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RMAX to Conduct Massive Donation to the US Troops

Atlanta, GA., July 5, 2007 - RMAX International, a health and fitness organization founded upon the Circular Strength Training® (CST) system, has announced a new campaign to donate free copies of its best-selling [FlowFit™](#) program to the US Military Forces.

Having earned its reputation amongst medical professionals, government agencies, and the Military, FlowFit™ was chosen as the ideal conditioning system for those who have to stay in the optimal physical and mental shape.

In December 2006 RMAX's Circular Strength System (CST), which focuses on Health First and Forever, was named an official health and conditioning system of the U.S. Army. It was adopted as a training regimen in the U.S. Army Combatives School and for the 50th Brigade Special Troops Battalion and the 99th RRC Gun Truck Alley.

Being one of RMAX's all-time best-sellers, FlowFit™ has been successfully retailing on Amazon.com, and all over the Internet, for \$39.95. As RMAX's President, Nikolay Travkin, stated: "We want to supply every serviceman and woman of those at the frontlines, and the ones serving back home, with a *free* copy of this time-tested program by Coach Sonnon because we know it works, and will help them stay healthy and strong to defend us."

RMAX has long been a supporter of veteran's causes, having launched its Veteran Warrior Wellness campaign in 2006. Under the program, RMAX donated copies of Warrior Wellness to every Veteran's Medical Center in the United States. Veterans are also eligible for five free passes to each RMAX fitness and martial art seminar over the next five years. Veterans are encouraged to join and participate in a dedicated section of the free online forum in which they can discuss their needs and receive feedback and advice from certified CST coaches.

For more information about this campaign, please visit <http://www.FlowFitforAmericanHeroes.com>

ABOUT RMAX INTERNATIONAL

RMAX is an international health and fitness organization founded upon the Circular Strength Training® System (CST). CST involves a 'prehab' approach to health and fitness combining pain-free mobility, dynamic flow yoga and natural athleticism. CST is made up of 3 wings which can be performed individually or as a complete system to achieve the best possible results.

For more information, log on to www.rmaxinternational.com