

90-DAY TRANSFORMATION ROADMAP

A Qualitative and Quantitative Guide to Genital Fitness Optimization

DAY 1

WEEK 1-4



Glute Bridges



Hip Flexor Stretch



POSTURAL CORRECTION

- **REVEAL:** Correct Anterior Pelvic Tilt
- **Target:** Neutral Pelvis Alignment
- **Strengthen** Glutes & Core Stability
- **Improve** Postural Angle



WEEK 4 - 8

Adipose Loss



HIIT



LISS



Nutritious
food

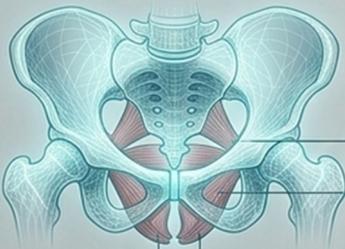


ADIPOSE LOSS

- **REDUCE:** Suprapubic Adipose Tissue
- **Implement** HIIT/LISS Routine
- **Establish** Nutrition Blueprint
- **Increase** Vascular Efficiency



WEEK 12



Ischiocavernosus

Bulbospongiosus



Vascular

PEAK FUNCTIONAL CAPACITY

- **OPTIMIZE:** Peak Hydraulic Expansion
- **Integrate** Kegels & Reverse Kegels
- **Master** Blood Retention Mechanism
- **Achieve** Peak Functional Potential



 CONFIDENCE