



## Advertisers FTP Instructions

In order to upload files for advertising on the FitnessPlus website you must use an FTP program, such as Fetch for the MAC or WS\_FTP Pro for windows. There are many programs available on the internet that can be downloaded for free.

The following information will allow you to access our FTP site.

**Host/Address:** 74.52.238.210

**User ID:** fitplus\_advertisers@fitplusmag.com

**Password:** 95dFkW86

Once you are connected, please check and see if your company has a folder on our server. If you do not see your company's folder please create a folder with your company name.

NOTE: please do not include spaces; use a "\_" instead of a space.

If there is a folder, please place your files directly into your company's folder.

Thank you.

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