

FitQuest — Concept Poster

Print this and pin it up — an at-a-glance map of the FitQuest cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Push	Push-pattern (chest press / push-up / push-door-open) — force-INTO-space; foundational upper-body functional movement
Hinge	Hip-hinge pattern (deadlift / picking-up-groceries) — BENDING-AT-THE-HIP-not-the-spine; anti-back-pain primitive
Brace	Core-stability bracing — internal-armor NEVER visible six-pack; no crunches; standing dead-bug demonstrations
Breath	Breath as foundational locomotor + autonomic-regulation — nasal-breathing default + box-breath + breath-as-tempo
Rest	Recovery + sleep + deload as PRACTICE — adaptation LIVES in the rest; anti-hustle counter-message

Key ideas at a glance

The big concepts this cast helps you master:

- Fitness Fundamentals — Building Blocks of an Active Life
 - Nutrition Essentials — Fueling Your Body Right
 - Cardiovascular Fitness — Training Your Heart
 - Muscular Strength & Flexibility — Building a Resilient Body
 - Sports Science & Biomechanics — The Science of Movement
 - Mental Health & the Exercise Connection — Mind-Body Synergy
 - Exercise Physiology — How Your Body Adapts and Performs
 - Capstone — Designing Your Personal Fitness Journey
 - Physical Fitness & Health
 - Benefits of Exercise
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- Meet the cast: <https://sparkanvil.org/cast/fitquest>
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