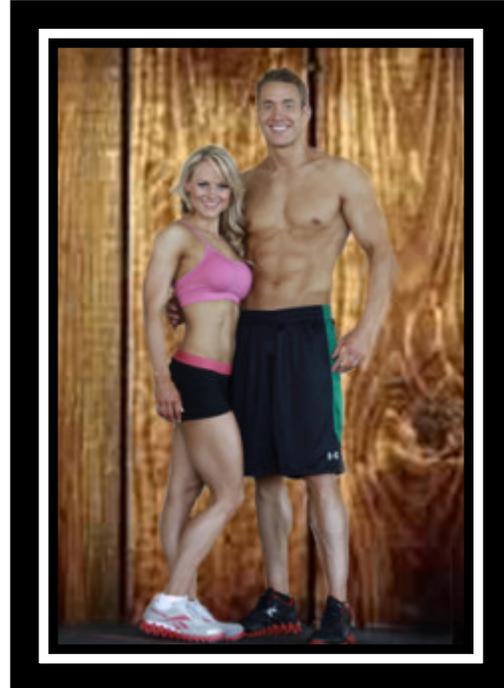


Justin and Jessica Rundle (Team RundleFit) understand where you are coming from. In fact, we were once in your shoes and know what it's like to struggle with weight loss. If we eat a typical American diet, we can get fat really fast (and we did). In 2007, Justin finished his college football career, but was still 265 pounds. Jessica was struggling with similar issues, so, together we made a pact and committed ourselves to kicking our bad habits for life. It was time to start living a clean and lean lifestyle.



Our commitment to changing our lifestyle was a success, at first. We reached our goal weights; but like so many others we started to slide back to where we started. This was in large part due to a naive notion that we had met our goals, so it was time to celebrate. With complete disregard to how sensitive our bodies were, the food addictions, peer pressure and constant media temptation were unbearable. We lost control. Undoing a lifestyle of processed food takes longer than 12 to 16 weeks. It's a lifestyle shift that needs to be practiced every day. Learning from experience and the latest fitness trends allowed us to address these obstacles and conquer them!

We are truly grateful for this perspective because we know where you are coming from and where team RundleFit can take your fitness level. We have always been passionate about fitness, nutrition and positive motivation. Whether running large school programs or training individuals, our clients will always be given our undivided, full commitment! We not only love to help others reach their fitness goals, but we are constantly improving ourselves through research and application of fitness trends.

If it meets the RundleFit standard, then it is applied to your training. Constant innovation and improvement equal success! Our Workout Anywhere approach is innovative, convenient and affordable. Our concentrated program allows anyone, anywhere the ability to change fitness level. We have combined our own blend of training with some of the most popular fitness trends to provide you with a weekly workout suitable for all ability levels. This program is packed with nutritional guidance, recipes and Q&A segments. Join today to get the jump-start on the new you!

No Gym = No Problem