



FEELING GOOD YOU

FEELINGGOODYOU AKA SUPERFRAGICAJILISTIC, GREAT, PURE, RIGHTEOUS, HIGH, SOARING SPIRITS IS A SPIRIT-BASED HEALTH AND FITNESS PROGRAM DESIGNED FOR PEOPLE AT ALL LEVELS WHO WOULD LIKE TO KNOW HOW TO GET HEALTHY WITHOUT HAVING TO GO TO A GYM OR SPEND A WHOLE LOT OF MONEY ON A DIET PROGRAM. WITH JUST A SIMPLE MAT WE WILL DO 80% OF OUR EXERCISE PROGRAM SO YOU DON'T HAVE TO LEAVE THE COMFORT OF YOUR OWN HOME. WE WILL START WITH THE SIMPLEST OF REMEDIES AND EXERCISES FOR JOE SIX PACK, AND JO CHARDONNAY AND SLOWLY MAKE OUR WAY UP THE MOUNTAIN FOR THOSE WHO ARE INTERESTED IN ELITE FITNESS. IT WON'T BE LONG FOR YOU TO BE FEELING GOOD AND LOOKING GOOD!

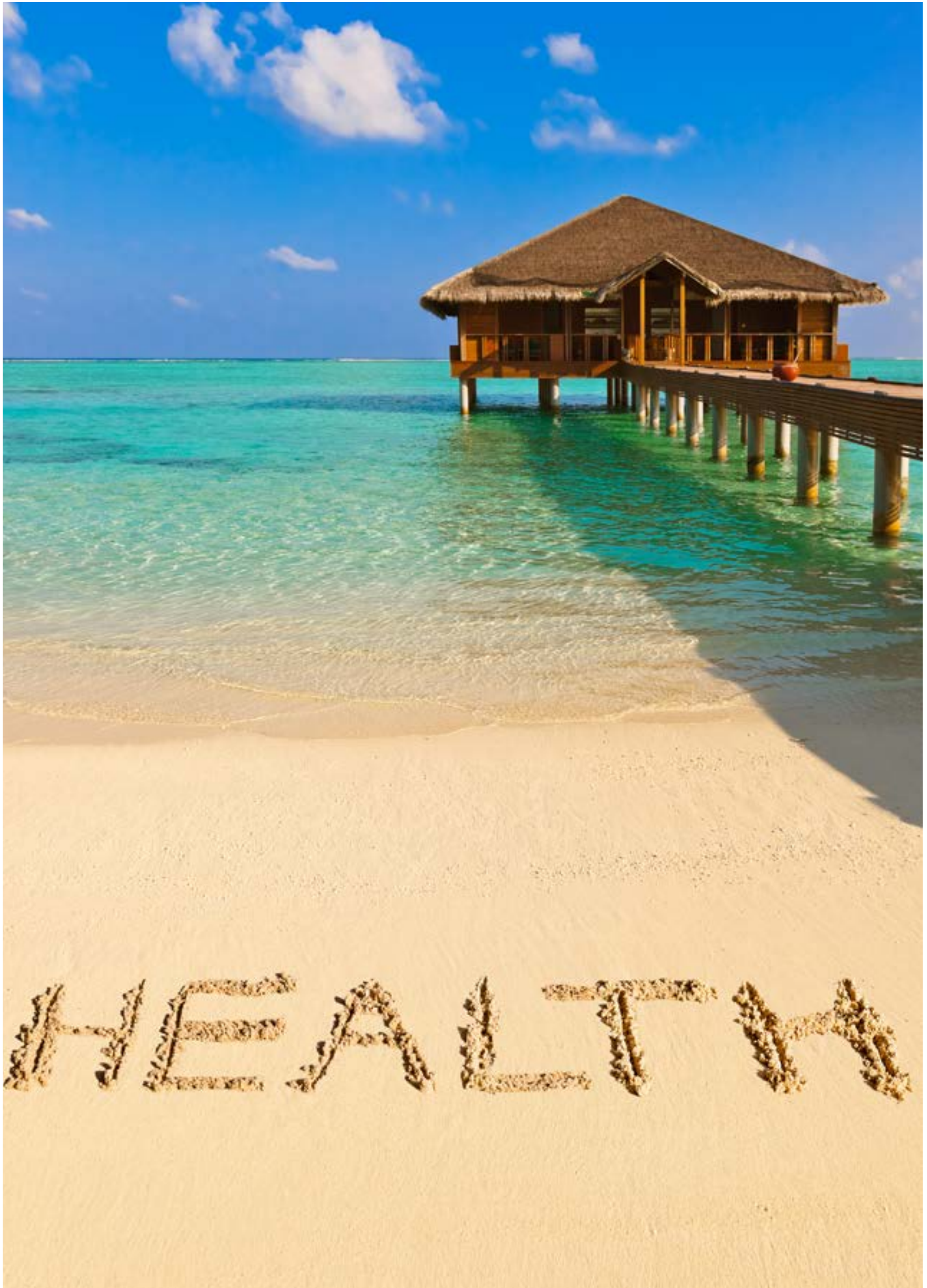


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Any recommendations I may make about weight training, nutrition, supplements or lifestyle, should be discussed between you and your doctor or other relevant licensed professional because exercising involves risks. The information you receive on this website or in person does not take the place of medical advice. Before starting any exercise program please check with your doctor or other relevant licensed professional, and clear any exercises and/or diet changes with them before starting any such regimen. I am not a doctor, nutritionist or registered dietician. I do not claim to help cure any condition or disease

WHERE FEELINGGOODYOU BEGAN

I'd like to start with a story about the origins of this program; where it all began. When I was 21 years old, I dove into shallow water and fractured my 5th and 6th vertebrae, the result being at first that I was paralyzed from the waist down and unable to walk. After a few weeks, I took my first steps and was on the road to a recovery that was pretty much hopeless. It is amazing what the spine governs in the body; just about everything, including losing strength, flexibility, balance and coordination among other problems. Looking back the thing that was most effected was my spirit. My spirit was crushed and honestly, I didn't believe I would ever regain my spirit, my energy and my belief in my abilities.

Strangely enough, I really don't think I would recognize the person I was before the accident. It's almost as if I was a different person in a different life. As I emerged into this new life, I headed down a very dark path, where feeling good meant taking a pill or a drink. I'm really not sure what turned me around, maybe it was surfing? I thought a wave could wash away any hangover. As time marched by I began swimming for exercise and gave martial arts a try. The simplest way to describe what was wrong with me was that I was missing a few batteries in my body, mind and spirit. I needed to recharge my body and I felt that a workout would give me the electrical shock I needed. Almost like someone having



a heart attack gets shocked back into life. Through it all I learned how to lose weight and gain balance, strength and coordination and live a more fulfilling life. I attained a CSCS certificate from the NSCA for Personal Training and eventually earned my black belt in BJJ. The best examples I can think of for a healthy lifestyle are Jack La lane and Paul & Patricia Bragg. They possessed uncontained joy, enthusiasm and a zest for life. That is what we want to ignite and give life to. And hopefully make it simple and easy.

Many years ago, after reading a poem entitled My Heart Soars and My Spirit Soars by an American Indian chief, Dan George who was also a well-known actor known for his appearance with Clint Eastwood in Outlaw Jose Wales, I began thinking. His poem My Heart Soars was basically about his walking in the woods. Whether he was just listening to the wind or watching an eagle fly his spirit or heart would soar. My thought was, to my chagrin, my spirit doesn't soar. Certainly not with a walk in the woods. My spirit may soar when I'm making money? I did think about times my spirit may have soared, but we called it endorphins or adrenaline rush. Catching a wave on a surfboard seemed like a good time at first. Running my hand across the wall of a wave years later was a little different. I felt the endorphins or the exercise high; I might could say, "my spirit soared!" Another random encounter I had with the feel-good spirit was hiking up a rock in Phoenix, AZ. As I was walking up the rock, I noticed my heart was pounding through my chest. I'm not a big hiker but I assumed that the elevation of this rock was enough to really get my heart pumping. When I reached the summit, it was getting dark and the lights of the city made for an epic view. And the feel-good spirit left its mark in my memory. I also remember diving into home plate as a kid for an in the park home-run. That also sparked the exercise high and had me feeling good..

I started developing this program after spending a few years in a martial-arts gym. At which point I was over 50 years old and had sustained a shoulder injury. I was also chronically overweight even after training every other day for two-hour sessions? I referred to my look as "Shlobby." (this is a made-up word meaning fat and sloppy). With all the exercise I did I was constantly hungry and I was always eating. My focus now that I was on the sidelines was to get in shape, lose some weight, get

stronger, more flexible and increase my endurance. After an uncertain amount of time my real focus began to be “catching the spirit” or getting the exercise high which seemed to be allusive at times. There were many times I walked out of the martial-arts gym with a soaring spirit, and I wondered if I could replicate that with basic functional fitness.

What were the common factors in the things that I did that gave me the exercise high before; rapid heart rate, heavy breathing, maybe a dash of victory? While reading The New York City Ballet Workout I noticed the author Peter Martins shared my sentiments about feeling good after a workout. He described catching the feel-good spirit in this way.

“When I grew up and started dancing professionally, I loved to dance in studios but not necessarily on stage. What I loved was to sweat and to feel every single pore open up. Before a performance I went through a complete barre, a full balletic regimen, and felt every muscle squeeze in my body – calves, ankles, knees, thighs, butt, and what we now call the love handles, everything. After a performance I always felt my best. Feeling that every part of my body has been worked is the one thing I miss most since my retirement from dancing. I never realized how much I loved this feeling until I stopped. It’s as if it was the way God meant us to feel.”

What I can relate to personally from Peter Martin’s quote is where he wrote “to feel every single pore opening up.” That’s what I remember as a martial-artist practitioner immediately after a sparring session. I remember clearly thinking in astonishment after the first spar of the day that every single pore was wide open. And that’s when I recognized the spirit or “the fix”. I also would typically have a high spirit as I jumped in the car and drove home, especially if I had a decent day in the gym. If things didn’t go so well maybe I’d feel better next time. Getting submitted by a lower belt can definitely take the wind out of your sails. That’s a downer.

I also like a quote about feeling good from the book by Mari Winsor, The Pilates Powerhouse. A ninety-year-old lady explains to a younger student why she comes to Pilates class. “It’s like this young man, I come here to get my fix. I’m going dancing tonight; I need the energy.”

And from Bob Cooley’s The Genius of Flexibility, “You begin to live more and suffer less, experiencing everything about energy and spirit, living timelessly.”

And last, from BKS Iyengar’s The Illustrated Light on Yoga:

“For our purposes we know this about Yoga from the Bhagavad Gita as Sri Krishna explains to Arjuna the meaning of Yoga: When the restlessness of the mind, intellect and self is stilled through the practice of Yoga, the yogi by the grace of the Spirit within himself finds fulfillment. Then he knows the joy eternal which is beyond the pale of the senses which his reason cannot grasp. He abides in this reality and moves not therefrom. He has found the treasure above all others. There is nothing higher than this. He has achieved it, shall not be moved by the greatest sorrow. This is the real meaning of Yoga--a deliverance of contact with pain and sorrow.”

How to find a deliverance from pain and sorrow, to feel the way God meant us to feel. How to lift your spirit. How to get the runner’s high, get your fix, how to feel good, that’s our objective!

Now a couple of thoughts on exercise. Who wants to exercise? Most people don’t like to exercise. Who wants to exercise when they can hang out on the couch and watch TV eating a bag of Doritos? That seems a lot more fun. And truth be told exercise is not a guarantee that you’re going to look better or feel better. There are many ways of exercising that can cause excruciating pain. You may get stronger and build your endurance if you keep at it, but if you don’t control your diet there is no guarantee that you will lose any weight or look any better or for that matter get healthy. You may look Shlobby. And finally, who has the time for exercise? Traveling to a gym and back, plus exercising could easily be three hours start to finish? So, where do we begin?

THE PATH OF LEAST RESISTANCE

What we need in this situation is a magic bullet. The magic bullet--drum roll please--hit the tambourine...simply fasting. This is our first step up the mountain. It's also our foundation. You might wonder if there is any scientific proof behind the effectiveness of fasting. The short answer is...yes there is.

Fasting is a marvel for health and fitness. There are many different ways to fast. And I encourage you to research fasting. It's been around for a long time and mentioned in every Holy Book that I can think of? Hippocrates, the father of medicine, recommended fasting. The fast I recommend is the 24-hr. fast once or twice a week. It is a fast from food not water. Drink filtered water or the best mountain water you can find. Some people prefer distilled water when they fast. There are a few things to consider when choosing the best water for your health, among the many factors is the way the water is stored.

Fasting will be your secret to losing fat. At times you may feel hungry or uncomfortable, but your first bite of food after 24-hrs. will taste greaaaaat , and will be well worth the wait. You will appreciate your food more and have a sense of thanksgiving after a day of fasting. Fasting is the path of least resistance. To think you can sit on the couch and lose weight? It can also save you money and time. You're not buying any weight loss supplements



or programs. You're saving money on food! You don't have to do any dishes. There is also a spiritual component to fasting as you will need to have a little endurance and some will. And after about 18 hours your sense of smell will increase and your sense of taste will multiply. And when you sit down to your first meal your spirit will soar. And finally fasting is more effective for losing weight than exercise. Why spend hours in the gym if you are not going to control your diet? Wake up! I have to throw some passion in here because this is the secret to your health!

Start with once a week for a month and after four successful fasts you will be realizing this really is not that hard. Stick with it for the second month. By the end of the third month you will see and feel the difference and you will begin to believe in a new you. You may decide to feed the fire and begin fasting twice a week; by the end of six months you will need a tailor. If you would like to read about all the medical documentation, I recommend the book Eat Stop Eat by Brad Pilon. The book will go in depth about the documentation behind the effectiveness of fasting. It will also answer any questions you may have about fasting and give you tips about how to lead a successful fast. The Miracle of Fasting by Paul Bragg N.D., Ph.D. and Patricia Bragg N.D., Ph.D. is also a good read, and can help you get started with longer fasts. With fasting alone, you will look great and feel great too! And I believe if you follow this path you will live life more abundantly.

If you are struggling with fasting don't give up. The battle is really all between your ears. Your body and mind will fight against you and in the beginning throw its best hunger pangs your way. You need to simply rise up and defeat the hunger pangs and believe that you can skip a meal or two: drink water, green or black tea or black coffee to fight the hunger pangs, or exercise and simply go for a walk. If you can't complete the 24-hr. fast try again in a couple days or next week. Write down the length of your fasting time, and try and beat it the next time. It will not take long to hit the 24-hr. mark. Over-time the pangs will be much less and you will begin to look forward to your days of fasting. Especially when you see the results!

If you start enjoying fasting and its many benefits and you start taking on longer fasts, take your time moving up the ladder and gradually extend your fasts. Anything over a five day fast seek professional advice and supervision. Some people claim that extended fasts help them reach some sort of an epiphany or that they find freedom and emancipation. Freedom from doing dishes for sure. But keep in mind the science from Brad Pilon's research supports the 24-hr. fast as the most effective, and the easiest to stick to on a long-term basis.

I'd like to add that with all the diets out there, I have to laugh at how simple and effective it is. When you start getting use to fasting it just seems so natural...as if we were designed to go without food for an extended period of time?

Gandhi said this about fasting, "A genuine fast cleanses the body, mind and soul. It crucifies the flesh and to that extent sets the soul free."





NUTRITION IN ADDITION TO FASTING

I'm not a nutritionist. However, I can offer some basic advice from my perspective and personal research. The bottom line when it comes to diets if you want to trim down don't overeat. It is important to chew your food. I'm not going to tell you how many bites you need to take when you're eating, however, the more bites or the longer the food is in your mouth the easier it is for your body to digest. I believe in superfoods, e.g., garlic, blueberries, watermelon, olive oil. There are a lot more out there. Fruits and vegetables, herbs and spices are all important for your energy. If you are not familiar with herbs and spices and their potential to affect your health search, "10 herbs and spices that can help you feel good." That's a good start.

I like the Mediterranean diets and things that have been around for a long time. Have a balanced diet. Make sure you are getting your Vitamin C. It's best to get it naturally with oranges, lemons and tangerines among other sources but taking the Vitamin C tablet is good in a pinch. And my favorite health cocktail from the great Paul & Patricia Bragg is distilled water, apple cider vinegar and a little natural honey. To find out more about nutrition check out the suggested books at the end.

I am not endorsing the advice the reader may find in any of these books, but I found the books personally helpful. Any person buying or reading a suggested book should consult with a health professional before beginning any changes in diet and exercise.



STAYING ON THE PATH OF LEAST RESISTANCE WITH BREATHING

How do we breathe while exercising? For starters it's important to mention that spirit in Latin means breath. Some say when God formed man he breathed through his nostrils and gave him a spirit. Let's just start by saying it's important to breathe through your nose. Breathe out through your nose too. John Douillard's book [Body, Mind, & Sport](#) goes into detail about nose breathing. He explains how to make a Darth Vader sound on the exhale. There is a reason for making this sound; it's a yogi thing. Douillard is an accomplished Ironman tri-athlete and coach, and he traveled to India to study breathing and lived outside the Himalaya mountains for years to investigate the secret of breathing. Here are two of his basic steps:

"Step 1. Inhale normally through the nose. At first, do not take a large breath. It will be easier to master this technique with shallow breaths in the beginning.

Step 2. During the exhale breathe out only through the nose. As you exhale constrict the throat slightly as if you were lightly snoring. The sound should be a little like Darth Vader."

Mr. Douillard is talking about using this technique for endurance exercise like running, swimming and biking for Ironman Triathlons! He writes that you can use the same technique for lifting weights and yoga.

I encourage you to pick up a copy of his book and spend the time mastering this technique. Don't expect to start winning races while breathing through your nose right away. Typically, if you need to breathe through your mouth **slow down your exercise** (type Z personality types will like this part about slowing down the exercise).



If you need to slow down during exercise, stop, take fifteen – thirty deep breaths through your nose. Do a simple stretch while catching your breath or sit down American Indian style. Rest until your breathing is slow and relaxed. As you are stretching to recover take note of your breaths. If you are at the right pace your breath should feel like an automatic pump in perfect synchronicity. If you are struggling to catch your breath you are exercising too vigorously.

There are many tricky breathing techniques in yoga and the yogis will tell you not to mess with most of them until after a year or so of yoga. To get you started simply breathe through your nose. That will do a world of good. It will also help while stretching.

One effective breathing technique or exercise that can help strengthen your lungs is simply holding your breath. Start with trying to hold your breath for one minute. After holding your breath for up to a minute, rest for two minutes. Try to hold your breath for one minute again, and then rest for two minutes. Do a third set. Slowly build up to a minute and a half with this particular routine. It's also a good way to get you out of your comfort zone.

Getting used to being a little uncomfortable

or enduring discomfort is the first step on the path to freedom and feeling good.

Another little tip on helping your breathing: start playing a wind instrument, e.g., a harmonica, etc. I like the harmonica because it's inexpensive and it's easy to carry around; and while playing you are exhaling and inhaling to play music which helps work those breathing muscles. Maybe you want to play the saxophone, the flute or some bagpipes. You don't need to be a talented musician to blow through your harmonica until you cannot hear any more sound. That will be a complete exhale; now breathe in through your nose. Feel and see your chest rise. Do that a few times and you will be stretching your thoracic cavity and strengthening your lungs. Don't get bogged down because you are not making music; rather think of it simply as an exercise for your lungs and some stomach muscles you've never felt before. In time you will surprise yourself, and maybe reap a little joy and satisfaction playing a simple tune. The point is your lungs are really the secret to life. Any yogi will tell you so.

GETTING ORGANIZED

FIRST THINGS FIRST

Before starting any exercise program, you should consult with your physician. Let your physician know that you would like to begin doing moderate exercise and would like a check-up. Your Doctor will check your weight and your blood pressure among other things. Please ask that they check your cholesterol too. And write down your resting heart rate because you will need that to calculate your target exercise heart rate. They will most likely take a blood sample and run all kinds of tests. At this time, you can also take a hip and chest measurements as well. Put all this information on an index card and store it in a safe place. You will be glad to look at these notes in a few months after you have successfully lost some weight and trimmed down.

GETTING STARTED WITH A MAT OR A MAGIC CARPET

It's good to think big so let's start with a big mat—the thicker the better. Carve out an area that gives you plenty of room to do a few exercises. You will need to find an area in your apartment or bedroom, yard or garage with the dimensions of approximately 6' x 9'. If you can afford to get an exercise mat to fill this area, great. If not, a rug or blanket should suffice to get you started. Maybe tape a few yoga mats together or even some cardboard to help cushion the area. When you take a seat on the mat it should feel comfortable.

EXERCISE EQUIPMENT

To climb up the mountain of fitness you can get by with just the mat. Keep your mat clean with water and vinegar and when possible exercise with long sleeves and long pants. The less contact your body has with the mat the better. A perfect exercise outfit is long underwear top and bottom.

To get started it would be good to purchase a 10 lb. kettlebell, a pull up bar, a jump rope and grab a 16 oz. water bottle too. Keep it simple!

For starters you'll need four illustrated books to help you follow along the path. The four books are:

1. [The Genius of Flexibility](#) by Bob Cooley
2. [Yoga, The Iyengar Way](#) by Silva, Mira & Shyam Mehta
3. [The New York City Ballet Workout](#) by Peter Martins
4. [The Pilates Powerhouse](#) by Mari Winsor

All these books are illustrated books and all you need to do is turn the page and follow the instructions; they will show you the way. Spend twenty to thirty minutes a day or every other day learning and performing these exercises. In the beginning have a simple goal of learning 1-3 stretches or exercises a day. The goal is to try all these exercises and if you don't feel comfortable with a particular stretch or exercise put it on the back burner and come back to it at a later date. You may surprise yourself when you return to it later. If you want to start with just one of the four books, that is ok. Pick up the others as you progress. They are all great! Remember to use your local library.

Why should we exercise? For good health to feel better. We want to lift your mood through exercise creating good vibrations. I hope you will follow me on this path, the good path, the one less travelled. I have taken a smorgasbord of exercises that I feel you absolutely positively need to perform and divided them into 30-minute sessions you can perform once a day or once every other day, until the path is completed.



TRIANGLE TRAINING --THE POWER OF THE PYRAMID – THE PROGRAM

10-minute warm up stretch—10-minute strength exercise—10-minute warm down stretch--a perfect triangle. As easy as 1,2,3.

The workout is like a good story; it has a beginning, a middle and an end. First, we will warm up for ten minutes with a few stretching exercises. Next, we will do one strength exercise for ten minutes. For the strength exercise we will do 3 sets of 15 repetitions or 5 sets of 9 or 9 sets of 5 for a total of 45 reps in ten minutes or less. And finally, we will warm down with stretching again for the final 10 minutes. Sound simple? Strength is important but we will spend twice as much time on flexibility and balance at SGPRHigh Soaring Spirits. The difference between a young athlete and an older athlete is flexibility and balance. **Being flexible and maintaining good balance is, in many ways, the fountain of youth!**



STRETCHING, FLEXIBILITY, BALANCE AND BREATHING

There are different ways to stretch and I'm going to introduce a few stretching modalities to help the beginning stretcher. But first let's start with breathing for stretching.

Breathing for Stretching

The four books all have a slightly different way of explaining how to breathe. To keep it simple let's just say the goal is to always breathe through your nose in and out, and work the Darth Vader exhale. As you advance you can work the Darth Vader inhale as well during the stretching, but for starters breathing through your nose is the objective. Assuming you are new to stretching that may be difficult to do, and in some of the different stretches, e.g., standing on your head, it will be more difficult. As a rule of thumb breathe thru your nose when you can, otherwise breathe thru your mouth. Try to relax and keep the air flowing slowly and smoothly, and as you advance strive to take deeper more relaxed breaths.

An Introduction to Stretching

To get started with stretching John Douillard author of Body, Mind, and Sport recommends the Sun Salutation which is a small yoga circuit. You can find instructions and illustrations in Chapter 12. Memorize the circuit and

you will have a great simple way to stretch for the rest of your life! Douillard recommends 5 minutes of the Sun Salutation before and after your workouts. Its ok to do ten minutes before and after too!

Another style of stretching is from the book by Bob Cooley called The Genius of Flexibility. He begins with a beginner routine called Energy Series 1 and claims that this series opens up meridians in the body and that after doing these 16 stretches you will feel energized and euphoric. I agree with the author and it is one of my favorite routines because it is simple and it works. The repetitions recommended in this series are between 6 and 10. Doing 6 will take you less than 20 minutes to make it through Energy Series 1 if you go at a medium pace. I think it is a great place to start for someone who is new to stretching. Mr. Cooley digs deep into the science behind his routines. I encourage you to read it. Energy Series 1 is good for the beginner. Energy series 2 is intermediate and Energy Series 4 gets a little challenging and can really get your heart rate going. Energy Series 3 is partner assisted stretching, which is wonderful if you have a partner. You can mix and match a few exercises but in a nutshell this book is a great foundation for strength and flexibility. This style of stretching is a little different than the stretching we are typically use to where you hold a stretch for a period of time and then release. Instead we will be performing repetitions similar to the push-up or sit-up. He also asks you to focus on contracting the muscles while stretching. Keep your repetitions to 6 at first and increase the repetitions to fit your level of fitness. There are 16 different stretches in each series. Over time experiment with the more advanced series. Pick and choose your favorite exercises and make your own 16 exercise series if you like. It's a great book of stretching routines, and Energy Series 1 is a great warm-up prior to any athletic event. These routines will work on your balance as well. Monitor your heart

rate as you get into the advanced series.

One of the most respected yoga teachers or gurus in western culture that I am aware of is B.K.S. Iyengar. The book I recommend is Yoga, The Iyengar Way, by Silva, Mira & Shyam Mehta. There are 8 series in this book, each series having between eight and eighteen different asanas or stretches and balances.

Hold the stretches while breathing through your nose. Stretching in the beginning may be a little uncomfortable; don't give up. In time the pain will disappear and you will hopefully be able to identify with what Sri Krishna was saying about yoga when he mentioned, "finding joy eternal." No need to rush getting into the advanced positions. In the beginning try to hold your stretches for approximately 15-30 seconds; advance gradually and comfortably to one minute. When you start going beyond this level the student has become the teacher. 😎

Ballet

The third book is The New York City Ballet Workout. These exercises may not all be defined as stretching, but they will help work on your strength, balance, coordination and posture. Use these routines in place of the yoga or stretching when you would like to. Ballet is very therapeutic. And when you start getting the hang of it you may just say to yourself, "this is way too beautiful."

Pilates

To keep it simple I have reserved a day or two to complete the Pilates workout in and of itself. It's a great workout and will take a little time to get familiar with the exercises and some effort to get through this workout. It's a lot of work, but it's worth it!





THE HEART OF THE MATTER

Before we get started on the first day, we have to do a little math and calculating to find our target heart rate. Although it's a simple formula make sure you go over it a few times and calculate the correct answer. You are allowed to cheat here. Grab a calculator or call a friend who's good at math :)

The point is you need to figure out your target heart rate and get it right to get the most out of this program and feel your best from the very beginning.

The Karvonen formula is used by NSCA personal trainers to determine your target heart rate.

The Karvonen Formula is:

1. (MHR) Maximum Heart Rate = $220 - \text{your age}$
2. (HRR) Heart Rate Reserve = Maximum Heart Rate – Resting Heart rate

To get your resting heart rate put your two fingers up next to your Adams apple and count how many pulses you have in 60 seconds while resting. The amount of heart beats per minute is referred to as bpm (beats per minute).

Once you have your heart rate reserve you can calculate your training heart rate:

Multiply your HRR by your preferred target heart rate (we are using an 85% target heart rate in example 3, and a 50% target heart rate in example 4).

3. $(.85 \times \text{HRR}) + \text{RHR} = \text{Upper end of the training zone.}$

4. $(.50 \times \text{HRR}) + \text{RHR} = \text{Lower end of the training zone.}$ **This lower end 50% target heart rate is the zone we are interested in and will use for the entirety of this program.**

To think about this formula and its terminology, you have a Maximum Heart Rate for your age which is theoretically the maximum rate your heart can beat per minute. And you have a Resting Heart Rate which is your heart beats per minute while at rest. Your Target Heart Rate is somewhere between these two numbers. Your Heart Rate Reserve is the difference between these two numbers; your Maximum Heart Rate minus your Resting Heart Rate. To get your Target Heart Rate multiply your Heart Rate Reserve by your preferred rate which in our case will be 50% or .50. Then simply add the Resting Heart Rate. After you calculate your Target Heart Rate per minute you will need to find out what your Target Heart Rate is for 15 seconds. Waiting a full minute to count your pulse is a little inconvenient and loses accuracy as your pulse slows down significantly during the full minute. So, it's more efficient to determine your pulse in 15 seconds. To find this number simply divide your Target Heart Rate per minute by 4. This will give you the number you can easily access during your routine. You can also divide the rate by 6 to get the rate per 10 seconds or divide it by 12 to get your Target Heart Rate for 5 seconds. To get started, using the 15 second rate is easier and more accurate in my opinion. So, go ahead and do the calculations and write that number down on your index card because we will be exercising shortly! Class dismissed.

Reaching this target heart rate is a big part of this program or if you will **the heart** of the program. By reaching this target heart rate I believe our body triggers the feel-good endorphins which is why we can call it supercalifragilistic, great, pure, righteous, high soaring spirits! And it is our objective to reach or get close to this target rate at least once during our 30-minute sessions. The strength exercises should make it easy to get to this rate in 1-2 minutes. In some workouts we may reach the target 3 times or more, but typically when we reach our target heart rate, we will take a minute or so to rest and either sit or stand idly by or spend our resting time doing a stretch until we recover.

You can purchase a heart monitor and many people prefer them, but from my experience taking your pulse the old-fashioned way is more accurate. Look at all the math and calculations we are doing to zoom in on your exact target heart rate. Why do the calculations if the monitor is going to be off? In the beginning take your pulse by hand or finger tips. After a week or so you will know your target heart rate by your breath and your feeling of exertion. A few months down the road consider purchasing a heart monitor that will be able to put your workouts on a graph right on your smartphone or computer. You will gain insights into your workouts by quickly observing these graphs, and seeing at a glance which exercises spike your heart rate the most.

When you are performing a vigorous exercise take note of how you feel when you hit the 50% exertion rate. Pay attention to your breath and how heavy you are breathing through your nose. This (your nose) will tell you your optimum training level. How you feel after your workout is also important. Maybe you could have pushed a little harder maybe you should have backed off a bit. You will figure this out in time, but for the time being you are right where you need to be.



CLIMBING THE MOUNTAIN

Strongman Exercises: Getting Strong Now

The Eight Great Strength Exercises:

- The Push-up
- The Sit-up
- The Pull-up
- The Squat
- The Deadlift
- Kettlebell Swings and Snatches
- The Bridge
- The Turkish Get-up

The advantage of high intensity workouts, e.g., strength exercises, is they will increase your metabolism, help you lose weight, feel great, build muscle and increase strength. However, we are going to modify a typical weight lifting workout by controlling our heart rate. We will do this by monitoring our pulse and taking a rest when we reach our target heart rate.

By training at this low end or 50% exertion rate there will be very little discomfort in our exercise. Another big advantage is your form and performance will be significantly better. Contrary to popular opinion, when it comes to weightlifting you don't need to put your body under the stress of maximum repetitions. You may not have the strength and muscle size gains of a competitive weight lifter, but you will keep your body strong, and significantly reduce the chances of injury. Simply monitor your heart rate and when you reach your target heart rate take a break and rest or stretch for approximately one minute. In this program you will not be grimacing and straining to finish your last repetition. John Douillard's book Body Mind and Sport goes into the theories and statistics of training at this level of exertion. It's an easier and arguably more effective way to train. More enjoyable for sure.



Supercalifragilistic Time

Day 1. The 30-minute Workout with 45 Push-Ups

Grab your index card with your target heart rate. Or just memorize your target heart rate for 15 seconds because we will be using it shortly.

Step 1.

The 10-minute warm up:

If you like you can spend the first 10 minutes learning and trying to memorize the Sun Salutation circuit. You can find the circuit on the internet or in the book Body Mind and Sport. Perform 5-10 circuits. One circuit should be approximately 1 minute. Breathe deep at every transition. Or you can start with Bob Cooley's Energy Series 1 for ten minutes?

Step 2.

Push-ups for 10 minutes:

After the warm up perform 45 push-ups while taking breaks between sets. Since it is our first day, you can start with 9 sets of 5 for the push-ups. You have 10 minutes to perform 45 push-ups without going over your target heart rate. Take a break during your sets to monitor your heart rate. Start with 5 push-ups regular or on your knees and then take your pulse. Finish your first set, monitor your heart rate and keep your pulse below the 50% exertion level. It may take a few sets before you reach your target heart rate, but begin to take note of how you feel and breathe at that exertion point.

While you are waiting for your heart rate to come down do a couple easy stretches or just sit American Indian style as you recover. You can also sit on the mat, grab your knees and rock back and forth. That is a good way to recover between the strength exercises! Let your pulse come down, and get ready for your next set. When your breathing is relaxed you are ready to continue. Repeat the procedure monitoring your pulse throughout the rest of your push-ups and taking a break when you reach your target rate.

Congratulations, you did 45 push-ups! It should make you feel good. If you are unable to complete 45 push-ups in the allotted 10 minutes that's fine too; write down the number you did complete on the index card and move on to the stretching. If by chance you are in good shape and while doing the push-ups you never reached your target heart rate do as many push-ups as it takes to reach the target rate in the allotted 10 minutes.

Step 3.

The 10-minute warm down:

Spend the remaining time stretching. A good place to start is with the Sun Salutation circuit. Repeat the circuit daily until you memorize it. When you get bored move on to Energy Series 1 in Bob Cool-ey's book. Repeat that series until you memorize it. These two series alone should be enough to get you through the first few weeks.

After 30 minutes total you are finished--congratulations!

Be cognizant of the way you feel after the work out, and for the rest of the day. You should feel good. It's important to feel good, that is what makes you want to come back and do it again tomorrow or the next day.



Day 2. The Sit-Up**Step 1.**

Start with a warm up of stretching for ten minutes.

Step 2.

45 sit-ups: begin the sit-ups by anchoring your feet with something. A ten-pound dumbbell or kettlebell on one foot works fine. Place your foot through the kettlebell handle. Alternate the foot after each set. After a certain period of time you will strengthen your muscles, and you will not need to anchor your feet.

Repeat the same procedure as we did for the push-ups. Do a set and take a rest. Monitor your pulse and keep your heart rate at or below the 50% exertion level. Keep going until you complete the 45 reps. or until the ten minutes has expired.

Step 3.

Stretch for ten minutes or the remaining time. It's perfectly fine to stick with the Sun Salutation and Energy Series 1 for the first month or two. When you feel like advancing and trying new stretches you have plenty of material. Whether it's Energy Series 2 and 4 in Bob Cooley's Genius of Flexibility or from any of the material in the yoga or ballet books. Take your time, you'll know when you're ready to advance.

Day 3. The Pull-Up**Step 1.**

Start with a 10-minute stretching warm up.

Step 2.

45 pull-ups: pull-ups are strenuous so keep an eye on your pulse. Rest and breathe a bit to keep your heart rate below the 50% exertion rate.

If you struggle with pull-ups try performing a negative pull-up instead. Jump up so your chin is over the bar. Slowly go down counting to 5, a thousand one, a thousand two, etc. Perform a set of negative pull-ups. Rest between sets and monitor your pulse until you do 45 total or until the ten minutes is up.

If that is too difficult try to just hang from the pull-up bar for 15-30 seconds or 15 breathes. Try that 3 times. After 10 minutes move on to the stretch.

Step 3

Spend 10 minutes stretching for your warm down.



Day 4. The Deadlift**Step 1.**

Start with a ten-minute stretching warm up.

Step 2.

45 deadlifts: a good way to practice the deadlift is to get in the football stance. Get one hand on the floor as if you were a running back or a line-man for a football team. If your right hand is on the mat, your left forearm should be resting above your left knee. Now stand up. Switch. Now left hand on the mat, right forearm resting above your right knee. Now stand up, and switch. Do that 15 times each side. Or do as many as it takes to get to your target heart rate or until your ten minutes is up.

If you have the ten lb. kettlebell, start with it.

Grab the kettlebell with both hands similar to a running back except both hands are grabbing the kettlebell; keep your chin slightly up and lift the weight off the floor, rock back a little like a wee-

ble-wobble and push through your heels, come all the way up. Now back down to the mat. Repeat the deadlift for a total of 45 times resting and monitoring your pulse between sets.

If you need extra help with this exercise, YouTube the deadlift and watch an instructional or two. Take your time moving up in weight. And keep a close eye on your heart rate.

Step 3.

Stretch for 10 minutes for your warm down.

Day 5. Pilates

The Pilates workout is situated right in the middle of the strength exercises just to mix it up a bit. Follow The Pilates Powerhouse by Mari Winsor to the best of your ability for 30 minutes. You might want to do half the exercises one day and the other half the following day. You will not need to stretch or do a strength exercise with the Pilates workout as there is a lot of yoga and flexibility and strength incorporated into the workout already. However, if you would prefer to use the triangle training choose your favorite strength exercise and feel free to mix it into the middle of the workout. This is a challenging series so take your time learning the exercises and routines. Eventually you will be strong enough to make it through the whole series in one day. You will feel good!



Day 6. The Assisted Squat**Step 1.**

10-minute stretching warm up.

Step 2.

45 squats: to perform the assisted squat, find a railing, a bannister, a table or dance bar. Something that comes up to a height around your belly button. Let's say you have a railing good for this on your deck. Grab the railing with both hands (watch for splinters; wear gloves), square the feet to the railing and then point your toes out a wee-bit at about shoulder width apart. Lean back and bend your knees to a squatting position so that your knees are at a 90-degree angle (or a little lower if you are a risk taker). Use your arms and legs to pull yourself back to the standing position: similar to a wakeboarder coming out of the water. Do 3 sets of 15 or whatever combination works best for you for a total of 45 assisted squats. If you start breathing heavy, check your pulse and keep at or below the target rate.

As you progress you can look into the different types of squats. There is the front squat, the back squat, and the goblet squat just to name a few. While the squat exercise in general is very effective it's also very advanced and you would be wise to proceed with caution. Use light weight and focus on great form.

Step 3

Stretch for ten minutes for a warm down.

Day 7. Turkish Get-Ups**Step 1.**

Warm up stretch for 10 minutes.

Step 2.

10 Turkish Get-Ups each side

The Turkish get-up is basically a sit-up and a lunge combined. We will start with a sixteen-ounce bottle of water as our weight.

This is an advanced exercise. If you don't feel comfortable with the exercise you can skip it for now. You might go on YouTube

and check out a couple videos for this one. It's a lot easier to watch a video then explain, but I will give you a verbal explanation here:

Sit on the mat with your feet out in front, grab the sixteen-ounce water bottle with your left hand and lift it over your head (keep holding it above your head until you lie down at the end). Place your left foot on the mat by your right knee. Post your right hand on the mat by your right hip. Bring your right foot back through your right hand and your posted left foot. Imagine your right leg is the arrow on a bow and arrow, and you are drawing it back through your posted left foot and right hand. After drawing it back through the bow; post up on your right knee. Swivel your right foot to the right where you are now in a lunge position. Use your toes to perform an upward lunge and stand up into a standing position holding the water bottle above your head the whole time...going down now...step back with the right foot. Put your right knee down on the mat. Swivel the foot. Kick the right foot back through the bow. Use your stomach muscles to lie down on the mat. Now do the left side.

You can start with five or ten reps each side and gradually work your way up to ten or fifteen reps each side. Whatever you can comfortably do in ten minutes. Check your pulse and relax as much as possible.



Step 3.

Cool down stretch for 10 minutes.

Feeling good is good enough. This is an advanced exercise, but I really believe in exercises that help you get off the floor and into a standing position. It develops real natural strength.

Day 8. Kettlebell Swings and Snatches**Step 1.**

Warm up stretch for 10 minutes.

Step 2.

A kettlebell swing is pretty simple. Watch a video or two on this one too. Begin with a shoulder width stance or just a bit wider. Grab the kettlebell with two hands. Swing the 10-pound kettlebell between your legs with both hands. If you don't have a kettlebell you can do the swing with no weight or an imaginary kettlebell or just grab your 16-ounce water bottle. Swing the weight up to head height and swing it back down between your knees. Perform 45 kettlebell swings. Rest when necessary. If you have extra time, you can also perform the snatch exercise for a set of 15. Start in a standing position with your feet shoulder width apart and a kettlebell on the floor between your big toes. Bend over and grab the kettlebell with both hands. Lean back slightly and swing the kettlebell above your head and feel the power going through your heels. Slowly and comfortably bring the kettlebell back down to the mat. Repeat.

As you advance you can begin to experiment with the one-handed kettlebell swings. Take precautions not to drop the kettlebell especially if you live in an upstairs apartment! You will also discover that you can do upwards of 150 kettlebell swings in the allotted ten minutes so no need to race getting there. If you decide to purchase a heavier kettlebell move up in weight slowly. The kettlebell is a great way to get your heart rate up quickly and easily so keep an eye on your target heart rate. It's more conservative and easier on your joints to reach the target rate in two minutes with a ten-pound weight as opposed to increasing the weight and reaching the target rate in only one minute.

Step 3.

Stretch for 10 minutes.

Have a great day!



Day 9. Bridges*45 Bridges*

The Hip Bridge--15 reps.

Lie down on the mat with hands by your side. With your feet on the mat lift your hips up. Bring your hips back down to the floor. Do 15 reps.

Beginners do 3 sets of hip bridges.

(These two exercises are advanced; proceed with caution and make sure you are comfortable performing a head stand before you attempt these exercises.)

Assisted Neck Bridge for 15 reps (1-3 sets)

Start with your back on the mat. Hands by your head, lift your hips up. With the palms of your hands on the mat inverted next to your ear, rock your head backwards and bring your hips up and back down to the floor. Repeat 15 times.

Regular Bridge (1-3 sets)

Do the regular bridge for 15 reps. Lift your hips up and with the palms of your hands next to your head, lift your head off the floor and make the bridge as high as you can. Then bring your head and hips back down to the floor. Repeat 15 times. Check your pulse here. This is a vigorous exercise!

Stationary Bridge (1-3 sets)

Do one bridge and hold. Lift your head off the mat, and hold it for 15 breaths. If possible, breathe through your nose. Yes, we are still at a vigorous rate.

Backbend at the wall.

From the book Genius of Flexibility by Bob Cooley,

Chapter 13, Energy Series 4, Exercise 5. Do the backbend at the wall. Find a wall. Lean back to the wall placing your palms against the wall. Walk your hands down the wall until you feel a good stretch. Then walk your hands back up the wall. Repeat 7 times.

I consider all the bridges strength and stretch exercises so you don't have to stretch afterwards...unless you are up for extra credit or points and stars? After 30 minutes you're done!

**Day 10. The Ballet Workout**

Spend 30 minutes with The New York City Ballet Workout.

Have fun! In time you will be sophisticated and part of the aristocracy :)

Or do the triangle training?

Step 1.

Warm up with 10 minutes of The NYC Ballet Workout.

Step 2.

Pick your favorite strength or cardio exercise if you wish?

Step 3.

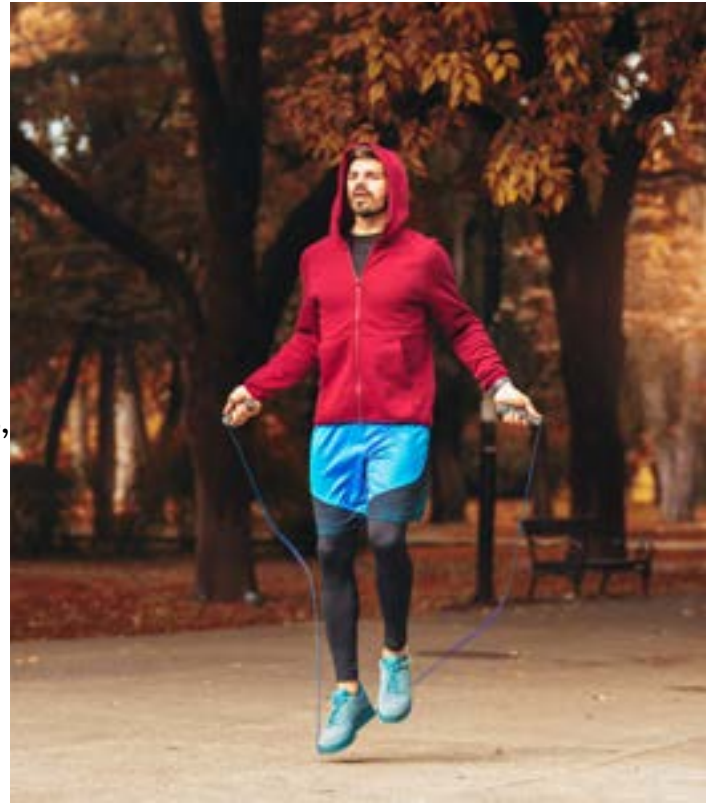
Warm down with 10 minutes of The NYC Ballet Workout. Don't forget to listen to the sophisticated music. And remember someone has to be the Prima Donna.

Day 11. Jump Rope and Run**Step 1.**

Warm up for 10 minutes. You may want to warm up with 10 minutes of the assisted squat if you see a railing nearby?

Step 2.*Jump Rope*

Find the right type of platform to jump rope: a tennis court, a basketball court or a wooden platform. Be careful. Although you probably jumped rope as a kid this is an advanced exercise. If you feel uncomfortable jumping rope substitute a walk or jog for 10 minutes. If you think you are up for it start slowly. Begin with ten jump ropes, and see how you feel? Gradually move up to 100-300 jump ropes 10-50 at a time taking breaks between sets, and



monitoring your heart! Jumping rope is another fabulous exercise and a great way to get your heart pounding. Unfortunately, the risk for your knees, ankles and hips is also elevated a tad so use good judgement. Pace yourself, monitor your heart rate and rest between sets with breaths through your nose. Stretch while resting between sets any stretch will do; touch your toes do a calf stretch. Maybe a Sun Salutation or just enjoy the scenery?

Step 3.

45-yard runs: when you start to run be very careful and start slowly. It will be very easy to pull and strain muscles when you begin the 45-yard runs. Monitor your heart rate and keep it at or below 50%. Take it easy and slowly and over time increase your volume. Step up to the starting line and simply run for 45 yds. Start with 3-5 45-yard runs and work your way up to about 8 45-yard runs. Concentrate on your form. When you feel you were **born to run** then you know you are on the right track!

Stretch between runs, take plenty of extra breaths to recover. Rest at both ends.

More Advanced

On the way back to the original starting line run 45 yards backwards at a very relaxed pace.

After your second run do 15 high steps for each leg back to the starting line between runs. A high step is similar to punting a football; hold your hand out front and try to kick your hand. Do 15 reps. with each leg.

After your third run go back to the start running sideways at a relaxed pace, head to the east.

After your fourth run go back to the start running sideways at a relaxed pace, facing the west.

If you prefer you can split these two workouts up and follow the same basic model warming up for ten minutes doing the exercise and then cooling down for ten minutes. But since they both take you outside I like to do them together, and simply stretch between exercises. Both these exercises will easily get you up to your target zone so better to take it easy and slow. Strive to perform the 45-yard runs with great form. And relax with the jump ropes; start with low reps and long breaks.

No need to warm down; we have been stretching between sets. Maybe a short walk.

Hit the showers!

Day 12. Saving the best for last.

Hula Hooping and Qigong

To begin Qigong simply surf the internet and you will find all kinds of introductory courses for free. You can simply follow along. Or pick up a copy of *The Qigong Bible* by Katherine Allen. Qigong has thousands of exercises so opening this book is almost like entering another dimension. Qigong will teach you how to relax and go with the flow!

Qigong is also our go-to exercise if you find some of the exercises in this program too advanced. Qigong is great for senior citizens and has modified movements for people with disabilities. When referring to one particular Qigong exercise Katherine Allen said this, “Qigong is often performed in a seated position, either on the floor or in a chair. I have taught classes to people who are confined to wheelchairs, and they enjoy the class as much as people who can stand.” Qigong is truly a beautiful art for the people of the world.

Step 1.

Warm up with 10 minutes of Qigong.

Step 2.

Hula Hoop for 10 minutes.

If you have never Hula Hooped before you are missing out! It is a great way to get your heart rate up in about 2 minutes. If you want to learn how to Hula Hoop get yourself one of those Hula Hoops with ridges inside. Work on doing about 45 Hula Hoops. Then take a rest. Do 45 more in the opposite direction, take a rest. Once you get the hang of it you will be able to do 100-300 hulas at a time. While getting started rest and hula for equal time for ten minutes (1-minute hula, 1-minute rest).

TV Warning: It might be best to Hula-Hoop outside or clear an area bigger than you think you need. The Hula-Hoop may damage nearby items indoors.

Step 3.

Warm down with Qigong for 10 minutes. Or for day 12 just try something else for 30 minutes? Try Thai Chi, riding a bike, rock climbing, hiking, surfing, dancing, skydiving, skating, gardening, shadow boxing, swing some Indian clubs, or a golf club. If you're young and adventurous try a martial art or boxing. You get the idea. Day 12 is trying something new or stay home with some Qigong.



Day 13. But wait there is more--the Swim.

I encourage you to read the book Total Immersion by Terry Laughlin for swimming instruction.

Find yourself a local swimming pool. Take a swim lesson if necessary. We all know swimming is a great exercise. Just do it! Any type of swimming for thirty minutes will suffice.

One of the pitfalls to this program is you will spend more time than you might like being cold and wet, LOL! Your negative self will do battle to talk you out of all the great benefits that are ahead of you both physically and mentally from the swim. As you head to the pool the negative forces will be in full power talking you out of your swim...the time, the inconvenience, the cold water. Anything it needs to do to stop you. You must carry on. For me the swim is the battlefield of the mind. The swim can wash away disturbing emotions like hatred, anger, resentment, bitterness, greed, and impure thoughts. And wash into the mind a feeling of joy, thanksgiving and gratefulness. After a swim you may see the beauty in this world?

As you advance:

Do equal time for the breast stroke, back stroke, butterfly and freestyle stroke. Start with 30-minute workouts, gradually working up to 45 minutes. While resting at the wall, practice breathing through your nose and doing the Darth Vader exhale; 15-40 breaths should have you on your way again. Rest after each IM or while doing the butterfly? If you can't do the butterfly do the breast stroke instead. Try one butterfly, maybe two? If you can eventually do the butterfly for 25 yds., you're making big progress. Jack LaLanne referred to the butterfly as the greatest exercise. Rest assured it will have your spirit fly as well!

In all the other exercises I have instructed you to keep your heart rate at or under your 50% exertion rate. For the majority of the swim I keep my heart rate in check, and I like to relax and take some deep recovery breaths on the wall. However, if I'm feeling good, I may race for 50-200 yds towards the end of the swim? Talk about breaking the yoke and setting yourself free!

I don't do any extra strength or stretching on swim day. If you have the time and energy it's a good idea to stretch after the swim.



Day 14. Have a beer or a glass of wine. Enjoy a bath. Get some therapy. Take an Epsom salt bath for 15-20 minutes it helps to relieve aches and pains. Add some olive oil and coconut oil and shea butter to your bath; it's good for your skin. You might want to go get a massage to work on some tight muscles. I also recommend therapy balls to work out some of the kinks. And finally, to relax enjoy a beer or a glass of wine; some studies show an occasional beer or glass of wine is good for your heart. If you would prefer an herbal tea remember it's your day choose your favorite beverage!

After a few months and you see your belt is a few notches tighter maybe you should have a night on the town? Call your friends and tell them, "I'm feeling good and looking good." Break out a pair of fancy shoes and socks. Maybe a stylish hat? Walk beautifully, talk beautifully, live beautifully.



Day 15. Begin again.

You do not need to perform these workouts in the order presented. For example, on Day 2 you may decide to swim. You may like swimming and decide to swim three times a week. Stick to the basic plan and try to get all the workouts in within a 2-4-week period as a general guideline. If you would like to change the order of the workouts around for your purposes that is fine. And if you have a problem with a particular exercise for some reason and you decide to skip it, that is understandable. Do the best you can. On the other hand, if you are feeling good, and would like to carry your workouts over the 30-minute mark or fit in two workouts a day, that's ok too; just remember to look, listen and feel and keep the workouts at or below the 50% target heart rate.

On the warm-ups and warm-downs keep in mind that you can warm up and down with ballet, qigong, yoga (Sun Salutation), Pilates or the Genius of Flexibility exercises. You may want to find your own stretches or dance moves? You can spend more time on your favorite exercises, but if you are capable, it's also important to work in a little bit of everything in the two-week circuit. Don't get overwhelmed by the amount of exercises in each platform. Do what you can do in 10-20 minutes and move on. With the strength exercises 45 reps is a good estimate for the amount of reps you should get in per 10 minutes. All the exercises are a little different so things will vary. In the beginning you may do a little less, and as you progress you may feel the need to do some more.

WORKING YOUR WAY DOWN THE PATH

Month 3.

Start challenging yourself with more stretches. It's good to perform stretches and routines you are familiar with, but it is also important to keep branching out and discovering new stretches at your own pace. Teach yourself one to three new stretches or balances at a time, and before you know it, you will be familiar with hundreds of different stretches and balances.

The 8 Yoga Cycles the Iyengar Way

- Standing Poses
- Sitting Poses
- Twists
- Supine & Prone Poses
- Inverted Poses
- Balancing
- Backbends
- Jumping

As you progress you will eventually be able to perform the Lotus position. The Lotus position looks like the American Indian style position except your feet are actually crossed over one another. You will often see statues of famous far-east people like Buddha in some sort of Lotus position. This is a good meditation posture and a great position to rest and stretch in between high intensity exercises or a perfect ending to any workout.

Work on your ballet stretches too and focus on the Plie exercises towards the end of The New York City Ballet Workout. If you are persistent you will notice steady improvement.

Another little secret.

When you think about it, we have our whole world in our hands; laundry, grocery, shopping, yard work, computers and if you like sports like tennis, golf, baseball, football, racquetball. A good grip is important especially to elite athletes. In the martial arts the fighting usually begins and ends with the hands. I believe the hands are your most valuable tool. Maybe it's the disposable thumb, but a good grip will help you in most sports. If you want results find the time to work your hands. It takes less than ten minutes a day. The tool I feel helps your grip is called **The Sidewinder**. It comes with basic directions. Start out with 15 reps in all five directions and work your way up to 45 reps. You can substitute it for any strength exercise. Its almost \$100 but I feel it is well worth it. You can work your hands almost every day; start with three times a week.



And another tool you can treat yourself to is a pair of 2-pound Indian Clubs. They are shaped like a bowling pin and you can use them for a great warm-up or warm-down exercise. You can use them for a cardio exercise too. My favorite warm-up is simply swinging an Indian club like a baseball bat lefty and righty. And with a little imagination or an instructional tape you can do countless exercises with these clubs! There are plenty of good simple exercise products out there; choose the one that you like the best, and it will be easy to plug right into this system.

Hey, man or woman we are getting strong now. We are working our hands and our wrists and shoulders too! You will feel the difference in just a couple weeks and will start to notice the difference when opening a twist off coke or a jar of peanut butter; life is good. We are feeling good. We are looking good!

Capoeira

If you have never heard of Capoeira before it is a martial art/dance form that has its origins in Africa and Brazil. Capoeira is another art you can plug into this system. Take a look at The Little Capoeira Book by Nestor Capoeira. Consider it extra credit. If you decide to investigate this book it will show you The Ginga, The Negativa and The Role just to get you started. These three fabulous exercises are detailed for you in this great illustrated book by Nestor Capoeira, and you can perform them on your mat. Maybe you will walk further down the Capoeira roda? (roda means The Circle which is formed by Capoeirist musicians; inside the circle two competing Capoeirists meet to compete in the dance/martial art).

You may not have enough room on your mat to perform some of the advanced moves, but do what you can. Capoeira can help you develop strength, balance and flexibility in another unique way.

There is a musical component to Capoeira, some song and dance, a few musical instruments, a little poetry, storytelling. Maybe that is

why they are referred to as martial artists? I will not hesitate to place money on a martial artist with a background in Capoeira. I think there is a lot to be learned from this art.

In fact, I encourage you take a step into the Capoeira structure. And start your workout with a little music and song. You don't have to play The Berimbau which is the lead instrument for Capoeira. Instead sing your favorite song or dance your favorite dance or play your favorite instrument for just ten minutes before your exercise. It will loosen you up a tad and lift your spirits!

Nestor Capoeira shares a verse from a song and its meaning and origin in The Little Capoeira Book, "I am a disciple that learns, I am a master that teaches." This quote from a well-known capoeira song reveals one of the most interesting and unique fundamentos (philosophical roots) of capoeira; The capoeirist always plays the dual role of both teacher and student, regardless of whether he is a beginner or an eighty year old master. He is always a pupil who is learning in the roda and in life, and he is always a teacher who is teaching, both in the roda and in life."



Run Swim Run

I would be remiss if I didn't share with you one of my favorite exercise routines. Make sure you have a good grasp of the swimming before attempting this one. From The Navy Seal Workout by Mark De Lisle the famous run swim run. Begin with a ten-minute warm-up followed by a ten-minute run, a ten-minute swim and finish with a ten-minute run. It's not quite the triangle training, but to quote Emerson, "a foolish consistency is the hobgoblin of little minds."

You can change it to a swim run swim or after speaking about it to a retired Navy Seal you may decide to try a run swim run swim run or a swim run swim run swim or even a swim run swim run swim run. While doing your second run you might notice you're feeling a little better, or a little looser. The swim helps you stretch out a bit. It is always good to finish the day with some stretching if you have the energy.

The run swim run is a lotta fun!

Pot Luck

I think of a typical workout like a cook may think about preparing a meal or making pot luck. Imagine there are a few ingredients left in the kitchen and we need to find the available ingredients to cook the days pot luck. I think of a workout in a similar way and I like to grab different ingredients off the shelf in hopes of making the perfect workout.

Or to think of it in a slightly different way Jean Jacques Machado, a well-known martial artist once said, “you can draw up a certain move in martial arts, but that move is made in soft clay,” meaning we can get creative and make changes that fit our particular bodies and abilities.

I have presented to you a basic format or a path to follow. You might even call it a yellow brick road because to follow this path you will need some courage, some brains, and even a little heart (the heart is probably the most important). From here I encourage you to add your favorite things and produce your favorite workout. And ideally have your spirit fly high in the sky.

The way we are wired.

Having a spinal injury has caused me to think about the way we are wired. It is apparent to me that the signals my brain sends to my limbs are always seemingly a little short circuited. And that is why I struggle with things like balance. But it makes me wonder about other ways we are wired. The first thing that comes to mind was the way my body cried out for food when I first began fasting. It would send out ferocious pangs or seemingly demons demanding that the body was fed. Now that I am a couple years into a fasting routine, I enjoy going a day or so without food. I may feel a little discomfort from time to time, but I don’t get the ferocious pangs anymore? It feels as if in a way I’m wired a little differently now.

Of course, another way we are wired is performing a simple skill like swimming. At first, I struggled doing the butterfly, but after continually attempting the stroke the body and mind was able to figure the stroke out and now months or years later, I’m wired for the butterfly.

Another example of being wired is playing the harmonica. If you decide to pick it up and learn a song, at some point you will surprise yourself. Start with a simple song like, Happy Birthday; it is also a crowd pleaser! Once you learn it you will never forget it. Playing the harmonica is almost as easy as humming the tune. It becomes imprinted in our brain. I could also refer to this process as downloading. It’s almost as if our consistent repetitions and our 30-minute practice sessions are downloading to our body and mind.

Another way I’m wired is anticipation. Before a workout I know that in just a short time I will feel good. And I know that it will be an effortless process. Thus, I tend to exercise more. Which helps me feel good. I’m not wired to think that the workout today is going to be difficult. I anticipate a pleasurable relaxed experience.

And finally, through my experience I came to understand how our spirit can be wired. Meaning if we decide to exercise, we will feel good creating a positive, optimistic spirit.

It’s important to know that we are wired in these ways; so that you can be successful in any endeavor. Let’s take golf as an example. If you would like to be a successful golfer you need to hit golf balls 3 times a week for approximately 30 minutes each day. You might want to read a book or a pamphlet on the basics of the golf swing too, or watch YouTube?

Take baseball, tennis, the harmonica, the Hula Hoop or any endeavor. Apply the same formula and you will get proficient at that particular hobby. Once you really find out what you want to do, increase the frequency to everyday for 30 minutes. Then to be a master at your sport do it twice a day. That's when you start thinking about taking off Sundays. And finally, when you become possessed and you want to be the best in the world you move up to all day every day sun up to sun down. ☺

While you are practicing your hobby, it is important to send the right message to your mind. Let's say you are pulling back an arrow and aiming for the bull's eye. What message should go through your mind at this exact moment? Before you release the arrow, you should tell yourself, "I'm feeling good" or say, "I'm thankful for feeling good." At that moment you can release the arrow and watch it fly to the target. If in fact the arrow lands in the center of the bull's eye you will be at that moment feeling good. If the arrow misses the target during one of your many practice shots never show frustration, anger or disappointment but stay in the feeling good flow.

Back to simply looking good and feeling good. For the people who just want to feel good get up and perform the 30- minute exercise routine three times a week. Once you start learning how to feel good then it's inevitable that you will start looking good.

Make the program effortless

Many times, while watching a golfer you can tell the moment a golf ball leaves the tee how capable the golfer is. If they look like they are trying to kill the ball and struggle to maintain good balance during their swing chances are they will have their troubles on the course. But if they have a swing that looks effortless, they are probably a superior golfer with a low handicap. A basketball shot is similar in that you can tell that the beautiful relaxed **effortless** shot is more than likely going in. To use swimming as an example when Mark Spitz won his Olympic gold medals, he seemingly had an effortless stroke.

To help find the effortless state of mind we can start with walking. While taking a leisurely 30-minute walk look for the perfect rhythm, the perfect breath (nasal breathing with Darth Vader breathing), the perfect length of your step, the right pulse or heart rate, the perfect balance in every step. When you find this relaxed effortless state, and it feels as if you are gliding along the path--you are in the flow. Try to incorporate this state in all your exercise. Practicing qigong and ballet will help you manifest the effortless state. Add a little beauty and a little flow into all your workouts.

Look, listen and feel

The feel-good spirit can be a little allusive at times. Maybe you finish your workout and you feel better than you did the day before and some days you don't. Some days you will feel better than other days and that is to be expected. Personally, when it comes to feeling good, I get my best results with swimming. Seemingly every time I leave the pool, I feel great! Handstands also tend to help me feel particularly good. Someone else may prefer yoga or Pilates or running. We are all different. If you do not hit your target heart rate during a workout and feel the need to do so, choose your favorite strength or cardio exercise like the push-up or Hula Hoop or kettlebell and hit the target rate just once during the 30 minutes. The point is look, listen and feel to figure out what triggers the fix for you, and how long you should stay near the target or how many times you can hit the target to feel your best. Pay attention to how you feel throughout the day. If you have an extremely vigorous workout you may feel extra good after the workout, but the downside could be that you crash shortly after the workout and spend the rest of your day napping. On the other hand, if you are young with high energy and are willing to take some risks you may decide to try a martial art or something where you can push yourself to higher heights and take it to the limit!

Water 101

Ice, hot water, steam, cold water; all of these forms of water have amazing healing properties. Many religious followers get baptized in water. The Hindus get washed in the Ganges River for a spiritual awakening. Muslims shower before prayer. It's no secret that a shower makes you feel good and refreshed. Let the steam help clear your nasal passages. Immerse yourself in water. To get five stars at the end of your shower turn the hot water off and take a cold shower or a Scottish shower for 30 seconds. You will notice a change in your spirit as soon as you step out of the shower. After the shower put on some skin lotion. When you put on the skin lotion you are not only taking care of your skin, but you are covering your body with the Chi energy! Your body will be loose and ready to go. It's important to shower immediately after your exercise to feel your best!

Breathing and Lung Capacity

One last thing about breathing. Maybe we have gone a little overboard on this breathing stuff. But truth be told when it comes to sports a lot of times breathing or your lung capacity is the key. And you may see in a boxing match in the first round one particular fighter seems to outclass the other fighter, but towards the end of the second-round things might start going the other way because the other fighter has more endurance and better cardio. And the longer the fight goes on the more apparent it becomes that the less skilled fighter has more staying power or spirit. What he lacks in skill he makes up in breath.

Breath is also important for world class marksmen. Being a great sniper or shooting a bow and arrow has a lot to do with a rehearsed breathing technique and being still.

Some people say that life starts with the baby's first breath at birth, and it ends with the last gasp of breath, away goes the spirit. The breath and the spirit are interconnected and as we exercise to strengthen our breath, we strengthen our spirit.

My sensei once told us in order to be successful at martial arts you have to dive deep. I really wasn't sure what he meant, but at that moment it was almost as if he were saying, "dive deep grasshopper." I started to think about it and when I looked around at the class it became pretty obvious to me that the people who were really successful at martial arts really put their time in. They went to the morning classes; they went to the evening classes; they studied tapes and memorized the moves which are seemingly endless. What I'm trying to say is that when it comes to this breathing stuff you may have to do your homework to get it right, and it may take some time. You may have to dive deep into John Douillard's book *Body Mind and Sport* to crack this code. As your breathing improves you will realize it is sort of a sinus thing where you finally open up your sinuses and you are able to breathe thru your nose. And low and behold you discover that this is your most important asset as an athlete. It is also important for those of us working on just staying alive!

The good thing is we are going to feel good and look good before we master our breathing. It would be nice if we could develop our breathing capacity to the point where like John Douillard you can run a marathon or a triathlon while breathing through your nose the whole time. I'm not expecting you to reach that point, but it is nice to have goals and to reach for the sky. What I would like you to be able to do is carry your groceries into the house while breathing through your nose. In fact, studies show that most people are mouth breathers; and because we have become mouth breather's we have lost the ability to breathe easily through our noses.

With the help of John Douillard here are a couple of keys to unlocking your nose in the beginning: 1) Purchase the Breathe-Right strips. They are like band aids that cover your nose and open your nostrils. 2) Start doing a nasal rinse. I recommend Neal Med; it is an all-natural product. 3) Performing The Sun Salutation will actually help open your sinuses. 4) Foods like kimchi or hot foods like red hot chili peppers that open up your sinuses are good, hot showers, steam baths and Vick's will also help.

When you are performing your yoga, it is good to find your stretching number. Take note of how many breaths or seconds it takes until you start unlocking your muscles and you are able to stretch that extra inch or so? It's good to know that number and to experiment at times with different numbers to see if another number might work better for you, or unlock your muscles even further. I know we have a limited amount of time to exercise, but assuming we have the extra time this is a fun and interesting game to play. As we reach those higher numbers, we not only unlock our muscles, but we can unlock our sinuses too.

Another number that you should search for is your recovery number. How many Darth Vader breaths does it take for you to start feeling relaxed and recovered during a vigorous workout? These numbers will change over time as you get more conditioned; when in doubt take a few extra breaths.

No Pain No Gain

Remember the old slogan, “no pain no gain.” That was the mantra years ago when the gym teachers would have us give a hundred and ten percent when doing our workouts. Run as fast as you can, lift as much weight as you can, do all repetitions to failure. No pain no gain...give it all you have. Go, go, go, go, go! Whistle!

I think it is important to note that the first time I remember feeling or recognizing the spirit, the positive, feel-good, SGPR High, Soaring Spirit I was surfing a long board dragging my hand along the wall of a wave. Although surfing may look pretty laid back it takes a significant amount of effort to paddle out to the wave and then paddle to catch the wave let alone stand up keep your balance and ride the wave out. Chances are you are giving **your all** to catch that wave.

In the martial arts gym, I recognized the spirit frequently after my first spar. While practicing self-defense odds are you are exercising close to your maximum capacity. After martial arts I began to search for the feel-good spirit in yoga, Pilates, ballet and the Genius of Flexibility, but was able to increase the good vibrations by adding strength and cardio exercises.

The real revelation was when I discovered in Body, Mind, and Sport the art of controlling my heart rate by keeping the pulse at or below the 50% exertion rate. Where previously to feel good my heart rate was typically at its maximum rate. Now, I barely break a sweat and I have the luxury of being able to find or manufacture the exercise high or “the fix” with minimal effort. Which makes this the great lazy persons workout! It’s really just about effortless. No pain and strain, just gain, or “relax and enjoy your workout” is the new mantra.

The Supercalifragilistic 9-minute workout!

I started out by telling you I had a thirty-minute workout that will make you look good and feel good too, but I like to under promise and over deliver.

What we can do as well is The Great, Supercalifragilistic 9-minute workout. To do the great nine-minute workout start with the Sun Salutation for 5 minutes. After this warm-up choose your favorite exercise and hit your target heart rate in 1- 3 minutes. To finish, jump in the shower for one minute, try the Scottish shower for 30 seconds like James Bond. That’s all you really need to do to look good and feel good too!

Where are we, and where are we going when it comes to fitness?

I don’t know where you are when it comes to fitness. Maybe you are someone who has never exercised before or dieted? Maybe you are a world champion at some type of sport? The point is whatever your level of fitness, it’s our objective to find ourselves. Maybe we should just do the Supercalifragilistic 9-minute workout 3 times a week. That’s the easiest path and we will look good and feel good too.

Maybe we want a little more. We want to lower our golf handicap or get better at tennis? Maybe we’d like to fit into our wedding dress? Whatever our goals are determines how much time we will spend on the path, and which direction we will take? Find a comfortable, relaxed pace and don’t forget to smell the roses.

A final note on fasting.

I have spent the majority of this paper talking about exercise, but I'd like to remind you that for years I exercised at a vigorous pace for 2 hours at a time, three times a week and I looked Shlobby. After doing these exercises for 30 minutes every other day and fasting for a few months my new nickname was Slim-Jim. My point is no matter how hard you exercise if you eat too much you are going to be overweight and chances are you will be unhealthy. The reason this program works and I am able to promise that you will look good and feel good too with a 9-minute workout is in great part because of the fasting routine.

Finding the Path.

When you realize you can feel your best through exercise and wash away the negative emotions. When you are able to produce the exercise high in 30 minutes or less then you are on the right path. We are manufacturing a good spirit. And you will feel the joy when you start doing these simple 30-minute workouts at home. Granted, I threw a few books at you and you did have to do some homework. We even did some painstaking math, but after completing this work, even scoring a D- with minimal effort, I believe you will say it was worth it. You're not going to fail. And you will be transformed. And you will begin to appreciate the little things a little more.

A Poem.

This Poem by Chief Dan George exemplifies the spirit at SGPR High, Soaring Spirits.

My Heart Soars

The beauty of the trees,
The softness of the air,
The fragrance of the grass,
Speaks to me.

The summit of the mountain,
The thunder of the sky,
The rhythm of the sea,
Speaks to me.

The faintness of the stars,
The freshness of the morning,
The dew drops on the flower,
Speaks to me.

The strength of fire,
The taste of salmon
The trail of the sun,
And the life that never goes away,
They speak to me.
And my heart soars.



Can we now pan to a stretch limousine driving off into the sunset or should we just YouTube the final scene of Trading Places starring Eddie Murphy and Dan Aykroyd? I think you get the idea.

Looking good Billy Ray...

Feeling good Louis!

You are on your own now...Adios Amigo or Amiga! My friend! Stay on the Supercalifragilistic, Great, Pure, Righteous, High, Soaring Spirits path!

Go now, and start **FeelingGoodYou!**

I am not endorsing the advice in any of these books, but I did find these books personally helpful.

Suggested Books

1. [Eat Stop Eat](#) by Brad Pilon
2. [The Miracle of Fasting](#) by Paul Bragg
3. [Body, Mind, and Sport](#) by John Douillard
4. [Genius of Flexibility](#) by Bob Cooley
5. [The Illustrated Light on Yoga](#) by BKS IYENGAR
6. [Yoga the Iyengar Way, The New Definitive Illustrated Guide](#) by Silva, Mira & Shyam Mehta
7. [The Pilates Powerhouse](#) by Mari Winsor
8. [The New York City Ballet Workout](#) by Peter Martins
9. [Qigong Bible](#) by Katherine Allen

Extra Books

10. [The Navy Seal Workout: The Complete Total Body Fitness Program](#) by Mark De Lisle
11. [The Little Capoeira Book](#) by Nelson Capoeira
12. [Total Immersion](#) by Terry Laughlin
13. [The Power of Positive Thinking](#) by Norman Vincent Peale
14. [Think and Grow Rich](#) by Napoleon Hill
15. [What would Jesus Eat](#) by Don Colbert, M.D
16. [The Vegetarian Female](#) by Anika Avery Grant, RD
17. [Superfoods](#) by Robin Keuneke
18. [Extra Lean](#) by Mario Lopez
19. [The Collagen Diet](#) by Pamela Schoenfeld, MS, RD, LDN
20. [The Best of Chief Dan George](#) by Chief Dan George

Suggested Purchases

To get started:

2 yoga mats, maybe 3?

1 6'x9' exercise mat or just a king size blanket or comforter to get started

1 10-pound kettlebell

1 pull-up bar

1 16 oz. water bottle

1 pair of swim goggles

1 box of ear plugs **(be very careful with ear plugs; always read the directions)**

1 swim cap

1 bathing suit

1 towel

1 long underwear top and bottom

Extra Purchases

Hula Hoop

Sidewinder

Stretch n flex

1 pair of Indian Clubs, 2 pounds

Vitamin C

Apple cider vinegar

Nutri Bullet

Indian River oranges (any Orange will do, but I do prefer Indian River)

Vinegar (for cleaning the mats)

Water delivery service

Holey socks, Holey gloves

Products that help support this site: Thank you for your support and loyalty!

Coffee cup

I like to always have a little coffee or tea before a workout. With the FeelingGoodYou.com coffee cup you will be reminded every day that feeling good is only 9 minutes away!

Hat & Shirt: By purchasing a hat or shirt you help support the site and share this message with your friends and neighbors.

To order a hat, shirt or coffee cup you can contact me at gymringers@att.net

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