“It” Program

Independent Training

The 'IT' Program, which stands for 'Independent Training,' lives up to its name by offering independence in various aspects—location, time, equipment, and ability. With the flexibility to engage anytime, anywhere, and without the need for equipment, this program is accessible and valuable to individuals of all abilities. Remarkably, parts of the “IT” can only take seconds to perform! See Intro Video

WANT DETAILS READ ON: This program can be completed virtually anywhere, takes just a few minutes, and doesn't necessitate any specialized equipment. It's a versatile fitness regimen that isn't constrained by your location, schedule, or the need for workout gear. Whether you're a novice or an experienced exerciser, these movements are essential for you. Furthermore, this program doesn't require any special equipment, making it accessible for use in various settings, such as in your car (some postural moves), at work, or throughout the day. The exercises don't have to be performed all at once; you can complete at least one, or preferably all five parts of the program on a daily basis.

To be part of the “IT Program” email us at fittec@me.com.

THERE ARE 5 SIMPLE MODULES

These five modules are crafted to be straightforward yet essential for maintaining good health and optimal bodily function. You have the flexibility to complete all these modules at once or spread them out throughout the day as it suits you, or simply choose a specific module to focus on. It's your choice—make it work for your schedule.

DO NOT START ANY FITNESS PROGRAM UNLESS YOU ARE IN GOOD ENOUGH HEALTH TO DO SO (see PARQ).

Master List of the Entire “It Program”

“Step It”: Whenever you're moving from one point to another in your day, incorporate some power steps. Power walking is intentional and mindful, where you drive each step forward powerfully from your glutes, accompanied by a strong and extended arm swing. Takes less than a 20 seconds to do.

"Strike It”: This phase involves assuming positions that gently stretch tight muscles and strengthen weaker ones through simple postures. Takes less than a 20 seconds to do.

"Move It”: This segment focuses on moving larger body segments, providing nourishment to joints, and incorporating movements that enhance balance—an important element for overall health. Takes less than a 20 seconds to do.

"HIIT It”: This portion aims to slightly elevate your heart rate through short, manageable sessions with simple movements that maintain and build your aerobic capacity. Can take less than a 20 seconds to do.

"Build It”: Here, the emphasis is on strengthening muscles while refining fundamental movements that have a positive impact on various aspects of physical activity. All six exercises takes less than 5 minutes to do.

Welcome to Independent training (“It Program”). Anytime, anywhere, and no equipment needed.
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You can try starting the entire program (see Master List), but I suggest following this weekly progression.

WEEK 1: Begin your journey with the "IT Program" starting with the straightforward yet effective “Step It” and "Strike It" modules. These phases involve having you power walking whenever you walk (See “Step It”) while “ Strike It ” has you assuming positions that gently stretch tight muscles and strengthen weaker ones through simple postures (4 of them).

WEEK 2: After you've completing or getting accustomed to "Strike It”, seamlessly transition to the "Move It" module. This segment focuses on moving larger body segments, providing nourishment to joints, and incorporating movements that enhance balance—an important element for overall health (4 of them).

WEEK 4: For a moderate boost in energy, engage in the "HIIT It" module. This portion aims to slightly elevate your heart rate through short, manageable sessions with simple movements that maintain and build your aerobic capacity (choose one out of 4 of them).

WEEK 4: Finally, round off your routine by perfecting essential motions with the "Build It" module. Here, the emphasis is on strengthening muscles while refining fundamental movements that have a positive impact on various aspects of physical activity (6 of them).