



# THE FORTIFIER

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## BENEFITS

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STRENGTH: **HIGH**

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MUSCLE GAINER: **MODERATE**

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INJURY PREVENTION: **HIGH**

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EXERCISE DENSITY: MODERATELY  
LOW

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## KEY POINTS

*by Dr. Kuntz*

If you're looking for a "smash-mouth" workout program that delivers extreme intensity and strength, then you've come to the right spot. This program ramps up your strength and allows you to experiment with progressive volume at the same time.

It also includes an emphasis of eccentrics which have been shown to prevent injuries and to produce better results than concentric or isometric training methods. Heavily suggested for athletes looking to increase their strength in the off-season.