Survival depends on evolution. As conditions change and tides turn, we must change with them in order to stay one step ahead of the coming challenges. It’s clear that Fit For An Autopsy have embraced that mantra as they continue to perpetually evolve with each subsequent body of work. Not just blurring, but eradicating the lines between technical metal virtuosity, death metal menace, hardcore intensity, melodic insidiousness, and abstract approaches, the New Jersey band embody an uncompromising vision of their own.

The six-piece—Joseph Badolato [vocals], Patrick Sheridan [guitar], Timothy Howley [guitar], Will Putney [guitar], Peter Blue Spinazola [bass], and Josean Orta Martinez [drums]—perfect this approach on their sixth full-length offering, *Oh What The Future Holds* [Nuclear Blast Records].

“It’s clear we don’t sound like we did when we started the band,” observes founding guitarist and main songwriter Putney. “Obviously, we’re taking the music in different directions. We’ve drifted into other styles, and our tastes have changed. So, it’s natural. But we’re definitely the most satisfied we’ve ever been with our music. If you were there from the beginning, there will always be something for you. However, it’s moving forward.”

Fit For An Autopsy have never stopped moving forward though. Following their caustic 2011 debut *The Process of Human Extermination*, the group quietly carved out a place among extreme metal’s modern vanguard with their second LP *Hellbound*. *Revolver* cited 2015’s *Absolute Hope Absolute Hell* among *“15 Essential Deathcore Albums*.*”* And In the wake of *The Great Collapse* two years later, the band had truly created their own space in the realm of what could be described as “post-deathcore”. This ascent reached another level on the 2019 opus *The Sea of Tragic Beasts*. Widespread praise from the fans and press alike is all but too common for their refreshing approach to modern aggressive music both on record and in concert.

When the Global Pandemic changed everyone’s tour plans, Fit For An Autopsy dove into writing in spring 2020 and made the most of their time off the road.

“We had no real timeline, so we didn’t feel much pressure,” says Putney. “Once we realized touring wasn’t opening up, we decided to have fun with the process. I got to spend more time than I usually do on records. We definitely took some of the songs into new places because of that. It’s our longest album. We composed more than we ever have and it was a rewarding feeling to put real work into all these ideas.”

In early 2021, Fit For An Autopsy congregated in-person at Putney’s Graphic Nature Audio and recorded *Oh What The Future Holds*. Now, they introduce the album with the single “Far From Heaven.” Swirling as a perfect storm, airy guitar cuts through a pummeling percussive groove as melodic vocals slip into a guttural groan offset by neck-snapping riffs and powerful dynamics.

“The world we exist in is clearly “far from heaven”. Institutions are exploited, and people are taken advantage of. There’s a power struggle between those in control and those who aren’t. This is a fairly literal reflection on the world today.”

“I always like it when aggressive music makes people think,” he leaves off. “Having a message is important to us. Maybe you’ll reflect on what we’re saying, see how it applies to you, and question some things. Or…maybe it’s just soundtrack to let some anger out. I’m fine with that too.”

In the end, Fit For An Autopsy haven’t just personally evolved on *Oh What The Future Holds*; they’ve brought heavy music with them.