

**LIFE IS SHORT.
LIVE YOURS THE BEST YOU CAN!**



NUMBER ONE ME™

COMPANION GUIDE FOR

NUMBER ONE ME™

PERSONAL COACHING FOR PERSONAL BEST



All contents are copyrighted 2006 by David Berger & PROGRESSIVE FITNESS COACHING, LLC. All rights reserved

ALWAYS CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

TABLE OF CONTENTS

WELCOME TO YOUR REVOLUTION!	3
SEEKING POSITIVE AND HEALTHY CHANGE FOR A LIFETIME!	4
VALUES THROUGH ENDEAVOR	6
EVOLUTION SOLUTION™	8
PROGRESSIVE FITNESS NUTRITION INFORMATION	11
NUMBER ONE ME™ NUTRITION	13
GOAL SETTING	16
ACTION PLAN	22
Po-TEN-Tial™	24
NUMBER ONE ME™ PROGRESS CALENDAR	25
BEGINNER EXERCISES AND PROGRESSIONS	26
BEGINNER 1	27
BEGINNER 2	29
BEGINNER 3	32
INTERMEDIATE EXERCISES AND PROGRESSIONS	36
INTERMEDIATE 1	37
INTERMEDIATE 2	41
INTERMEDIATE 3	45
ADVANCED EXERCISES AND PROGRESSIONS	49
ADVANCED 1	50
ADVANCED 2	55
ADVANCED 3	59

Welcome to your revolution! This **NUMBER ONE ME™** performance coaching manual, DVD and other materials were produced to assist you in the evolution of your revolution. This program is not just about exercise, weight loss, heart work, strength building, better nutrition and increasing personal values. **NUMBER ONE ME™** is about YOU becoming the best, the most incredible, the ultimate YOU— *that YOU could ever be!* Physically, mentally, emotionally, socially, even spiritually, **NUMBER ONE ME™** is health *ensurance* at its finest.

Merely reading this manual and the other materials accompanying this program and just viewing the exercises on your **NUMBER ONE ME™** DVD will do nothing for you. NOTHING.

YOU MUST DO! If you want to achieve things that you have never achieved before, create better health and living, and be the person that you have always wanted to be, than you must *DO* things that you have never done before! Unlike every diet that you have been off and on, and off and on, and on again. Unlike every gym membership that you have never really used. Unlike every fitness product that you have ever purchased, maybe used and have since lost, sold, or stored away, **you must make this different.** The only way for you to learn is through *ACTION*.

The power for this revolution lies within YOU, not these words, subsequent exercises, any fitness equipment or nutrition recommendations. YOU have tremendous ability to transcend your entire being through living physically active on a very regular basis. If you practice the suggestions and exercises throughout this program, on a very regular basis, than YOU will produce incredible and lasting results for the rest of your life. **YOU MUST ALWAYS DO to ACHIEVE!**

You have already become a more powerful person than you were before you purchased **NUMBER ONE ME™** and began reading this manual! By getting to this fifth paragraph you have one of the attributes necessary for tremendous change and progress, **the desire to be better than you are right now.**

In the remainder of this manual I will outline the four necessary values to your success, anywhere in your life. In detail I will provide you with the invaluable essentials on how to progress in exercise with the **Evolution Solution™** (these principles apply to the **NUMBER ONE ME™** exercise program and apply just as aptly with other calisthenics that you may perform, as well as your exercise with many other resistance training programs!). Following that section is the **NUMBER ONE ME™** NUTRITION GUIDE, where you can see great strategies on how to incorporate healthier daily nutrition into your life (*remember, the only way for you to learn is through ACTION*). The **Po-TEN-tial™** way of life is detailed on page 24. Finally, completing this manual is a comprehensive goal-setting and action plan exercise. I have performed this exercise several times now, and each time I become a better person through my actions resulting from it. Now it's your turn!

I thank you for allowing me to be your partner and coach on this exhilarating journey towards your Personal Best—NUMBER ONE! I applaud your commitment to begin constructing the incredible health, fitness and well-being that you deserve. Be grateful for everyday that you have to be your very best!

To always being Your Number ONE!



Seeking Positive and Healthy Change for a Lifetime!

In beginning **NUMBER ONE ME™** and making the commitment and taking responsibility to succeed toward a healthier way of living, it is extremely important that as you learn about the underlying psychology of making positive changes in your life, you remember that this process is all about YOU. Change is defined as "The *act* or *process* of altering or modifying." By committing to this program you have already completed the essential first step of the process- you have acknowledged that you are aware that making some kind of change is necessary. Without this initial awareness, realization of positive lifestyle and mental changes would be impossible. So congratulations...You are on your way!

There are several ways in which to interpret your current thoughts, beliefs, and behaviors and how they are affecting your overall health and well-being. Hopefully the information provided below will help you understand the basic psychology underneath the realizations and changes that you will be experiencing throughout this endeavor.

Remember first as you begin your journey toward positive changes that it is indeed just that- a journey. You will be encouraged to take small, incremental steps that will eventually lead to bigger performance, and more general attitude and/or behavioral changes. Do not assume an all-or-none way of thinking. Taking baby steps is a very necessary part of the process, and each one is something to be proud of, whether this is your first or thirty-first attempt at improving your health, and even if you are an all-star athlete; progress is incremental.

It is important to understand that everyone has a self-serving bias, though the degree to which it exists in each individual is different. All people have a natural tendency to take responsibility for their successes, while blaming others for their failures. It is so much easier for us to attribute things in this way, but thinking like this will not help you make the positive changes that you are hoping to achieve. In initiating the process of change, you must be aware of these tendencies and commit to taking responsibility for your successes *and* failures, as both can provide irreplaceable lessons and insights that will help you reach your ultimate goals.

Very important in achieving your success is recognizing the powerful impact that your current psychological thought processes have on your beliefs and behaviors. Psychologist Aaron Beck did extensive work on automatic thoughts- those ideas that just "pop" into your head and that are triggered by the events that you encounter each and everyday. Sometimes automatic thoughts can be very negative and counterproductive, harming peoples' self-esteem and well-being. Each time you face a challenge, need to make a decision, or have any kind of new experience, you need to ask yourself, "What am I thinking?" Things like "I can't" or "I'm not good at stuff like this..."? If so, you are experiencing negative automatic thoughts. By thinking of situations in these terms, you may experience an occurrence of self-fulfilling prophecy. In following with these automatic thoughts of "I can't", etc., you will convince yourself that this is indeed true and you will not succeed in the situation. The first step in changing these negative thought processes is to become aware of them and how they are affecting you. Then, when you hear yourself thinking things like that, you can replace these negative ideas with positive thoughts- "I can" or "I might be good at this if I just give it a try." By producing these positive counterstatements, you will be increasing your chances of making positive changes in all aspects of your life. Realize that **YOU** are in control of your thoughts, feelings, and actions.

Another important factor in achieving change and progress is the recognition of how you are affected by your surrounding social influences. In the society that we all live in today, the media and others around us paint a very unrealistic picture of what it means to be fit, attractive, successful, worthy, etc. Pick up any issue of a popular lifestyle magazine, or turn on any TV station, and all that you are likely to see is "skinny" and "beautiful", made-up (not to mention air-brushed) celebrities. Realize that people with bodies like these are NOT the norm. According to the U.S. Department of Health and Human Services, the average American woman is 5'4" tall and weighs 152 pounds, while the average male is 5'9" tall and weighs 180 pounds. This national average is FAR from what you are witnessing in celeb-

rities, some of whom that have recently admitted to having serious eating disorders and body image problems. Images that you are seeing in magazines and on TV are clearly not normal and have also become extremely dangerous. In order for YOU to be successful in achieving your goals and positive changes, it is necessary to recognize and alter these unrealistic, unsafe expectations. **We each must strive to reach our own personal bests, successes, and goals.**

While this in no way discusses all of the psychological mechanisms involved in initiating positive lifestyle and mental changes, you hopefully have a better idea of how important it is for you to be aware of your personal thought processes and belief systems. Recognizing the great amount of control that you have over your thoughts and behaviors is extremely important. Just remember that throughout this program and the changes that you will be striving toward and achieving, it is always all about YOU- the changes **you** want to make, **your** specific goals, and becoming **your NUMBER ONE!**

“To improve the golden moment of opportunity, and catch the good that is within our reach, is the great art of life.”

—William James

Values through Endeavor

The journey towards being your **NUMBER ONE** is not easy. However, to provide yourself with the greatest opportunity for the ultimate success, to carry the learning forth from this process to greater fulfillment throughout your life, the following four principles, values, tenets should be practiced and lived to the greatest of your ability, each day. Used as a daily anchor to hold yourself to, these four *values* have proven time and again to be a catalyst of positive change and incredible living. They are steadfast. You are asked today to begin holding yourself to these standards for a program of active living. The daily practice of these unwavering standards though will maintain your **NUMBER ONE ME™** belief-system throughout your life and for better living, everyday. After all, this game is at least 90% between-your-ears.

COMMITMENT

You are only as good as following through on the commitments that you make. It is this definite, if you don't show up, your results won't show up either. To get results, you must keep your commitments, consistently. If you fail to take action towards learning an exercise, or make excuses as to why something can't be done, you will miss the opportunity to increase your momentum and take your living NUMBER ONE to the next level. Consistent efforts produce consistent results. By taking action and performing the **NUMBER ONE ME™** exercises and progressions you will taking yourself further in your well-being than you initially imagined possible. Your success will result largely from your ability to commit to learning and practicing these values and exercise, each day, for life.

INTEGRITY

You can make things better only if you are willing to hold yourself accountable for your actions, or lack of them. The **NUMBER ONE ME™** performance exercise program will help you swiftly and effectively close the gap between where you are and where you want to be. You will experience the greatest effect from this program by performing the actions demonstrated on your DVD, following the progression models outlined, and again- performing the actions. You need to regard yourself as an achiever. Where you are today matters little; what matters the most is the direction you are now moving. In order to continue this progress you simply need to do what you say that you are going to do, practice your integrity, each day.

ACHIEVEMENT

To experience a depth of pride and inner strength that most people never have because they are continually trying to get rewards without effort, **NUMBER ONE ME™** performance exercises can be the difference in whether you view your life as an existence, or as living to your greatest potential. There is no joy in buying a trophy that says "Champion". All strength, honor, and reward come from earning it. You must step up to declare your true excellence. The way for you to gain achievement from your efforts, is through your commitment and integrity to achieve.

EXCELLENCE

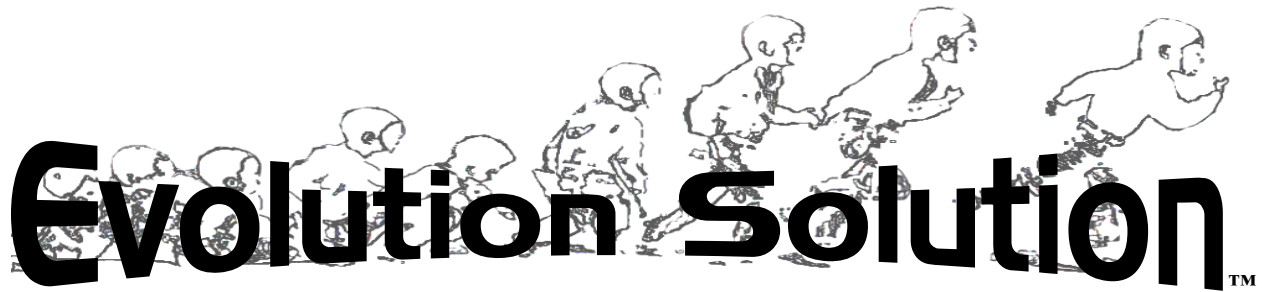
NUMBER ONE ME™ is about your present, living your very best now, each day. This is about putting into practice doable skills for lasting results. You need to keep focused on the task at hand, to ensure that you get what you are really after; achievement and excellence. Consider that whatever you direct your attentions on, you can

attain. You need to focus only on what you want from yourself, for yourself, to live in perpetual excellence. Excellence is a mindset. You need to have the commitment towards your pursuits and the integrity towards their achievement in order to live a daily life of excellence,

These principles are the bedrock towards your success through the **NUMBER ONE ME™** exercises and progressions, as well as ultimate success in life. Creating a daily exercise in your mind of reciting these values and how you live each day by them will greatly increase your success opportunities, everywhere in your life. Each of these values stands strong along, used collectively they will produce a powerful standard of living.

“There is no passion to be found in playing small—in settling for a life that is less than what you are capable of living.”

—Nelson Mandela



Evolution Solution™

About:

The **Evolution Solution™** is a roadmap of progression for the **NUMBER ONE ME™** exercises. This model will provide you with consistency and standards of your exercise protocol and will benefit you terrifically. The recommendations made here are simply that, recommendations. However, if followed specifically for each level of exerciser (**Beginner, Intermediate, Advanced**) the **Evolution Solution™** has proven safe and effective for not only this series of **NUMBER ONE ME™** exercises, but also for many other modes of resistance training.

When do I progress in exercise?

This is the common question that the **Evolution Solution™** seeks to clarify. A very frequent mistake made, almost at every exerciser level, is doing the same thing all of the time. The same warm-up, the same exercises with the same resistance, for the same repetitions, for the same amount of time, in the same environment. This all leads to the same results... *monoto-boredom plus* no progress!! You should never be *bored* with exercise and you should *never* not be progressing!

The table below briefly outlines the **Evolution Solution™** progression for this **NUMBER ONE ME™** exercise series. Please note that there certainly can and usually is a mix of the ability level of a particular exerciser, i.e., A beginner might not have exercised before, but knows a lot about different exercises. As well, an advanced exerciser might exercise very regularly but is not challenging him/her-self.

Evolution Solution™				
Exercise Level		Sets	Reps	Rest
Beginner;	has never exercised or not exercised regularly within the past year	3	15	120 seconds
Intermediate;	has exercised regularly for the past year and is fairly knowledgeable of exercises and progress, but not too sure how to continue challenging themselves.	3	12	90-seconds
Advanced;	has exercised very regularly for the past two years and continues to be challenged from and knows how to progress in their exercise routines	3	10	60-seconds

What does this mean?

To answer this question adequately I will take you through the progression of each level of exerciser. The **NUMBER ONE ME™** exercise series instructs you on how to perform specific exercises in a *circuit fashion. As I outline the progressions of each exerciser for **NUMBER ONE ME™** keep in mind that this progression model works just as well for many other resistance exercises that you may perform.

***Circuit** is a succession of exercises that are performed one after the other with little to no rest between each exercise, but specified rest intervals between each series (sets).

The **Evolution Solution™** for this **NUMBER ONE ME™** exercise program holds three constants for each level of exerciser:

1. You are asked to perform each circuit of exercises for three (3) sets
2. If you can not perform an exercise for the recommended repetitions in a set, you do not perform that exercise in the successive set(s) until you can. i.e., If you can not perform 15-reps of Squats in the first set, you will not attempt that exercise in the 2nd or 3rd sets. You must build-up and earn this ability.
3. You are asked to perform these exercises and circuits to the best of your ability for nine (9) separate exercise bouts on non-consecutive days before advancing to the next level of exercise or exerciser level.

What I am asking here is this; perform each of the exercises in the specific level that you are practicing (B1, B2....I1...) as closely to the video renditions of each specific exercise, for the recommended repetitions, sets, and rest intervals as outlined for the level that you are practicing. Once you are able to achieve those specific level exercises according to the level of progression outlined for nine (9) separate, non-consecutive exercise bouts, advance to the next level of exercises (i.e., B2 to B3) or exerciser (i.e., Beginner to Intermediate, assuming that you were completing the B3 exercise series). This program works best if you follow this protocol specifically.

This means that if you were to able to perform each exercise in a circuit to your very best ability, right from your beginning them, for the specified progressions of that level, you would advance to the next level of exercises or exerciser every:

9 separate, non-consecutive exercise bouts	Next Level would occur
1-days per week NUMBER ONE ME™	10th if remaining on schedule
2-days per week NUMBER ONE ME™	5th if remaining on schedule
3-days per week NUMBER ONE ME™	4th if remaining on schedule

However, the above schedule may not hold true for you. My goal in creating **NUMBER ONE ME™** was to challenge you. Whether you decide to perform the exercises once a week or three times per week does not matter much from a progression standpoint, so long as you stick with this **Evolution Solution™** protocol (the more regular you perform the exercises though, the greater you will advance in the movements, increase your ability, and accelerate your progress- I recommend at least twice per-week). Everyone is different. You may progress steadily through the exercises, you may have to take more time. It doesn't matter. What matters the most is that by following the **Evolution Solution™** you will consistently build your physical strength along with your value system.

A few more points:

- If you can't perform a single exercise wholly, in circuit, but have completed all of the others—don't move on yet
- If you miss a practice session or more, but the time you would have done them has elapsed—don't move on yet
- If you can accomplish all of the sets and repetitions terrifically, for any given level, but need more than the recommended rest interval—don't move on yet

Your greatest success with the **NUMBER ONE ME™** exercise program will come from following the exercises and progressions (**Evolution Solution™**) specifically, to the very best of your ability. Remember, you're not buying a trophy here, you're earning it!

Beginner—Evolution Solution™: 3 sets, 15-repetitions each exercise, 2-minutes rest between each set.

Your goal is to be able to perform each exercise, 15-repetitions each with little to no rest between each exercise in each circuit set. You will rest, relax and take a sip of water for 2-minutes prior to attempting the 2nd then 3rd circuit of exercises.

- If you can not perform an exercise due to a condition or limitation that you have—don't do it. Work around it as best you can, but perform whatever else you can to the best of your ability.
- If you can not initially complete the recommended repetitions of an exercise), do not attempt those movements in the successive sets. You will build up to the ability of being able to do them.

Once you are able to complete the entire circuit to the best of your ability, for the recommended sets and repetitions, and have completed the full bout on 9 separate, non-consecutive occasions, move to the next level of progression B1 to B2, B2 to B3, or B3 to H. Congratulations!

Intermediate—Evolution Solution™: 3 sets, 12-repetitions each exercise, 90-seconds rest between each set.

Your goal is to be able to perform each exercise, 12-repetitions each with little to no rest between each exercise in each circuit set. You will rest, relax and take a sip of water for 90-seconds prior to attempting the 2nd then 3rd circuit of exercises.

- If you can not perform an exercise due to a condition or limitation that you have—don't do it. Work around it as best you can, but perform whatever else you can to the best of your ability.
- If you can not initially complete the recommended repetitions of an exercise), do not attempt those movements in the successive sets. You will build up to the ability of being able to do them.

Once you are able to complete the entire circuit to the best of your ability, for the recommended sets and repetitions, and have completed the full bout on 9 separate, non-consecutive occasions, move to the next level of progression I1 to I2, I2 to I3, or I3 to A1. Super Performance!

Advanced—Evolution Solution™: 3 sets, 10-repetitions each exercise, 1-minute rest between each set.

Your goal is to be able to perform each exercise, 10-repetitions each with little to no rest between each exercise in each circuit set. You will rest, relax and take a sip of water for 60-seconds prior to attempting the 2nd then 3rd circuit of exercises.

- If you can not perform an exercise due to a condition or limitation that you have—don't do it. Work around it as best you can, but perform whatever else you can to the best of your ability.
- If you can not initially complete the recommended repetitions of an exercise), do not attempt those movements in the successive sets. You will build up to the ability of being able to do them.

Once you are able to complete the entire circuit to the best of your ability, for the recommended sets and repetitions, and have completed the full bout on 9 separate, non-consecutive occasions, move to the next level of progression A1 to A2, A2 to A3, or A3 to suggested alternatives outlined in the **ADVANCED-EXERCISES AND PROGRESSIONS** PDF booklet found on your DVD. Also, check out www.numberoneme.com for new exercises and DVDs.

Fantastic Effort!

The world cares very little about what a man or woman knows; it is what a man or woman is able to do that counts.

-Booker T. Washington

NUMBER ONE ME™ Progressive Fitness Nutrition Information:

Facts of Significance

- ◇ **Your muscles use approximately 90% of the calories you consume.**
- ◇ **Americans spend more than \$30 billion a year on weight control programs and products.**
- ◇ **Some authorities suggest women should have their thyroid levels checked every 3 to 5 years. Individuals with low thyroid levels can gain fat due to their condition.**
 - ◇ **Moderate weight loss of 5-10% is sufficient to augment insulin sensitivity.**
- ◇ **Menopause is associated with an increase in abdominal adiposity and increased bone mineral loss in women.**
- ◇ **Certain classes of steroids, some psychotropic and antidepressant drugs can cause weight gain. Beta blockers may slow weight loss.**
 - ◇ **On an average, active individuals eat more calories than overweight individuals.**
 - ◇ **You are 60 times more likely to die from liposuction than any other type of surgery.**
 - ◇ **Obesity costs companies 12 Billion Dollars per year.** [CNN Headline News (18 June 2003)]

Genetics and Obesity

The direct genetic effect on obesity is estimated to be 25-40%. Indirect genetic factors raises the genetic effect to approximately 70% of the cause of obesity. Over 24 genes associated with obesity have been identified. The weight of adults adopted as children is related to their natural parents and not their adoptive parents.—*Bouchard C, Tremblay A, Despres JP, Nadeau A, Lupien PJ, Theriault G, et al. The response to long-term overfeeding in identical twins. N Engl J Med 1990;322:1477-82.*

Leptin is a satiety factor in rodents. Mice unable to produce leptin or with abnormal receptors are obese. The administration of leptin results in weight loss with defective production. In obese humans, however, leptin levels are elevated, consistent with greater fat tissue. In general, the elevated leptin levels decrease with weight loss. It is possible this decrease in leptin increases appetite and consequent weight regain.—*Considine RV, Sinha MK, Heiman ML, Kriauciunas A, Stephens TW, Nyce MR, et al. Serum immunoreactive-leptin concentrations in normal-weight and obese humans. N Engl J Med 1996;334:292-5P.E.*

Cutbacks in mandatory physical education at school has contributed to an overall decline in children's physical activity levels. When these programs are available, they often involve little actual physical activity and do not focus on the fun aspects of physical activity.—*U.S. Department of Health and Human Services, Physical Activity and Health: A Reports of the Surgeon General, U.S. Dept. of HHS, Atlanta, GA, 1996*

Weight Loss & Arthritis

- ◇ **Women who lost an average of 11 lbs decreased their risk for knee arthritis by 50%.**
Felson DT, Zhang Y, Antony JM, Naimark A, Anderson JJ. Weight loss reduces the risk for symptomatic knee osteoarthritis in women: The Framingham Study. Ann Intern Med. 116:535-539. 1992
- ◇ **There is no clear-cut evidence substantiating obesity causes poor health and reduced longevity**
(Gaesser, 1996; Ernsberger & Haskew, 1987).
- ◇ **Acute weight loss for overweight individuals may fail to improve health and can actually increase mortality rates**
(Andres, Muller & Sorkin, 1993).
- ◇ **In adults 35 years of age and older, attempted weight loss is associated with lower all-cause mortality, independent of weight change. Self-reported intentional weight loss is associated with lower mortality rates, but unintentional weight loss is associated with higher mortality rates**
(Greg 2003).
- ◇ **Fitness level is far more important than body weight as a predictor of longevity. Individuals as great as 50 pounds over the recommended weight in height/weight charts have lower mortality rates than thin people who were sedentary . Thin under-active men have 2.5 times the death rate than active overweight men.**
(Blair & Paffenbarger, 1994; Blair, et al., 1989)

Overweight & Underpaid

The EEOC has found that obese workers earn 2.5% less than their normal weight co-workers. This penalty is larger for female workers (5-6% less) than male workers (1% less). A study by Cornell University found that overweight women earn an average of 7% less than their co-workers.

Research review by Mark Roehling, a professor in the Department of Management, Western Michigan University found wages of mildly obese white women were 5.9 percent lower than their normal weight counterparts; morbidly obese white women were 24.1 percent lower. In addition, the wages of mildly obese white and black men were actually higher than their normal weight counterparts. Men only suffered wage penalties at the very highest weight levels. Overweight individuals were often stereotyped as socially handicapped, emotionally impaired, and perceived as possessing negative personality traits.

It should be noted that employers may have to pay more in health insurance for obese workers. Weight discrimination is illegal in Washington DC.

NUMBER ONE ME™ Nutrition:

Instructions: Pick one goal each week that you feel confident you can modify in your diet for years to come. Every week, record date of commitment by goal. Share your goal with those close to you and put a note of your goal on your refrigerator so you are more likely to succeed.

1: Eat smaller meals throughout the day (see strategies below)

Eat meals and snacks at regular times every day

- ◇ **Less tendency to over eat next meal- particularly if meal is higher fat**

Regular eating may assist in keeping metabolism higher

- ◇ **Particularly digestion of higher fiber foods**
- ◇ **Thermoneogenesis: calories converted to body heat**

Less probability to eat easily accessible calorie dense snacks

- ◇ **Helps to maintain energy level throughout day**
- ◇ **Potentially elevates caloric expenditure during activity**

Strategies for smaller meals throughout the day

- Eat snacks during the time you are without food the longest during your waking hours
- Eat small meals every 2.5 or 4 hours throughout the day
- Plan 3 meals and 2 or 3 snacks distributed throughout the day every 2.5 to 4 hours
- If eating less than 3 meals, eat an additional meal.
- Introduce breakfast by drinking milk, fruit or vegetable juice
- Introduce additional food to breakfast
- Eat cereal for bed time snack instead of a high fat snack food
- Prepare extra for meals so left-overs are on hand
- Plan time for preparing a nutritious snack, lunch or snack for hard to get away times
- Slightly decrease portion sizes of your largest meals (no larger than personal fist size for proteins and casseroles)
- Eat a meal higher in carbohydrates (with some protein) very soon after exercise (see Guidelines right)
 - Improves post workout recovery (Niles 2001)
 - Faster rate of muscle glycogen (stored energy) re-synthesis
 - 50% more glycogen can be stored (Friedman 1991)
 - Improved performance in subsequent exercise
 - Less muscle damage
- Increased protein synthesis
 - Nearly 3 fold increase (Levenhagen 2001)
- Decreases post exercise cortisol levels
- Increase lean muscle mass (Esmarck 2001, Holm 2004)
- Decreases risk of injury (Flakoll 2004)

Guidelines for post-workout meal

- carbohydrates and quality proteins in approximately a 4:1 ratio
- 10 – 20% of total daily caloric intake
- should be consumed no later than 2-hours post-workout; optimal absorption is within 45-minutes post-workout (Friedman et al 1991; Ivy JL 1988, Leven hagen DK 2001)

2. Eat more fiber (see strategies below)

- ◇ Less tendency to eat calorie dense foods by filling up on vegetables, fruits, and whole grains
- ◇ Fiber can decrease the absorption of dietary fat
 - ◇ Dietary fats are stored and mobilized easily
 - ◇ It takes more energy for the body to convert carbohydrates or protein to body fat than it does to convert dietary fat to body fat
- ◇ Fiber acts a barrier in the intestines
- ◇ Helps prevent constipation by adding mass to stool
- ◇ May help prevent certain cancers

Strategies for eating more fiber

- Eat 100% whole wheat instead of white bread
- Add beans, steamed or raw vegetables to any meal
- Eat a green salad every day
- Eat fresh fruit for dessert or a snack
- Eat oatmeal or other higher fiber cereal for breakfast
- Stock up on frozen vegetables and fruits so they are always available
- Add raw spinach leaves to salad for more nutrients
- Eat a vegetable with every meal: breakfast, lunch, or dinner
- Add vegetables to omelets, pizza, sandwich, stir fry, and other recipes
- If you find it hard to eat vegetables consider vegetable juice or gazpacho
- Purchase pre-cut veggies and salad mixes for convenience
- Eat 5 servings of fruits and vegetables daily; keep a tally of servings eaten

3. Eat lower fat foods (see strategies below)

- ◇ Lower fat foods are less calorie dense
 - ◇ 4 Calories per gram of carbohydrates and protein
 - ◇ 7 Calories per gram of alcohol
 - ◇ 9 Calories per gram of fat
- ◇ Dietary fat is more likely to convert to body fat than carbohydrates or protein
 - ◇ Typically, less calories are consumed when eating a low fat diet (Lissner 1987, Thomas 1992).
 - ◇ A reduction in dietary fat without a reduction in total calories or an increase of physical activity only produces small if any changes in body fat mass (Leibel 1992).
 - ◇ High fat diets may limit endurance if carbohydrates are low and your body is accustomed to a higher carbohydrate diet.
 - ◇ A high fat diet may actually increase endurance in certain elite athletes particularly if they have adapted to such a diet
 - ◇ There is no net glucose synthesis from lipids except from glycerol portion - 10% by weight
 - ◇ It takes 20% more energy for the body to convert carbohydrates or protein to body fat than it does to convert

dietary fat to body fat

- ◇ Less tendency to over eat - particularly if your previous meal or snack is small or skipped
- ◇ American Dietary Guidelines suggest 20% to 30% of the calories in the diet should come from fat
 - Average American diet is 30% to 40% fat
- ◇ Fat is more palatable for many

Strategies for eating lower-fat foods

- Eat ice milk, sherbet, or non-fat frozen yogurt instead of ice cream
- Choose lower fat salad dressings (low fat, no fat)
- Substitute plain yogurt for sour cream
- Substitute plain yogurt or low fat mayonnaise for regular mayonnaise in your chicken or tuna salad
- Decrease sandwich spread or salad dressing by progressively adding plain yogurt or low fat mayonnaise
- Eat lower fat cuts of meat (chicken, turkey, lean beef)
- Choose milk with lower fat (2%, 1%, 1/2%, Skim or non-fat)
- Choose lower fat cheese (mozzarella, low fat cheese)
- Eat cereal with milk for bed time snack instead of traditional snack food (small bowl)
- Plan to eat healthy 6 days a week and only eat sweets and higher fat foods one day a week

4. Appetite control

- ◇ Eat just until comfortable, leave food on plate if necessary.
- ◇ Eat a small snack before lunch or dinner to reduce the tendency to overeat
- ◇ Keep a food journal of the quantities of all food eaten (very revealing)
- ◇ Rate appetite after each meal or snack: **1) Very Hungry, 2) Hungry, 3) Satisfied, 4) Full, 5) Very Full**
 - ◇ You should strive consistently to be satisfied (#3) with each meal
- ◇ Weigh food and serve pre-determined portion before sitting down to eat (know what you're bringing in prior to eating)
- ◇ Limit the number of times you eat out at restaurants
- ◇ Eat before being around processed snack foods (eg: party, shopping, etc.)
- ◇ Agree to do extra exercise if you eat more than you had planned
- ◇ Eat less on days when you know that you are not going to get your regular exercise session done

5. Planning

- ◇ Write a weekly menu with an accompanying shopping list
- ◇ Keep shopping list (with pen or pencil) conveniently located in kitchen
- ◇ Prepare foods the evening before and refrigerate for the next day

Source: <http://www.exrx.net/Nutrition.html>

One day Alice came to a fork in the road and saw a Cheshire cat in the tree. “Which road do I take?” she asked. His response was a question: “Where do you want to go?” “I don’t know,” Alice answered. “Then” said the cat, “it doesn’t matter.”

- Lewis Carroll

Now it is time to create a roadmap for assisting you towards becoming your **Number One!** This process will become your guide for getting you started and keeping thrust towards your objectives. Upon completing this supplement you will know what you really want, what’s keeping you from having it, gain amazing impetus to get it, and know what to do when things aren’t going your way!

These three points illustrate what you should expect to gain from this exercise:

1. **C**larity of Self: What do I really want?
2. **C**onviction of Ambition: What am I going TO DO to get *what I want?*
3. **C**reating opportunities in spite of obstacles.

Clarity of Self: Thinking about **ME**

*“We can all think of life as having three dimensions: being, doing, and having. Often we attempt to live out our lives backwards. We try to have more money in order to feel we can do more of what we want, so we can be happier. The way it actually works is the reverse. We must first **be** who we really are, then **do** what we feel guided to do, in order to **have** what we want.”* - Shatki Gawain

To begin, you must seek clarity about what you really want, not only physically, not just for the short term, but for living everyday to your fullest, for a lifetime. This three part step is designed to help you find out what is most important to you, help you determine your greatest values, then allow you to create or review your life’s plan.

EXERCISE ONE

This is a sobering but fortifying exercise. A beginning with the end in mind, so to speak. You are to envision that you have been given just twenty-four hours to live. Imagine this situation and think about the following: What would you want to satisfy, make good, celebrate? Who would you want to see? Would you want tell people things not said before or talked about? What would you miss the most? *Whom?* What would you have done differently? Do you have any regrets?

Realize that it is a bit much to do all of this in one day. Yet in order to live more fully, to grasp life and live, not to be led; couldn’t we make our lives more about doing and creating things that truly matter to us—hopefully while we have longer than just one day to do it in? It was once said that “The easiest way to have a good death is to have a good life.”

Please take as much time as you need to assemble your thoughts in response to the above provocations. Begin by responding to each of the following questions. Look at it, digest it, then respond to it. The only way for you to really begin engaging your entire being to this personal commitment is to know exactly where you are right now, physically, mentally, emotionally, even spiritually. There are additional pages in the back of this workbook if necessary.

STEP ONE: Thinking about **ME**

Given just 24-hours to live, what would you want to satisfy, make good, celebrate?

Who would you want to see?

Would you want tell people things not said before or talked about?

What would you miss the most? *Whom?*

What would you have done differently in your life?

From your previous responses, can any of the differences still be achieved? _____

Do you have any feelings of regret? If any, what are they?

From your responses above, can anything be done to reverse this feeling? _____

NUMBER ONE ME™ My guide to living my very best... everyday!

EXERCISE TWO

Creative tension is described as the gap between vision and the current reality. The vision is where you want to be and the current reality is where you are now. Creative tension is experienced by emotional tension, such as frustration, confusion, apathy, pain and anxiety. It is important to have a vision, but it is also important to be honest about your current reality. Creative tension should be used as fuel to motivate you towards your vision, if it is recognized and accepted. If not, the creative tension can facilitate lowering your vision- as that is easier than moving towards what you really want, i.e., *You wanted to lose weight but have now decided to not worry about your nutrition as much because you did not see any results from your "diet" within a the past few weeks.*

How do you experience your creative tension?

What is helpful for you in working through your creative tension?

STEP ONE: Thinking about ME

*Please take your time in responding to these questions; some may take a few minutes, some considerably more time. Try to answer all of the questions or just the ones that seem to be the most intriguing. The most important thing is to get in touch with what really matters to **you**.*

Here is your task:

1. *Read the questions below and write down your answers (use of extra pages, recommended)*
2. *Reflect on your answers and write a rough draft of your personal mission statement*
3. *Look back at your personal mission statement and decide:*
 - *Are all of your most important roles covered with this statement?*
 - *Do you feel direction, inspiration, and challenge when reviewing it?*
 - *Does the statement represent the best that is within you?*
 - *Are all of your main values covered by this statement?*

What are your greatest strengths?

What have other people noticed as your strengths?

When you are over age 80 and on your death-bed, what do you think will have been most important to you as you look back on your life? Why?

What qualities do you admire in others?

Who is the one person that has had the greatest influence on your life?

Why was that person able to have such an influence?

What have been your happiest moments?

What was it that made them so happy?

If you had all the money and time you needed, what would you want to do?

What are you usually doing when you start daydreaming?

What would say are the three most important things to you?

NUMBER ONE ME™ My guide to living my very best... everyday!

When you look back at your work life, what activities give you the greatest pleasure?

When you look back at your personal life, what activities give you the greatest pleasure?

What gifts or talents do you have that have been invisible to others?

Are there desires, things, or activities that in your deepest heart you feel that you really should do? What are they?

Physically what desires or goals do you have for yourself?

Socially what desires or goals do you have for yourself?

Mentally what are your desires or goals?

Spiritually what are your desires or goals?

What important roles are you currently fulfilling? (mother, father, friend, daughter, son, coworker, supervisor, etc.)

What lifetime goals do you want to make sure you accomplish in each role?

What results or successes are you currently receiving in your life that you want to continue?

What are you doing to achieve these results?

What would you really like to be and to do in your life if you were guaranteed success?

Are there any other dreams, desires, or goals that you want to document?

How are you feeling now after answering all of these questions?

Your answers to these questions should give you some excellent input for your Personal Action Plan or mission statement. Start to write your rough draft on the next page, **now**.

NUMBER ONE ME™ My guide to living my very best... everyday!

The Personal Action Plan can be used to achieve anything that you want in life. Use it today to discover what you really want and need *to do* to achieve your better health desires. Use it tomorrow to map out your future successes everywhere else in your life, just by inserting different terms in the first two questions. More space is provided on the next pages. Have fun!!!

PERSONAL ACTION PLAN WORKSHEET

A. ***What are you doing now in terms of your health and well-being?*** - Describe what you are doing that you would like to change?

B. ***What do you want to do in terms of your health and well-being?*** - Describe what you want. Explain how you would like to change the situation.

C. ***Goal development***—Develop one or two goals based on the changes that you would like to make.

1.

2.

D. ***Make a plan***

1. What is the first step to take in order to reach your goal(s)?

2. What additional steps do you need to take to reach your goal(s)?

3. What obstacles could prevent you from reaching your goal(s)?

4. How will you overcome these obstacles and roadblocks?

5. What types of support (friends, colleagues, training opportunities, materials, organizations) will help you reach your goal(s)?

6. How can each person, organization, or training opportunity support you? Be specific.

7. When and how will you implement your plan?

E. Make a commitment

1. What positive outcomes may occur if you attain your goal(s)?

2. What negative outcomes may occur if you attain your goal(s)?

F. Succeeding

1. How will you know when you have attained your goal(s)?

2. What reward will you provide for yourself when your goal(s) has been attained?

Adapted from Gerstein (1998)

Po-TEN-tial™

This is not a hope or a prayer. Potential is your ability to do something. It is your ability to realize everything that you want from this program and throughout your life. Potential is your willingness not to settle for anything less than the absolute best that you can be, every day. It is not just an ability to move yourself beyond your perceived limits, it is a mindset that you develop that you are NUMBER ONE and in order to achieve things you have never achieved before, than you've got to *do* the things that you have never done before.

po-TEN-tial™ begins NOW!

po-TEN-tial™ is your "No matter what- I can not fail me exercise".

po-TEN-tial™ is your fail-safe form of exercise. It is designed for days when your full, all-out bout to perform your absolute best cannot be completed. On those rare occasions—ten-minutes will have to do (minimum!). This does not replace your regular heart pounding exercise, it is merely a way for you to stay in the game.

By not sidelining yourself and giving yourself an opportunity to at least perform 10-minutes of activity (you choose whatever you want to do, at whichever intensity you feel comfortable), you will continue to benefit from your efforts.

Sure, ten-minutes won't entirely change your world on a regular basis. However, it will be better than 10 extra minutes sitting on the couch; 10-minutes of rummaging through the kitchen; or ten-minutes of feeling guilty that you did not do anything this day.


Allow **po-TEN-tial™**, your potential to perform some physical activity for 10-minutes, to become as synonymous with your day as brushing your teeth.

The power of **po-TEN-tial™** is the feeling of accomplishment that you will get when you're done. Plus, there is also the possibility that once you get started, you may surprise yourself in finding even more time to continue. But even if you don't, you still provided yourself with the opportunity and continue to know in your heart that you give your best NUMBER ONE effort everyday to be the NUMBER ONE person that you deserve to be! Ten-minutes goes a long way!

POWER of TEN-minutes To increase active living

Po-TEN-tial™





Month of _____ Year _____

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday					
1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3

- Fill in the appropriate month, year, and dates (in the top right corner of each day) in the corresponding spaces
- Check each day of your activity in the 1, 2, or 3 box of each day according to your exercise, using the table below to mark off appropriate activity
 - **1** = NUMBER ONE ME™ routine or other structured and devoted callisthenic or strength exercise
 - **2** = Some form of vigorous and devoted cardiovascular exercise 20-minutes or longer in duration
 - **3** = Po-TEN-Tial™
- Print out and complete a new calendar each month to chart your regular progress

TRY to perform your NUMBER ONE ME™ routine on an alternate day basis (3-maximum per week)
 TRY to perform at least 20-minutes of heart-pounding cardiovascular exercise 3-6 days per week
 Po-TEN-Tial™ EVERYDAY

NUMBER ONE ME™ My guide to living my very best... *everyday!*



NUMBER ONE ME™

BEGINNER EXERCISES AND PROGRESSIONS

TABLE OF CONTENTS	
BEGINNER 1	27–28
BEGINNER 2	29–31
BEGINNER 3	32–35

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: B1	EXERCISE	SETS	REPS
	FORM-CHAIR	3	15 each set
	CHAIR STAND & REACH	3	15 each set
	WALL PUSH-UP	3	15 each set
RECOVERY = 120-SECONDS/2-MINUTES			

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise required for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not everyone has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION
15-repetitions perfect form, per exercise for 3-sets. Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, move to the next level of exercises, B2
REST
Up to 120-seconds rest between each set

B1

FORM-CHAIR

Description

Start: Seated in chair (preferably a sturdy, high-backed kitchen/dining chair), feet approx. shoulder width apart, head up with excellent posture— with your back against chair back, (keep eyes focused where wall meets ceiling or up), arms extended with hands resting at your sides;

Action: 1) INHALE (through nose or mouth— abdominal breathing) then EXHALE (through mouth) while simultaneously raising extended R-arm/shoulder overhead (or in your comfortable ROM) along with lifting L-thigh from chair seat.

2) INHALE returning to start, then EXHALE and repeat exact movement this time raising L-arm/shoulder along with R-thigh.

Repeat for 15-repetitions (1—repetition to each side = 1 full repetition)

- Keep eyes focused where wall meets ceiling and neutral posture with your back against chair's back
- Work in a full ROM
- Let your breathing dictate the cadence... NEVER move faster than you can breathe!

B1

CHAIR STAND & REACH

Description

Start: Seated in chair (preferably a sturdy, high-backed kitchen/dining chair), feet approx. shoulder width apart, head up with excellent posture— with your back against chair back, (keep eyes focused where wall meets ceiling or up), with hands resting on top of your thighs;

Action: 1) INHALE (through nose or mouth— abdominal breathing) then EXHALE (through mouth) pushing hands on thighs and using your legs to bring you to a stand in front of the chair—while also bringing your extended arms to an overhead reach (or in your comfortable ROM)

2) INHALE returning to start, pushing hips back and lowering legs (KEEP SPINE NEUTRAL) until hips/butt touch chair (keep eyes focused where wall meets ceiling or up).

Repeat for 15-repetitions

- Keep eyes focused where wall meets ceiling and neutral posture throughout
- You decide whether or not to go to a full sit with each repetition (sitting all the to the chair back or not).
- Let your breathing dictate the cadence... NEVER move faster than you can breathe!

B1

WALL PUSH-UP

Description

Start: Face wall and with extended arms in front of chest, place hands approximately shoulder width apart and at chest height on the wall (approximately at nipple line); place both feet behind body so that you are leaning into the wall and your heels are just leaving the floor (approx. shoulder width);

Action: 1) INHALE and lower yourself, by flexing your elbows, towards the wall, until your upper arms are parallel with the wall (or in your comfortable ROM) ;

2) EXHALE while pushing yourself back to start—focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals)

Repeat for 15-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Do not allow your hips to dip in toward the wall

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: B2	EXERCISE	SETS	REPS
	STANDING FORM WALK	3	15 each set
	SQUAT & REACH	3	15 each set
	STAIR/TABLE/CHAIR PUSH-UP	3	15 each set
	MODIFIED CRUNCH	3	15 each set
RECOVERY = 120-SECONDS/2-MINUTES			

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise required for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not everyone has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION

Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, move to the next level of exercises, B3

REST

Up to 120-seconds rest between each set

B2

STANDING FORM-WALK

Description

Start: Stand with your feet spaced approximately shoulder width apart; looking up to where the wall meets the ceiling; Exhale while simultaneously lifting R-thigh parallel to the floor in front of you and your L-arm (slight flex in elbow) extended overhead; Inhale returning to start; Exhale duplicating movement with L-leg and R-arm; repeat for required repetitions.

Action: 1) INHALE (through nose or mouth– abdominal breathing) then **EXHALE** (through mouth) while simultaneously raising extended L-arm/shoulder overhead (or in your comfortable ROM) along with lifting R-thigh from floor.

2) INHALE returning to start, then **EXHALE** and repeat exact movement this time raising L-arm/shoulder along with R-thigh.

Repeat for 15-repetitions (1–repetition to each side = 1 full repetition)

- Keep eyes focused where wall meets ceiling and neutral posture with your back against chair’s back
- Work in a full ROM
- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- YOU WILL BE STANDING ON ONE FOOT MOMENTARILY (if you’d like to hold this position for a few seconds, go ahead!). Stand next to a chair if you would feel more comfortable, should you need to regain your balance.

B2

SQUAT & REACH

Description

Start: Stand with your feet spaced approximately shoulder width apart, arms relaxed at sides; looking up to where the wall meets the ceiling. Inhale while pushing hips back (as if going to sit down) and lower your legs until your thighs are almost parallel to the floor (or in your comfortable ROM); Exhale returning to start while reaching arms/hands overhead; repeat

Action: 1) INHALE (through nose or mouth– abdominal breathing) while pushing your hips/butt back (you should feel slight pressure in your low back) and lower your legs until your thighs are almost parallel to the floor (or in your comfortable ROM)

2) EXHALE returning to stand (maintaining slight flex in both knees) and reaching both arms overhead (or in your comfortable ROM)

Repeat for 15-repetitions

- Keep eyes focused where wall meets ceiling and neutral posture throughout
- If you can not initially get the full ROM, TRY to increase your ROM slightly more each time
- Let your breathing dictate the cadence... NEVER move faster than you can breathe!

B2**STAIRS/CHAIR /TABLEPUSH-UP****Description**

Start: Face stairs/sturdy chair or table (whichever is more convenient for you to use- the goal is to begin getting closer to the floor for the next progression-working high to low) and place hands approximately shoulder width apart and at chest level on the Nth stair from the floor/landing [start with a stair that allows you a mild progression from the previous form (wall push-up); the further your feet are from the stairs on the floor, the more advanced the exercise] or placing hands on a sturdy kitchen table/ high back chair/counter-top; place both feet behind body so that you are hovering over the stairs with heels off the floor or angled away from table/chair; Inhale and lower yourself towards the stairs/table/chair, until your elbows are at a 90-degree angle (or in your comfortable ROM); Exhale and return to start (maintaining slight flex in both elbows); repeat

*MOVING FROM HIGH TO LOW GRADUALLY INCREASES THE INTENSITY OF THIS EXERCISE

Action: **1) INHALE** and lower yourself by flexing your elbows towards the stairs/table/chair until your upper arms are at approximately a 90-degree angle (or in your comfortable ROM)

2) EXHALE while pushing yourself back to start (maintaining slight flex in both elbows)—focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals) no bend (either way) in hips

Repeat for 15-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor or pushing hips into the air; Do not flex your chin to your chest

B2**MODIFIED CRUNCH****Description**

Start: Lying on the floor on your back, with your knees bent and feet flat on the floor; bring your heels to touch your fingertips- or as close as you can (this flexes your hips to isolate your abdominals); extend your arms and place your hands flat on your thighs (maintain a slight flex in your elbows); Exhale, flexing from your abdominals (focus on pushing your low-back into the floor) which will bring your extended fingers to the top of your knees (or close to them); Inhale and return to start; repeat

Action: **1) EXHALE** while flexing abdominals, focusing on pushing low-back into the floor bringing your extended fingers to touch the top of your knees (or as close to them as possible)

2) INHALE returning to start allowing your head to return to the floor

Repeat for 15-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Stare at the ceiling through the entire movement
- Keep your feet flat on the floor

NUMBER ONE ME™ My guide to living my very best... everyday!

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: B3	EXERCISE	SETS	REPS
	FORM-WALK (stand w/plantar flex)	3	15 each set
	SQUAT & REACH	3	15 each set
	MODIFIED PUSH-UP	3	15 each set
	LYING CRUNCH	3	15 each set
	ALTNERATE REACH (from floor)	3	15 each set
RECOVERY = 120-SECONDS/2-MINUTES			

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise re-quired for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not every-one has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION

15-repetitions perfect form, per exercise for 3-sets

Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, move to the next level of exercises, II

REST

Up to 120-seconds rest between each set

B3

FORM-WALK (w/plantar flex)

Purpose: To increase core/pelvic strength & stability; improve balance; increase proprioception (spatial awareness); increase shoulder ROM

Start: Stand with your feet spaced approximately shoulder width apart; looking up to where the wall meets the ceiling; Exhale while simultaneously lifting R-thigh parallel to the floor in front of you and your L-arm (slight flex in elbow) extended overhead, while stepping up onto L-toes (plantar flexion); Inhale returning to start; Exhale duplicating movement with L-leg/thigh, R-arm and R-toes; repeat for required repetitions.

Action: **1) INHALE** (through nose or mouth– abdominal breathing) then **EXHALE** (through mouth) while simultaneously raising extended L-arm/shoulder overhead (or in your comfortable ROM) along with lifting R-thigh from floor and stepping up onto L-toes (plantar flexion)
2) INHALE returning to start, then **EXHALE** and repeat exact movement this time raising L-arm/shoulder along with L-thigh, stepping up onto R-toes (plantar flexion)

Repeat for 15-repetitions (1–repetition to each side = 1 full repetition)

- Keep eyes focused where wall meets ceiling and neutral posture with your back against chair’s back
- Work in a full ROM
- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- YOU WILL BE STANDING ON ONE FOOT MOMENTARILY (if you’d like to hold this position for a few seconds, go ahead!). Stand next to a chair if you would feel more comfortable, should you need to regain your balance.

B3

SQUAT & REACH

Purpose: To increase strength of lower body (hips, quadriceps, hamstrings, calves); increase core/pelvic strength & stability; increase shoulder ROM

Start: Stand with your feet spaced approximately shoulder width apart, arms relaxed at sides; looking up to where the wall meets the ceiling. Inhale while pushing hips back (as if going to sit down) and lower your legs until your thighs are almost parallel to the floor (or in your comfortable ROM); Exhale returning to start while reaching arms/hands overhead; repeat

Action: **1) INHALE** (through nose or mouth– abdominal breathing) while pushing your hips/butt back (you should feel slight pressure in your low back) and lower your legs until your thighs are almost parallel to the floor (or in your comfortable ROM)
2) EXHALE returning to stand (maintaining slight flex in both knees) and reaching both arms overhead (or in your comfortable ROM)

Repeat for 15-repetitions

- Keep eyes focused where wall meets ceiling and neutral posture throughout
- If you can not initially get the full ROM, TRY to increase your ROM slightly more each time
- Let your breathing dictate the cadence... NEVER move faster than you can breathe!

B3

MODIFIED PUSH-UP

Purpose: To increase core/pelvic strength & stability; increase shoulder ROM

Start On the floor supporting body from your knees (feet in air, heels toward ceiling) and from extended arms with your hands on the floor (hands approximately shoulder width apart) with your thumbs level with "nipple line" (knees are the fulcrum in the movement). Inhale lowering your body towards floor until upper arms are almost parallel to floor (or in your comfortable ROM) maintaining tight abdominals/ neutral spine. Exhale returning to start (maintaining slight flex in both elbows); repeat

Action: 1) INHALE and lower yourself by flexing your elbows towards the floor until your upper arms are at approximately a 90-degree angle/parallel to floor (or in your comfortable ROM)
2) EXHALE while pushing yourself back to start (maintaining slight flex in both elbows)—focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals) no bend (either way) in hips

Repeat for 15-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor *or* pushing hips into the air; Do not flex your chin to your chest

B3

LYING CRUNCH

Purpose: To increase rectus abdominal and multifidus strength

Start: Lying on the floor on your back, with your knees bent and feet flat on the floor; bring your heels to touch your fingertips— or as close as you can (this flexes your hips to isolate your abdominals); extend your arms and place your hands flat on your thighs (maintain a slight flex in your elbows); Exhale, flexing from your abdominals (focus on pushing your low-back into the floor) which will bring your extended fingers to the top of your knees (or close to them); Inhale and return to start; repeat

Action: 1) EXHALE while flexing abdominals, focusing on pushing low-back into the floor bringing your extended fingers to touch the top of your knees (or as close to them as possible)
2) INHALE returning to start allowing your head to return to the floor

Repeat for 15-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Stare at the ceiling through the entire movement
- Keep your feet flat on the floor

B3

ALTERNATE REACH (from floor)

Purpose: To increase strength of erector spinae and hips/hamstrings; increase proprioception (spatial awareness); increase shoulder strength and ROM

Start: Lying face down (prone) with arms extended overhead, toes pointed back, face hovering over floor (not pressed into floor); Exhale and simultaneously reach and lift L-arm and R-leg; Inhale and return to start; Exhale and repeat with R-arm/L-leg; relax; repeat

Action: 1) EXHALE while simultaneously reaching and lifting your L-arm and R-leg (point toes backward)

2) INHALE returning to start; repeat to other appendages; repeat

Repeat for 15-repetitions (1—repetition to each side = 1 full repetition)

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain neutral spine (do not press face into floor or lift head straining neck)
- Maintain linear movement

NUMBER ONE ME™ My guide to living my very best... *everyday!*



NUMBER ONE ME™

INTERMEDIATE EXERCISES AND PROGRESSIONS

TABLE OF CONTENTS	
INTERMEDIATE 1	37–40
INTERMEDIATE 2	41–44
INTERMEDIATE 3	45–48

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: II	EXERCISE	SETS	REPS
	ABDOMINAL PRONE (30-seconds)	3	30-secs. each set
	SPLIT SQUAT & REACH	3	12 each set
	REGULAR PUSH-UP	3	12 each set
	LYING CRUNCH	3	12 each set
	ALTNERATE REACH (from knees)	3	12 each set
	RECOVERY = 90-SECONDS/1.5-MINUTES		

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise required for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not everyone has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION

12-repetitions perfect form, per exercise for 3-sets

Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, move to the next level of exercises, 12

REST

Up to 90-seconds rest between each set

11	ABDOMINAL PRONE (30 seconds)
11	<p>Purpose: Increase inner core strength (transverse abdominus), pelvic stability, low back strength; mental toughness</p> <p>Start: Lying face down on ground (prone), support your entire body in this 'prone' position hovering your body over the floor supported only from your forearms and toes; DO NOT ALLOW YOUR LOW BACK TO DIP; focus on drawing your belly button in towards your spine; hold this position for up to 30-seconds</p> <p>Action: This is a stabilizing exercise which requires no specific breathing... Just BREATHE!. You do need to focus tremendously on pulling your abdominals in towards your spine (focus on your belly-button). There should be minimal to no movement at all. Your mind always quits before your body!</p> <ul style="list-style-type: none"> • Keep a neutral posture • Your transverse abdominus acts as an interior girdle, holding everything in place, plus is the ultimate pelvic stabilizer. • This is as much a mental conditioning exercise. Your mind will always quit before your body! Don't quit!
11	SPLIT SQUAT & REACH
11	<p>Purpose: To strengthen low-body (hips, quadriceps, hamstrings, calves, ankles); to improve balance</p> <p>Start: Standing with feet parallel, approximately shoulder width and focusing on where the wall meets the ceiling. Step your R-foot forward approximately 3-feet. Place both hands on R-thigh. Inhale and lower R-hip until R-thigh is parallel to floor- DO NOT allow L knee to rest on floor or R knee to extend over toes. Exhale pushing hands from thighs and returning to start and bring both arms overhead; repeat; repeat to L leg.</p> <p>Action: 1) INHALE (through nose or mouth- abdominal breathing) while lowering your forward standing thigh until it is parallel to floor (or in your comfortable ROM)</p> <p>2) EXHALE pushing hands from thigh returning to start (maintaining slight flex in both knees) and reaching both arms overhead (or in your comfortable ROM)</p> <p style="text-align: center;">Repeat for 12-repetitions to each leg</p> <ul style="list-style-type: none"> • Keep eyes focused where wall meets ceiling and neutral posture throughout • If you can not initially get the full ROM, TRY to increase your ROM slightly more each time • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Do not lean forward on forward foot, stressing knee beyond forward toes • Try to keep your body weight centered in the middle of your working/forward foot

11

REGULAR PUSH-UP

Purpose: To strengthen chest (pectorals), shoulders (deltoids), upper arm (triceps); increase pelvic stability (transverse abdominus)

Start: From the prone (face down) position on the floor; maintain a neutral spine with your head up supporting your body from your hands with extended arms under chest and on feet (toes) (Plank position) – Inhale, lower body until upper arms are parallel to floor (or in your comfortable ROM) ; Exhale returning to start (maintaining slight flex in both elbows); repeat

Action: **1) INHALE** and lower yourself by flexing your elbows towards the floor until your upper arms are at approximately a 90-degree angle (or in your comfortable ROM)
2) EXHALE while pushing yourself back to start (maintaining slight flex in both elbows)—focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals) no bend (either way) in hips

Repeat for 12-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor *or* pushing hips into the air; Do not flex your chin to your chest

11

LYING CRUNCHES

Purpose: To strengthen abdominals (rectus abdominus)

Start: Lying on your back with legs extended on the floor with one foot on top of other (bottom foot toes to top foot heel) and with both arms extended over chest; Exhale flexing your spine, cervical (chin to chest) -thoracic (rolling shoulders up) and lumbar (low back) is pushing into floor; Inhale return to start; repeat. Alternate foot on top w/each successive set

Action: **1) EXHALE** while flexing abdominals, focusing on pushing low-back into the floor rolling your head forward and extended arms/fingers toward ceiling
2) INHALE returning to start allowing your head to return to the floor

Repeat for 12-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Keep your heels on the floor
- Very short ROM

11

ALTERNATE REACH (from knees)

Purpose: To strengthen erector spinae (muscles along spine), transverse abdominus; increase proprioception

Start: Face down (prone) supporting the body from your hands and knees; Exhale and simultaneously reach L-arm and R-leg (this will put you into an unstable situation- focus on drawing belly-button to spine); Inhale and return to start; Exhale and repeat movement with R-arm/L-leg; repeat (Focus on stabilizing from the pelvis)

Action: 1) EXHALE while simultaneously reaching (lifting will automatically happen) your L-arm and R-leg (point toes backward)

2) INHALE returning to start; repeat to other appendages; repeat

Repeat for 12-repetitions (1-repetition to each side = 1 full repetition)

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain neutral spine (slow controlled movement- stabilizing from your pelvis)
- Maintain linear movement

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: 12	EXERCISE	SETS	REPS
	ABDOMINAL PRONE (60-seconds)	3	60-secs. each set
	ALTERNATING LUNGE & REACH	3	12 each set
	REGULAR PUSH-UP (alternating leg up)	3	12 each set
	1,2,3 CRUNCHES	3	12 each set
	SUPERMAN STABLE (2-count)	3	12 each set
	SEATED TWIST	3	12 each set
	RECOVERY = 90-SECONDS/1.5-MINUTES		

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise required for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not everyone has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION

12-repetitions perfect form, per exercise for 3-sets

Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, move to the next level of exercises, 13

REST

Up to 90-seconds rest between each set

12	ABDOMINAL PRONE (60 seconds)
12	<p>Purpose: Increase inner core strength (transverse abdominus), pelvic stability, low back strength; mental toughness</p> <p>Start: Lying face down on ground (prone), support your entire body in this 'prone' position hovering your body over the floor supported only from your forearms and toes; DO NOT ALLOW YOUR LOW BACK TO DIP; focus on drawing your belly button in towards your spine; hold this position for up to 60-seconds</p> <p>Action: This is a stabilizing exercise which requires no specific breathing... Just BREATHE!. You do need to focus tremendously on pulling your abdominals in towards your spine (focus on your belly-button). There should be minimal to no movement at all. Your mind always quits before your body!</p> <ul style="list-style-type: none"> • Keep a neutral posture • Your transverse abdominus acts as an interior girdle, holding everything in place, plus is the ultimate pelvic stabilizer. • This is as much a mental conditioning exercise. Your mind will always quit before your body! Don't quit!
12	ALTERNATING LUNGE & REACH
12	<p>Purpose: To strengthen low-body (hips, quadriceps, hamstrings, calves, ankles); to improve balance</p> <p>Start: Standing with feet parallel and with both arms relaxed at sides; looking up to where the wall meets the ceiling; Inhale while stepping R foot forward approx. 3ft (make R-heel touch floor first) and lower hip/leg until R thigh is parallel to floor (or in your comfortable ROM) - DO NOT allow L knee to rest on floor or R knee to extend over toes. Exhale while pushing R-foot from floor returning to start and brining both arms overhead; repeat to L leg ;repeat</p> <p>Action: 1) INHALE (through nose or mouth– abdominal breathing) while lowering your forward standing thigh until it is parallel to floor (or in your comfortable ROM) 2) EXHALE returning to stand (maintaining slight flex in both knees) and reaching both arms overhead (or in your comfortable ROM)</p> <p style="text-align: center;">Repeat for 12-repetitions (1–repetition to each side = 1 full repetition)</p> <ul style="list-style-type: none"> • Keep eyes focused where wall meets ceiling and neutral posture throughout • If you can not initially get the full ROM, TRY to increase your ROM slightly more each time • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Do not lean forward on forward foot, stressing knee beyond forward toes • Try to keep your body weight centered in the middle of your working/forward foot

12

REGULAR PUSH-UP (alternating leg up)

Purpose: To strengthen chest (pectorals), shoulders (deltoids), upper arm (triceps); increase pelvic stability (transverse abdominus); increase lateral hip stability

Start: From the prone (face down) position on the floor; maintain a neutral spine with your head up supporting your body from your hands with extended arms under chest and on one foot- lift the other foot from the floor and hold it hovering over the floor- Inhale, lower body until upper arms are parallel to floor (or in your comfortable ROM) ; Exhale returning to start (maintaining slight flex in both elbows); repeat alternating hovering foot/leg w/each successive repetition to 12-repetitions

Action: 1) INHALE and lower yourself by flexing your elbows towards the floor until your upper arms are at approximately a 90-degree angle (or in your comfortable ROM)
 2) EXHALE while pushing yourself back to start (maintaining slight flex in both elbows)—focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals) no bend (either way) in hips; switch hovering leg each repetition

Repeat for 12-repetitions (6 on each foot-alternating)

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor or pushing hips into the air; Do not flex your chin to your chest
- Your mind always quits before your body!!

12

1,2,3 CRUNCHES

Purpose: To strengthen abdominals (rectus abdominus), obliques (inner and outer)

Start: Lying on the floor on your back, with your knees bent and feet flat on the floor; bring your heels to touch your finger tips- or as close as you can (this flexes your hips to isolate your abdominals); extend your arms in front of your thighs and place one hand over top of the other; (1) facing your R-knee Exhale while flexing from abdominals and obliques to bring your outstretched fingers to touch the outside of your R-knee; Inhale returning to start; (2) now facing the top/middle of your knees flex from abdominals-pushing low-back into floor- bringing outstretched fingers to the top/middle of your knees; Inhale returning to start; (3) facing your L-knee Exhale while flexing from abdominals and obliques to bring your outstretched fingers to touch the outside of your L-knee; Inhale returning to start; repeat in succession

Action: 1) EXHALE while flexing abdominals, focusing on pushing low-back into the floor rolling your head forward and extended arms/fingers toward each landmark (1,2,3)

2) INHALE returning to start

Repeat for 12-repetitions (1-repetition to each landmark = 1 full repetition)

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Keep your heels on the floor
- Very short ROM

12	SUPERMAN STABLE (2-count)
12	<p>Purpose: To strengthen erector spinae (muscles along spine), hips</p> <p>Start: Lying face down (prone) on the floor with arms extended overhead; EXHALE flexing erector spinae (back muscles) and hips to lift your arms/chest and extended legs from floor (maintain a slight flex in knees) into the superman flying position-only extend until you feel contraction in low-back and hold for a 2-count (1,2); INHALE relax; repeat</p> <p>Action: 1) <u>EXHALE</u> contracting muscles of lower and upper back along with hips to raise your extended legs and arms/chest/head from floor and hold for a 2-count (1,2). 2) <u>INHALE</u> returning to start; repeat</p> <p style="text-align: center;">Repeat for 12-repetitions</p> <ul style="list-style-type: none"> • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Maintain neutral spine (slow controlled movement- stabilizing from your pelvis) • Maintain linear movement
12	SEATED TWIST
12	<p>Purpose: To strengthen inner/outer obliques; transverse abdominus</p> <p>Start: Seated on floor with knees flexed and toes pointed toward ceiling, upper body slanted back at about a 45-degree angle (keeping chest and head up), arms extended in front of you with keeping one hand over top of the other; Exhale while turning shoulders and torso Right in direction of the floor and try to touch the floor with the outside of your R-pinky finger. Inhale returning to the center/start and Exhale immediately duplicating the movement to your L side and touching the floor with the outside of your L-pinky finger; repeat to each side; repeat</p> <p>Action: 1) <u>EXHALE</u> while turning from shoulders/torso/spine in either direction and touching the floor in that direction with the outside of pinky finger on that same side (extended arms/fingers are just an extension of body- move from your body, not your arms) 2) <u>INHALE</u> returning to middle/start; repeat</p> <p style="text-align: center;">Repeat for 12-repetitions (1-repetition to each landmark = 1 full repetition)</p> <ul style="list-style-type: none"> • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Maintain neutral spine [chest and head up (wall meets the ceiling) slow controlled movement- stabilizing from your pelvis] • Maintain extended arms • Try and make a fluid movement from side to side, not pausing in the middle (or work up to this)

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: I3	EXERCISE	SETS	REPS
	ABDOMINAL PLANK (60-seconds)	3	60-secs. each set
	ALTERNATING LUNGE (w/rotation)	3	12 each set
	REGULAR PUSH-UP (1-leg up hold)	3	12 each set
	DEAD BUG CRUNCH	3	12 each set
	SUPERMAN STABLE (30-seconds)	3	30-secs. each set
	RUSSIAN TWIST	3	12 each set
	RECOVERY = 90-SECONDS/1.5-MINUTES		

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise required for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not everyone has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION

12-repetitions perfect form, per exercise for 3-sets
Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, move to the next level of exercises, A1

REST

Up to 90-seconds rest between each set

13	ABDOMINAL PLANK (60 seconds)
13	<p>Purpose: Increase inner core strength (transverse abdominus), pelvic stability, low back strength; shoulder girdle strength/stability; mental toughness</p> <p>Start: Lying face down on ground, support your entire body in a 'plank' position hovering your body over the floor supported in the traditional "push-up" position; DO NOT ALLOW YOUR LOW BACK TO DIP; focus on drawing your belly button in towards your spine; hold this position for up to 60-seconds</p> <p>Action: This is a stabilizing exercise which requires no specific breathing... Just BREATHE!. You do need to focus tremendously on pulling your abdominals in towards your spine (focus on your belly-button). There should be minimal to no movement at all. Support from your interior not from your shoulders! Your mind always quits before your body!</p> <ul style="list-style-type: none"> • Keep a neutral posture • Your transverse abdominus acts as an interior girdle, holding everything in place, plus is the ultimate pelvic stabilizer. • This is as much a mental conditioning exercise. Your mind will always quit before your body! Don't quit!
13	ALTERNATING LUNGE (w/rotation)
13	<p>Purpose: To strengthen low-body (hips, quadriceps, hamstrings, calves, ankles); to increase spinal ROM; to improve balance</p> <p>Start: Standing with feet parallel focusing on where wall/meets ceiling; holding extended arms one hand over the other out in front of your chest; Inhale while stepping R foot forward approx. 3ft (make R-heel touch floor first) and lower hip/leg until R thigh is parallel to floor (or in your comfortable ROM) - DO NOT allow L knee to rest on floor or R knee to extend over toes; now Exhale rotating shoulders right then left-inhaling through middle, still in lunge position Inhale then Exhale while pushing R-foot from floor returning to start; repeat to L leg ;repeat</p> <p>*Keep your head up! eyes focused on where the wall meets the ceiling- the whole time (look down, go down!)</p> <p>Action:</p> <ol style="list-style-type: none"> 1) <u>INHALE</u> (through nose or mouth- abdominal breathing) while lowering your forward standing thigh until it is parallel to floor (or in your comfortable ROM) 2) <u>EXHALE</u> while turning from shoulders/torso/spine in either direction (in your comfortable ROM) maintaining extended arms 3) <u>INHALE</u> returning to middle then though to the opposite side for each repetition 4) <u>EXHALE</u> returning to start (maintaining slight flex in both knees) <p style="text-align: center;">Repeat for 12-repetitions (1-repetition to each side = 1 full repetition)</p> <ul style="list-style-type: none"> • Keep eyes focused where wall meets ceiling and neutral posture throughout • If you can not initially get the full ROM, TRY to increase your ROM slightly more each time • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Do not lean forward on forward foot, stressing knee beyond forward toes • Try to keep your body weight centered in the middle of your working/forward foot • Maintain arms extended in front of chest throughout

13

REGULAR PUSH-UP (1-leg up hold)

Purpose: To strengthen chest (pectorals), shoulders (deltoids), upper arm (triceps); increase pelvic stability (transverse abdominus); increase lateral hip stability

Start: From the prone (face down) position on the floor; maintain a neutral spine with your head up supporting your body from your hands with extended arms under chest and on one foot- lift the other foot from the floor and hold it hovering over the floor- Inhale, lower body until upper arms are parallel to floor (or in your comfortable ROM) ; Exhale returning to start (maintaining slight flex in both elbows); repeat for 12-repetitions with each leg in the same set

Action: 1) INHALE and lower yourself by flexing your elbows towards the floor until your upper arms are at approximately a 90-degree angle (or in your comfortable ROM)
2) EXHALE while pushing yourself back to start (maintaining slight flex in both elbows)—focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals) no bend (either way) in hips

Repeat for 12-repetitions with each leg (24-total push-up repetitions)

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor or pushing hips into the air; Do not flex your chin to your chest
- Try to maintain hovering leg for all repetitions. If you must, switch the hovering leg mid-set, but work up to keeping each one hovering for all 12-repetitions... Your mind always quits before your body!!

13

DEAD BUG

Purpose: To strengthen abdominals (rectus abdominus), obliques (inner and outer); hip flexors

Start: Lying on your back, with legs extended resting on floor and with both arms extended over head; Exhale while flexing from your abdominals and L-side simultaneously lifting extended L-leg to meet R-hand/forearm/elbow to touch L-knee; Inhale returning to start; repeat to L-hand/forearm/elbow to R-knee; repeat

Action: 1) EXHALE while flexing from abdominals, sides, and hip flexor, to meet hand/forearm/elbow and opposite leg knee over abdomen/diaphragm

2) INHALE returning to start

Repeat for 12-repetitions (1—repetition to each side = 1 full repetition)

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a slight flex in joints (knees/elbows)
- Hand/forearm/elbow are landmarks of progression. Hand is the easiest to touch to knee, whereas the elbow is more difficult. Start easy than work hard to the next level of exercise progression
- Let your head follow your body- when you rotate shoulder up and when returning to start, let your head follow your body
- Rotate shoulders up from the floor- do not just move your arms to meet the knees

13

SUPERMAN STABLE (30 seconds)

- Purpose:** To strengthen erector spinae (muscles along spine), hips
- Start:** Lying face down (prone) on the floor with arms extended overhead; **EXHALE** flexing erector spinae (back muscles) and hips to lift your arms/chest and extended legs from floor (maintain a slight flex in knees) into the superman flying position-only extend until you feel contraction in low-back and hold 30-seconds; **INHALE** relax
- Action:**
- 1) **EXHALE** contracting muscles of lower and upper back along with hips to raise your extended legs and arms/chest/head from floor and hold for 30-seconds
 - 2) **INHALE** returning to start; repeat
- This is a stabilizing exercise which requires no specific breathing... Just BREATHE!
 - Maintain neutral spine (slow controlled movement- stabilizing from your pelvis)

13

RUSSIAN TWIST

- Purpose:** To strengthen inner/outer obliques; transverse abdominus
- Start:** Seated on floor with heels hovering over floor, balanced from sacrum/low back toes pointed toward ceiling, upper body at 45 degree angle and holding SB in front of you. Facing forward, Exhale while turning shoulders R and torso to touch the SB on floor. Inhale moving the SB to the L side and touch on exhale; repeat to each side
- Seated on floor with knees flexed and toes pointed toward ceiling, upper body slanted back at about a 45-degree angle (keeping chest and head up), arms extended in front of you with keeping one hand over top of the other; Pull heels from floor balancing from your sacrum (if discomfort try sitting on a folded towel or mat) and maintain heels hovering from the floor; Exhale while turning shoulders and torso Right in direction of the floor and try to touch the floor with the outside of your R-pinky finger. Inhale returning to the center/start and Exhale immediately duplicating the movement to your L side and touching the floor with the outside of your L-pinky finger; repeat to each side; repeat
- Action:**
- 1) **EXHALE** while turning from shoulders/torso/spine in either direction and touching the floor in that direction with the outside of pinky finger on that same side (extended arms/fingers are just an extension of body- move from your body, not your arms)
 - 2) **INHALE** returning to middle/start; repeat
- Repeat for 12-repetitions (1-repetition to each landmark = 1 full repetition)
- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
 - Maintain neutral spine [chest and head up (wall meets the ceiling) slow controlled movement- stabilizing from your pelvis]
 - Maintain extended arms
 - Try and make a fluid movement from side to side, not pausing in the middle (or work up to this)



NUMBER ONE ME™

ADVANCED EXERCISES AND PROGRESSIONS

TABLE OF CONTENTS	
ADVANCED 1	50–54
ADVANCED 2	55–58
ADVANCED 3	59–65

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: A1	EXERCISE	SETS	REPS
	ABDOMINAL PRONE 1-LEG (30-seconds*2)	3	60-secs. (30*2) each set
	GIANT LUNGE	3	10 each set
	GIANT PUSH-UP	3	10 each set
	BURPEE (modified)	3	10 each set
	BICYCLE CRUNCH	3	10 each set
RECOVERY = 60-SECONDS/1-MINUTE			

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise required for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not everyone has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION
<p>10-repetitions perfect form, per exercise for 3-sets Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, move to the next level of exercises, A2</p>
REST
<p>Up to 60-seconds rest between each set</p>

A1	ABDOMINAL PRONE 1-LEG [60 seconds (30 seconds*2)]
	<p>Purpose: Increase inner core strength (transverse abdominus), pelvic stability, low back strength; hip stability; mental toughness</p> <p>Start: Lying face down on ground, support your entire body in a 'prone' position hovering your body over the floor supported only from your forearms and one foot (with the other hovering inches from the floor); DO NOT ALLOW YOUR LOW BACK TO DIP; focus on drawing your belly button in towards your spine; hold this position for up to 30-seconds then switch your hold foot; repeat to each foot in the same set</p> <p>Action: This is a stabilizing exercise which requires no specific breathing... Just BREATHE!. You do need to focus tremendously on pulling your abdominals in towards your spine (focus on your belly-button). There should be minimal to no movement at all. Support from your interior not from your shoulders! Your mind always quits before your body!</p> <ul style="list-style-type: none"> • Keep a neutral posture • Your transverse abdominus acts as an interior girdle, holding everything in place, plus is the ultimate pelvic stabilizer • Hover foot from floor focusing on same side hip stabilization • This is as much a mental conditioning exercise. Your mind will always quit before your body! Don't quit!

A1	GIANT LUNGE
	<p>Purpose: To strengthen low-body (hips, quadriceps, hamstrings, calves, ankles); to improve balance</p> <p>Start: Standing with feet parallel focusing on where wall/meets ceiling; Inhale while stepping R-foot forward approx. 3ft and lower hips until R thigh is parallel to floor and placing both hands on top of R-knee-DO NOT allow L knee to touch floor or R knee to extend over toes. Exhale pushing hands from knee and returning to upright then reversing the exact action backwards (trying not to touch foot in middle); now Inhale stepping R-leg back (approx. 3ft) now lowering L-thigh parallel to the floor in front of you and placing both hands on top of L-knee; Exhale pushing hands from knee and stepping up returning to start; repeat movement to L-leg; *repeat</p> <p>Keep your head up! eyes focused on where the wall meets the ceiling- the whole time (look down, go down!)</p> <p>Action: 1) INHALE (through nose or mouth- abdominal breathing) while stepping leg out in front of you (heel-ball-toe) and lowering your forward standing thigh until it is parallel to floor (or in your comfortable ROM) and placing both hands on top of forward knee</p> <p>2) EXHALE while pushing hands from knee and pushing back up to a stand and moving the same working leg backward to lunge</p> <p>3) INHALE while lowering opposite leg thigh parallel to floor (backward lunge) and placing both hands atop forward flexed knee</p> <p>4) EXHALE returning to start (maintaining slight flex in both knees)</p> <p>Repeat for 10-repetitions (1-repetition to each side = 1 full repetition)</p> <ul style="list-style-type: none">• Keep eyes focused where wall meets ceiling and neutral posture throughout• If you can not initially get the full ROM, TRY to increase your ROM slightly more each time• Let your breathing dictate the cadence... NEVER move faster than you can breathe!• Do not lean forward on forward foot, stressing knee beyond forward toes• Try to keep your body weight centered in the middle of your working/forward foot• Try to keep movement without pause from forward lunge to backward lunge <p>*You can perform this exercise alternating between your L and R leg as detailed here; or you can perform them successive for 10-repetitions to each leg, as shown in the video; or you can combine the two methods. Either way your goal is to complete 10 terrific repetitions to each leg.</p>

A1

GIANT PUSH-UP

Purpose: To strengthen chest (pectorals), shoulders (deltoids), upper arm (triceps); increase pelvic stability (transverse abdominus); increase shoulder stability

Start: From the prone (face down) position on the floor; maintain a neutral spine, head up supporting body from extended arms under chest and on toes – Inhale, lower body until upper arms are parallel to floor (or in your comfortable ROM); Exhale pushing away from floor while simultaneously and in keeping with upward momentum- pull R-hand/arm up and away from floor until R-upper arm is parallel to the floor and you are stabilized on extended L-arm (slight flex in L-elbow) and hold for a second; return R-hand/arm to start; repeat full movement with L-hand/arm while stabilizing on R-arm (slight flex in R-elbow); = 1-repetition; repeat

Action: **1) INHALE** and lower yourself by flexing your elbows towards the floor until your upper arms are at approximately a 90-degree angle (or in your comfortable ROM)

2) EXHALE while pushing yourself back to start pulling one hand from floor until upper arm is parallel to the floor-focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals) no bend (either way) in hips

Repeat for 10-repetitions (1-repetition to each side = 1 full repetition)

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor or pushing hips into the air; Do not flex your chin to your chest
- Try to control arm when returning hand to floor to stabilize, i.e., DO NOT ALLOW HAND TO SLAM BACK TO FLOOR

A1

BURPEE (modified)

Purpose: To strengthen shoulders (deltoids), upper arm (triceps); increase pelvic stability (transverse abdominus); increase shoulder stability

Start: Standing-Inhale while squatting down bringing hands in contact with floor; Exhale (once for each leg) while pushing both legs back (one at a time) putting body in push-up position; Inhale (once for each leg) pulling both legs back into squatting position (one at a time); Exhale back into a reaching overhead stand; repeat

*BREATHING: IN (down)-OUT (leg)- OUT (leg)- IN (leg)- IN (leg)- OUT (up)

Action: **1) INHALE** and lower yourself squatting to the floor until both hands touch floor and can support you

2) EXHALE once for each leg while putting it back so that you assume the “push-up” position

3) INHALE once for each leg while pulling your knees back into the squatting position

4) EXHALE returning to start (maintaining slight flex in both knees) and reaching both arms overhead

Repeat for 10-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor or pushing hips into the air; Do not flex your chin to your chest

A1	BICYCLE CRUNCH
	<p>Purpose: To strengthen abdominals (rectus abdominus), obliques (inner and outer); hip flexors</p> <p>Start: Lying on your back, with hips flexed bring feet off floor so that your thighs are perpendicular (90-degree bend) to floor and with your hands clasped behind head, focusing on a spot on the ceiling; Exhale while simultaneously flexing from abdominals and bringing R-shoulder from floor, turning your torso to bring R-elbow to meet your L-knee meeting over top of abdominals- at the same time extending R-leg as if pushing a pedal. Inhale, return to start; repeat to opposite side; repeat</p> <p>Action: 1) <u>EXHALE</u> while flexing from abdominals, sides, and hip flexor, to meet elbow and opposite leg knee over abdomen/stomach 2) <u>INHALE</u> returning to start Repeat for 10-repetitions (1-repetition to each side = 1 full repetition)</p> <ul style="list-style-type: none">• Let your breathing dictate the cadence... NEVER move faster than you can breathe!• Do not pull on your head! Rotate up using your abdominal and oblique muscles• Maintain focused on a fixed spot on the ceiling• Rotate shoulders up from the floor- do not just move your arms to meet the knees• When pushing opposite leg out, really stretch it as far as you can as if pushing a bicycle pedal

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: A2	EXERCISE	SETS	REPS
	PLANK CLOCKWORK	3	10 each set (5*2)
	SINGLE LEG SQUAT	3	10 each set
	HEEL GRABS	3	10 each set
	BURPEE (modified w/PUSH UP)	3	10 each set
	BICYCLE CRUNCH	3	10 each set
	RECOVERY = 60-SECONDS/1-MINUTE		

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise required for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not everyone has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION
<p>10-repetitions perfect form, per exercise for 3-sets Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, move to the next level of exercises, A3</p>
REST
<p>Up to 60-seconds rest between each set</p>

A2	PLANK CLOCKWORK
	<p>Purpose: Increase inner core strength (transverse abdominus), pelvic stability, low back strength; hip stability; shoulder strength and stability, mental toughness</p> <p>Start: Lying face down on ground, support your entire body in a 'plank/push-up' position hovering your body over the floor; DO NOT ALLOW YOUR LOW BACK TO DIP; Focus on drawing your belly button in towards your spine; hold this position and Exhale while reaching R-arm out until parallel to the floor; Inhale returning to start; repeat this movement and breathing to R-leg/foot (pointing toes back) - L leg/foot (pointing toes back) - L-arm; repeat for a 5-total repetitions (clockwise); Now reverse the action counter-clockwise for 5-repetitions</p> <p>Action: 1) <u>INHALE</u> (through nose or mouth- abdominal breathing) then <u>EXHALE</u> (through mouth) reaching R-arm- R-leg/foot- L-leg/foot- L-arm. Repeat reverse action after 5-repetitions 2) <u>INHALE</u> returning to start after each movement Repeat for 10-repetitions (1-movement to each appendage = 1 full repetition)</p> <ul style="list-style-type: none"> • Keep a neutral posture • Your transverse abdominus acts as an interior girdle, holding everything in place, plus is the ultimate pelvic stabilizer • Maintain linear movement • This is as much a mental conditioning exercise. Your mind will always quit before your body! Don't quit!
A2	SINGLE LEG SQUAT
	<p>Purpose: To strengthen low-body (hips, quadriceps, hamstrings, calves, ankles); to improve balance</p> <p>Start: Standing on one leg, looking up to where the wall meets the ceiling and centering weight in middle of standing foot, holding extended arms in front of you one hand on top of the other; Inhale while pushing hips back and lowering leg until thigh is parallel to floor (or in your comfortable ROM). Exhale return to start; repeat. DO NOT LOOK DOWN- Lead with your leg, not your upper body</p> <p>Action: 1) <u>INHALE</u> (through nose or mouth- abdominal breathing) while pushing your hips back and lowering your standing thigh until it is parallel to floor (or in your comfortable ROM) 2) <u>EXHALE</u> pushing from your hips and thigh back to start (maintaining slight flex in supporting knee) Repeat for 10-repetitions to each leg</p> <ul style="list-style-type: none"> • Keep eyes focused where wall meets ceiling and neutral posture throughout • If you can not initially get the full ROM, TRY to increase your ROM slightly more each time • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Do not lean forward on forward foot, stressing knee beyond forward toes • Try to keep your body weight centered in the middle of your standing foot

<p style="font-size: 2em; font-weight: bold; color: white;">A2</p>	<p style="font-weight: bold; color: white;">HEEL GRABS</p>
	<p>Purpose: To strengthen abdominals (rectus abdominus)</p> <p>Start: Lying on back with both feet flat on the floor, bring your heels to meet your fingertips (this flexes the hips and allows greater emphasis on abdominals) or as close as possible; keeping arms extended fingertips just behind your heels; EXHALE flexing from abdominals pushing low back into the floor and curling shoulders from floor to grab your heels in each hand; INHALE relax; repeat</p> <p>Action: 1) EXHALE while flexing abdominals, focusing on pushing low-back into the floor rolling your head forward and extended arms/fingers to heels (grab heels if you can) 2) INHALE returning to start allowing your head to return to the floor</p> <p style="text-align: center;">Repeat for 10-repetitions</p> <ul style="list-style-type: none"> • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Keep your heels on the floor • Very short ROM
<p style="font-size: 2em; font-weight: bold; color: white;">A2</p>	<p style="font-weight: bold; color: white;">BURPEE (modified w/Push-Up)</p>
	<p>Purpose: To strengthen chest (pectorals), shoulders (deltoids), upper arm (triceps); increase pelvic stability (transverse abdominus); increase shoulder stability</p> <p>Start: Standing-Inhale while squatting down bringing hands in contact with floor; Exhale (once for each leg) while pushing both legs back (one at a time) putting body in push-up position; Inhale/Exhale performing a push-up; Inhale (once for each leg) pulling both legs back into squatting position (one at a time); Exhale back into a reaching overhead stand; repeat</p> <p>*BREATHING: IN (down)-OUT (leg)- OUT (leg)- IN (down push-up)- OUT (up push-up)- IN (leg)- IN (leg)- OUT (up)</p> <p>Action: 1) INHALE and lower yourself squatting to the floor until both hands touch floor and can support you 2) EXHALE once for each leg while putting it back so that you assume the “push-up” position 3) INHALE and lower yourself by flexing your elbows towards the floor until your upper arms are at approximately a 90-degree angle (or in your comfortable ROM) 4) EXHALE while pushing yourself back to start (maintaining slight flex in both elbows)—focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals) no bend (either way) in hips 5) INHALE once for each leg while pulling your knees back into the squatting position 6) EXHALE returning to start (maintaining slight flex in both knees) and reaching both arms overhead</p> <p style="text-align: center;">Repeat for 10-repetitions</p> <ul style="list-style-type: none"> • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor or pushing hips into the air; Do not flex your chin to your chest

A2	BICYCLE CRUNCH
	<p>Purpose: To strengthen abdominals (rectus abdominus), obliques (inner and outer); hip flexors</p> <p>Start: Lying on your back, with hips flexed bring feet off floor so that your thighs are perpendicular (90-degree bend) to floor and with your hands clasped behind head, focusing on a spot on the ceiling; Exhale while simultaneously flexing from abdominals and bringing R-shoulder from floor, turning your torso to bring R-elbow to meet your L-knee meeting over top of abdominals- at the same time extending R-leg as if pushing a pedal. Inhale, return to start; repeat to opposite side; repeat</p> <p>Action: 1) <u>EXHALE</u> while flexing from abdominals, sides, and hip flexor, to meet elbow and opposite leg knee over abdomen/stomach 2) <u>INHALE</u> returning to start</p> <p style="padding-left: 40px;">Repeat for 10-repetitions (1-repetition to each side = 1 full repetition)</p> <ul style="list-style-type: none">• Let your breathing dictate the cadence... NEVER move faster than you can breathe!• Do not pull on your head! Rotate up using your abdominal and oblique muscles• Maintain focused on a fixed spot on the ceiling• Rotate shoulders up from the floor- do not just move your arms to meet the knees• When pushing opposite leg out, really stretch it as far as you can as if pushing a bicycle pedal

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM

After learning the specifics of each exercise in this circuit, print this page to refer to, to remind you of the exercises, progression and recovery for this circuit.

CIRCUIT: A3	EXERCISE	SETS	REPS
	ABDOMINAL PLANK (60-seconds)	3	60-secs. each set
	BURPEE (modified w/GIANT PUSH UP)	3	10 each set
	SIT UP	3	10 each set
	SINGLE LEG SQUAT (deep)	3	10 each set
	PLANK ALTERNATE REACH	3	10 each set
	GIANT LUNGE	3	10 each set
	BICYCLE TWIST	3	10 each set
RECOVERY = 60-SECONDS/1-MINUTE			

EXERCISE LEGEND	
CIRCUIT	Exercises performed in succession (one after the other) with little to no rest between each exercise
SET	Specific number of CIRCUITS performed separated by defined rest/recovery intervals of time
REP	Abbreviation of "repetition" with is a defined number of performance attempts of an exercise required for progression
RECOVERY	Predetermined rest interval between each set
ROM	Abbreviation for "range-of-motion" at a specific joint (i.e., <i>elbow, shoulder, hip, knee, etc.</i>). Not everyone has the same ROM- always work for your best ROM effort.
L	Left (in referring to an appendage side)
R	Right (in referring to an appendage side)
PROGRESSION	Predetermined level of advancement. It is best if you perform the progression specifically for each level of advancement.

PROGRESSION

10-repetitions perfect form, per exercise for 3-sets

Once you are able to achieve these exercises for nine (9) successful, non-consecutive, alternate day basis workouts, increase your intensity by:

- a. Adding in one or more exercises from a previous level
- b. Increase your repetition range up to 15-repetitions
- c. Perform up to 5-sets of this circuit

REST

Up to 60-seconds rest between each set

Check www.numberoneme.com for upcoming DVDs as well as new exercises added to the Member's only area!

A3	ABBOMINAL PLANK (60 seconds)
	<p>Purpose: Increase inner core strength (transverse abdominus), pelvic stability, low back strength; shoulder girdle strength/stability; mental toughness</p> <p>Start: Lying face down on ground, support your entire body in a 'plank' position hovering your body over the floor supported in the traditional "push-up" position; DO NOT ALLOW YOUR LOW BACK TO DIP; focus on drawing your belly button in towards your spine; hold this position for up to 60-seconds</p> <p>Action: This is a stabilizing exercise which requires no specific breathing... Just BREATHE! You do need to focus tremendously on pulling your abdominals in towards your spine (focus on your belly-button). There should be minimal to no movement at all. Support from your interior not from your shoulders! Your mind always quits before your body!</p> <ul style="list-style-type: none">• Keep a neutral posture• Your transverse abdominus acts as an interior girdle, holding everything in place, plus is the ultimate pelvic stabilizer.• This is as much a mental conditioning exercise. Your mind will always quit before your body! Don't quit!

A3

BURPEE (modified w/GIANT push-up)

Purpose: To strengthen chest (pectorals), shoulders (deltoids), upper arm (triceps); increase pelvic stability (transverse abdominus); increase shoulder stability

Start: Standing-Inhale while squatting down bringing hands in contact with floor; Exhale (once for each leg) while pushing both legs back (one at a time) putting body in push-up position; Inhale/Exhale performing a GIANT push-up; Inhale (once for each leg) pulling both legs back into squatting position (one at a time); Exhale back into a reaching overhead stand; repeat
 *BREATHING: IN (down)-OUT (leg)- OUT (leg)- IN (down push-up)- OUT (up push-up)- IN (leg)- IN (leg)- OUT (up)

Action: **1) INHALE** and lower yourself squatting to the floor until both hands touch floor and can support you
2) EXHALE once for each leg while putting it back so that you assume the “push-up” position
3) INHALE and lower yourself by flexing your elbows towards the floor until your upper arms are at approximately a 90-degree angle (or in your comfortable ROM)
4) EXHALE while pushing yourself back to start pulling one hand from floor until upper arm is parallel to the floor-focusing on pushing from your chest and shoulders and maintaining a neutral spine (tight abdominals) no bend (either way) in hips (1-repetition to each side = 1 full repetition)
5) INHALE once for each leg while pulling your knees back into the squatting position
6) EXHALE returning to start (maintaining slight flex in both knees) and reaching both arms overhead

Repeat for 10-repetitions

- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Maintain a Neutral Spine: Do not allow your hips to dip in toward the floor or pushing hips into the air; Do not flex your chin to your chest

A3	SIT-UP
	<p>Purpose: To strengthen abdominals (rectus abdominus); stretch hamstrings; increase ROM of spine</p> <p>Start: Lying on your back with arms extended overhead and legs extended toes pointed toward ceiling; <u>INHALE</u> (through nose or mouth– abdominal breathing), <u>EXHALE</u> while flexing from abdominals your cervical-thoracic-lumber spine (chin-to-chest-to abdominals, in that order) maintaining arms overhead and flexing forward bringing your hands forward. <u>INHALE</u> and slowly roll back to start in exact reverse order (lumber spine-thoracic-cervical). Slow and controlled movements. Do not lift your heels from the floor, FOCUS on abdominals. Repeat.</p> <p>Action: 1) <u>EXHALE</u> while flexing abdominals, focusing on pushing low-back into the floor rolling your head forward and extended arms toward knees/shins/feet</p> <p style="padding-left: 40px;">2) <u>INHALE</u> returning to start allowing your head to return to the floor</p> <p style="text-align: center;">Repeat for 10-repetitions</p> <ul style="list-style-type: none"> • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Keep your heels on the floor-flex abdominals • Large spinal ROM– big movement, big diaphragmatic breathing
A3	SINGLE LEG SQUAT (deep)
	<p>Purpose: To strengthen low-body (hips, quadriceps, hamstrings, calves, ankles); to improve balance</p> <p>Start: Standing on one leg, looking up to where the wall meets the ceiling and centering weight in middle of standing foot, holding extended arms in front of you one hand on top of the other; Inhale while pushing hips back and lowering leg until thigh is parallel to floor and until fingers touch the floor, Exhale return to start; repeat. DO NOT LOOK DOWN- Lead with your leg, not your upper body</p> <p>Action: 1) <u>INHALE</u> (through nose or mouth– abdominal breathing) while pushing your hips back and lowering your standing thigh until you can touch the floor with your extended fingers</p> <p style="padding-left: 40px;">2) <u>EXHALE</u> pushing from your hips and thigh back to start (maintaining slight flex in supporting knee)</p> <p style="text-align: center;">Repeat for 10-repetitions to each leg</p> <ul style="list-style-type: none"> • Keep eyes focused where wall meets ceiling and neutral posture throughout • Large leg ROM– big movement, big diaphragmatic breathing • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Do not lean forward on forward foot, stressing knee beyond forward toes • Try to keep your body weight centered in the middle of your standing foot • Focus on pushing hip back and lowering hip, not flexing forward from spine

A3

PLANK ALTERNATE REACH

Purpose: Increase inner core strength (transverse abdominus), pelvic stability, low back strength; hip stability; shoulder strength and stability, mental toughness

Start: Lying face down on ground, support your entire body in a 'plank' position hovering your body over the floor supported in the "push-up" position; **DO NOT ALLOW YOUR LOW BACK TO DIP**; focus on drawing your belly button in towards your spine; hold this position and Exhale while simultaneously reaching R-arm and L-foot (pointing toes back); Inhale relax; Exhale and repeat with L-arm and R-foot (pointing toes back); relax; repeat

Action: 1) INHALE (through nose or mouth- abdominal breathing) then EXHALE (through mouth) reaching opposite arm and leg from floor

2) INHALE returning to start after each movement

Repeat for 10-repetitions (1-movement to each side= 1 full repetition)

- Keep a neutral posture
- Your transverse abdominus acts as an interior girdle, holding everything in place, plus is the ultimate pelvic stabilizer
- Maintain linear movement
- Keep shoulders above hips
- This is as much a mental conditioning exercise. Your mind will always quit before your body! Don't quit!

A3

GIANT LUNGE

Purpose: To strengthen low-body (hips, quadriceps, hamstrings, calves, ankles); to improve balance

Start: Standing with feet parallel focusing on where wall/meets ceiling; Inhale while stepping R-foot forward approx. 3ft and lower hips until R thigh is parallel to floor and placing both hands on top of R-knee-DO NOT allow L knee to touch floor or R knee to extend over toes. Exhale pushing hands from knee and returning to upright reversing the exact action backwards (trying not to touch foot in middle); now Inhale stepping R-leg back (approx. 3ft) now lowering L-thigh parallel to the floor in front of you and placing both hands on top of L-knee; Exhale pushing hands from knee and stepping up returning to start; repeat movement to L-leg; repeat

*Keep your head up! eyes focused on where the wall meets the ceiling- the whole time (look down, go down!)

Action: **1) INHALE** (through nose or mouth- abdominal breathing) while stepping leg out in front of you (heel-ball-toe) and lowering your forward standing thigh until it is parallel to floor (or in your comfortable ROM) and placing both hands on top of forward knee

2) EXHALE while pushing hands from knee and pushing back up to a stand and moving the same working leg backward to lunge

3) INHALE while lowering opposite leg thigh parallel to floor (backward lunge) and placing both hands atop forward flexed knee

4) EXHALE returning to start (maintaining slight flex in both knees)

Repeat for 10-repetitions (1-repetition to each side = 1 full repetition)

- Keep eyes focused where wall meets ceiling and neutral posture throughout
- If you can not initially get the full ROM, TRY to increase your ROM slightly more each time
- Let your breathing dictate the cadence... NEVER move faster than you can breathe!
- Do not lean forward on forward foot, stressing knee beyond forward toes
- Try to keep your body weight centered in the middle of your working/forward foot
- Try to keep movement without pause from forward lunge to backward lunge

A3	BICYCLE TWIST
	<p>Purpose: To strengthen abdominals (transverse and rectus abdominus), obliques (inner and outer); hip flexors; increase pelvic stability</p> <p>Start: Seated on floor with heels hovering over floor, balanced from sacrum/low back (if discomfort try sitting on a folded towel or mat) toes pointed toward ceiling (Russian Twist position- 13), upper body at 45 degree angle and holding extended arms in front of chest, one hand over the top of the other; facing forward, Exhale while rotating torso/shoulders R to touch extended fingers to floor while simultaneously extending L-leg as if pushing a pedal; . Inhale returning to center/start then Exhale to the L side and touch while pushing R-leg out; repeat to each side</p> <p>Action: 1) EXHALE while turning from shoulders/torso/spine in either direction and touching the floor in that direction with the outside of pinky finger on that same side (extended arms/fingers are just an extension of body- move from your body, not your arms) while simultaneously pushing opposite side leg as if pushing a pedal</p> <p style="padding-left: 40px;">2) INHALE returning to middle/start; repeat to opposite side</p> <p style="padding-left: 80px;">Repeat for 10-repetitions (1-repetition to each side = 1 full repetition)</p> <ul style="list-style-type: none"> • Let your breathing dictate the cadence... NEVER move faster than you can breathe! • Maintain neutral spine [chest and head up (wall meets the ceiling) slow controlled movement- stabilizing from your pelvis] • Maintain extended arms • Try and make a fluid movement from side to side, not pausing in the middle (or work up to this) • When pushing opposite leg out, really stretch it as far as you can as if pushing a bicycle pedal