



Congratulations on starting your journey with the Zenity DIY Program! This unique system is designed to help you achieve your fitness goals while also boosting your confidence and effectiveness in the bedroom. By combining targeted exercises with sexual science, Zenity equips you with tools for a stronger body and a more connected, satisfying intimate life.

Your program includes:

- Workout Schedule tailored for morning and evening sessions.
- Key Stroke Interactive Videos to guide you through the Crush and Stir movements.
- Stretching Exercise Videos to prepare your body for optimal performance.
- Fitness Activity Videos for full-body cardio and fat-burning.
- Sexual Explanations for Target Keystrokes to help you translate these movements into intimacy-enhancing skills.
- A Special Video teaching how to stop harmful thrusting habits during intimacy for more control and better connection.

### How to Begin Your Workouts:

Each session includes a blend of fitness and functional movement, designed to deliver results in both the gym and the bedroom:

1. Start with Stretches: Use the provided stretching video to warm up and prepare your muscles.
2. Mountain Climbers: Perform mountain climbers, listening to your body for when to pause. This dynamic exercise focuses on fat-burning at the midsection and obliques while building upper body strength.
3. Keystroke Integration: When you feel the need to pause, switch to the Crush or Stir keystroke as instructed in your interactive app. Perform these in a full plank or with knees on the ground—whatever feels best for you. Take breaks as needed and repeat within the allotted time for your session.

### Why This Works:

The Mountain Climbers provide intense cardio and core-strengthening, focusing on burning fat around your midsection and chest. The Crush and Stir keystrokes target the same areas while creating muscle memory you'll use during intimacy. Over time, these movements will feel second nature, making your workouts a seamless blend of fitness and functional skill-building. To fully understand and implement the keystrokes, watch the Sexual Science Videos at least twice a week. As you practice and gain confidence with the Crush and Stir, the insights from these videos will become clearer and more actionable.

Robert, If you have any questions or need guidance, the Zenity team is here to support you every step of the way.

Welcome to the Zenity family!  
Here's to your transformation,  
Zenity Training Team