

Fortitude Evolutions Newsletter June 2024

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Welcome!

Welcome Fitness Champions of all walks of life to the June 2024 Newsletter! I have finally brought back the monthly Fortitude Newsletters to share all great stuff on health, strength, vitality, fitness, performance and self care! This month we are going to start off with some great content.

Our feature article will be on **“Your Transformation”**, what your specific transformation have you been wanting to do and have been putting off? We are going to deep dive with clarifying what that would be specifically for you.

We are then going to discuss a periodized general strength and conditioning training program in detail you can try out for yourself based on your level of strength and conditioning and then challenge yourself from your specific starting point. You can build yourself a simple home gym depending on your budget, you buy some nice new pieces of equipment from many online suppliers such as Amazon, Titan Fitness, Valor Fitness, Rogue Fitness, EliteFTS, and others. You can also get some great used equipment on Facebook Market Place and build yourself a simple complete home gym for less than \$500 or you can join a local gym near you. If you prefer to train at home in your own space then building a small home gym would be great for you! This is about you finding the right place for you to train to gain results for yourself and no one else. This is you taking care of yourself because you love yourself enough to take the time and do the work to become healthier, stronger, more energetic, more vital and create more performance in your life.

We also going to invite you on a offering to take your health, strength and fitness on the next level you have never before experienced if you are interested.

And then we are going to wrap it up with a fun, inspirational comic series call **“Fortitudinous Warrior”** that you will really like! I started drawing Fortitudinous Warrior comics a few years ago to create a fun way to share inspiration on the mind and body. I’ll be drawing more to gain more practice on providing better art over time for this series! I’ll be playing a few different characters and then we’ll see what what we’ll bring you in the upcoming monthly newsletters! 😊

Quote of The Month

“Take care of yourself, be healthy, and always believe you can be successful in anything you truly want.” - Alessandra Ambrosio

Embracing Transformation: A Stoic and Spiritual Journey to Enhanced Health, Strength, and Vitality

Transformation—true, deep, meaningful transformation—is not merely a physical process. It is a profound pilgrimage that touches the very essence of who we are. At the intersection of body, mind, and spirit, transformation involves a radical rethinking of our relationship with ourselves.

Your transformation is ongoing journey where you start off embracing where you currently are regardless if you have the worst health condition or the world champion athlete being humble in your current place in life will set a firm solid ground for yourself so you can stoically move forward in taking the data about yourself and use that as fuel to transform to your next level of fitness. This your specific guideline you are creating for yourself, you are not comparing yourself with anyone other than your old and current self. You are an ever expanding being and you have a wonderful opportunity to give yourself a choice to grow from where you are now. So what would be a reasonable transformation you can gift yourself? Taking some time to ponder and journal on this would be a wonderful exercise for you because are the creator and in control of your own mindset and habit patterns in taking care of your health, strength, vitality, fitness and performance. We cannot control many things in life, but we can control our own habit patterns and mindset in regards to health, strength, vitality, fitness and performance in life. You have the opportunity to start a new from here! What a powerful gift we have! We have the power to create new mindset and habit patterns regardless what is happening life! This is truly a powerful gift some of us have forgotten. Now we have the opportunity to create from the new perspective and build our newfound health, strength, vitality, fitness and movement performance.

Understanding Your Starting Point, Self-Assessment and Stoic Acceptance

The first step in any transformative journey is a candid and honest self-assessment. This is an opportunity for you to go deeper to learn more about yourself so you can excel in your health, strength, self care and fitness. As a stoic be the observer of where your current health, strength, mindset, confidence, movement capabilities and self image current reality is. This being purely observant without any judgment on yourself so you can use this data as fuel to create new growth patterns in your life. Truly loving yourself is giving yourself this wonderful opportunity to transform. Spending some time on this would be extremely valuable for you to expand from where you are currently standing.

Here are some questions you can ask yourself:

- Where do you stand today in terms of your health, strength, fitness, and overall vitality?
- What specifically do I want to achieve?

- More health, vitality and energy?
- Want to feel better in my body?
- Want to feel more peace and strength when moving around?
- Want overcome aches and weakness in any of your joints?
- Want to be able to move better?
- How is your current nutrition habits?
- Want to overcome mental barriers to maintaining consistent health habits?
- Want to learn and adopt new training and new nutritional optimal eating habits?
- Want to become much stronger in your body to feel robust and energized?
- Want to enhance physical activity to enjoy time with your family and children?
- You also may have you own questions from your intuition you can ask yourself not listed here.

This initial evaluation is not just about acknowledging physical conditions but also about understanding your mental and emotional landscapes.

True transformation begins with acceptance—a stoic embrace of your current state, devoid of judgment or criticism. This acceptance is not a resignation but a peaceful acknowledgment from which growth can germinate. It is the solid ground upon which you can build the temple of your future self.

Setting Intentions with Clarity and Purpose

With a clear understanding of your starting point, you then set intentions that resonate with your deeper self. What do you seek to achieve? Perhaps it's more than physical health or strength. Maybe it's about finding peace within your body, moving through the world with grace and ease, or unlocking the mental fortitude to face life's challenges.

Your goals should be reflections of not only your physical aspirations but also your inner values. This alignment is crucial because the path of transformation is often challenging, and only deeply rooted intentions have the power to sustain you through the journey.

Cultivating Habits with Mindful Discipline, Wisdom and Care

Transformation requires change, and change is rooted in habits. These new habits—whether they involve your diet, exercise regimen, or ways to handle your inner state of being techniques—must be approached with a mindful discipline. The stoic philosophy teaches us that we have the power to control our actions and reactions, making habit formation a crucial exercise in personal mastery.

Mindset: The Spiritual Core of Transformation

The journey of transformation is as much about cultivating a positive, resilient mindset as it is about changing physical habits. This involves nurturing a spirit of perseverance, a

quiet confidence, and a profound sense of inner peace. Every step forward on this path reinforces a commitment to your higher self, illuminating both the challenges and triumphs with the wisdom of stoic philosophy and the depth of spiritual understanding. It's about viewing each obstacle not as a setback but as an opportunity to grow and learn—this is the essence of a transformational mindset.

Implementing a Personalized Fitness Plan with Spiritual Integrity

A personalized fitness plan is more than a set of exercises, it's a comprehensive approach tailored to respect and enhance your entire being. The use of periodization ensures that your physical training is not just scientifically sound but also spiritually aligned.

Periodization is defined as **the planned change of training variables (load, sets, repetitions, and many others) in order to maximize training adaptations and to prevent the onset of overtraining syndrome.** This method adapts to your body's rhythms and cycles, respecting your natural energy flows and promoting a holistic sense of well-being.

By integrating practices that not only challenge the body but also center the mind and spirit—such as yoga, meditation, or Tai Chi—to ensure your fitness journey is balanced and deeply nourishing.

Sustaining and Deepening Your Transformation, Continuous Growth and Learning

The path of transformation is never static, it is a dynamic journey of continuous evolution. Embracing a philosophy of lifelong learning keeps you mentally flexible and spiritually vibrant. This might involve staying updated with the latest in health and fitness, exploring philosophical texts that challenge your thinking, or engaging in spiritual practices that deepen your connection to the universe.

Fostering a Community of Support

A supportive community is invaluable on this transformative journey. Such a community provides not just emotional support, inspiration and motivation but also serves as a mirror reflecting your progress and challenges. At Fortitude Evolutions and The Long Island Strength Club, we cultivate a community that values stoic principles and spiritual growth, encouraging each member to thrive not only as individuals but also as part of a collective pursuing greater health and enlightenment.

Celebrating Milestones with Gratitude

Every milestone on this journey deserves celebration, not as a boast of achievement but as a profound expression of gratitude. These celebrations are moments of reflection—

opportunities to look back with appreciation for the journey and forward with renewed vigor and clarity. They reinforce the spiritual aspect of transformation, reminding us that each step forward is a gift and an opportunity to manifest our potential.

Conclusion: Your Lifelong Journey of Transformation

In conclusion, embracing your transformation is about much more than physical change—it is a commitment to a lifelong journey of growth, resilience, and enlightenment. It is a journey where each step is taken with purpose, each challenge met with stoic calm, and each success celebrated with deep gratitude. Here, you don't just transform your body, you transform your life, forging stronger, wiser, and more spiritually connected self with yourself and everyone around you.

Periodized Program of The Month - General Strength and Conditioning

We are going to create a general 3 day a week general strength and conditioning program for the next four weeks you can try for yourself. If you have any questions on this program please email me at christian@fortitudevolution.com and ask me any specific question so I can help you maximize the results for you!

Day 1	Day 2	Day 3
1. Warmup Fast Walk 20 minutes at Park	1. Warmup Fast Walk 20 minutes at Park	1. Warmup Fast Walk 20 minutes at Park
2. Stretch	2. Stretch	2. Stretch
3a. Barbell Deadlift	3a. Barbell Squat	3a. Kettlebell Swing
3b. Bent Over Row	3b. Lat Pulldown	3b. Medicine Ball Slam Down
4a. Step Up	4a. Lunge	4a. Barbell Curl
4b. Pushup	4b. Barbell Shoulder Press	4b. Barbell Tricep Extension Lying Down
5. Abdominal Trunk Flexion Swiss Ball	5. Floor Trunk Flexion	4c. Straight Arm Plank

Week	Sets x Reps	Plank, sets x time
1	3 x 15	3 x 30 seconds
2	3 x 12	3 x 45 seconds
3	3 x 10	3 x 60 seconds
4	1 x 12, 10, 8	3 x 75 seconds

As shown in the program in the table above we have 3 different workouts for each day of the week and each week we will be following a different intensity. As shown in week 1 perform each exercise for 3 sets of 15 repetitions each. For the one legged exercises like the step up and lunges we'll do 3 sets on each leg for 15 repetitions. And for the plank we be using time as intensity instead of repetitions, so using a second hand clock or stop watch and placing under your chest while holding the static position of the plank will allow you to track your time. The plank is to be performed with straight arms pushing directly into the ground while holding a nice straight line from you head to your feet without any hip raising nor collapsing. On the final week you will do first set at 12 reps,

second set at 10 reps and third set at 8 reps. Every time we lower reps on each week you will be adding a little weight as you will be able to handle more load for less repetitions. You will have to use your best judgment how much to add, if you you're unsure how much to add be conservative and add 5 pounds from the previous rep scheme, but this is different for everyone and you must use your best judgment.

You can perform these training workouts such that Day 1 is on Monday, Day 2 on Wednesday and Day 3 on Friday giving you a one day rest from these total workout days or whichever days work best for you.

I have designed this to be balanced planes of motions so for every pull movement there is push movement to build a health balanced posture which keeps your joints strong and healthy and injury-free.

Below I have included the full program you can print and track your progress by writing down your loads for each set on each exercise and day. For the warmups and stretching there will only be one set on each.

Week 1, Day 1, 3 x 15	Set 1	Set 2	Set 3	Week 1, Day 2, 3 x 15	Set 1	Set 2	Set 3	Week 1, Day 3, 3 x 15	Set 1	Set 2	Set 3
1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park			
2. Stretch				2. Stretch				2. Stretch			
3a. Barbell Deadlift				3a. Barbell Squat				3a. Kettlebell Swing			
3b. Bent Over Row				3b. Lat Pulldown				3b. Medicine Ball Slam Down			
4a. Step Up				4a. Lunge				4a. Barbell Curl			
4b. Pushup				4b. Barbell Shoulder Press				4b. Barbell Tricep Extension Laying Down			
5. Abdominal Trunk Flexion On Swiss Ball				5. Floor Trunk Flexion				4c. Plank 3 x 30 seconds			
Week 2, Day 1, 3 x 12	Set 1	Set 2	Set 3	Week 2, Day 2, 3 x 12	Set 1	Set 2	Set 3	Week 2, Day 3, 3 x 12	Set 1	Set 2	Set 3
1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park			
2. Stretch				2. Stretch				2. Stretch			
3a. Barbell Deadlift				3a. Barbell Squat				3a. Kettlebell Swing			
3b. Bent Over Row				3b. Lat Pulldown				3b. Medicine Ball Slam Down			
4a. Step Up				4a. Lunge				4a. Barbell Curl			
4b. Pushup				4b. Barbell Shoulder Press				4b. Barbell Tricep Extension Laying Down			
5. Abdominal Trunk Flexion On Swiss Ball				5. Floor Trunk Flexion				4c. Plank 3 x 45 seconds			
Week 3, Day 1, 3 x 10	Set 1	Set 2	Set 3	Week 3, Day 2, 3 x 10	Set 1	Set 2	Set 3	Week 3, Day 3, 3 x 10	Set 1	Set 2	Set 3
1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park			
2. Stretch				2. Stretch				2. Stretch			
3a. Barbell Deadlift				3a. Barbell Squat				3a. Kettlebell Swing			
3b. Bent Over Row				3b. Lat Pulldown				3b. Medicine Ball Slam Down			
4a. Step Up				4a. Lunge				4a. Barbell Curl			
4b. Pushup				4b. Barbell Shoulder Press				4b. Barbell Tricep Extension Laying Down			
5. Abdominal Trunk Flexion On Swiss Ball				5. Floor Trunk Flexion				4c. Plank 3 x 60 seconds			
Week 4, Day 1, 1 x 12, 10, 8	Set 1	Set 2	Set 3	Week 4, Day 2, 1 x 12, 10, 8	Set 1	Set 2	Set 3	Week 4, Day 3, 1 x 12, 10, 8	Set 1	Set 2	Set 3
1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park			
2. Stretch				2. Stretch				2. Stretch			
3a. Barbell Deadlift				3a. Barbell Squat				3a. Kettlebell Swing			
3b. Bent Over Row				3b. Lat Pulldown				3b. Medicine Ball Slam Down			
4a. Step Up				4a. Lunge				4a. Barbell Curl			
4b. Pushup				4b. Barbell Shoulder Press				4b. Barbell Tricep Extension Laying Down			
5. Abdominal Trunk Flexion On Swiss Ball				5. Floor Trunk Flexion				4c. Plank 3 x 75 seconds			

Here is the link to download the PDF of this program fitting on one page so you can print it and write down your progress each workout:

http://fortitudevolution.com/newsletter/Program_June2024_GeneralStrengthAndCondition.pdf

Make sure you follow all correct technique on these exercises to be safe in reaping the highest rewards! If you have any questions on technique please email me and I'll be more than happy to chat with you optimizing your technique!

By the end of this program if you follow this correctly and progressively you will have gained more strength and condition than where you are now! 🍀 🍀 🍀

If you have any questions on some of these exercise please free email to me directly and I'll be more than happy to chat with you on your questions and/or comments.

One-On-One Personal Training Offering

Discover Your Potential at Fortitude Evolutions

Step into a transformative journey with Fortitude Evolutions, where expert personal training, deep-seated professionalism, and familial warmth combine to redefine your fitness experience. Under the guidance of long time experienced master trainer Christian Lombardo, you're not just starting a program, you're joining a family dedicated to nurturing your health, strength, vitality, and performance.

Christian's bespoke approach, honed over 25 years experience, is tailored specifically for adults in their mid-40s and up, whether you're seeking to revitalize your health, build healthier & stronger joints, boost your strength, or transform your lifestyle. Our programs are crafted to ensure you not only meet but surpass your wellness goals.

Why Choose Fortitude Evolutions?

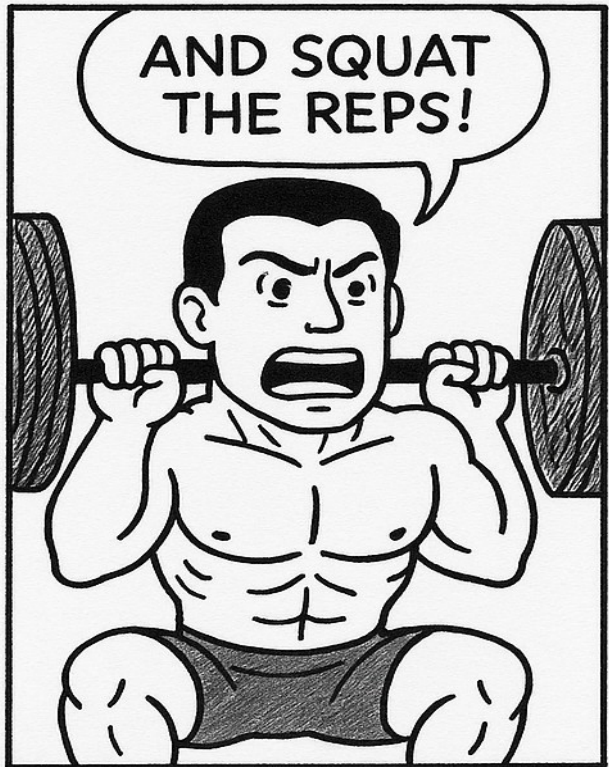
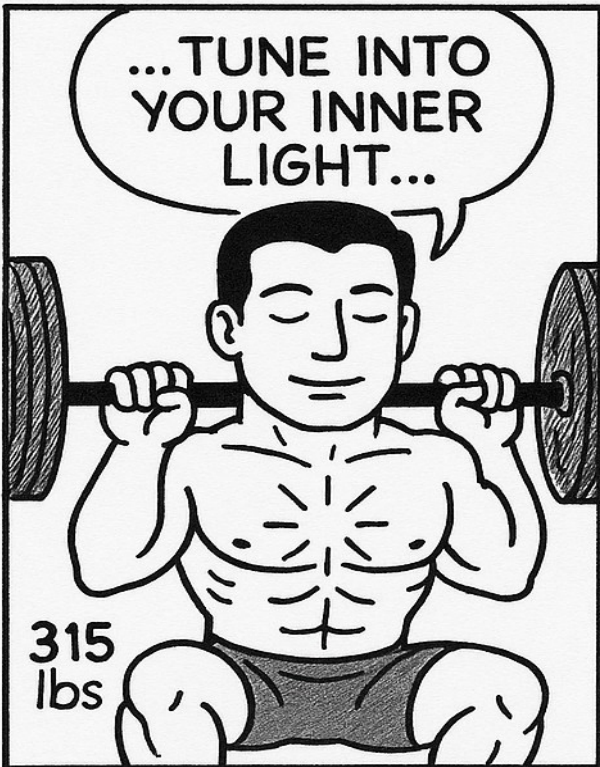
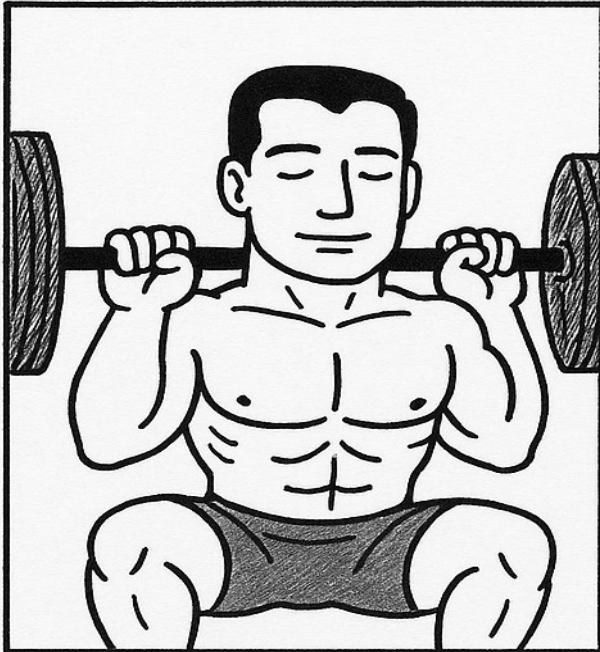
- **Personalized Experience:** We treat every client with utmost professionalism and care, creating a supportive, motivating environment that feels like home.
- **Innovative Training:** Our periodization-based training ensures you continuously progress, facing new challenges that enhance your physical and mental growth.
- **Holistic Approach:** For each session is an opportunity to explore new heights in your fitness journey, leaving you eager to see what challenges await in your next workout.
- With Fortitude Evolutions, prepare to transform not just your body, but your entire life. Join us today and start living your best life, where every day is a chance to grow stronger, feel healthier, and achieve more than you ever thought possible.
- **Ready to Transform?** Contact us to learn more about our transformative approach and how we can tailor it to your unique needs. Let's make it happen together—because you deserve to feel strong, capable, and revitalized overcoming mental barriers to adopting new nutritional habits, we guide you in cultivating a sustainable lifestyle that embraces vigorous, adventurous living.
- **Continuous Evolution:** Each session is an opportunity to explore new heights in your fitness journey, leaving you eager to see what challenges await in your next workout.

Join us today and start living your best life, where every day is a chance to grow stronger, feel healthier, and achieve more than you ever thought possible.

Ready to Transform? Fill out the form here bit.ly/4pSj1Qf to submit your application.

Please enter a few days and times where you'll be able to speak for about 15 minutes. Christian will contact you directly to chat and discover your specific transformation you deeply would like to achieve but have not idea how. Let's make it happen together—because you deserve to feel healthy, strong, capable, and revitalized.

FORTITUDINUOUS WARRIOR



Till next month stay strong, healthy, energized and happy!

~ *Christian*