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“TIME IS MONEY BUT  
WHAT IS THE USE IF  
YOU DON'T LIVE LONG  
ENOUGH TO SPEND IT?”

This program is driven to get results in both aesthetics and wellness, which will transcend to a whole new, younger looking you. People that know me and have trained with me can attest to that. There are no products and no gimmicks. All you have to do is stick to the program.

By taking time out of your day to attend, you will learn new ways to structure your daily pattern. This will help you to get better geared for your journey in life. No matter what your age or condition, you will benefit from a well-balanced physical workout. And don't worry, I do not buy into the 'no pain no gain' mentality.

Time is money but what is the use if you don't live long enough to spend it?

I have not yet met a person that does not feel, look, and perform better if they engage in a physical vibe that they enjoy. No matter what it is they do in life.

#### THE ESSENCE

Since time is of the essence, let's clarify time frames. A good workout addresses your needs, fits your schedule, and is long enough to be effective.

I have found 30-36 minutes to be the shortest, effective format, and with-in reason, 90 minutes to be the longest. While it most important to maintain consistency at the beginning to your new pattern, numbers may change over the course of time.

In any workout there should be a pre and post cardio. This means warm-up first, then finish with a cool down. The warm-up is intended to elevate your heart rate and helps you perform a mental body check on how everything is feeling and working. The cool down brings down your heart rate slowly and will avoid dizziness, black out, or even heart attack and stroke.

#### WORK

If you are willing to do the work you will look the part. Don't waste your time arguing and debating. I have never seen anybody getting noticeable results with a "whatever" attitude.



#### THE BEGINNING

Unless compromised by a birth defect or a congenital condition we are all born as a perfect being to ourselves.

We are concise physical beings, yet many often say "whatever" or "oh well, that's how it is" when we look at our bodies.

Even though we know to wash, we know to brush our teeth, our internal alkalinity is what transcends to our whole being and appearance.

A cleanse or detox allows the body to catch up, take a bit of a breather. Rid itself of excess water and bacterium while looking to flush out radicals and toxins. There are many forms of which a detox can take on. I have found in working with obese, or weight challenged individuals detox supplements often prove to be more problematic than helpful, as they too get caught and stuck in the same system that there trying to clear.

A simple cleanse is a great prelude to start a new food plan and direction. Get organized, plan your time and be sure to have your day free of tasks for it to work best.



**1 DAY CLEANSE**

Pharmacy products: Epsom Salt. Ocean drops.

Other: White wine vinegar.

\*Hot water with lemon : Water to boil. Pour in tea cup. Cut lemon in 1/2 and place in cup (with peel). Allow to steep for 15 min. Sip Like tea.

**Breakfast:** Activia, Decaf green tea with lemon wedge, 1/4 cup blueberries.

1 hour later \*hot water with lemon.

1 hour later \*hot water with lemon.

**Lunch:** 1/2 cup fresh pineapple wedges (or 1/2 mango) Dabble of cottage cheese.

Hot decaf green tea.

1 hour later bottle of water and small green apple (always with peel).

1 hour later \*hot water with lemon.

1 hour later \*hot water with lemon.

**Dinner:** 1 cup organic baby carrots. 2 Tablespoons red wine vinegar. Hot decaf green tea.

1 hour later \*hot water with lemon.

1 hour later \*hot water with lemon.

Now draw your bath to be mildly hot and level of water to be just below bust line.

Use the following as a guide:

White wine vinegar -1- cup for every 100 lb.

Epsom salt -1- cup for every 50 lbs

Stay in bath 30 min, not longer and shower rinse when complete. Then immediately place 2-3 Ocean drops in each nostril while having head tilted back. Allow to drain into throat and then clear with a tissue. You can drink some bottled water if you like prior to bed. For day two, simply repeat.



Not too long ago I thought I knew exactly how to eat and what to eat. I thought I was smart. I worked out frequently and accounted the areas in my body that I could not get developed, or that lacked flexibility to my genetics. Simply said, I just thought that's how my body is. To add to the confusion, most American FDA plans or Muscle Magazine will tell you basically how to eat while endorsing or selling you a product or supplement.

Then I met Life Coach, Nutritionist and author Deanna Minich. During a conversation with her in Las Vegas I was basically telling her how smart I was. I guess it is a typical "Guy Thing." You get a little information and become an overnight expert in any field. She asked me how I ate and while I was continuing to brag she interrupted me, looked at me and said, "You eat horribly." I was startled and challenged. I was standing next to my allies, red meat, peanuts, coffee, corn and wheat, when she started twisting my medulla oblongata into a pretzel. Little did I know I was entering a new dimension. Thinking not like the common advertising and marketing gullible average Joe who thinks food companies and farmers make food for us to be healthy.

From Childhood on we are raised on milk (Vitamin 'D') and believe we cant live without it. We are cattle fed and think not eating cow is un-American. And then there is corn. Where would we be without corn? Tomatoes are good for us right? So is chocolate and even coffee. An Onion could never hurt anyone and peanuts are a Godsend. I almost forgot the mighty wheat. Where would we be without wheat and all the gluten? For those unfamiliar with gluten, it is part of wheat and has no true nutritional value. It gives wheat products its adhesiveness and expands it to twice it size. Finally there is egg. How can anyone live without it? By now you have probably detected my sarcasm.

All the food mentioned above are known and proven to trigger food intolerances. A small percentage of people are not affected, but for most people they cause serious problems. All of these foods are slow to process in our bodies, if they process at all.



Followed by Mexico, we are the number one obese nation in the world. This is not a coincidence or a sign of bad luck. It is caused by processed foods and foods that are expanded by gluten and packed with corn syrup or starch. Both are found in almost everything we eat. Chemicals are added to our food to make it almost non perishable. They cluster in our bodies causing acid reflex, heartburn, heart disease, high blood pressure and IBS. As a result we get larger and larger as a nation. Even our youth is not spared from this trend.

Like many other very smart and educated people you may not believe any of this. Yet if you 'Google' each food intolerance that I mentioned, you will get thousands of hits on the subject. Even a majority of the medical field believes that most people could not live or maintain a food plan without these staples.

From my experience in working with clients in both the physical and in wellness the results are not only emphatic but also eminent. Due to better alkaline I have seen dramatic results not only in weight loss but also in the change of facial features, lymphatic system, and the range of motion. I even have had two clients that were freed of sleep apnea. Amazing? Not really. It is actually the result of chemistry coming to a full circle.

Astonishingly enough, many cultures thrive without eating tomatoes. And yes, one can actually live without milk. You can prevent the development of osteoporosis as we know if you stop ingesting soda or caffeine.

This M.A.P workshop is intended to give you a direction and start you on the way up the mountain towards a better you. You don't have to accept the accelerated process of aging and the internal breakdown of your body that is pushed upon us by million dollar food empires and pharmaceutical reps.

Just by eliminating these foods you will see great change in a short period of time. Even if you don't pick up one single weight, don't walk a single mile, or don't take one single Yoga class. I am not here to sell you food products. There is no grapefruit pill here. Only foods that your body can process easily and help change your acidity.



**FOOD VILLAINS**

**REPLACEMENTS**

Corn, corn syrup, corn starch	Rice
Coffee	Green decaf tea
Dairy, milk, Cheese	Rice Milk, Non dairy cheese.
Eggs	Egg whites (ok)
Nuts ( and yes even almonds)	Look for organic snacks nut, gluten and wheat free
Tomatoes	Use mango, papaya, avocado
Shellfish	Look for fish low in LDL
Wheat/ Gluten	Rice bread/ brown rice bread, Organic oat based cereals
Chocolate	Try sorbet's that are dairy and corn syrup free
Cucumbers	OK if you peel, seed and cube
Onions	Use more fresh garlic
Soy	Be careful in using as a substitute as it is also a high allergen
Red meat ( digestive disorders and fats)	Chicken , turkey, lean pork, fish

Make sure that you read labels carefully. Even if you buy organic and whole foods it does not mean that they are automatically healthy for you. Please remember that there is a reason if you have problems with your weight. Your stomach is your life source. It is your fuel burner. Every aspect of your wellness and existence starts in your stomach.

From early age on, most people consume food that has bad impacts on their well being, while being under the assumption of eating perfectly healthy. Changing your eating habits will result in fundamental changes in your life.

\*Food plan concept, allergens and insight based on the lovely Deanna Minich, Ph.D.,C.N.S.



**ENGINE:**

Think of yourself as a metabolic engine, encased in flesh with a miraculous drive train and a computer. Fuel = energy. The better the octane in take, the better we perform. Eat badly and it will affect you. Eat continually bad and you loose your gauge to all functions, which will result in dire consequences. Those that challenge this, usually look the part.

**THE MPG:**

You may wonder how many calories your body needs? Here are some ways you can factor in as calculating equations. Follow these and you will do well.

1. Take your current body weight and multiply it by 10-12. The sum of that will give you a good starting point on your maximum calorie intake per day.  
\* Before starting any type of restricted diet or food plan you should always check with your Doctor or physician and read your medications if applicable.
2. Remember the saying: Eat breakfast like a King/ Queen, lunch like a Beggar, and dinner as a Pauper. Relate this to your ration size and your body will work better, you will feel better, and you will sleep better.

Translation to the above is to digress your caloric in-take through the day. If you are on a 2000 calorie based plan make breakfast 750, lunch 600, dinner 400 allowing 250 calories for a mid morning and mid afternoon snack.

**DIGRESSION IN CALORIE EATING MENU**

	Breakfast	Snack	Lunch	PM Snack	Dinner
1500>	600	75	400	75	350
2000>	750	125	600	125	400
2500>	900	150	750	150	550
3000>	1075	175	900	175	700
3500>	1200	225	1150	225	700
5000> (X-active)	2000	250	1500	250	1000



All things run on energy. Our homes, cars and computers need constant maintenance and tuning, as do our bodies.

Athletes understand this well and treat themselves like thoroughbred racehorses to protect their value and longevity.

There are many different forms of what I call 'Body work' and far too many to list them all. Here are a few that are common and easy to access. To maintain your body, keep clarity and enhance performance this is a crucial part of your a plan of attack in your 'M.A.P' calendar.

**SWEDISH MASSAGE**

Recommended any age or body type, it contains effleurage and flow to working soft tissue and muscles topically. It provides great for relaxation and mild therapy.

**SPORTS / DEEP TISSUE MASSAGE**

Results in deeper penetration into muscle. Longer and harder strokes are usually more concentrated to over worked or fatigued areas. This is a good body work for active and fit people.

**CHIROPRACTIC**

There are two types of practitioners. The 'Straight' who uses hands on therapy and feels the body heals and takes care of itself. The more common Practitioner is the 'Mixed' who believes in the combination of hands on therapy and medication.

**SHIATSU**

This is a more integrated body work of massage using pulling and pressure point therapy to the body. It is an aggressive therapy geared toward a highly active fit individual with a good core and an ability to breathe and relax.

**ASHIATSU**

It follows the same concept as 'Shiatsu', yet in this form the body worker implements both hands and feet. Applying the feet to the body the practitioner uses he/her body weight for an extreme pressure which helps the body to flush out toxins and radicals while clearing lactic acid. This is a very mindful and high-level experience.



“THOSE WHO SEPARATE  
THEMSELVES FROM  
COMMON SPEAK  
WITHOUT WORDS.”

Look to enter 'B/W' (bodywork) into your calendar and pick the type of bodywork you prefer.

Occurrences: Whichever kind you choose, look at it like an oil change for your car rather than waiting for impending breakdown or injury. A boxer gets a rubdown (deep tissue massage) every day to stay fresh in body and legs.

Minimally active people: 1 time per month while exercising 1-2 times per week  
Moderately active people: 2 times per month while exercising 2-3 times per week  
Highly active people: 1 time per week while exercising 3-5 times per week  
Professional athlete: combining bodywork 2 times per week (i.e. Chiropractor and massage)

Treat yourself like a high level sports car and you will perform better and look vibrant. You don't need to have a million to look like one.



Make it yours: The first factor to anyone's workout is to personalize it to your individual body. Your target, goals, limitations, age, sex, conditioning and posture are all highly relevant to reach your goals.

#### FACTORS

**Body:** There are three elements needed for muscle activity:  
1) Water 2) Sugar (glycogen) 3) Oxygen

**Time:** Early day routines will provide you better energy. Try to optimize your time wisely.

**Fuel:** Never train on an empty stomach if you are seeking to loose weight or to gain strength. Have a light meal or regular intake, but wait 30 minutes before elevating your heart rate.

**Hydration:** Drink water throughout your workout to stay hydrated. Early risers should try to avoid coffee/caffeine. It will affect you physically later on (muscle tightness).

**Gear:** Dress in form fitting apparel and wear proper athletic shoes to maintain a proper posture in and to protect your feet in free weight areas.

#### COMPONENTS TO ANY WORKOUT

**Repetitions - number of movements to a set / sequence of moves.**

Use higher reps for lower weights.  
Use lower reps for higher weights.

Reps for bulk/size (power lift): 2, 4-6 reps max  
Reps to build (body building, strength targeting): 6-8 reps  
Reps to sculpt: 10-12 reps  
Reps for weight loss: 12- 16 reps

#### Sets - number of sequences

Major muscle areas: 4-6 sets  
Regular sequence: 3 sets  
Builder/power: 1-2 sets  
Weight loss: 4 sets



This is the beginning of a journey. Stay strong, be steady, and don't allow anything to get in your way. The Turtle always gets there. Here are guidelines taking you from a slow walk to a light jog. Look to build endurance & better conditioning through the following formats:

**BEGINNER/ FAST WALK/ LAST 6 MIN SLOW WALK**  
(check off each week and record)

- Week 1 - 30 min \_\_\_\_\_
- Week 2 - 32 min \_\_\_\_\_
- Week 3 - 34 min \_\_\_\_\_
- Week 4 - 36 min \_\_\_\_\_
- Week 5 - 38 min \_\_\_\_\_
- Week 6 - 40 min \_\_\_\_\_

**STARTER/ BRISK PACE**

Now add 3 lb. weight to each hand. Last 6 min slow/cool down.

- Week 7 - 36 min \_\_\_\_\_
- Week 8 - 40 min \_\_\_\_\_
- Week 9 - 44 min \_\_\_\_\_
- Week 10 - 48 min \_\_\_\_\_
- Week 11 - 52 min \_\_\_\_\_
- Week 12 - 60 min \_\_\_\_\_

**RUNNER/ FIRST 6 MIN LIGHT JOG**

Hit even stride jog. 3 min push (fast). Final 8 min light jog.

- Week 13 - 64 min \_\_\_\_\_
- Week 14 - 68 min \_\_\_\_\_
- Week 15 - 72 min \_\_\_\_\_
- Week 16 - 76 min \_\_\_\_\_

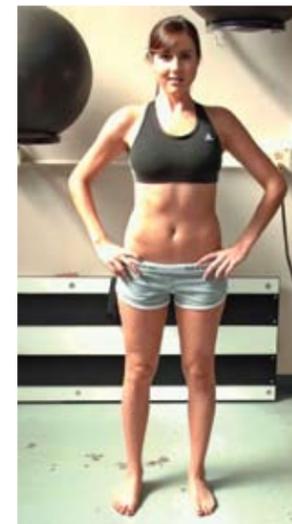
\*Track your time and workout in a split. If you are on a 30 minute routine, leave your house, turn around after 15 minutes and head back.

\*Use a structured running shoe (walking shoe). If you are weight challenged, it is most likely that your balance structure is also challenged. Look for a balanced stride and good head positioning throughout.

\*Wait 30-45 minutes after each meal prior to elevating your a heart rate.



Our posture and spinal alignment are the essence to our well being.



Anterior view shows alignment, shoulder height/evenness, knee and leg alignment.



Side view depicts head angle and spinal alignment.



Posterior view shows hip alignment and symmetry.



Ball stance displays lateral stability and core.

The cardio day is your heart and soul. No matter who you are, no matter what your age, no matter what your purpose, cardio is a must. It is your lifeline and keeps everything in working order. Gifted or not, everyone has to do the work.

For an actual benefit to your cardio pulmonary system you need to maintain a target heart rate of 70% of your maximum for at least 24-30 minutes.

I have found that regardless of your body type you need to dedicate at least one day per week to cardio work. This will ensure that your energy levels rises for your other workouts.

Find what works for you. Try to mix it up in the use of equipment. While it is a good warm up and cool down, the treadmill alone will not shape a body.

#### EQUIPMENT:

- 1) Treadmill
- 2) Seated Bike
- 3) Recumbent bike
- 4) Elliptical trainer
- 5) Stair stepper
- 6) Rower

#### FORM YOUR CARDIO PLAN:

Warm-up 12 min (6-12-18-24 min.)  
1, 2, or 3

Primary Cardio (24-36-48 min.)  
2, 4, 5, or 6

Cool down (12-18 min.)  
1, 2, or 3

#### MINDSET

Keep a game plan. While your cardio needs to be intense, never make it painful or experience shortness of breath. Never follow a cardio workout with sauna, whirlpool or very a hot shower or bath, as your body is looking to cool down and to regain a normal heart rate.



#### SEXES

Men primarily carry more weight topically. Due to a wider hip displacement and less overall muscle mass women tend to carry additional weight in hips, thighs and rear.

When partnering up for workout, avoid choosing someone from the opposite sex. Workout schedules for women and men usually vary and are designed to get different results. You may end up getting results you were not looking for.

Women will lose slightly in their breast size doing flat benching. However, incline benching will slightly enhance the bust line, giving it a natural lift. Triceps and rear deltoids are usually problem spots for women, as these areas are never worked in any lifting motion. Working problem areas will help negate bad posture and strengthen complimentary muscles.

#### THE FORM

Look to work the entire muscle in length when training. Over working areas or staying on a favorite will lead to bio mechanic problems or breakdown. Be the 'Turtle'. Work long and strong while staying steady.

#### THE WORKOUT 'B'

- 12 min cardio (6-12-18-24) pre warm-up/light stretch
- Leg squats wide
- Leg curls (hamstrings/gluteus)
- Leg extensions
- Incline bench presses
- Lat pull downs, wide over hand grip
- Lat Pull downs, tight underhand grip
- Tri push downs, with straight bar
- Preacher or seated dumbbell curls
- Ball sit-ups (exercise ball always high reps and high sets)
- 12 min cardio cool down (6-12-18) finish nice and smooth
- Floor stretch

#### WORKOUT 'C'

- 12 min cardio (6-12-18-24) and light stretch
- Hip Circles each way, 12 reps
- Leg squats Leg curls
- Sissy Squats
- Leg Extensions
- Standing calf raises
- Ball sit-ups
- 12 min cardio cool down (6-12-18-24), floor stretch



**THE TRAINER**

You may wonder why you need a trainer? Think about it, Tiger woods has a caddie, Michael Jordan had a coach and trainer. Even the best need constant directives and guidance to achieve superior results. It is impossible to see ourselves during exercise movements. Often complications and set backs are caused by wrong movements without supervision. Pre and post stretching are also essential to a successful work out.

Anyone who is engaged in sports or constant motion puts her/his body to the test by adding compression. This needs to be constantly addressed. If ignored, this can result in breakdown or injury. These are just a few reasons to seek help of a professional who you feel comfortable with and who understands your body.

**PLUG INS: ALTERNATE TRAINING/ DAYS OFF**

Most people overwork, over train and actually just add stress to their so-called 'day off.' Yoga and Pilates are actually a great fit for stretching, opening, alignment and posturing. I highly recommend making this part of additional alternative training. No matter what your training level, if you never have engaged in either, take 'Beginner' as your starting point.

Both activities can be added to your workout regiment one, two or even three days a week. They are a cost effective way of having an instructor keep you in position and in posture (Be aware that watching a DVD at home is usually not a very good fit since they offer no personal supervision and guidance). So go ahead and add a 'P' 'Y' to your schedule and just do it!



A house, a building, a tree, and a body all share a common denominator; they are all structures with a foundation and integrally related in their form. How we work our bodies over time will not only effect the muscle but will also relate to your posture.

When you do workout, look to hit your target or major muscle area early. You will have the most strength and energy on your first or second sets. Then spiral down in your routine and hit smaller or complimentary muscles.

Abdominals should always be worked at the end of a routine. Use hi reps and low weights.

**THE GROUPS OF MAJOR****Legs**

- Squat (major): hamstrings, quadriceps, gluteus maximus, back.
- Sissy Squats: more front loaded, quadriceps.
- Leg extensions: quadriceps.
- Calf raises: calves (work very low weight as it takes away length from a women's appearance).
- Adductor/Abductor circuit machine: great inner outer thigh work.
- Weighted dumbbell or barbell bend overs: hamstrings, lower back.

**Abdominals**

- Low to incorporate sit-ups.
- Ball sit ups.
- Flat bench leg crunches.
- Angle board sit-up crunches.
- All the sit-ups in the world combined cannot get a look unless the body addresses diet and alkalinity. Makes it easier on yourself by eating right and reducing your caffeine intake.

**Chest**

- Shoulders Flat Bench (men's) Pectorals (chest).
- Incline bench (women's to enhance chest with slight lift).
- Shoulders (men's) shrugs (for women keep very low weight to avoid bulk).
- Rear deltoids: good stabilizer for men and women to prevent front shoulder roll.
- Medial deltoids: Men work heavy for size, women work low for definition.
- Front deltoids: Men heavy for size. Women lower weight for sculpt.
- Triceps extensions: Men work as needed. Women high reps low weight for sculpt.

**Back and Arms**

- Rows: Heavy for men for size. Women work high reps, low weight avoid thickness.
- Lat Pull downs: Men's heavy for size and strength. Women's high reps low weight.
- Low rows: Moderate weight for men. Low weight for women.
- Bicep curls: Heavy weight for men to increase size. Women, low to moderate weight for tone.



Let's do the work. Follow the move, note the form and the breath. Visualize each move. When you are not working with a partner or spotter use a mirror as to check your form.

PRE-LEG OPENING / STRETCH MOVES:

Form a pyramid with your hands, put your feet flat to the surface, put a slight flex to your knees and lower your body slightly to keep your hamstrings parallel. Start at center and as you shift to each side, exhale on flex and inhale at center. Shift for 2-3 minutes.



A.18



B.18

Far left shows the Cobra position. Your feet are folded under and stay flat. Shoulders stay back, your head forward and thighs low. Breathe during flex 2-3 minutes.



C.18



D.18

Far left is 'Warrior II' position, a forward upright lunge with back foot at 90 degrees and front foot straight. Maintain your arms at full length. Slightly elevate back and extend front leg while twisting upward into 'Triangle'. Your left hand goes down after the left foot moves forward. Hold for each side 1-2 minutes.

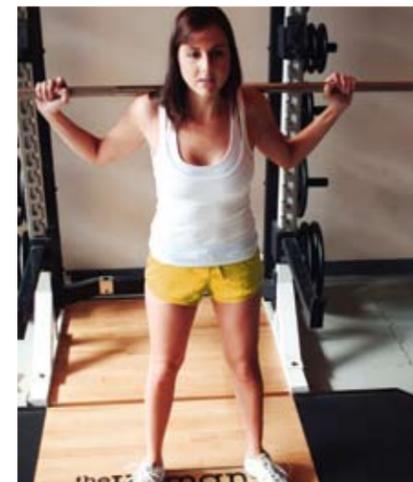


E.18



F.18

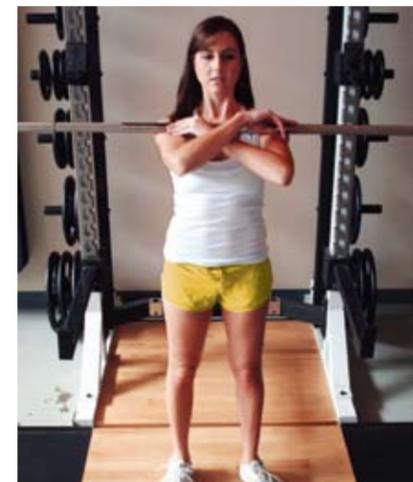
LEGS THE POWER MOVES (HAMSTRING CURL NOT SHOWN)



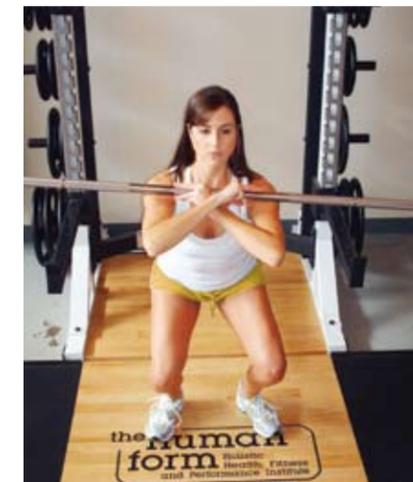
G.19



H.19



I.19



J.19

The Squat

Left picture shows the starting position. Keep your feet wide and square, and your shoulders over your hips during the movement. Maintain the bar level throughout, inhale as you descend, exhale as you rise up.

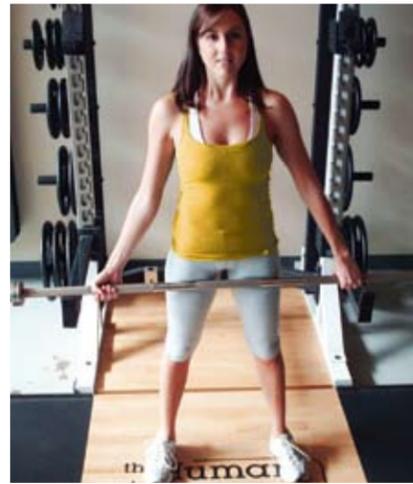
The right picture shows the depth of the movement. Avoid going parallel below your hamstrings. Start using the bar without weights and try to maintain form.

Sissy Squats

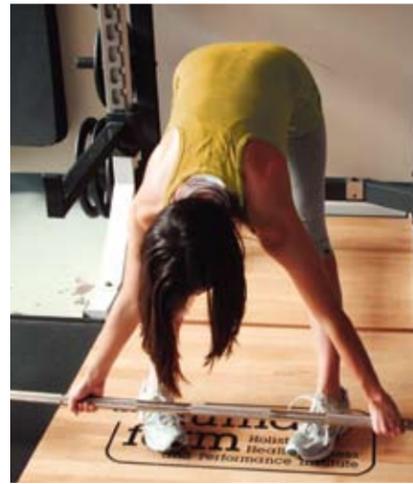
The left picture shows the starting position. Keep your hands crisscrossed and keep your arms held out level to your body. Inhale as you descend and pause when your hamstrings are parallel. Pause for a 1-2-3 count and exhale as you ascend. Keep your head level and your shoulders over your hips throughout the movement.

**Weighted Bend Overs**

Start with the posture shown on the left. Keep your feet pigeon toed (feet pointing inwards), which helps to alleviate lower back pressure. Exhale as you lower the bar downward and toward your ankles. Upon rising up return to your initial posture. This is a great exercise to shape and sculpt, while stretching and strengthening your lower back.



A.20



B.20

**FINISHERS/ POST MOVES**



C.20

Single leg hip rotation and stand. Stay tall on your planted leg, rotate the leg to be raised, and lift your heel up high as you rotate in.



D.20

Single leg fold back. Post on your elbows while keeping your head in a natural position (no chin tuck).



E.20

Down Dog. Keep your feet flat and your arms strong. Hold your buttocks up high.

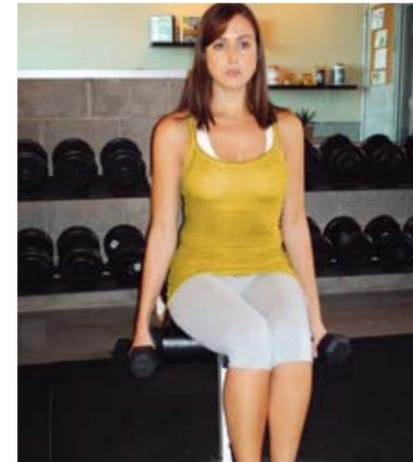
**Arm Circles**

This is great warm-up for any upper body work. Men can use 5 lb. doughnut weights, women 2.5 or lb. weights. Do 4 sequences, tuck one arm forward, rotate the opposite arm up and backward and repeat 16-20 times. Work the opposite arm as you switch. Then do the reverse. Tuck one arm snug to back and rotate the free arm up and forward like a swim stroke. Never underestimate the importance of the warm-up.



F.21

**Bicep Curls**



G.21



H.21

**Reverse Curls**



I.21



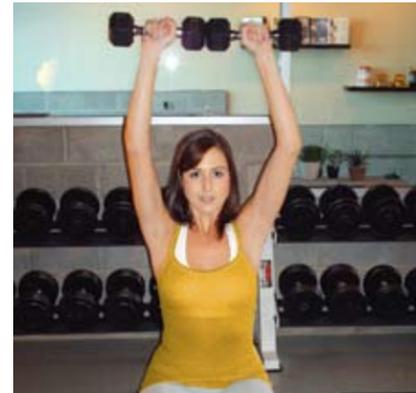
J.21

Shoulder Press Start



A.22

Shoulder Press Finish



B.22

Rear Delt Flys Start



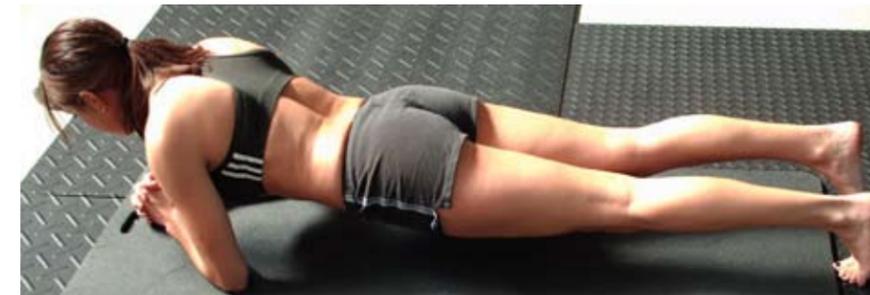
C.22

Rear Delt Flys Finish



D.22

SOME GOOD WARM-UP PRE- CHEST (UPPER BODY)

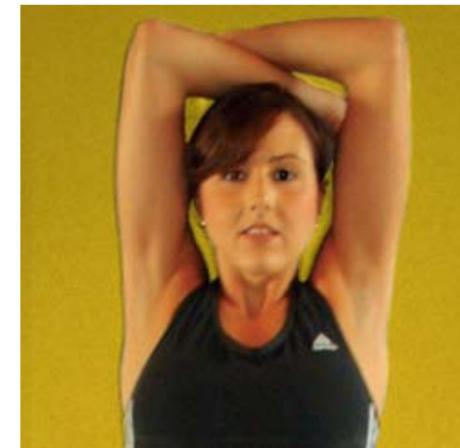


E.23

**Dolphin Plank**

Keep your hands interlocked, post on your elbows and forearms as your body is elevated you're your toes. Slightly rock forward, bring your chin down as your toes shift you forward. Exhale during that movement. Inhale to go back to your start position. Repeat for a sequence of a few minutes.

Framing up, hands grab opposite elbow.



F.23

Standing pose



G.23

Moves to 'V' breath



H.23

CHEST (UPPER BODY)

**Chest Press**

Exhale as you press the weights upward and let your eyes follow the weight.



A.24

**Chest Fly**

Start with the weights upward. Finish on a downward movement, pointing your elbows out. Inhale while your chest is expanding.



C.24

**Seated Triceps**

Push up the weight behind your head. Make a very controlled movement and try to keep the end of the weight flat.



E.24



B.24



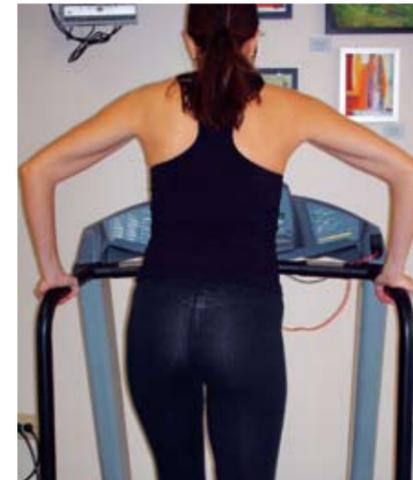
D.24



F.24

During my years of gym time and training experience I have realized that most people take cardio time as a “no brainer.” It is seen as a simple task to elevate ones heart rate, and to burn calories. While it does all this and is a great metabolic booster most people overlook the important of a good posture.

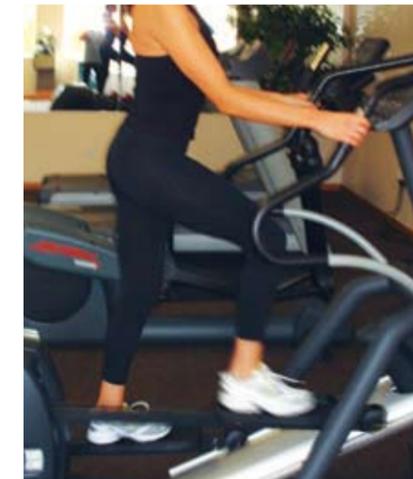
Over time any continued imbalance in movement will lead to a direct or in-direct imbalance of the body. Be sure to check your posture with the help of a friend or mirror.



**Treadmill Form**

Bad treadmill form (left picture) shows elevated shoulders, rigid arms and tense hands.

Solid postured form (right picture) shows a centered body and natural arms.



**Elliptical Form**

Bad elliptical form (left picture), often seen in gyms, shows a forward shifted body, overworking the quads while being up on the balls the feet.

Good form (left picture) shows a posture with flat feet, shoulders over hips, working a deep targeting posterior sculpt.

**Stationary Bike**

In bad form (far left), rider is forward shifted, bad head angle, elevated shoulder and rolled back.

Good form (right) has balanced seat, level head and even weight distribution which will shape legs evenly.



**Stair Stepper**

Trainee (far left) is elevated via arms counteracting weight bearing target of legs and glutals.

(Right) Posture is maintained while arms are disengaged leaving trainee working deep and keeping flat.



Any workout should start and finish with a good stretch. Elasticity gives you mobility, stability and strength. No matter who you are one, you need to maintain a structured regiment just like a thoroughbred trainer maintains a schedule, and a boxer follows a regiment.



A.27



B.27



C.27



D.27



E.27

**Double Fold Back**



F.27

**Pigeon**

forward leg 'L' across body. Fold forward and extend.



G.27

**The Ball**

Be seated on the ball and let your feet form a forward base. Exhale as you shift backward and roll your arms backward inverting your hands to be your base. Keep your feet firmly flat. Remain in that position as you breathe.

**The Simple Forward Bend**

Bend forward (Far left picture) as you keep your hands splayed open. Exhale as you descend.

**The Wall**

Walk all the way to the wall. Keep your toes against the wall, reach tall with your hands flat, keep your chin pointed, let your chest touch the wall, as you stretch out and up and breathe.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			THE ONE DAY Pick your day and make it work.			
	THE TWO DAY Every third day.					
THE THREE DAY Every other day for 3, then day off.						
THE FOUR DAY Roll on every other continuously.						
TIME TO GET HANDS ON DIRECTION and train with confidence to your body						

NOTES:

This is not the end but a new beginning  
 For people we will meet  
 For people we have loved  
 For those we have lost  
 For the times we shared  
 For those who cared  
 For being all you can be  
 For allowing others to see  
 Nothings got to be  
 May your days be brighter  
 May your glow be lighter  
 May your spirit be stronger  
 May your life be longer  
 It is all about a journey  
 And the path we choose  
 Not accepting all the rules  
 Life's too short to settle for common  
 Let your map make your path  
 To a better way