

## The Phenomenal FIT5: Your Key to Fitness, Function, and Powerful Physique

At Phenomenal Fitness, we're always on the lookout for the most effective, science-backed methods to help you achieve optimal fitness and develop a physique that not only looks great, but is built for longevity and functionality. That's why we're excited to introduce the **Phenomenal FIT5 Training Format**, a powerhouse cluster of exercises designed to target your body's core components for maximum impact. These exercises offer a comprehensive workout that supports strength, endurance, flexibility, and cardio-vascular health.

### How and Why These Five?

The **Phenomenal FIT5** exercises were selected for their ability to provide a balanced, effective workout that can be performed anywhere, with minimal equipment. The format consists of 3 strength development moves and 2 electives. The electives can target the core and or flexibility/joint mobility techniques. For example, elective #1 ab bicycle 60sec slow tempo-elective #2 90sec plank. Incorporating these exercises into your routine will not only help build muscle mass resulting in a sculpted physique, but performing these while progressing your process in an appropriately consistent basis will improve functional strength and endurance—key components of a healthy, active lifestyle.

### The Phenomenal Fit5 (Upper/Lower/Core)

- 1. SQUAT: *The Foundation of Functional Strength***  
The squat is a full-body fitness staple that targets the quads, hamstrings, glutes, lower back, and core. By simulating the natural motion of sitting and standing, squats enhance your ability to perform everyday activities, promoting longevity and reducing the risk of injury.
- 2. PUSH-UP: *The Ultimate Upper-Body Exercise***  
Push-ups engage your chest, shoulders, triceps, and core, making them a powerful exercise for building upper-body strength and improving postural stability. This versatile move can be adapted to any fitness level, ensuring continual progress and variety in your workout routine.
- 3. LAT PULL DOWN: *Strengthening Back and Arms***  
Vertical pulling is essential for developing a strong back, shoulders, and arms, contributing to an improved physique and functional strength. They also enhance grip strength and shoulder health, crucial for daily activities and progressive fitness endeavors.
- 4. BANDED AB BICYCLE: *Core Stability and Strength***  
The Banded Ab Bicycle takes the traditional bicycle crunch to the next level, by adding a resistance band around the top of your foot (middle of the shoe laces) to further challenge the core, obliques, and hip flexors. This exercise is great for building a strong, stable core, enhancing balance, and supporting overall movement efficiency.
- 5. THE HIGH PIGEON STRETCH:**  
This is a variation of the traditional Pigeon Pose which targets the hip flexors, glutes, and lower back. It's a more upright version that enhances the stretch in the hips and glutes while allowing for a more intense opening of the hip flexors. Remember, the key to this stretch is to keep your hips square and your spine elongated. Avoid forcing your body into the pose; instead, allow yourself to ease into it gradually, respecting your body's limits.

### Adding the Phenomenal Fit5 to Your Routine (Reps, Sets, Loads)

Whether you're a fitness novice or a seasoned athlete, the **Phenomenal FIT5** can be adapted to fit your current fitness level and physical development pathway. Start adding these exercises (2-3 sets of the circuit-practice 10-15reps while maintaining timing, rhythm and control.) Work on strength moves several times throughout a week. Purposeful, committed mindset with a long term vision of vitality, high function and physical freedom should be your aim. If you are still developing your fitness routine, the **Phenomenal FIT5** is a great place to start. It can be modified into FIT3 (lower body, upper body and core strength moves, for example) The important thing is to "do." You can gradually increase your resistance and sets as you progress and earn your muscle strength and resilience.

**The Phenomenal FIT5 is more than just a workout—it's a pathway to a lifetime of fitness, function, and well-being.**



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