

Survival Training in Muskoka

Pain is Weakness leaving the Body...

German Para Trooper saying

Rouven Bürgel

Marco Rüderich

please click on the pictures to read the instructors bios

Former German Paratroopers

Will guide you through an unforgettable experience
that will make you realize your daily life is a walk in the park.

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FIND YOUR REAL
STRENGTH

-
FIND OUT IF YOU ARE A
TEAM PLAYER

-
DISCOVER AND OVERCOME YOUR FEARS
AND WEAKNESSES

-
BECOME A STRONGER
PERSON

Join us for the 48 hour Survival Training in the Canadian Wilderness

You will be picked up by bus and dropped off in the wilderness, far away from any cell phone service you will be teamed up and face numerous challenges that will take you to your limit.

Equipped with only a backpack you will learn how to orientate, repel, light a fire with natural tools, shake off hunters, perform first aid, ration a minimum water supply, purify lake water, build you own compass, canoe, and cross a rapid with no equipment!

But you will not be alone!

2 Ex-German special operations soldiers will guide, train, and push you to your limits.

This event is incites team-work, strategy and the creation of alliances, and significantly boosts ones confidence in daily life.

Do you know your limits?

Sign up now and we guarantee this weekend will be an unforgettable experience that will make you appreciate life like never before.

Self-confidence is a product of good training and sound knowledge. These must be acquired before you face a survival situation. Confidence will help you overcome the mental stresses. Physical fitness will give you the resource to cope with fatigue and loss of sleep.

The fitter you are the better you will survive.

START TRAINING NOW!

PLEASE CLICK THIS LINK TO SIGN UP!

Please click on this link to get to our preparation guidelines.

Or contact Fit Squad
to book personal preparation training sessions: Info@FitSquad.ca

www.FitSquad.ca