DC's Crossfit Affiliate  
903 Girard St. NE  
Washington DC, 20017



North Shore CrossFit is the North Shore's leading provider of performance based fitness. We pride ourselves on providing superior training for many law enforcement, firefighter, first responder and military personnel in our area.

Our training staff is comprised of CrossFit trainers with various backgrounds: former military, medical, athletic and martial combat arts. North Shore CrossFit trains real individuals for real world application. Our belief is that we are all equipped with an instinct for survival, self-defense mechanisms and the ability to protect ourselves. North Shore CrossFit focuses on developing these natural abilities while improving physical and emotional response to danger.

North Shore Crossfit fully endorses and supports the Test Ready Pro program as a cutting edge opportunity for individuals seeking careers in law enforcement, firefighting and emergency medical services. North Shore CrossFit is offering a 15% discount in all of our training programs to Test Ready Pro alumni.

For additional information on our company, facility, staff or services, please contact:

**North Shore CrossFit**

94 Central Street

Topsfield, Ma 01983

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# CrossFit Evolution

## Forging Elite Fitness

**CrossFit Evolution, LLC**  
Longwood, FL

CrossFit Evolution is the only CrossFit training facility in all of central FL. Our 2000 sq ft facility contains all the essentials of elite training. Training can be accomplished individually or in groups/teams. Training can be done morning, noon or night, 6 days a week.

CrossFit Evolution's trainers are experienced in CrossFit methodology and training. Lead trainer has in-depth knowledge and practical expertise in law enforcement training and USMC military training.

CrossFit Evolution programs contain elements of not only CrossFit, but also Strongman, Parkour/Freerunning and basic boxing/kickboxing.

CrossFit Evolution fully endorses and supports the Test Ready Pro program. In order to best prepare for the demanding lifestyle that comes with a career in law enforcement, military or fire and emergency medical personnel, this program is not a luxury, but a necessity. To show our support, all Test Ready Pro alumni will receive a 25% discount in any our training programs.

For additional information on our company, facility, staff, or services, please contact:

**CrossFit Evolution, LLC**  
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## **PETRANEK FITNESS**

Petranek Fitness is school of ELITE FITNESS located in Santa Monica, California. We teach basic to advanced level classes in functional exercise, athletic conditioning, plyometrics, kettlebell training, olympic weightlifting, medicine ball training, and basic gymnastics. Our students are extremely diverse in their experience, conditioning, and lives; and include students, business executives, stay-at-home moms, athletes, writers, producers, and martial artists. We utilize CrossFit as our primary training method, and focus our students on optimizing physical competence in each of 10 recognized fitness domains (Cardio-respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.) The stimulus provided is always varied and the results are dramatic. The atmosphere is one of support and camaraderie to anyone willing to put in the work.

Our programs at Petranek Fitness are uniquely suited for any person seeking an elite level of fitness and conditioning in preparation for a firefighting, law enforcement, emergency medical services and/or military service.. Utilizing the CrossFit training method, our program prepares students for the physical rigors of these jobs and combat through the use of Olympic weightlifting, body weight calisthenics, gymnastics, and metabolic conditioning. Once a part of the program, students are challenged daily with physical and mental workouts that far exceed anything they previously thought possible.

Andy Petranek, the founder of Petranek Fitness, is a former United States Marine. He is also a former professional adventure racer, having competed in 4 Eco Challenge adventure races and countless "sprint" distance (3 - 24 hrs) races as a sponsored Red Bull Athlete. He has endured rigorous training widely varied climates and conditions, and has vast experience in ocean, mountain, jungle, and urban environments. He personally maintains an elite level of conditioning and is a master coach / trainer in all areas of physical conditioning, movement, and nutrition. His program at Petranek Fitness combines his personal experience with the training methods of CrossFit and builds students performance capacity to expert and elite levels.

Petranek Fitness fully endorses and supports the Test Ready Pro program as a perfect opportunity for individuals seeking careers in law enforcement, firefighting, and emergency medical services. As part of our support of their program, we are offering a 15% discount to any Test Ready Pro student or alumnus that joins our program for training.

For additional info about our program, facility, or staff, please contact us directly by phone or email.