



CHECK OUT OUR

Father's Day Gift Guide

Get Dad Moving!
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GET DAD MOVING THIS FATHER'S DAY WITH THESE UNIQUE AND THOUGHTFUL LAST MINUTE GIFT IDEAS FROM FITTERFIRST

From Home Fitness to Active Office check out these thoughtful last minute Father's Day gift ideas for Dad.

Father's day is on Sunday, June 20th this year, which is fast approaching! If the holiday slipped your mind or you just haven't had the time to shop around yet, no need to stress. Fitterfirst has some great suggestions for any Dad.

Duraball Classic

This Classic exercise ball is great for Dad's of all ages and abilities and perfect for everyday health and fitness needs.





Thermawedge

Is Dad struggling with Plantar Fasciitis? The ThermaWedge® is lightweight, portable and easy to use while standing or sitting, both at home and discreetly in the workplace! Combining five of the treatments most recommended by health professionals, the ThermaWedge® device reduces the burning pain and limited mobility brought on by Plantar Fasciitis.

SMART QuickFit Tubing Workout Kit

Resistance training from home has never been easier with the SMART QuickFit Tubing Workout Kit! Dad can create their entire workout routine with just this one kit. Set up in the living room or even outside and he can work on strength, toning, and aerobic exercises. This kit comes with:

- 1 QuickFit zippered bag with carry handle
- 1 set of Triple-Grip handles (pair)
- 1 Door Hook
- 1 each 20lb Purple, 40lb Magenta, and 60lb Red Resistance Cables



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!)



Soft Board Advanced

Help the Dad in your life safely achieve better balance, coordination and agility with the Soft Board Advanced. This board provides a whole new dimension to balance training by creating the fluid sensation of floating on a cushion, all while providing a predictable foundation underfoot.



Duonamic Eleviia Chin Up Set

The Duonamic Eleviia Chin Up Set is for any Dad looking to transform themselves on their own terms with the safest, most portable way to do pull ups! These handles provide a simple, easy way to perform exercises that help decompress the thoracic and lumbar spine (mid- and low-back) and promote health and range of motion in the shoulders.

Pair these with the SMART QuickFit Kit and you'll have a complete workout setup anytime, anywhere.



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.



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!

