

Get Dad Moving!  
fitter1.com



Naboso Activation Insoles are perfect for busy Dad's always on the move. These insoles are designed to stimulate feet to improve posture and balance, reduce fatigue and strengthen your feet. Thin enough to fit in any shoe or on top of an existing arch support or orthotic, this insole has high level stimulation to increase energy and offset fatigue.



## Professional Balance Board 20"

The Fitterfirst 20 Inch Professional Balance Board is for any Father Figure looking to improve daily balance, decrease the amount of time spent rehabilitating from injury, or maintain peak physical condition. Fitterfirst Professional Balance Boards can be used for a variety of father-types, from professional athletes and physical therapists to workout enthusiasts and seniors.



(Try adding a Naboso Board Cover for added stimulation and reduce foot pain!)

## Active Office Board

The hard working Dad is going to LOVE the Active Office Board. While it can be used for both sitting and standing, this board encourage Dad to move effortlessly in a small space, while ensuring good posture.





## Bongo Board

If you've got a fun-loving Dad always looking for their next challenge, he will spend HOURS on the Fitterfirst Bongo Board! No joke. This board is for the kid-at-heart who wants to get fit while having fun. The Bongo Board helps to develop great performance-enhancing reaction skills and master cool tricks. All while enhance core strength & stability, building balance & proprioception.



Falls should be expected.

## Extreme Balance Board

If the Bongo Board seems too extreme but the Professional 20 Inch Balance Board just isn't enough then the Extreme Balance Board Pro might be just right for the Dad in your life! This board features a full 360 degree rotational disc & 2 difficulty settings as well as multi-directional range of motion! The Extreme Balance Board Pro gives you the ability to train balance and coordination, build upper and lower body strength, and increase mobility at a high level. They are great at helping stretch and strengthen ligaments and tendons in the legs.







## VariDesk ProPlus 36

Is Dad working from home? Has he been set up with his laptop on the same standard living room table or plastic desk since the start of Work-From-Home orders last spring? It's time to give him the upgrade he deserves with the VariDesk ProPlus 36. This adjustable-height desktop converter is made to help with back pain! From better posture, to better productivity, to better health, this standing-desk solution is an easy and effective way to change the way you work.

## Cubii

Cubii is the perfect gift idea for the senior Dad in your life! This compact seated elliptical helps build healthy habits by adding more strides to Dad's day, burning calories, and boosting energy. The whisper-quiet design fits perfectly into your current daily routines. Pedal disruption free while Dad works, reads or watches TV!

The Cubii Pro is also the only seated elliptical that connects to the Cubii mobile app via Bluetooth, allowing Dad to sync their progress across the app, Apple Watch, Fitbit and Healthkit.







## Jawku Muscle Blaster V2

For the Dad with sore muscles, the Jawku Muscle Blaster V2 is the way to go! "Percussion Therapy" has emerged as one of the most popular forms of Instrument Assisted Soft Tissue Mobilization therapy. The Muscle Blaster was developed to assist the body's own healing mechanism. Great for muscle activation and recovery!



## Pro Fitter 3D Cross Trainer

The Pro Fitter 3D Cross Trainer is a classic Fitterfirst choice for Dad this Father's Day. With 20+ exercises to improve leg, core and upper body strength and stability it's more like a sport than an exercise! Easily add this multi-use machine to Dad's home gym and watch it become an instant staple in their workout routine!



## Vari Electric Sit-Stand Desk G2

So you're looking for the ULTIMATE gift to show the Father Figure in your life how much they mean to you? The Vari Electric Standing Desk G2 should do the trick. Replace any regular old office desk with this electric desk to make it easy to go from sitting to standing throughout the day. Research shows that standing can help increase productivity, boost mood, improve health, and decrease back pain! We think this gift will make for one happy Dad this Father's Day!

