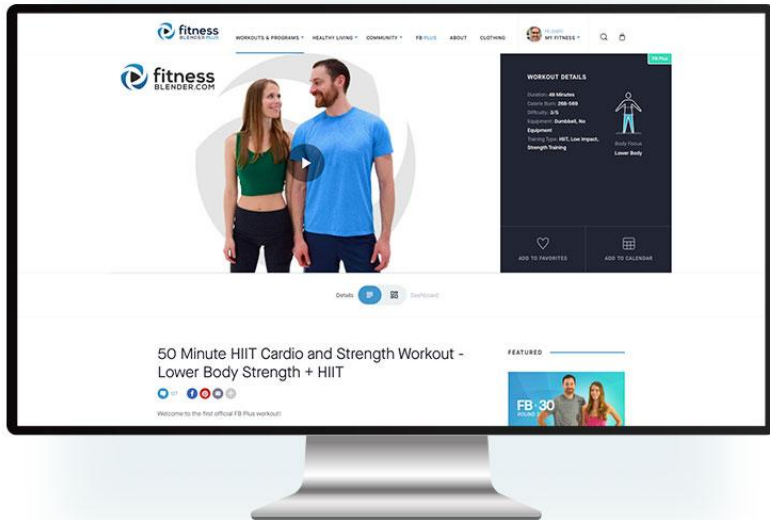


# Welcome to Fitness Blender

DISCOUNT TIRE 2021 SPARE TIRE CONTEST



24/7 access to an unparalleled on-demand video library without the hassle of joining a class and starting at a specific time means you can use this benefit at home on your time.

**10-Week Free Trial > Registration Open**  
Visit [GoFB.info/DiscountTire](https://GoFB.info/DiscountTire) and use code 815910

## A Trusted Resource

Professional, Approachable, and Effective

- ✓ 600+ Full length workout videos  
**Filter/Search** by duration, calories, body focus, training type  
**Surprise Me** smart search feature takes the guesswork out
- ✓ 100+ Healthy Living articles growing weekly
- ✓ 200+ Recipes and a supportive healthy eating community

## Looking for a good place to Start? Join a Challenge!

- ✓ **Beginner Challenge:** FB Beginner Challenge  
(under 20 minutes a day)
- ✓ **Intermediate Challenge:** FB Burn Challenge  
(under 37 minutes a day)
- ✓ **Advanced Challenge:** FB Fit Challenge  
(up to 50 minutes a day)



Fitness and Lifestyle, Virtual and Home Health

---

## Company Short Description

Fitness Blender offers a completely online at-home alternative to a trainer and gym and at a fraction of the cost. Access 600+ full-length workout videos for every fitness level; helpful health, nutrition, and fitness information; interactive online tools; and a powerful sense of Community.

---

## Full Company Description

Fitness Blender was created by a husband and wife team of personal trainers who felt that there was a lack of reliable health and fitness information on the web. They were frustrated that too many people in the fitness industry were more focused on monetary gain or outward appearance than on good, achievable, long-term health. Now, more than 10 years later, the Fitness Blender team is still focused on the original goal and approach for the company:

- Make health and fitness attainable, affordable, and approachable—for as many people as possible.
  - Endorse eating unprocessed, whole foods, and working out for a strong, healthy body.
  - Believe overall wellness looks different for each individual and encourage a personal, intuitive approach to eating and exercise.
- 

## FB Plus Online Platform Overview

FB Plus is an ads free subscription platform offering premium content and online features that are designed to help you stay engaged with your fitness and wellness goals.

### CONTENT

- 600+ full-length Workout Videos ranging from 5 to 90 minutes in length: beginner, intermediate, and advanced.
- A new 2-Week Fitness Challenge every month for fast, flexible workout plans eliminating the guesswork of what to do next.

- 200+ Healthy Living Articles around fitness, nutrition, and healthy body image.
- 200+ Healthy Recipes that focus on the use of unprocessed, whole foods.
- A growing collection of Expert Articles by physical therapists, registered dietitians and doctors.

## **FB PLUS FEATURES**

### **Make a Plan:** Find, Organize, and Schedule Your Workouts

- Search and filter videos to find exactly what you need.
- Save your favorite workout videos for easy access.
- Schedule your individual workouts or full 2-week Challenges on your own interactive workout calendar.
- Shake up your routine with the “Surprise Me” or the “Find Similar” workout selection tools.

### **Customize Your Experience:** Tags, Notes, Custom Workouts

- Create your own tags to help organize videos.
- Add notes on individual workouts to keep track of your modifications, likes/dislikes, and reminders.
- Enter custom workouts for a full view of all your activity including a bike ride, walk in the park, or yard work.
- Create, save, and repeat your custom routines.

### **Track Your Progress:** Stats, Trackers, History

- See statistics for a full workout history and all your activity.
- Use the trackers to see your progress and share with the community.
- Stay motivated and earn your **Workout Complete!**

---

## Offer Description

### **10-week unlimited access to FB Plus absolutely FREE.**

Visit [GoFB.info/DiscountTire](https://GoFB.info/DiscountTire) and use code **815910** to start your first online workout in under 30-seconds:

- Exclusive offer for Discount Tire’s Spare Tire participants
  - Join our premium membership platform with no obligation
  - After 10-weeks you will be presented with 3 different membership options for as little as \$6.67/mo. OR you can always continue to access our free content
-

## Need Help?

Fitness Blender manages an active online community where our users support and motivate each other, as well as provide valuable feedback about our content and website features.

---

## Frequently Asked Questions

### **Is FB Plus a mobile app?**

FB Plus is not a separate mobile app, it extends and adds functionality, content, and features to our mobile-friendly website. However, you can use the website like an app by saving it to the home screen of your smartphone or tablet.

### **Will I be able to watch videos on my TV? Will I be able to download videos?**

Please see the [system requirements](#) for supported devices and casting options. Chromecast and Airplay are supported if the browser or device natively supports it. Videos cannot be downloaded at this time.

### **How often will new features and content be released?**

We don't have an exact timeline, but the new features we already have planned will keep us busy for quite some time. You can expect the first “new” features for FB Plus to be released within weeks of launch.

### **What about customer support?**

We have dedicated staff available to field your questions through our online contact form, but don't wait on us. Posing your question to our community will get you a great answer from our engaged users.

### **After my trial ends do I have to sign up with a contract if I want to continue?**

No way! You can extend for one month at a time, or you can choose discounted monthly or yearly options with auto-renewal. Cancel at any time with just one click from your FB Plus account page.

### **After my trial ends will I still have access to all my data?**

Yes, your existing account and all the data associated with it are not impacted in any way after the trial expires. You will retain your personal data as long as you use your existing membership instead of creating a new one.

---

## Quick Facts

- 50% of our users workout with us from their smart phones
- You can add and track custom workouts (like walking the dog or playing tennis)
- Have a question? Ask our community for help or contact support