

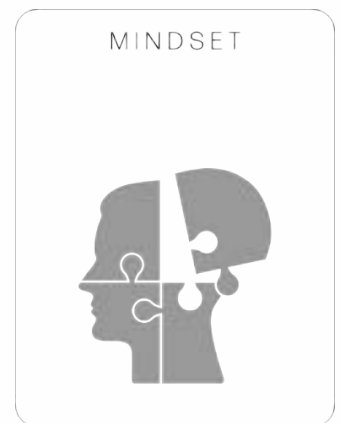
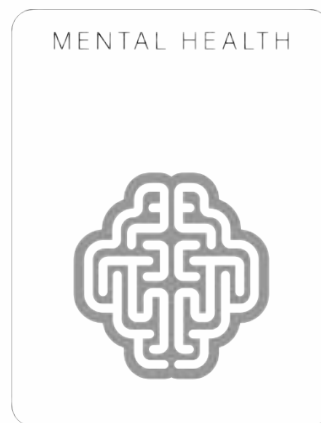


WELCOME.

Thank you for registering your interest with us and welcome to an oversight of our Membership Subscription, where here at Fortitude Elite we use our 4 Pillars of Success to help you achieve your goals both physically and mentally. Whether you're interested in physical performance through Strength & Conditioning or changing your body shape through exercise and diet, or looking to maximise your potential academically, in the work place or simply better

your mental health - we've got you covered. We believe that in order to be successful and achieve optimum health and optimum performance in day to day life, all 4 pillars must be met in equilibrium. We have 4 subject matter experts on hand who are all equipped with the necessary skills and experience to coach you to success and we look forward to welcoming you onboard.

THE FOUR PILLARS OF SUCCESS ACCESSIBLE VIA THE FORTITUDE ELITE MEMBERS PORTAL.



STRENGTH & CONDITIONING.



We cater for all levels in our S&C programme. However for long term development we like to start our physical training cycle from the beginning and prepare the body for the challenge ahead over the next 12 months and beyond.

After the preparation phase, generally we move in to a hypertrophy phase which looks at muscle growth and development. Ladies don't be put off by this! To change your body shape you must undertake resistance training and we'll teach you how and why during your journey.

Later stages of our programme develop you in

absolute strength, power, speed strength and strength speed - all of this will be taught and coached step by step along the way, assisted with our own tutorial videos. Ultimately our training programme offers progression and variety for long term success.

We also have a keen eye for injury prevention, long term health and training longevity. Our Strength & Conditioning coach provides you with a detailed and comprehensive injury prevention programme that can be engrained into day to day life and which most can be conducted in the comfort of your own living room.

PERFORMANCE PROGRAMME - INTERMEDIATE - WEEKS 1 TO 12.GPP - (GENERAL PHYSICAL PREPAREDNESS).

MICROCYCLE 01	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK ONE BASE WEEK	GPP RESISTANCE TRAINING PUSH	WOD (POSTED ON FORUM)	GPP RESISTANCE TRAINING PULL	REST	GPP RESISTANCE TRAINING LOWER	CARDIO 30MINS SEE COACHES NOTES ON FORUM	REST

EXERCISE	WEEK ONE - PUSH (BASE)			
	SETS	REPS	LOAD	REST
BARBELL BENCH PRESS <small>VIDEO LINK</small>	2	12-15	SUB	90S
DUMBBELL BENCH PRESS <small>VIDEO LINK</small>	2	12-15	SUB	90S
STANDING MILITARY PRESS <small>VIDEO LINK</small>	2	12-15	SUB	90S
DUMBBELL SHOULDER PRESS <small>VIDEO LINK</small>	2	12-15	SUB	90S
DUMBBELL LATERAL RAISES <small>VIDEO LINK</small>	2	12-15	SUB	90S
BODYWEIGHT DIP <small>VIDEO LINK</small>	2	12-15	SUB	90S
FRENCH PRESS (SKULLCRUSHER) <small>VIDEO LINK</small>	2	12-15	SUB	90S
LANDMINE <small>VIDEO LINK</small>	2	10	SUB	90S
PLANK <small>VIDEO LINK</small>	1	MAX		
SIDE PLANK <small>VIDEO LINK</small>	1	MAX		



EXERCISE TRAINING VIDEO LINKS FOR EASY PERFORMANCE CRITERIA.

PERFORMANCE NUTRITION & RECIPES. 🍏

The membership allows you to gain exclusive access to our healthy nutritious recipes. Not only do we have recipes to suit all dietary requirements, we have also included alternative options to our favourites treats, such as these delicious gooey brownies, which are a much healthier alternative to your regular shop bought brownies. These are naturally gluten free as they are made with Buckwheat Flour, which is also a good source of protein, fibre and energy.”



GOOEY BROWNIES.

Set a goal in-line with YOUR values, and load value onto it.

So, set an outcome goal (1.1), and load value onto it by writing down 'why' you want to achieve it (1.2)?

At this stage, it's important to reflect and establish 'your why' - why you want to achieve this goal and what benefits it will bring in your journey towards fulfilment?

Once established, reinforce it by visualising and then writing down up to 5 key benefits (1.3) it will bring if achieved. Likewise, write down 5 things you're not currently happy with (1.4) - reasons why you want to pursue this course of action? WHY, ... this will become apparent in Stage 5!

DOWNLOADABLE MINDSET WORKSHEETS.



Going Beyond Stigma”

“When adversity hits, knowing exactly what your plan is to get back to yourself is invaluable. If you're in a rut, it's time to get your new lease of life.”

Week 1: WAKE UP to the changes you can make in your life

Week 2 Create a timeline of 3 - 4 key moments in your life on the line graph and label the experiences that were defining moments within your life. It could be an extremely difficult time in your life or it could be an achievement.



AN EXAMPLE OF MENTAL HEALTH WORKSHEETS.

FREQUENTLY ASKED QUESTIONS.

1. Q. Who are you?.

A. We are personal coaching and mentoring company that has been operating since 2019. We originally formed to coach those wishing to be successful in Military training, particularly the Royal Marines, but furthered our coaching services to cater for all due to high demand.

2. Q. What do you do?.

A. We remotely coach clients from anywhere around the world to help them perform both physically and mentally.

3. Q. Who are the coaches?.

A. We are 4 different specialists from military backgrounds and professional sport.

7. Q. How do you coach us?.

A. We use our unique private membership portal which allows access to our forum where you can see regular daily posts, ask questions and interact with other likeminded individuals as well as direct messaging each of our 4 specialist coaches.

8. Q. How does the programme work?.

A. Once you've signed up to our programme you can choose at which level to start your Strength & Conditioning or exercise programme. You will then have access to your daily training schedule equip with quality, clear exercise videos. Each month you will be able to access tasks and lessons set by our Mental Health Coach and our Mindset & Psychology Coach. Our Nutritionist will provide a constant feed of content for you to learn and will provide an array of recipe ideas.

