



# MARK YOUR CALENDARS

DENVER FRCE PROGRAM  
May 2 - 6, 2022

## GET READY FOR YOUR EVENT

**WHEN:** May 2 - 6, 2022

**WHERE:** 5440 Roslyn St., Building F  
Denver, CO 80216

**WHAT:** O2X 4-Day Workshop,  
with optional 5th day

**CONTACT:** Email Ramone Resop at  
ramone@o2x.com

*This workshop is sponsored by the First Responder Center for Excellence  
and hosted by the Denver Fire Department.*

## PROGRAM ATTENDEES WILL RECEIVE:



- 4-days of training with world-class experts, with optional 5th day
- O2X T-Shirt
- O2X Book: Human Performance for Tactical Athletes
- Membership to the O2X App, which includes:
  - Human performance in the palm of your hand
  - 100+ strength and conditioning programs
  - Daily progress tracking
  - Mental performance training programs
  - "Ask an Expert" support from 200+ O2X Specialists

## ABOUT THE WORKSHOP

### OPTIMIZE TO THE X

O2X is a **veteran-owned** business comprised of 200+ Human Performance Specialists who are subject matter experts and leaders in their respective fields. O2X delivers highly customized and scalable training designed to meet the unique job-related demands of tactical athletes.

Over the course of 4-days, tactical athletes will complete O2X's science-backed

**EAT SWEAT THRIVE** program.

Please reach out to **Ramone Resop** at **ramone@o2x.com** with any questions.

### WHAT YOU'LL LEARN

You will hear from world-class experts covering the following topics:

**Injury Risk Reduction**

**Foundations of Movement**

**Optimizing Mental Performance**

**High Stress Jobs**

**Yoga & iRest**

**1% Culture Change & Leadership**

**Nutrition: Fueling for Performance**

**Sleep & Fatigue Management**