Generic Fitness

Jump by Rater202
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So, Jumper? You wanna get in shape? Afraid that too many roflstomps or vacation jumps have made your skills rusty? Did you spend so much time building up the powers of your mind that you feel like you've neglected your body? Or conversely, maybe you enjoy a good workout and want your own place to relax with a few curls or half an hour on the treadmill. Regardless of why you're here, you've come to the right place.

Ten or so years here should be more than enough to get you what you need, have 1000 Fitness Points(FP) to get you started.

Age, Origin, Location, and other such things.

None of that matters, fitness is for all ages, races, sexes, classes, and creeds. By default, you are a Drop-In in a generic world with narratives devoted to physical improvement but if you'd rather go to a specific world or work a specific narrative into your personal fitness journey you can have history here and the attendant memories.

Perks

No Discounts here, friend. Instead, every Perk costs 100 FP unless stated otherwise and you receive Five(5) Fitness Tokens that can be spent to receive one(1) purchase of one(1) Perk each for free. In any case where the benefits of these perks overlap, the redundant benefits combine additively.

No Gatekeepers on Fitness (Free): Everyone should have the right to work towards their personal improvement and anyone willing to put in the effort to get their ideal body the hard way should be able to. Unfortunately, it doesn't always work out like that. But you're a Jumper, so you don't have to put up with that. For Free, you have a guarantee that if you're willing to put in the work you *will* get results. You'll also be cured of any and all unwanted diseases, defects, disabilities, or deformities that could potentially get in the way of you doing the work, and since we like the cut of your jib we'll throw in a small boost to your ability to motivate yourself and keep up with repetitive tasks.

Body Positivity (Free): A bit of a problem that some people have is that they feel ashamed or self-conscious of their appearance which makes them less than willing to

go out and do the things they need to do to change it which results in a vicious cycle. None of that for you. Not only do you look good, in exactly the ways you want, regardless of your current body type or level of fitness, but you have the confidence that comes with *knowing* you look good and a general lack of unnecessary body shame or toxic modesty. Also, your sweat doesn't smell and you never have a particularly foul body odor.

Genius of Hard Work: You have an intuitive knowledge and understanding of what your limits are. Including whether or not that limit can be broken, down to exactly how far you can push yourself before something breaks or you do permanent damage to yourself. With this, you can pull off the kind of extreme workouts that you'd see in a shonen anime and get results from them instead of crippling yourself. Assuming you're physically capable of that training in the first place, that is.

One of Those Metabolisms: Some people are lucky enough that they don't really need to put too much effort into diet and exercise to maintain their gains. With this perk, as long as you make a token effort to stay active and eat right you'll never find your health, fitness, or skills degrading from time or lack of practice. A second purchase means that you'll never slide below the average healthy adult human in any regard and that your health and fitness will never degrade with age.

Weight Training: You've already got some experience working out your various muscle groups, curling and benching, squats and sit-ups, and so on and so forth. Not only has this made every muscle group noticeably stronger and improved your stamina, but you also have a general knowledge of what activities are good for which muscles and how to get the most from them.

Cardio Experience: You're used to things like jogging, biking, and the use of certain machines. Not only are you skilled in such things but you have amazing stamina, have built up an exceptional lung capacity, and have a good degree of control over your heart rate. You've also got a pretty good top speed with regard to leg-based locomotion.

'Pretentious Relaxing': You have experience with things like Yoga, pilates, taichi, and the like. This has significantly increased your balance, flexibility, core strength, and ability to regulate your breathing and that taichi experience might be useful in a fight.

Floor Routine: You've trained as a Gymnast, bolstering your balance, reflexes, coordination, and other aspects of your dexterity.

Swell Swimmer: You've got experience swimming in pools, lakes, rivers, and the ocean. You can swim for speed or distance in any aquatic terrain, hold your breath for record times without issue, pull off a lot of advanced dives perfectly, and have an intuitive sense of how you're dealing with atmospheric pressure, such as what you'd experience on a deep dive, and how to compensate for its problems.

Arm Day: You've spent a lot of time working on your arms, shoulders, and pectorals, adding considerable upper-body strength to your frame, good for lifting, throwing, punching, and grappling.

Leg Day: You've spent a lot of time working on your legs and glutes, giving you considerable lower body strength. This helps with sprinting, jumping, kicking, and lifting.

Combat Sports: Boxing, Greco-Roman Wrestling, professional style wrestling, MMA, or something similar. Pick one, you have enough experience in it to be considered an expert on a professional level. This can be taken more than once, for a new combat sport each time.

Real Martial Arts: That is to say other older traditional arts like Karate or the many styles of Kung Fu, or things like Jeet Kune Do, Capoeira, or Krav Maga that are designed with the intent of being used in a serious for real fight. Basically, any formal style whose primary purpose is self-improvement or self-defense rather than performance or sport. You have enough experience to be recognized as a master. This can be taken more than once for a new discipline each time.

Sports Ball: Basketball, dodgeball, football—all four or five kinds—baseball, and honestly any other modern sport that doesn't involve fighting and isn't covered by another perk, actual balls optional. Each purchase of this perk gives you professional-level skills and experience in one of them.

Lord of the Dance: Sometimes you just have to move to the rhythm, and move to the rhythm you shall. In addition to all the coordination you'd expect from a professional dancer, you're able to intuitively understand rhythm in all its forms whether that be the rhythm of music, the street, or a battle, and adjust your movements accordingly.

It's Tradition: A lot of cultures have sports that are really only that culture's sport, especially in cultures that are ancient or descended from ancient ones. A number of classic Olympic sports for example, or perhaps the sorts of events you'd see at the Highland Games. With this perk, you're automatically an expert in any sport that has great traditional value in whatever culture you are from as long as it is not covered by

another Perk in this document. This updates per Jump, but you never lose the skills it grants. Additionally, should you find yourself assimilating into a new culture you'll find learning its traditional sports comes easy to you, and demonstrating your talent, or willingness to learn, can help you fit in better. A second purchase of this perk will let you start with full knowledge of all "traditional" sports practiced by known real-world cultures.

Sound Mind, Body, and Soul: As long as you're physically healthy, maintaining your mental and spiritual health is easier. As long as you're mentally and spiritually well, you'll find it surprisingly easy to get into and maintain perfect shape. Anything that would improve the health and fitness of one has a comparable effect on the other two.

Dietician Supreme: You're an expert nutritionist, cook, and culinary scientist, able to intuitively prepare any edible ingredients to maximize flavor and nutrition without adding excessive empty calories as well as easily design meal plans and individual dishes tailor-made for the dietary needs of any individual no matter what allergies or dietary restrictions they might have. A pleasing presentation of your culinary creations also comes effortlessly to you.

Personal Trainer: Not only are you good at training yourself, but you're good at teaching others. You can grasp someone's strengths and talents from a short conversation, teach any skill you have that can be taught to anyone receptive, and in general help people live up to their potential. As a bonus, anyone who desires to become your pupil will agree to any conditions or prerequisites you set that aren't completely arbitrary or totally unreasonable, even if they seem outlandish. A second purchase will let you Perkshare any Perk or Power you possess with a week of tutelage, assuming you can come up with a training regimen for it. You may need to get creative.

Sports Medicine Expert: You can diagnose all sorts of sports injuries and treat any of them that don't require surgery. Even for ones that need surgical intervention, you know what stop-gap measures can be used to minimize long-term damage and treatments to help with recovery afterward. As an aside, you'd also make for a good physical therapist.

Spa Master: You're a master of all the myriad ways that people can relax and recover after an intense workout. Hydrotherapy, massage therapy, ice baths, basically anything you'd expect at a health spa. As a bonus, we'll throw in anything else you'd find in any kind of spa as long as it actually works. Basically, anything that could help someone rest, relax, or look and feel their best is something you're skilled at, both for your own use and for anyone else.

King of Coaches: You're very good at organizing and motivating a team of individuals and getting them to work as a coordinated unit. Additionally, whenever you are cooperating with others in a sport or other physical task, or overseeing the same, teamwork comes more easily in general.

Better Together: Now, the biggest mistake you can make when at the gym is comparing yourself to someone more experienced than you and feeling discouraged because you can't bench your own body weight yet or the like. At the same time, however, having some gym buddies to work out with can improve results either through mutual encouragement or the spirit of friendly competition. Whenever you are training with friends or associates, you'll find that you all individually make greater gains than you otherwise would. Additionally, whenever there's a discrepancy in the skill or attribute being trained, those who are behind are more easily able to close the gap.

Intuitive Prodigy: You don't really need an instructor to train yourself. You intuitively grasp techniques and exercises that you are aware of and can master their applications with minimal effort. Once mastered, you can perform them perfectly every time without too much thought. While, for example, mastery of the martial arts is a bit more complex than mastery of individual techniques, you'll always be able to get the greatest possible results from your exercises and training sessions without any risk of accidentally hurting yourself.

The Turtle School Is Always With You: Learn well, eat well, play well, and rest well. That's the motto of the martial arts school that many of the protagonists from the famous *Dragon Ball* anime studied under. You've internalized the message. You absorb lessons like a sponge and can always give 120% when you're learning, studying, or training. At the same time, you know exactly how to unwind and have a good time, the importance of rest and a good meal, and how to get the most out of every day. Proper leisure time and adequate rest will result in a small but perceptible increase in all forms of growth you possess, resulting in greater gains in the long run than if you'd spent that time exclusively training, and you're a natural at working training into everyday tasks or turning mundane chores into a good workout while still getting the job done.

Charles Atlas Superpowers: Like many comic book heroes or anime characters, you can get absolutely improbable results from physical training. Not only could you train yourself to the peak of human fitness in all regards and master dozens of martial arts in just a few years when the average man would take a decades to achieve one of those things, but there is no hard limit to how physically powerful you can become, your speed, strength, and stamina continuing to grow with effort, nor in how skilled you can be in physical tasks such as sports and martial arts.

Mindfulness: Some philosophies and disciplines place importance on mental and spiritual aspects of health equal to or before physical ones. In keeping with that, you are trained in a number of forms of meditation, autohypnosis, and breathing exercises and can guide others in the same as well as perform similar forms of guided mental training. Your experience in such things means you can roll with emotional punches very well and process stress and trauma better than the average person.

Internal Alchemy (200 FP): This Perk cannot be purchased with a Fitness Token and requires that you also possess **Genius of Hard Work**, **Sound Mind**, **Body, and Soul, The Turtle School Is Always With You**, **Charles Atlas Superpowers**, and **Mindfulness**. We are leaving the realm of mundane fitness here entirely now, in some worlds and some cultures one can perform physical and mental exercises that allow them to draw in ambient energies or refine and generate vital or spiritual energies within them, resulting in improvements in physical ability to superhuman level or metamorphoses that rejuvenate the body and remove flaws. In some stories, this process can even make you immortal. And so with your exercises and meditations, you are capable of doing the same, slowly over time growing stronger in all regards, becoming closer and closer to your image of physical and spiritual perfection and, given enough time, rejuvenating yourself, developing regenerative powers, and becoming eternally youthful. This perk also doubles the effectiveness of any perks relating to cultivating Chi or similar energy or that bestows onto you a Cultivation system and allows you to blend such powers and systems together to your taste if it is at all conceivable that they could be compatible.

Items

Unless stated otherwise, each Item costs 100 FP. You receive five(5) additional Fitness Tokens to spend on a single Item each.

Workout Mix (Free): Your own personal workout mix that you can play in your head or out of thin air. What songs are in your workout mix? Anything that you think would be great to work out or that would provide good accompaniment to a moment of physical achievement. A shonen battle theme, the montage music from your favorite sports movie, a heavy metal power ballad, or even a children's song about baking a cake. You can sometimes even get remixes or lyrical rewrites that better fit your current situation and pull them up again later.

Training Clothes: A perfect workout outfit, which can be anything from a martial arts gi to a jogging suit to a sports jersey and change form to suit your needs. It's self-cleaning,

and self-repairing, and is always comfortable. A second purchase turns them into weighted training clothes, that is to say, clothes that can change their weight to be whatever is needed to give you a full body workout while you're doing your regular workout or just going about your day and back to normal clothing weight again at will. In weighted mode, it'll work out every muscle group even if its current form doesn't cover a given limb, and will never cause issues with you being too heavy for something.

Supplements: Vitamin and mineral pills, herbal supplements, protein powder… Basically, anything that could help someone get in shape that isn't either illegal or full of nasty side effects. Your supply regenerates as it's used and comes with proper dosing instructions. If you have Internal Alchemy, you can make a second purchase to get a set of Elixirs and pills that will help with that once a week.

The Thirst Quencher: This self-sanitizing sealable sports bottle is always full of your beverage of choice. Regardless of whatever that beverage's nutritional information would normally be, this is a zero-calorie vitamin-enriched drink that satisfies your thirst, perfectly hydrates you, and restores your electrolyte balance. The internal beverage can be changed at will and is always at the optimal drinking temperature and if relevant level of carbonation. Choosing a caffeinated beverage will let you decide if there's caffeine or not.

Health Food: State-of-the-art refrigerator that is always filled with delicious and healthful food, all ethically sourced, either fresh or pre-packaged as you prefer. Also comes with a fully stocked kitchen so you can actually prepare the stuff.

First Aid Kit: A portable container of bandages, medical tape, antiseptic cream, burn ointment, and mild OTC pain medication. Good if you sprain something out on a jog and in plenty of other situations.

Personal Gymnasium: Imagine a building equipped with a basketball court, an indoor track, a rock wall, a climbing rope, a weight training room, a cardio lab, locker rooms, and shower facilities. Basically, a high school if you get rid of everything but the Gym Class related stuff. Now imagine it was all state-of-the-art equipment that constantly updates to guarantee that it's the best in the setting and has all the room and equipment you and your Companions would ever need with an NPC staff in the form of qualified coaches and trainers who behave to your preference wherever such staff is needed. You get this building as a warehouse attachment and anyone you allow to use it will follow whatever codes of conduct for its use that you set. Your personal Gymnasium will automatically merge with any other sports and fitness-related buildings or warehouse attachments, such as other items in this Jump, in the most optimal manner. A second

purchase gives you a second copy that you can import into the world either to run/work at yourself or let run autonomously at your preference, generating a reasonable income for you either way. When run as a business your imposed code of conduct for its use and requirements of membership, if any, will be treated as sacrosanct.

Gymnastic Room: A room equipped with everything needed to practice or teach Gymnastics, all the mats, all the beams, and anything needed to help train in agility and flexibility.

Training Studio: A room equipped with everything to train or teach others in such disciplines as yoga, pilates, planking, dance, or purely meditative physical disciplines like non-combat tai-chi. Or just straight up for leading guided meditation sessions.

Pool House: You've got yourself a pair of standard-sized Olympic regulation pools, one for races and one for diving. Both can alternatively be used for just regular swimming, and you also have a resistance pool. The pools are perfectly and instantly self-cleaning without the need for chemicals. A second purchase upgrades the Pool House into a full indoor waterpark, with the same facilities as before plus a wave pool, a lazy river, several water slides, and one of those playgrounds/obstacle courses with a bunch of water jets. Either way, NPC Lifeguards will be posted as needed.

Sports Field: A sports field, court, or other such facilities of your choice for any sport you can think of as well as all relevant equipment. A second purchase will provide you with the relevant facilities for any sports that you have fiat-backed skill in, from this or any other Jump.

Sports Spa: Facilities needed to help unwind after a hard workout and facilitate recovery, including tables for sports massage, electrostimulation machines, ice baths, and hot tubs. Also, rooms equipped for diagnosing and treating sports injuries. A second purchase adds everything you'd expect in a regular "spa" spa, mud baths, more well-equipped massage facilities, and a natural hot spring. Everything that involves some form of bathing is perfectly and instantly self-cleaning.

Dojo and Sparring Ring: Exactly what it says on the tin. A room with punching bags, training dummies, sparring mats, and a proper training arena/ring for any and every combat sport or martial art you may want to teach or train in. A second purchase will give you an additional, larger arena with seating if you want to put on a performance or do exhibition matches.

Companions

Gym Buddies (100 FP): Import or create up to 8 companions, who each get 700 FP to spend and a full set of Fitness Tokens.

Recruit a Local (Free): If by some means you meet someone here who you want to adventure with and they agree, you can take them as a Companion for Free, with all of their abilities and possessions becoming fiat-backed. In the tradition of Supermarket Format Jumps, you can treat this as a free perk going forward but you can't take an individual mentioned by name with a specific Point price without paying.

Drawbacks

Unless stated otherwise, all Drawbacks reward 200 FP.

Supplement Mode (0): You may optionally attach this jump to any other Jump where a journey of physical fitness or self-improvement would be appropriate.

Early Exit (0): If you don't need a full ten-year training arc or anything like that, you can leave after the story's over or after three weeks if you have no specific narrative. This is incompatible with Time Extender.

Time Extender: Each purchase of this perk extends this jump by 5 years.

Every Teen Sports Movie Ever: Early on in this Jump you're going to be beaten up by some stereotypical jocks, preps, snobs, or bullies who will periodically show up to bully or harass you until you defeat them in a relevant sports competition or otherwise prove your athletic superiority to them in a public display. You must do this in order for the Jump to end.

We're Gonna Need a Montage: Whenever you start seriously working out, you'll sort of blackout, instead hearing music and having brief flashes of yourself doing your exercises before coming to hours, days, or even weeks later. You'll never… Quite understand just how much progress you've made in that time or what else may have happened while you were montaging but will never miss important events relevant to your own life like, say, that tournament you were training for in the first place.

Oh, Wow, You… Needed To Come Here: Any and all perks you have from this Jump that directly impact your personal health and fitness are sealed and you start the Jump in absolutely terrible physical shape. Scrawny weakling, morbidly obese, or some other problem is up to you. You won't get those perks until you've either trained yourself back

to good health the hard way or the Jump Ends, whichever comes first. No Gatekeepers on Fitness, however, will still cure unwanted conditions as normal until you're at the bare minimum needed to be physically able to work out.

The Big Match: This Drawback requires that you've taken the Combat Sport or Real Martial Arts Perk at least once. You've been called out or challenged by a reigning, professional quality champion or acknowledged master of legendary or mythical reputation. This will be someone you recognize. A boxer might find themselves facing Muhammad Ali while a Wrestler may find themselves called out by El Santo Enmascarada de Plata and may the Benefactors have mercy on you if you picked up Jeet Kune Do. Over the course of the Jump, you'll have to run the gauntlet against multiple other challengers of the appropriate type, to prove you're worthy of responding to the challenge or because they're envious of the 'privilege' you've gotten or whatever. In the final year of your Jump you'll face them in their prime and learn that in this world, they *absolutely* live up to the hype. You don't have to defeat them, just face them fair and square, though if you do well enough to earn their respect you might be able to take them as a companion. Defeat them in a fair fight and you get bragging rights in any world that's heard of them. They won't scale to you per se, but the deck will be stacked to negate any unfair advantages you might have.

If you take this while using this Jump as a supplement, you'll be challenged by a prominent fighter from the setting you're supplementing instead, and if necessary they'll scale up to match the given examples. They will not scale down, however, so… Be wary.

To Be A Master: Choose a sport appropriate to your purchases here. The jump will not end until you are acknowledged as a champion at an international level. If you have supernatural abilities or superhuman talents that give you an edge, you'll find that you'll frequently be competing against opponents with similar advantages.

Where's the Ref?: Any athletic competitions you find yourself in will have at least one blatant and egregious cheater who can and will get away with it so have fun with that.

Pain is Just Weakness Leaving The Body: Yeah, that line is a load of crap. You compulsively push yourself far beyond your limits with no regard for your well-being and keep trying to 'work through the pain' when you really should have stopped to rest…or sought out medical attention.

Well, That Would Defy The Purpose, Wouldn't It?: All outside perks, powers, and items are sealed for the duration. You don't need them, you're just here to get your workout on.

The End

Or is it? Fitness is a never-ending journey, after all. Regardless, you have three options. You may **return home**, back to your original reality for some much-needed rest after a *very* long workout. You can **stay here** in this world devoted to athletics, health, and fitness. Or you can **move on** to the next challenge to face…

Notes

- There is considerable overlap between what is appropriate for Combat Sport versus what is appropriate for Real Martial Arts. When in doubt, think over what exactly you want to do with it. Combat Sport is for doing it professionally or as a performance, Real Martial Arts is about using it for self-improvement or in actual fights. Which is not to say that one can't be used for the other, but they're always gonna be most effective in their designated lane… Of course, nothing is stopping you from taking them both for the same discipline when applicable.