



Zenity

Media Kit



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For Success
your
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priority

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About

Zenity Fitness Programs aren't your average fitness training systems. Yes, they will shred fat, define muscle, boost flexibility, strengthen your bones, and contribute to massively boosting strength. But it has a couple of totally unique features... Zenity Fitness programs also target the reproductive system and all the muscle memory you build with Zenity Fitness applies functional training directly to your relationship.

With Zenity Fitness, all that work you do in the gym doesn't just go to making you look good. It gives you unmatched skill, legendary stamina, and unbelievable endurance when you get home, too.

Zenity Fitness Programs are true fitness systems. Both So Tight Fitness and Stroke Skills are each made up of incremental calisthenic movements. Each has their own individual purpose, both physically and sensually. When you mix these movements together, you get compound movements called S.T.R.O.K.Es. (Systematically Tactile Rhythmically Organized Kinetic Exercises).

Compared with regular exercise, the systematic focus is what really sets Zenity Fitness apart from the rest. The system is based on a detailed study of muscles and how the body reacts to different movement...both your body and theirs.



Why Zenity

Regular people, like us, invest over 21 Billion Dollars each year in the fitness industry, yet only 13% of the general population are actually fit at this moment. (Interestingly, 69% of respondents to a survey indicated that they consider themselves fit - out of touch with reality?).

We all know someone who pays for a gym but don't actually use it - usually because of the negative emotions associated with starting a new exercise regime.

Zenity Programs are taught in gyms around the world but were created so that they can be engaged from the comfort of your home and rely on professional assistance when required.

The secret of Zenity's irresistible appeal is the integration of sensual rhythmic movement with deep activation of the Psoas muscle, best identified as the core of your core muscles. The Psoas is the deepest muscle within our core's connective tissues, extending from the solar plexus, transcending the pelvis and wrapping around thigh joints at the hip flexor. In addition to coordinating right and left, back and front, upper and lower body, it creates a muscular shelf for kidneys and adrenals, stimulates circulation to internal organs and bridges the belly enteric brain, central and autonomic nervous systems. In activating the Psoas, concentrating on rhythmic movement from spine to thigh, Zenity quickly raises the heart rate, works up a sweat and simultaneously stretches forgotten corners and connective tissues. Its easy and exhilarating to get swept up in Zenity's winds and grinds while toning up and becoming stronger and freer at deeper primordial levels.

Beyond just stoking your inner furnace and burning fat, Zenity's unique core activation process also helps augment structural alignment and pelvic stability, improve rhythmic mastery and enhance flexibility, all of which lead to better performance in many areas of one's life. In addition, stimulation of the Psoas has been demonstrated to help release negative emotional patterns and move vital energy up from the base of the spine, thus rejuvenating the body and mind.

Secret





Relationships

Surveys have shown that approximately 2.3 million couples wed each year with an estimated divorce rate of between 40 and 54%. A huge factor in the breakdown of relationships is infidelity - simply put, one or both partners find the intimacy they are looking for elsewhere. Let it also be said that size and shape, unique to every individual, can be harnessed for you and your partner's satisfaction everytime - Implementing the Zenity system in your life has positively affected couples across the world as it builds inner confidence with body knowledge to help lovers meet their maximum potential.

Maximum potential is a very abstract concept: let's define it as being able to engage your partner, achieve maximum levels of arousal and complete satisfaction before, during and after intimacy and to achieve peak fitness levels without having to run to the gym daily. That is the maximum potential that is within your reach with the Zenity range of programs.

The two questions we ask couples to ask themselves are:
Do I deserve to be happy, truly happy and fulfilled?
Does my partner deserve to meet the "best version of me"?



Mr. Stephon

My name is Montique Stephon and I have been a Fitness/Wellness Professional for 7 years. Over the course of the last five years, I have found that my clients, both men and women were achieving their wellness goals but also had interest in increasing a greater level of pleasure, satisfaction and body acceptance in their intimate relationships. It was during this time that I applied my knowledge and skills in fitness and relationship building to help these individuals.

As a result, the Zenity System was created as a means to motivate men and women to overcome negative body image and increase their intimacy skills through tantric bodybuilding. In creating this system, I have worked extensively with experts in the fields of sports, medicine, relational and sexual counseling in order to help others create a healthier overall lifestyle. It is my belief and experience that a fit life builds a positive body image which increases confidence and performance.



.....So Much Better In Many Ways



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