

MILITARY PREPARATION.

Greetings,

We want to take a moment to thank you for choosing The Military preparation program to help you prepare for the military forces. We are excited to help you achieve your goals and guide you towards this exciting life.

As part of your purchase, you have received several programs and folders that together shape the total package of the military preparation training. These folders include:

- **The Military coaching guide**
- **Military program 01: Basic requirements**
- **Military program 02: Foundational strength**
- **Military program 03: Swimming practice**
- **Support 01: Exercise library**
- **Support 02: Mobility guide**
- **6-Week training program**

We recommend that you start reading The Military coaching guide, as it provides a summary of what you can expect from the training programs. The 6-Week training program is an overview of what is expected for you to follow. The Military programs 01, 02 and 03 are there for additional information for you to read over. They will assist you with the necessary basic knowledge required.

If you have any questions or want feedback on technique, our expert coaches are always available to help. We encourage you to send video material of yourself performing exercises for the first time for technical review and adjustments where needed. You can reach us via WhatsApp at **+31625183459**, and we will get back to you as soon as possible. Please send us a short message, preferably stating what your goal is with this program but it can be anything you want! We're looking forward to hearing from you.

Once again, thank you for choosing Mission Movement. We are excited to train you and guide you towards a successful career in the military.

Best regards,

Justin Peeters
Founder
Mission Movement



MISSION MOVEMENT.