



■ Human Fit Project 2025 – Vieste, Italy

September 8–14, 2025

■ SEPTEMBER 8 – ARRIVAL & CHECK-IN

■ Marina Piccola

- Participants arrive during the day – check-in at the facility
- ■ 5:00 PM – Briefing with coaches & participants (event info)
- ■ 6:00 PM – ■ Hammock Massage with Enrico Valbonesi (Rome)

■ SEPTEMBER 9

■ Marina Piccola

- ■ 7:00 AM – ■ Hammock Massage with Enrico Valbonesi (Rome)
- ■ 9:00 AM – Team Presentation
- ■ 9:30 AM – Body Flow with Arianna Volpini (fluid, natural movement prep)
- ■ 10:00 AM – Beach Training with Leo (Taiwan) – Flow Rope (mobility + conditioning)
- ■ 11:00 AM – Band Training Session with Two8Band Team (USA)
- ■ 1:00 PM – Lunch
- ■ 5:00 PM – Arm Wrestling Techniques & Competition with 2022 Italian Champion Nicola Impagnatiello (Vieste)

■ SEPTEMBER 10

■ Marina Piccola

- ■ 7:00 AM – ■ Hammock Massage with Enrico Valbonesi (Rome)
- ■ 9:30 AM – Body Flow with Arianna Volpini (fluid, natural movement prep)
- ■ 10:00 AM – Beach Training with Leo (Taiwan) – Flow Rope (mobility + conditioning)
- ■ 11:00 AM – Band Training Session with Two8Band Team (USA)
- ■ 1:00 PM – Lunch
- ■ Afternoon free to explore Vieste, its nature, food & wine
- ■ 4:30 PM – Workout in the Umbra Forest (free for all participants)

■ SEPTEMBER 11 – HYBRID DAY

- ■ 9:00 AM – Body Flow with Arianna Volpini
- ■ 9:30 AM – Workshop: Identical Gestures, Different Tools with Mike & Emiliano de Bianchi (Rome)
- ■ 11:00 AM – Training with George Anthony Dulal Whiteway (USA Marine) & Junior Leoso (Hawaii) – Hydra & Landmine
- ■ 1:00 PM – Lunch
- ■ 3:00 PM – Beach Training with Leo (Taiwan) – Flow Rope (mobility + conditioning)
- ■ 5:00 PM – Hammock Massage with Enrico Valbonesi (Rome)

■ SEPTEMBER 12 – ADRENALINE & NATURE

- ■ 10:00 AM – Outdoor Training in Old Town (historic center)
- ■ 1:00 PM – Lunch
- ■ Afternoon free to explore Vieste, its nature, food & wine
- ■ Excursion at the Grotte Marine di Vieste – a coastal trip through breathtaking coves and caves (fee applicable)

■ SEPTEMBER 13 – THE FINAL SHOWDOWN

- Marina Piccola
- ■ 10:00 AM – SWEAT & SAND – Ultimate Fit Challenge
- ■ 1:00 PM – Lunch
- ■ 3:00–6:00 PM – Secret Beach Training
- ■ 9:00 PM – Awards Ceremony

■ SEPTEMBER 14 – CHECK-OUT & GOODBYES

- ■ 11:00 AM – 1:00 PM – Final gathering in Marina Piccola Square
- ■ See you next time!