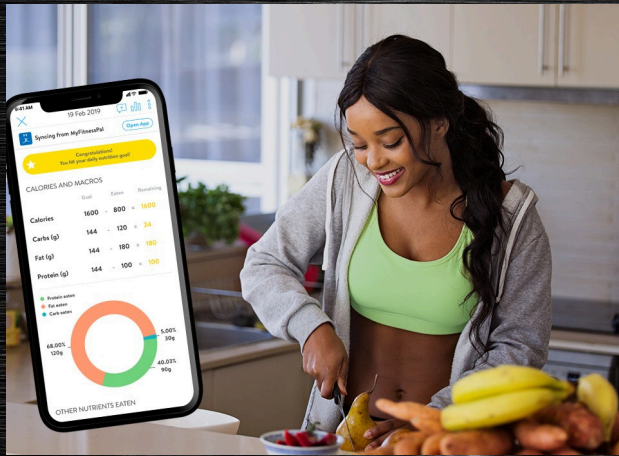
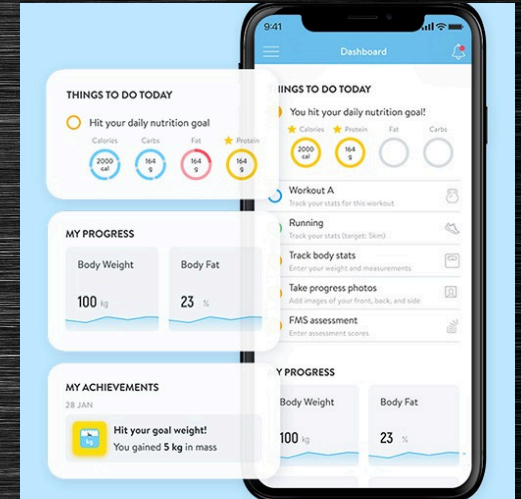


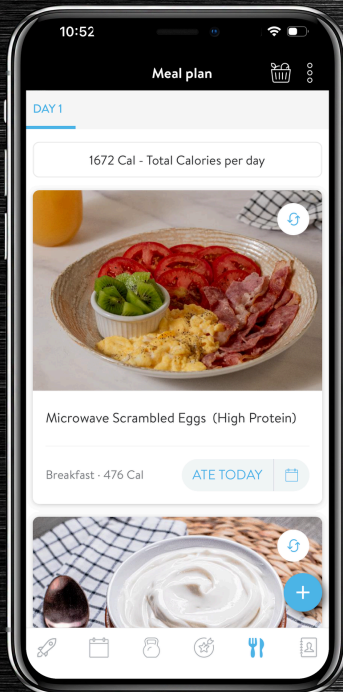
# RUDYWITTHEHIIT FITNESS & NUTRITION APP



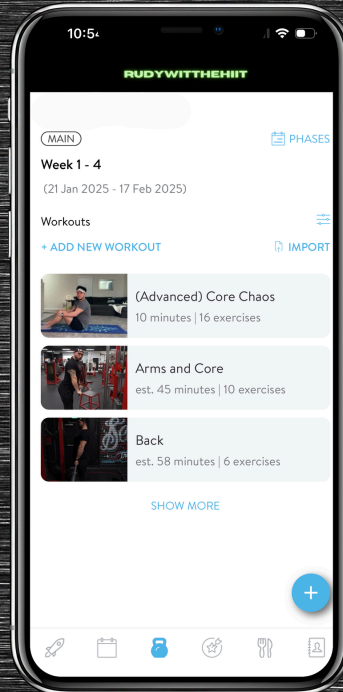
*MyFitnessPal integration to stay on top of your food intake.*



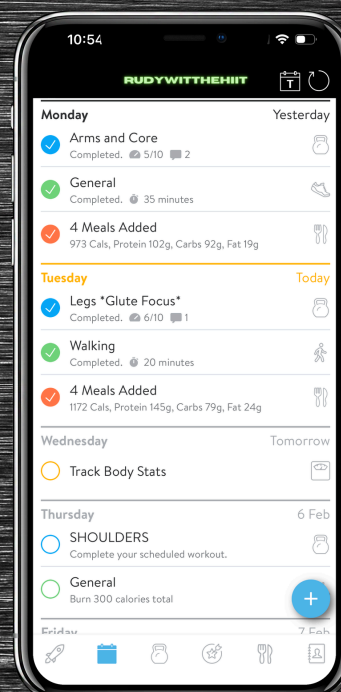
*Structured days so that you know exactly what to do.*



*Customized macros and guided workouts at the palm of your hand.*



**SCAN HERE**



*Daily macro and activity completion check-ins as well as 24/7 support from me.*

