

# **Fortitude Evolutions Newsletter November 2025**

**Issue Number 36**

*Your Monthly Mission in Health, Strength, Movement Performance, Vitality and Power.*

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**Quote of the Month**

***“What stands in the way becomes the way.”***

**~Marcus Aurelius**



# Feature Article - Resilient Strength: The Power to Rebuild, Recover, and Rise

## What Resilient Strength Really Means

Resilient strength is not simply the ability to lift heavy weights or push through discomfort. It is the capacity to **adapt, recover, rebuild, and rise stronger after stress**—physical, mental, and emotional.

True strength is not measured only by what you can do on your best day. It is revealed by how well you **respond to adversity**, how intelligently you train through limitations, and how consistently you rebuild yourself over time.

In life, as in training, setbacks are inevitable. Injuries happen. Energy fluctuates. Motivation ebbs and flows. Aging introduces new constraints. The resilient individual does not ignore these realities—he **respects them and trains with them**, not against them.

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## Strength Is Not Fragile—Ego Is

Many people mistake intensity for effectiveness. They chase exhaustion instead of progress, punishment instead of purpose. This approach may work briefly, but it eventually breaks the body down.

Resilient strength is built on a different philosophy:

- **Progress over punishment**
- **Consistency over intensity**
- **Intelligence over impulse**

The strongest athletes, lifters, and long term clients are not those who train the hardest every day—but those who train **appropriately, patiently, and strategically** over many years.

Ego driven training seeks to prove something.

Resilient training seeks to **build something that lasts**.

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## The Rebuild Phase: Where Progress Is Actually Made

Recovery is not the absence of training—it is a **deliberate phase of growth**.

Muscle, connective tissue, joints, and the nervous system all adapt **between sessions**, not during them. Training is the signal. Recovery is the construction site.

Resilient strength prioritizes:

- Quality sleep
- Proper nutrition
- Mobility and joint health
- Intelligent volume management
- Stress regulation

This is especially critical as we age. After 40—and certainly after 50—the body still adapts exceptionally well, but it demands **greater respect for recovery inputs**.

Ignoring recovery doesn't make you tougher.  
It makes you brittle.

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## **Recovery Is an Active Skill, Not Passive Rest**

Recovery is not lying still and hoping for the best. It is an **active practice**.

This includes:

- Mobility work that restores joint range
- Breathing practices that downshift the nervous system
- Light movement that enhances circulation
- Corrective exercises that reinforce balance and stability
- Mental decompression that restores clarity and focus

Resilient strength means knowing **when to push and when to restore**—and understanding that both are essential.

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## **Rising Stronger Than Before**

The most powerful transformations don't happen when everything is easy.  
They happen when challenges demand adaptation.

Every injury recovered from correctly...

Every plateau navigated intelligently...

Every phase of rebuilding completed with patience...

...creates a stronger, more capable version of you.

This is why the goal is not just strength—but **resilient strength**.

The kind that carries over into daily life.

The kind that protects you, empowers you, and gives you confidence in your body.

Strength that endures.

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## The Fortitude Perspective

At Fortitude Evolutions, training is not about short-term results.

It is about **building a body—and a mindset—that can evolve for decades**.

Resilient strength allows you to:

- Train consistently without burnout
- Recover faster and move better
- Stay athletic, capable, and confident
- Rise from setbacks instead of being defined by them

Real strength doesn't avoid challenge.

It **adapts, rebuilds, and rises**—again and again.



### Coach's Fortitude Insight

*Strength that cannot recover is not strength—it is strain.*

**Resilient strength is built when you train with  
patience, intelligence, and respect the process**

# The 12-Week Resilient Strength System

**Rebuild • Recover • Rise**

## Program Goal:

Build durable, long-term strength while enhancing joint health, recovery capacity, and movement confidence through intelligent progression.

## Ideal For:

- Adults 40-60+
- Lifters returning from inconsistency or minor setbacks
- Clients seeking sustainable strength without burnout
- Anyone prioritizing longevity and performance

**Training Frequency:** 3-4 days per week

**Program Length:** 12 Weeks

**Structure:** 3 × 4-Week Phases

We will list the detail for all three phases in next three months this month were going to be doing **Phase One - Rebuild**.

Phase 1 Rebuild					
<b>Week 1 Monday</b>		<b>Week 1 Wednesday</b>		<b>Week 1 Friday</b>	
3 x 15 Goblet Squat		3 x 15 DB Bench Press		3 x 15 Trap Bar / KB Deadlift	
3 x 15 KB/BB RDL		3 x 15 Chest-Supported Row		3 x 15 Step-Ups	
3 x 6 Reverse Lunge		3 x 6 Half-Kneeling QHP		3 x 6 Farmer Carries	
4 x 15 Posterior Pelvic Tilt Crunch		1 minute Running In Place		5 x 10 High Leg Reverse Crunch	
3 x 10 Dead Bug / Pallof		3 x 10 Band Face Pull		3 x 10 Breathing Reset	
<b>Week 2 Monday</b>		<b>Week 2 Wednesday</b>		<b>Week 2 Friday</b>	
3 x 12 Goblet Squat		3 x 12 DB Bench Press		3 x 12 Trap Bar / KB Deadlift	
3 x 12 KB/BB RDL		3 x 12 Chest-Supported Row		3 x 12 Step-Ups	
3 x 8 Reverse Lunge		3 x 8 Half-Kneeling QHP		3 x 8 Farmer Carries	
5 x 12 Posterior Pelvic Tilt Crunch		2 minutes Running In Place		5 x 10 High Leg Reverse Crunch	
3 x 12 Dead Bug / Pallof		3 x 12 Band Face Pull		3 x 12 Breathing Reset	
<b>Week 3 Monday</b>		<b>Week 3 Wednesday</b>		<b>Week 3 Friday</b>	
4 x 10 Goblet Squat		4 x 10 DB Bench Press		4 x 10 Trap Bar / KB Deadlift	
3 x 10 KB/BB RDL		3 x 10 Chest-Supported Row		3 x 10 Step-Ups	
3 x 10 Reverse Lunge		3 x 10 Half-Kneeling QHP		3 x 10 Farmer Carries	
7 x 10 Posterior Pelvic Tilt Crunch		3 minutes Running In Place		4 x 12 High Leg Reverse Crunch	
3 x 14 Dead Bug / Pallof		3 x 14 Band Face Pull		3 x 14 Breathing Reset	
<b>Week 4 Monday</b>		<b>Week 4 Wednesday</b>		<b>Week 4 Friday</b>	
4 x 8 Goblet Squat		4 x 8 DB Bench Press		4 x 8 Trap Bar / KB Deadlift	
3 x 8 KB/BB RDL		3 x 8 Chest-Supported Row		3 x 8 Step-Ups	
3 x 12 Reverse Lunge		3 x 12 Half-Kneeling QHP		3 x 12 Farmer Carries	
10 x 8 Posterior Pelvic Tilt Crunch		4 minutes Running In Place		5 x 12 High Leg Reverse Crunch	
3 x 16 Dead Bug / Pallof		3 x 16 Band Face Pull		3 x 16 Breathing Reset	

As shown in the program in the image 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 each exercise and week there is a column showing the loading scheme, sets and repetitions. For example **week 1** the **Goblet Squat** exercise is to be performed three sets of 15 repetitions.

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.

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?

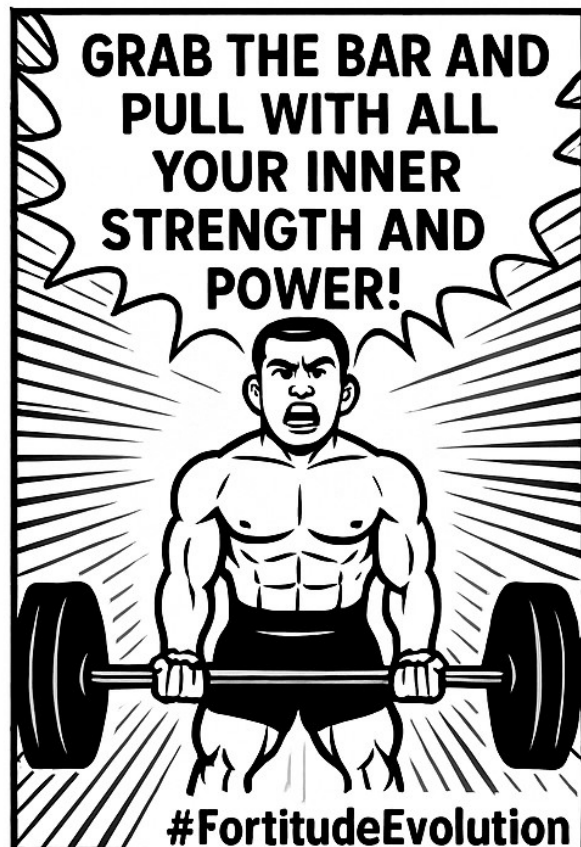
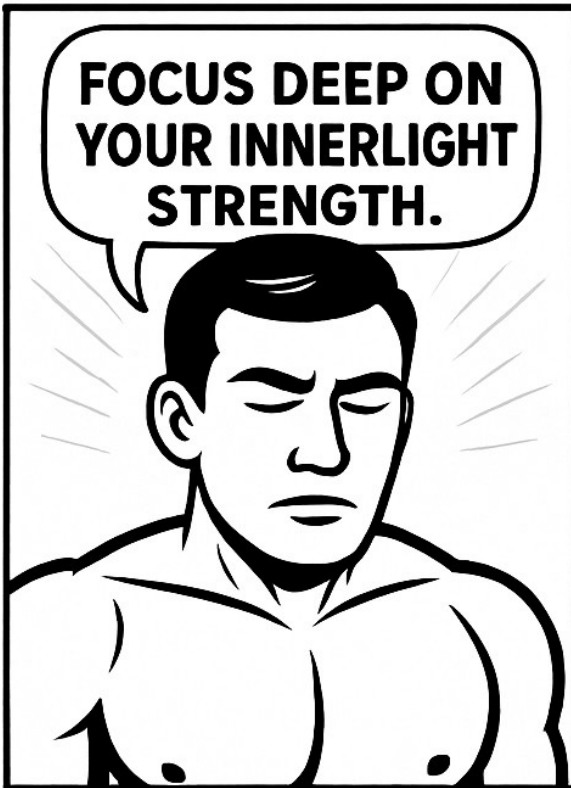
- **Personalized Experience:** We treat every client with utmost professionalism and care, creating a supportive, motivating environment that feels like home.
- **Innovative Training:** Our periodization-based training ensures you continuously progress, facing new challenges that enhance your physical 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 to submit your application click below link:  
[https://docs.google.com/forms/d/e/1FAIpQLScK7\\_dClvQ3cY\\_uM0Us8OqIDUBkLmn52EOvrI6nfOnp5zTwMQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScK7_dClvQ3cY_uM0Us8OqIDUBkLmn52EOvrI6nfOnp5zTwMQ/viewform)

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.

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

~ *Christian*