

BODYWEIGHT TRAINING

FOCUSING YOUR MIND TO
TRANSFORM YOUR BODY



SONNY VALE

Bodyweight Training

*Focusing Your Mind to Transform
Your Body*

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YOUR FREE GIFT IS HERE!

Book Description:

Do you want to get into shape without machines, gym memberships and lengthy workouts? Bodyweight training uses nothing but the optimal movement to build muscle and shed fat, fast.

You've been lied to. You're not unfit because you can't afford a treadmill. You're not overweight because, by the time you get home from work, it's too late to go for a swim. You don't need any equipment at all to be in perfect shape. With the right movements, your body maintains itself.

In *Bodyweight Training*, I show you just how easy it is to switch over from a consumer mindset to one of active freedom. Turn on your mind-body connection. This is the fastest and most natural way to activate your muscle growth, burn calories and get in the best shape of your life!

In this step-by-step book you'll discover:

- Real reasons why bodyweight training will stay with you for life
- How to get started sculpting your body
- The importance of the mind-body connection and how to use it
- How to design your ideal bodyweight training program
- Practicing calisthenics and executing the hypertrophy program
- Details on workouts, supplements and diet

If you have realized that fitness and health is a key component of happiness, this program can completely reshape what it means to be fit every single day.

You have the power to use your body in ways that will burn optimum calories and build quality muscle. It's been in you all along; you just needed the right techniques! Here they are!

Learn the bodyweight training program in this guide.

Buy it now and be fit forever!

Introduction

Everybody fancies the new gym that is around the block. There is that sheer of excitement that comes with knowing that you will be working out conveniently. Funny enough, most of us end up getting out of shape simply because we cannot afford to pay for expensive gyms. Well, it is true that there are gyms out there that are costly. They overcharge us as they run monopoly fitness businesses around us. But that is not the point here. We rely on big training machines to us keep fit, but we forget that we have a tool that we can easily turn to at any time at no cost; our bodies.

It might sound funny, but your body is a good tool to get you into shape if only you knew how to use it. So, perhaps you must be wondering how your body would be a tool to keep you fit and away from the gyms. Training with your body means that you will be training without using any machines. Therefore, you will only use your body to workout. That's all that you need.

Sometimes the notion of working out with your body is referred by training experts as calisthenics. You shouldn't be surprised when your trainer mentions the name to you. Calisthenics are exercises that use your body without the help of training machines. If you have ever done pull-ups, press-ups or sit-ups, then these are examples of calisthenics exercises.

The main question that is probably lingering in your mind is; why bodyweight workouts? You must be asking yourself why you should opt for body exercises as opposed to hitting the gym like you have been used to. Training gurus would point out that bodyweight training is the best form of training as one can never have an excuse not to train. This is totally true. Most beginners that try to train lose hope after a day or two of hitting the gym. Some give up because they get tired easily and that they cannot

handle the pressure. Others lack the motivation to keep pushing for an extra rep. These are just but excuses. You will never get fit and appreciate yourself with such kind of a mentality.

For that reason, with bodyweight training, there is no instance where you would claim that you do not have the time or that the exercises are taking too much of your time. Moreover, you also do not spend anything. You will only spend your money on purchasing the right gear to train with. The convenience that bodyweight training offers you will keep you motivated to transform your body over the long haul.

There are numerous benefits of bodyweight training that this book alone would not be enough to describe them all. Have we talked about the health benefits that would be coming your way? No! Bodyweight training gives you the advantage of burning calories conveniently to ensure that you are healthy and fit.

Besides, if you are a beginner, bodyweight exercises could be a good place to kick off your training program as you plan to get fit. You don't have to hire a trainer for you to get healthy. You won't have to pay for gym membership fees that would add pressure to your budget. The best part is that you can workout at your convenient time, for example, in your home. So, bodyweight exercises offer you plenty of convincing reasons as to why they are an ideal choice for your training program.

If you are concerned about getting fit and getting back that rocking body that you used to have during your teen years, then this is the book for you. Perhaps you are also frustrated at the amount of money that you have been spending on gyms, and nothing is paying off. Maybe you simply don't have time to go to the gym to workout. Well, these are but some of the reasons as to why this book should be your training partner.

There are numerous things to learn about bodyweight training with this book. You will not only learn how to create a workout program that suits you, but the book will also identify for you the best routines that suit you. Besides, it will also identify for you some of the most mistakes that you should avoid with regards to bodyweight training. The most recommended exercises that you ought to turn to are also pointed out for you. Your diet is also of great importance as it influences your training. Hence, the book has

taken a deeper look into the subject to ensure that you understand what is right for you.

As you read this book and seek to gain motivation to get fit, remember that strength comes from your will. Are you willing to go for another push-ups, press-ups or sit-ups? You only need to channel your mind into understanding that this is the right thing to do and that you got no other option.

This book comes with a FREE bonus chapters and gift. Instructions on how you can download this free booklet for free can be found at the bottom page of this book.

Chapter 1

“Confidence comes from discipline and training” - Robert Kiyosaki

Basic Concepts

Training your body begins with training your mind. If you have never worked out before, then this means that your mind must be dormant. Your mind has never trained before. It has never given you a solid reason as to why you need to keep fit. Getting fit has got its benefits. With the unhealthy lifestyles that we involve ourselves in, it is important to keep fit. People have adopted sedentary lifestyles these days. We sit behind our desks every day without ever going out to run or walk. Before we know it, our body weight has become unbearable. Truly, this is the situation that most of us find ourselves into. It is never our wish to get obese. However, we find ourselves in a position where we cannot control how our bodies grow.

It is never too late to wake up in the morning and do some exercises that will keep your body fit. The good news is that these exercises guarantee that you will be healthy to live longer. Also, there are thousands and articles that you can always lookup over the internet to guide you through your exercise program. But before you get there, you have to start somewhere.

Bodyweight training is a great way of keeping fit. As I had said before, numerous benefits are associated with bodyweight training. The convenience that you get with these exercises should be a solid reason for you to opt for these forms of exercises. Interestingly, these exercises are ordinary movements that you know of. There is nothing new with bodyweight training. For example, have you performed squats before? What about push-ups? Certainly, there must be a time when you tried out these exercises. That is how bodyweight training is all about. It simply revolves around the common exercises that you have been accustomed to. The only difference is that this time you are doing these activities with the intentions of getting your body fit again.

One important thing that is worth understanding is that bodyweight training differs depending on the part of the body that you would be working on. For instance, there are full body workouts, upper body workouts, and lower body workouts. Different exercises would be performed for different parts of the body. This is crucial as it ensures that your body is physically fit in all areas. Moreover, if you are looking to get that rocking body from top to bottom, you have to balance everything.

Still, exercising requires that you should perform the exercises in the right manner. If you have been to a gym before, your trainer most likely told you about this. Doing exercises in the right way is the best way of ensuring that you rip maximum benefits. Don't waste your time performing exercises in the wrong way. You will only get tired without shredding the fats that you needed to cut.

What's more, wrong movements increase the chances of getting injuries. A simple injury will ruin the entire workout program as you will be incapable of working out in the recommended way. For that reason, it is always imperative to follow the right moves while working out.

A fitness expert will always remind you to stretch before doing any workout. This is a requirement that warms up your body in readiness for the exercises that you will be performing. Likewise, this also applies to bodyweight training. If you are going to train, it's important to stretch before. Before you begin your workout in the morning or any time of the day for that matter, you have to stretch. The good thing about stretching is that it also prepares your mind. It needs to be ready to go the extra mile and ensure that your muscles do not tire quickly. Most people ignore the importance of stretching before working out, but it pays off.

One thing that I always recommend with regards to working out is to find a training partner. Yes, this book is your training partner. But you also need a friend to keep you going. Find a friend with the same health goals that you have in mind. They should also be ready to spare time within their tight schedules to workout. Your training partner should be someone that is willing to wake up in the morning to perform the bodyweight training exercises. He/she should willingly accept the challenge that you will be bringing to them. It is important not to force someone into doing something

that they do not like. Your training partner should also have thought about the idea of training. Perhaps they were also thinking of the same angle, but they did not know where to begin. Sit down with them and write down a plan that will work for both of you. If you are busy in the morning stick to a plan that will be convenient for both of you. In the event that both of you run on tight schedules, you can settle for a plan where you only need to train for three days in a week. Honestly, three days is enough as long as you take your training program seriously.

It is also a good idea to set small and achievable goals. The mere fact that you will be working out on a regular basis does not mean that you will lose 20Kgs in a week or in a month. Setting huge goals will only discourage you. You need to motivate yourself now that you are taking on a challenge that you have never tried out before. So, it is vital to set small goals that can be achieved within a short period. A good goal, for example, would be to lose 3Kgs in a month. Yes, just three kilograms will make a difference. Achieving this goal within this period gives your mind the mentality that anything is possible. This is the first step into your health goal. You need to train with the right mindset. Accordingly, set small goals that will not be difficult for you to attain.

Chapter 2

“To enjoy the glow of good health, you must exercise.” – Gene Tunney

Why Engage in Bodyweight Training?

We cannot deny the fact that many people would vote against bodyweight training as a good way of keeping fit and getting strong. Gym experts will tell you that bodyweight training might not get you the results that you are looking for. This is not true. Any calisthenics expert will reveal to you that bodyweight exercises are of great advantage compared to training with weights. But the question is; what makes bodyweight training important? Why should you choose to train your body without using any weights?

Reasons to Try Out Bodyweight Training

No equipment required

Of course one of the main reasons for you to try out bodyweight training is the fact that no equipment is required. Here, what you need is your body weight. This infers that you will be in a position to work out from anywhere, including your office. If you are an individual that travels more often, then bodyweight training would work well for you. This is because you will be training your body conveniently without having to hit the gym.

Efficient workouts just for you

Keeping in mind that you do not need any equipment to train, this means that you will easily shift from one exercise to the next. The advantage gained here is that it increases your intensity of training while making sure that your stamina is also improved. Your heart rate would be boosted by a huge margin which means that you will burn more calories.

Brings together cardio and strength training

Bodyweight training offers you the benefit of combining both cardio and strength training. Depending on the exercises that you will be performing, your heart rate would pump faster which stimulates muscle and strength development. You will also notice that your training routine would be similar to what people do during cardio workouts. These exercises are always recommended as they encourage muscle development while at the same time boosting your strength considerably.

Protects your joints

Getting fit and strong demands for strong joints. Bodyweight training not only focuses on training your muscles and improving on strength. It also trains your joints. The advantage gained here is that you will be protected from injuries that could have affected your training routine. Often, bodybuilders complain of injuries that they succumb to when lifting weights. These injuries occur because the body was not designed to absorb the heavy pressure that comes with lifting such heavyweights. The good news is that calisthenics helps you in preventing all these from occurring.

A quick solution to burn fats

Bodyweight training also offers you the benefit of burning fats with ease. This occurs since the body's metabolism is increased. With your heart pumping fast during these exercises, it also means that the body's metabolism would be twice as fast. This transforms into a quick burning of fats. Fitness experts will recommend adding a few reps each time you perform a certain exercise. This way, the body uses more energy, and thus you get to burn fats quickly.

There is something for everyone

Perhaps one of the main reasons for turning to bodyweight training is the fact that there is always an exercise that suits you. Yes, you might have varying goals, but you can be sure that bodyweight training would meet your short- and long-term goals. These exercises can be simple and challenging at the same time. Therefore, whether you want to build muscle or enhance strength, the exercises could be adjusted accordingly.

Chapter 3

“Exercise is like an addiction. Once you’re in it, you feel like your body needs it.” - Elsa Pataky

Bodyweight Training; Getting Started

Now that you are convinced about the reasons why you should try bodyweight training, where should you start? Do you know how the exercises differ? Should you begin with full body workouts? Well, there is no doubt that one can easily get confused when kicking off their training program. This happens because various routines need to be performed. It is also easy to get stuck along the way as one could be bored with the routines that they have been performing. This is the main reason why you should have a program. A program helps you in knowing what you should train and at what time. This program guides you in ensuring that you balance your workouts for optimum results. But before you design a training program, you first have to understand the varying forms of workouts. The following is a succinct description of the different body workouts that should be in your program.

Full Body

The exercises discussed here are classified as full body exercises. This implies that they aid in developing your entire body.

Inchworm

Begin this exercise with your legs straight. Next, lower your torso as you try to get your fingertips to hit the ground. While in this position, try to walk your hands forward as though you want to perform push-ups. Don't perform any push-ups. However, move back to the initial position that you were in at the beginning of the exercise. Your last position should be where

your fingertips meet your feet again. Repeat the exercise for about 4 to 6 reps.

Tuck Jump

Just as the name suggests, this exercise requires that you jump with your legs tucked in. So, begin with a jumping position. Jump and try to tuck in your legs so that your arms reach them. Your landing position should be with your knees slightly bent. Repeat the exercise for 3-6 reps while ensuring that the jumping and landing positions are maintained.

Mountain Climber

Picture a scenario where an individual is climbing a steep mountain. This exercise is done in the same manner. Your initial position should be similar to the push-ups position. Next, bring your right foot towards your armpits. This should be done while ensuring that your left leg is straightened. While doing this, it is also important to work on your stomach muscles; they should be kept tight. Switch the legs and perform the same exercise all over again.

Stair Climb

The stairs in your home or around your neighborhood could be transformed into a cardio machine. Walk up and down without stopping. This could be done while holding something heavy. The objects that you hold on both hands should be of equal weight to give you balance. Training experts also recommend that stair climb exercises could be combined with bicep curls. This guarantees that the entire body is trained.

Prone Walk

Begin this exercise with your hands and feet on the ground. Your stomach muscles should be kept tight while performing this exercise. With your hands and feet on the ground, move your hands forward. Your toes should not move. Next, move back to your starting position and repeat the exercise. Remember, your starting position should be as though you want to perform push-ups.

Burpees

Burpees is regarded as one among the best full body workout exercises. Begin with a squatting position. Your hands should touch the floor in this position. Next, try to obtain a push-up position by kicking your feet backward. After that, perform a single push-up and return to your low squat position again. Jump up as high as possible and land on a low squat position again. Three sets should be enough if you are a beginner. For expert athletes, performing up to 6 reps will get your heart pumping fast.

Legs

The exercises discussed in this section will help you train your legs while making sure you gain strength and cut down on some calories.

Wall Sit

The exercise is as simple as it sounds. Assume you are sitting on a chair while doing this exercise. Have your back mounted on the wall and slide down to obtain a sitting position. Your final position should be where the thighs are parallel to the floor. Each set should last for 60 seconds. If you wish to add some fire into this exercise, perform some bicep curls.

Lunge

Begin this exercise with your feet apart and your hands on the hips. Next, take a huge step forward with your left leg without moving the right leg. Bring the right leg to the floor by lowering it. Your left leg should still be in the initial position that you took. At this position, the left leg should be in front whereas the right leg should be close to the floor. Return to a standing position and perform the same routine with your right leg taking a step. After doing the same routine with both legs, this is counted as one rep. Strive to hit 10 reps for optimum results.

Lunge Jump

Lunge jump is similar to the lunge exercise described in the above section. Begin with your feet together and move your right foot ahead. Aim for a lunge position and jump up. Switch your legs before touching the ground so that you land with your left leg ahead. With this exercise, it would be as though you are performing a lunge exercise but in the air.

Squat

The squat is perhaps the master of all exercises when it comes to leg training. Stand with your feet apart. Slowly, crouch to a position where your feet are parallel to the floor. While doing this, confirm that you do not lift your heels. Next, aim to get to a standing position again. Do this ten times and rest. Repeat the exercise.

Calf Raises

This is a simple exercise that gets your feet toned. While in a standing position, rise to the point where your toes hold your body. Your knees should be kept straight and that your heels should be off the floor. Maintain the position briefly before slowly returning to your initial position. Repeat the process.

Back and Chest

Push-up

Without question, this is one of the best classic exercises to start with. Most people would argue that they know how to perform this exercise, but it is still worth the mention. So, begin with both your hands on the floor. Your stomach should be off the ground and core tightened. Next, bend your elbows to get your chest to the floor. Return to the initial position and repeat the process. For a beginner, it is recommended that they should try 7-9 reps.

Donkey Kick

Exercising is all about bringing your wild side into your training program. This is the best way in which you will have fun training. For this exercise, take a push-ups position. This time around, your legs should be together. While maintaining this position, kick both legs behind. Your knees should be slightly bent while doing this. To prevent any injuries, try your best to land gently.

Dolphin Push-up

Do you know how to take a dolphin pose? Well, one thing with exercises is that different trainers would have varying names for the exercises that they

perform. Nevertheless, the most important thing is how you perform them. In this case, take a push-up position. Your elbows should hold you off from the ground. While in this position, move your body to the front and up. Your head should rise above your shoulders. Return to your starting position and repeat the process.

Shoulders and Arms

Dips

These exercises will help in toning your triceps. It is for this reason that they are sometimes referred to as triceps dips. Find a bench to sit on and have something that will hold your feet above the ground. The point is to have the entire body off the ground. While holding the bench that you are sitting on, lower your body with your arms. Reach a point where the arms are bent 90 degrees parallel to the floor. Return to the initial position and repeat the exercise for the best results.

Arm Circles

Perhaps this is an exercise that you performed during your P.E. class. Well, it is as simple as it sounds. Simply stand up with your arms fully opened. Try to make clockwise circles with the body in an upright position. Reverse the movement to make sure that both left and right arms are worked on.

From the look of things, these exercises are simple. They are the common exercises that you might have performed before. However, one important thing to remember is that the right form or movement should always be adhered to. Failure to do this could lead to unexpected injuries. Also, it is worth noting that the exercises should not be overlooked regardless of how simple they might be. Focus on training with a goal in mind. You want to keep fit and gain strength. Therefore, do not assume anything.

Chapter 4

“The mind shapes the body, and the body shapes the mind.” – Amy Cuddy

The Mind & Body Connection

Ever wonder why professional athletes train with the help of a sports psychologist? When we sit down to watch the Olympics, often we see athletes talking to their trainers about the best strategies that they should adopt. Well, one thing that we ought to realize is that in as much as the body is trained, the mind should also be trained. Unfortunately, few athletes consider this as important. As a result, most of them simply train blindly without utilizing the help of psychologists.

The idea of training your mind does not mean that one would not be getting the results they need. The importance of training the mind is that it guarantees optimum results in the best way possible. Think of it as a way of training your body with a positive outlook. You need to convince your mind that this is the best thing to do to be happy. Working out with a positive mentality keeps you motivated. You will never find a reason to not workout. When this happens, there is a certainty that you will be attaining your health goals without having to feel that you are being tortured.

Train your mind to heal your body

Do you believe that the mind can heal your body? Yes. This works like magic. In the same way, you train your body to free yourself from stress; you can also do the same with your mind. Your mind could be used as a tool to improve how your body feels. We can all nod our heads in agreement that the way we think at times affect how our body feels. When one thinks about good things, they end up pursuing their days with a lot of positivity. The opposite is also true. If you begin your day with a negative mentality, there is no doubt that you will feel tired throughout the day. With regards to

your training goals, the mind is very sensitive and therefore, it should be trained appropriately.

Expect treatments to work

Psychologically, healing begins with the mind. Funny enough, if someone told you that a certain medicine works, it is quite likely that the medicine will work if at all you believe this is true. Your headache could be quickly relieved even if you took a sugar pill. The issue is just believing that the medicine works. As for your training, use your mind to heal your body from any injuries that you might be suffering from. It doesn't mean that you should not visit a medical expert. The point is to have a positive mentality about the treatment that you will receive. Believe that the treatment will help free you from the pain that you are going through.

Embrace the idea of having gratitude

Do you have a journal where you write your plans for the day or the entire week? If yes, then this should also be a place where you jot down some of the things that you are grateful for. Research shows that by having gratitude for the things that have occurred to you will help in getting a good rest while you sleep. So, before sleeping, take some time to write about the things that you are grateful for. Bringing together feelings of happiness is the key to ensuring that you sleep like a baby. Sleep is of great importance as you train your body. Without rest, there is nothing that you will be doing as the body will tend to resist growth or improvement. Besides, you might end up burning up and lose hope along the way.

Be optimistic

A psychologist will inspire you to approach life from an optimistic angle. Well, research also shows that optimistic individuals are less likely to fall ill. Truly, this is linked to immunity. A hopeful approach to life enhances your immune system. Also, it is quite likely that people who are optimistic will have every reason to take care of their health. Accordingly, optimism is what you need to warrant that you do not lose hope as you train your body.

Imagine yourself training

Mental imagination could also get you the results that you need. This refers to a process where you picture yourself training. Imagine yourself doing those push-ups, press-ups, and lunges. Doing this improves the chances of getting better results from your workout routine. Mental training would provide admirable changes to your strength and muscle mass. So, don't just train physically, train mentally as well.

Train your body to heal the mind

The mind also stands the chance of being healed if you train your body. A gym fanatic will tell you that they reduce stress when they hit the gym. Well, this is true. Physical exercise helps the body to release endorphins. Scientists argue that endorphins are responsible for your happiness. Therefore, the more you workout, the more your body produces this chemical. It's a response to stress and pain that you might be going through. Consequently, working on your body helps in healing your mind. In other words, you would be hacking into your happiness by merely working on your body. So, you not only become fit and healthy, but you also get to be happy.

There are other benefits that would be coming your way if you embrace the idea of regularly training your body. These benefits occur due to the benefits that are linked to endorphins. Endorphins help in reducing stress. With stress out of the way, you will be less anxious. Similarly, you will notice that your self-esteem is greatly improved. All these benefits will certainly make certain that you sleep well at night. The body, therefore, helps a lot in healing the mind. Don't be surprised if at all your friends notice positive changes in your life as a result of the way in which you train.

Chapter 5

“I’m addicted to exercising, and I have to do something every day” – Arnold Schwarzenegger

Designing an Ideal Bodyweight Training Program

Bodyweight exercises are trending all over simply because of their associated benefits. Let’s put ourselves in the shoes of a working mom. What can she do to keep fit as she has numerous chores to do at home? Hitting the gym is a challenge for her because she has a lot in her schedule. So, what happens? Moms out there end up giving up on training as they cannot find an appropriate time to work out. Fortunately, with bodyweight training, working out at home is possible. The convenience that one gets through these training routines makes the program suitable for anyone that finds it difficult to hit the gym.

Before beginning any training, it is important to first work on getting the right program. Different people would have different reasons as to why they train. What’s your reason? This is the first question that you need to ask yourself. Maybe you want to boost your strength. Alternatively, you might be mulling over shredding some fats to get you an impressive look. Depending on the reasons that you have in mind, there are varying exercises that you would be performing. Moreover, the intensity of your workouts would vary depending on your goals. Consequently, it is imperative to evaluate the main reasons why you wish to train your body.

Think about time. How busy is your schedule? One thing for sure is that there are those days when you would be busy as compared to others. There are times when you will find no time to train your body. Time is an important factor that you need to put into consideration when designing an ideal workout plan. This plan will guide you even in those days when you think that you don’t have time to train.

Still, on time, there are instances where you will have only 10 minutes to train. How do you go about this? Does it mean that you should not train simply because you don't have a free hour on your schedule? Certainly not! Better late than never! Therefore, when you don't have enough time to train, just focus on intensity. Intensity warrants that you get similar results that you would have obtained if you trained for an hour. This means performing more reps within the shortest time possible. Fitness experts will point out that exercises which require more energy are recommended when one lacks time. For example, you could choose to squat or do some push-ups.

Key factors to consider when creating an ideal workout plan

Availability

The last thing that you should do is to create a workout plan simply because you want to see yourself training. First, sit down and think about your availability. Don't try to push things here. How much time can you commit to your training? This could range from 10 minutes to 2 hours. The point is to be as realistic as possible. Truly, we cannot deny the fact that there are commitments here and there that we need to attend to. A good plan should take into consideration the little time that you have left on your schedule. Also, a desirable workout plan should motivate you into working out. Therefore, begin by committing a few days during the week. The trick here is to get your mind to think positively about the entire workout. Once you get comfortable with your plan, adjust it to include more time during the week.

Goals

After deciding on the days that you will be available to work out, the next thing is to consider your goals. Do you want to build muscle? Do you want to reduce weight? Or are you training just to keep fit and ward off lifestyle diseases? Your goals will have an impact on the training program that you will be designing. Demanding goals will require you to design a workout plan that requires more time from you. It implies that you will have to go for more reps, intensity, and the number of sets.

Preference

You also need to consider the fact that your workout plan should be exciting. Therefore, it makes sense if you thought about the exercises that you love most. Maybe you love press-ups over squats. On the other hand, you might love to do some lunges on the stairs rather than doing push-ups. Your preference should be taken into consideration when designing your workout plan. This is important as it will determine the type of exercises that you will be performing on certain days. When you are not feeling excited, you can perform the exercises that you fancy. This reduces the chances of ignoring or skipping the entire workout completely.

Experience

How experienced are you with regards to training? Have you ever trained before? How has your past experience been with working out? If you have never trained before you will have to design a flexible workout plan that takes this into consideration. This means that you will include a few reps and easier exercises in your program.

Conversely, if you have trained before, you also have to begin the workout process slowly. Do not jump into the training program with 10 reps. Start slow and improve gradually. This prevents the chances of overtraining. Throwing yourself into an intense workout program will only complicate the experience for you. Stick to a flexible plan that you enjoy.

Injuries

Do you have any injuries that you are suffering from? Your past injuries could highly likely affect the way you will be training. For instance, if you are suffering from back pains, this means that you will perform less of sit-ups. Those that suffer from knee injuries will have to go for fewer squats or avoid the exercise completely. Therefore, your injuries are a factor that should be kept into consideration as you design a workout plan.

With these factors in mind, you can come up with a workout program that suits you. Never go for a program that your friend uses. A program that works for another individual might not necessarily work for you. Designing a program that suits your goals ought to be your priority.

Chapter 6:

“When exercising, be sure to focus your attention on what you are doing”-
Lee Haney

Calisthenics 101: Ideal Program for Fast Muscle Growth

What is Calisthenics?

Have you ever heard of the term calisthenics? If you have been training, then you must have come across this term. For newbies, this is a completely new term. Interestingly, this is something that has been there since 600BC. It is that old. Calisthenics was at once regarded as the best workout by Spartan warriors. Back in the day, warriors considered it as an ideal way of gaining strength. Recently, it has hit the headlines as more and more fitness experts are also practicing it.

Basically, calisthenics is a form of workout that mainly focuses on using the body to train. Minimal training machines are used here. The main goal of calisthenics is to develop stamina and strength. Its uniqueness stems from the fact that one needs their body weight to get the most out of their training programs. A calisthenics expert would point out that this kind of training is the best way of making the most of one's body.

When trying out calisthenics for the first time, it is recommended that you should work on your upper body and your core's strength. This is important because it gives you the strength to endure the exercises that you would be performing. As a result, you will reduce the likelihood of succumbing to injuries. While working on your upper body, you should not forget to train your legs. Without a doubt, having a perfectly sculpted body is the dream of every individual. Hence, balancing your exercises is key.

Why Calisthenics?

Now that you understand what calisthenics is, you must be confused as to whether you should stick to calisthenics or continue hitting the gym. Certainly, with the numerous myths about training and keeping fit, one could easily get confused along the way. What's more, numerous people have tried hitting the gym, and only a few get the results that they desire. So, trying out something that has been proven and tested is perhaps your only option. But with calisthenics, it is not just the only option that you would be settling for; it is your ultimate workout routine that would completely transform your body.

Full body workout

Part of the main reasons why calisthenics comes highly recommended is because it guarantees that you train the entire body. With the diverse nature of the exercises, you will be training both your upper and lower body. If you compare this to the exercises that you perform at the gym, there are times when you just skip leg day just to push more chest reps. In the end, your body grows asymmetrically. Your upper body would be bigger than your lower body. This is such a funny look. Instead of being admired for your big chest, people would only make fun of you. Therefore, calisthenics stands as the best exercise for you since you will be working out your entire body.

Training the body as a unit

Training with your bodyweight also gifts you the benefit of training the body as a single unit. How does this happen? Take for example the idea of doing pull-ups. When performing this exercise, you will be training your shoulders, back, and the core. Several parts of the body would be functional to ensure that you complete more reps. Therefore, body muscles are not isolated whatsoever. This is different from what people do in the gym. When training your legs, machines help in isolating the muscle so that it is the only part that is affected. The same thing goes to chest or shoulder exercises. With calisthenics, you get to utilize different muscles to complete the required reps successfully.

Building on strength

If you have been exercising at the gym, there is a good chance that you might have noticed how bodybuilders struggle to do pull-ups. Yes, this is true. One might be fully ripped, but they find it hard to do a single pull-up. Is this being health? Personally, I find it unhealthy that one cannot manage to handle their weight. Working out in the gym only isolates muscles. It is for this very reason that individuals spend years at the gym to get the results that they desire.

With calisthenics, you can get the most out of your training just because it involves compounded movements that keep your entire body functional. One thing about calisthenics that you should understand is that you will not get the big legs that you are craving for. Instead, you will have a strong upper body that is well supported by a stronger lower body. So, don't hesitate to try out the routines which are involved in calisthenics.

Gateway to a balanced physique

At the end of the day, the most important thing that we are all looking for is to look good, right? This is the main reason why we all try to hit the gym in the morning or simply to go for morning runs. We all aim to look good. Perhaps you are doing this to get noticed by that special someone. Also, you might be training for personal reasons such as maintaining good health. Whatever the reason you have in mind, getting the right physique is vital. Calisthenics is the king of all physique exercises. It will get you the symmetrical shape that will leave everybody admiring and talking about you. The exercises that you would be performing here would not sacrifice the functionality of your muscles. What am I saying here? You don't have to sacrifice other parts of the body to get a bigger chest or bigger biceps. You get to train every part of the body with ease.

Calisthenics: Techniques and Workouts

So, now you understand what calisthenics is all about. However, you must be wondering whether certain exercises are considered to be ideal as compared to others. The answer is yes. Several calisthenics workouts are better than others. Certainly, this does not mean that others are less

effective. The point is that there are specific exercises that will get you the best results within a short period. Get that right!

The following section will describe some of the best calisthenics exercises that come highly recommended.

Squats

There are no weights or machines around you, and you seriously need to keep fit; what do you do? Be creative! Building your muscle is the only gateway to getting the physique that you have often been longing for. Squats is ranked as the best calisthenics' workout. When performing squats, it is important that you focus on resisting your body weight. For the best results, it is advisable to use training bands as they help maximize on resisting your bodyweight.

Switchblade

Some might argue that this calisthenics technique is only suitable for advanced athletes. Well, I disagree. The only issue here is that a trainee should have been able to do several push-ups to be able to try this exercise. This is because it demands more energy from your upper body. The switchblade technique first requires that you master your bodyweight with regards to performing push-ups. Next, you will need to effectively pull your body off the ground and switch directions on the training bar or rope. It is worth noting that every exercise requires time to master. As a result, you should not feel rushed to master each calisthenics technique.

Clapping Push-ups

You must have learned how to perform several push-ups here and there. However, with clapping push-ups, the exercise gets explosive. You train to get more strength and tone some fat off your body. Clapping push-ups require no technical movements. This makes it easy to master the technique of doing it. You just need to take the ordinary push-ups moves and get more explosive. The aim is to push yourself off the ground so that you can make to clap your hands. So, you need to clap your hands after lurching off the ground.

Elbow Lever

Looking for more challenging exercises? Why not try the elbow lever? Just as the name suggests, this is one of the best calisthenics exercises that are relatively easy to perform. Here, it involves using your elbow to balance your body off the ground. The good thing about this exercise is that it helps in strengthening your core, shoulders and your back.

Side Plank

Just like the elbow lever calisthenics exercise, the side plank will also help in strengthening your core. It is a full body workout. The exercise requires that you rest on your elbow and that your arm should be positioned at a 90-degree angle. The rest of your body should be straight with your waist off the ground. The idea here is to hold for 20-40 seconds before changing sides. The process should be repeated until you feel that you cannot hold anymore.

Elbow Plank

Another exercise that will strengthen your core is the elbow plank. The exercise is similar to side plank only that this time you focus on your back, arms, and abs. To perform this workout, you first begin by resting your body on your elbows. Next, raise your knees so that the rest of the body can be off the ground. This means that your toes and your shoulders should be the only body parts supporting you. Tighten your abdominals and hold for about 60 seconds. The challenge should be repeated until you cannot hold anymore. This is a good exercise to strengthen your core explosively.

Sit-ups

Sit-ups are also called crunches in some instances. They are a common form of exercise that is ranked among the best calisthenics' exercises. In fact, most trainers would recommend this exercise for beginners since it is easy to perform it. If you have been doing sit-ups and you think that you have mastered it, you could be creative by trying out new ways of doing the sit-ups. For example, try exercising using a slanted resting place. This spikes up the challenge for a stronger core.

Hanging Knee Raise

Another calisthenics workout routine that comes highly recommended is the hanging knee raise. The only thing that you need here is a bar that is above your head. Hang on the bar while raising your knees slowly and in a controlled manner. Repeat the exercise for as long as you can. It strengthens your abs and core muscles. For the best results, you can also try raising your knees while twisting them left and right. Here, your core is also strengthened, and your side abs are worked on.

Hanging Leg Raise

For those willing to go the extra mile and get the best results, hanging leg raise is a good workout routine to try. The exercise is similar to the hanging knee raise. The only difference is that here you have to raise your legs all the way up. You can choose to raise your legs to a 90-degree position or push them higher closer to the hanging bar.

Calisthenics: A home routine

As I have previously mentioned, the best thing about calisthenics is that there is no equipment required to perform the exercises. Accordingly, these exercises can be done at home. Some of the exercises that you can do from home include squat jumps, crunches, calf raises, chair triceps dips, push-ups, and bodyweight squats. Considering the fact that you will be training at home, it is essential to have a solid workout plan that suits your training goals. The plan will guarantee that you are disciplined enough to train without having to be reminded about the right exercises to go for.

The mere fact that you desire to begin calisthenics at home implies that there is something or someone that must have motivated you. Well, whatever your reasons are, you are certainly headed for the right direction. Some of the questions that might be running through your mind include; how do I start calisthenics at home? Is calisthenics all about doing more pull-ups, push-ups or planks? How do I ever go from being a beginner to being a pro?

Without a doubt, numerous questions could linger in your mind as this form of exercise could be something that you have never done before. Moreover, the motivation that comes from seeing experts at their best could leave you

longing to be like them. It is however recommended that one should take time in knowing all about calisthenics before trying out anything. This ensures that you fully understand what you are signing up for.

When performing calisthenics at home, there are important factors that you need to understand. Some of them are described briefly in the following lines.

Never compare yourself to others

This is a very important point that you need to get clear. Calisthenics is never about comparing yourself to others. Getting this right from the beginning ensures that you begin your journey to self-discovery with the best workouts out there. It is worth noting that your starting point would be very different from the starting point of another individual. This also means that your experiences would differ. Instead of comparing yourself to other people, simply consider them as a motivation in the direction that you are heading to.

Your bodyweight is all you need

Calisthenics stands out from other exercises because you only need your weight to build muscle and develop your strength. There are instances where beginners get confused along the way and end up using weights to build muscle. With calisthenics, weights are not required. It could be termed as the art of mastering how best to use your body to build muscle or rather to gain your fitness goals. For instance, if you weigh 80 kilos, this implies that you will have 80 kilos to play around with. The more you effectively use calisthenics training programs, the better you get. This implies that with time you will be reaping the benefits of knowing how to train with your bodyweight. Many have done it; you should too.

Take care of your joints

After some time, you could get used to the regular calisthenics' workouts such as crunches, pull-ups, push-ups, etc. You could be excited to try out more advanced moves that deliver ultimate results. However, you should understand that these advanced moves are only meant for pros. If you haven't gone pro, then this is not the time to try it at home.

On the contrary, if you have been training for some time now, you could try out intense calisthenics' exercises. Before doing that, ensure that you know the right form of performing the exercises. It is a safety measure which will make sure that your joints are well protected. Seek professional assistance whenever you feel that certain advanced moves are risky.

Body alignment is key

Another essential aspect of calisthenics is the fact that body alignment is of great essence. It is worth noting that, in some cases, there are no places where your body will be resting. This, therefore, means that you have to align your body accordingly. You will be responsible for supporting your bodyweight. This could be identified as a huge benefit of calisthenics since you get to learn how to take control of your body. The idea of mastering how to control your bodyweight is the main reason why calisthenics often puts a huge focus on training your core.

Hand balancing

After doing some regular calisthenics exercises here and there, you will get to appreciate and fall in love with the art of hand balancing. This is where you only use your hands to balance the rest of the body. In most cases, this exercise begins with learning how to balance your body by only using your elbows. It is a fun and exhilarating experience that you will grow to love.

Focus on having fun

The main idea behind training is to fall in love with what you are doing. Therefore, if you currently hate the exercises that you are performing, then it is time for a change. Training should be fun. It should bring excitement to your overall health and wellbeing. You don't have to be imprisoned by the mentality that you have to go to the gym to keep fit. This is something that has long been swept by the introduction of calisthenics. Hence, you get to explore your physical potential by using your bodyweight. The best part is that the journey is long and full of new experiences. All you have to do is to be willing to take on the journey.

Chapter 7

“Eating right and exercising is more important than what you put on your face.”- Bobby Brown

Hypertrophy Program: The Total Package

One of the ways of gauging your performance as you train your body is through the relative change in body mass. For instance, if you are training to build muscle, you will notice a change in the size of your muscles. Your triceps or biceps could be larger than what you had before. In most cases, people who engage in weight training evaluate their performance by looking at their muscle gains. The notion of muscles getting bigger is what is termed as hypertrophy. If this is your goal, then there are certain tactics that you can utilize for the best hypertrophy.

Frequency

Hypertrophy is induced each time you choose to increase the number of times that you work out. As a result, it is recommended that beginners should start by working out twice or three times a week. The exercises that you perform should also be done up to three times. This implies that if you are doing squats, you have to go for up to three reps. An experienced athlete can go for up to 10 reps. The advantage gained here is that the muscles not only grow bigger but they also tone up. They gain a desired shape which would contribute to a good overall physique.

Intensity

Intensity is key in any form of training. When training, you are required to go for the maximum number of reps that you can manage. Beginners can start slow, but they have to make sure that they constantly improve. If you

are doing 5 reps this week, the following week you ought to aim for 8 reps. Gradual improvement warrants hypertrophy.

Volume

Pushing for more sets and more reps is what is termed as voluminous training. It means that you are willing to take your training to the next level. With regards to hypertrophy, it implies that your body would be going through physical stress which results in enhanced muscle growth. Training experts, however, recommend that volume training should be alternated with normal training routine. Doing this helps in giving the body rest. Your body grows during rest periods which makes it very crucial to alternate your voluminous training routine.

Rest intervals

Building our point on rest, it is advisable to alternate the way in which you rest as you train your body. You could choose to rest for 30 seconds after doing a certain workout and later rest for 90 seconds after a different workout. Resting for five minutes would only make the muscles lazy and comfortable. Therefore, it is advisable to focus on shorter rest periods. Shorter rest periods also give your body the right time it needs to recover its strength.

Training to muscular failure

If you have ever been to the gym, then you should have an idea of what I am trying to say here. After lifting weight for about 10 reps or more, there are instances where you feel that you cannot push or lift further. This is what is termed as a muscular failure. Utilizing this technique in your hypertrophy training is a good way of building your muscle. It is important to remember that this form of exercise is done occasionally. So, don't go burning your muscles with the hopes of boosting its growth. Do it with moderation.

Increase your calorie intake

Besides training, your muscles stand the chance of growing if you increase your calorie intake. A trainee should be careful when doing this as they might end up consuming excess calories. Excess calories would be stored in the form of fat. Hence, you are advised to seek professional help when it comes to adding calories to your diet.

The mere fact that hypertrophy is all about building muscle does not mean that you need weights to exercise. Remember, your body could do all the job that any machine could do. All you need is to know the right exercises that could help in building muscle. For instance, you could choose to rely on triceps workouts as a way of building your triceps muscle. While doing this, it is worth considering the factors that have been discussed when performing hypertrophy routines. Increase the number of reps, for example, could help a lot. The frequency of your workout could also play a significant role in your muscle growth.

Generally, a fitness guru will not forget to inform you that you need to work on your mentality with regards to your training goals. Eliminating all kind of negativity is the first thing that you need to do for the best results of muscle growth. So, before you embark on any muscle growth exercise, work on killing the negativity that you might have in mind. It will surely pay off in the end. Also, it is always recommended that you seek professional assistance whenever you feel stuck.

Chapter 8

“Movement is a medicine for creating change in a person’s physical, emotional and mental stress.” –Carol Welch

Popular Bodyweight Training Programs for Men

An interesting fact about the way in which men train is that they will always yearn to compete with each other. Well, it is for this reason that one would step out of the gym just because they find no space to train. For instance, you walk into the gym late only to realize that there is no free bench for you to train. In most cases, most people would walk away and claim that they would be back later. Doing this only disrupts your plan. It distorts your mind. So, before you leave the gym, you should try out these bodyweight training routines that come highly recommended for men.

Pushups

Maybe you were looking to add some muscle to your chest. If this is the case, then pushups should be the free weight exercises for you. They not only build your chest, but they also strengthen your triceps. In fact, if you were planning on a chest day, this exercise should be an excellent place to kick off your routine.

Pull-ups

Arms and abs growth are well catered for by this exercise. Gym experts would argue that this is one of the most effective bodyweight training exercises that will also build your biceps. Besides your arms and abs, you also strengthen your back by performing this exercise. All you need is some little space with an elevated bar above your head.

Plank

There are several areas that plank exercises will help you build on. By performing plank exercises in the right way, you will be working on your neck, shoulders, lower back, abs and even your legs. The more time you hold, the better. With time, you will be getting the six pack that you have often desired.

Deep Squat

Whether you are at the fitness center or in your backyard, squatting comes highly recommended for men. The main reason why this exercise is popular and worth doing it is that it builds muscle while also boosting your strength. The core is also an area that is positively affected by squatting. This means that your abdominal muscles and your back will effectively be worked.

Bridges

This exercise is also called the lying hip raise. This is a common exercise that will aid in strengthening your hamstrings and glutes. Other areas that are affected by this workout include your inner thighs, back, and abdominals. The drill can be improved to pave the way for more fun. A trainee could slowly extend their legs in turns after lifting up their hips.

Lunges

Your workout routine will never be complete if at all you skip lunges workout. This is an excellent workout exercise that would work best if combined with deep squats. It is always recommended that a trainee should aim for maximum reps. This warrants for the best results within a short period of time.

Bicycle Crunches

With the high demands for a strong core in men, bicycle crushes should also be part of your training program. Crunches work on strengthening your core while at the same time shaping your abs. They could be substituted with the normal crunches if at all you want to spice up the challenge.

Chapter 9

“We do not stop exercising because we grow old – we grow old because we stop exercising.” – Kenneth Cooper

Popular Bodyweight Training Programs for Women

Undeniably, men and women differ with regards to how they pursue their training. We cannot completely conclude that this is because men are stronger than women. In some cases, some women are stronger than men. Therefore, it could be societal perceptions that make these training routines slightly vary. All the same, women also need to get stronger. They need to stick to routines that make them feel comfortable.

The main reason why bodyweight exercises for women would vary is because of the fitness goals that they have in mind. Ask a man about the goals that they have when they train, and you will notice the variation. In most cases, men would jump to the fact that they need to add more muscle. On the other hand, women would argue that they need to keep fit and look sexy. Therefore, several recommended exercises will guarantee women meet their health and fitness goals.

Before getting into detail here, there is one crucial fact that women ought to understand. Often, they are accustomed to the notion that they only need to trim their bellies to look flat. Therefore, it is a common thing to find women focusing their training on a particular area of their bodies. This is not healthy. A fitness expert will and should discourage you about this. The most important thing that you ought to do is to focus your training on your entire body. Ultimately, you will see major improvements in your entire body physique. Consequently, forget about the idea of hitting the gym only to work on your crunches.

Clap Jacks

This exercise is relatively easy, and it takes no brainer to understand it. Your first position should be with your legs wide apart. Your arms should be in a T-position with the palms facing forward. The routine here is to jump and put your feet together while at the same time clapping your hands. After that, you should jump back to your initial starting position. The workout should be done quickly for the best results.

Jump Lunges

Do you know how to perform lunges exercise? The idea here is to take a lunge position as you begin this exercise. You can choose to start with either the right or left foot at the front. While standing in a lunge position, ensure that both your hands are close to your hips. The next move is to jump into the air and switch your legs. Your final position should be where your other leg is in front of the other. The process should be repeated fast but in a controlled way. For a beginner, the exercise might appear as advanced. Nonetheless, it is advisable to start slowly as you gradually increase the number of repetitions.

Overhead Squats

This exercise is similar to the regular squats that you might have been doing. The difference is the way in which you position your arms above your head. First, take a squats position. Next, raise your arms above your head and make sure that your palms are facing each other. After that, perform a squat. While doing this, ensure that the core is engaged in the exercise. The process should be repeated for about 10 reps.

Push-up Side Plank

Begin this workout while taking a push-up position. First, perform one push-up then open your body to take up a one side plank position. You should do this to both your right and left arms. As you open your body to take a side plank position, make sure that the palm of your hand faces forward. The raised arm should also be directly above your shoulder. The push-up side plank is a move that will aid in strengthening your core and upper body.

Calisthenics Workout for Women

If you are willing to go the extra mile to cut down on some fats and get learner, then you should try out the calisthenics exercises that are recommended for women. Forget about the idea of going for crunches all day or running for hours on the treadmill. Well, in as much as these exercises might help, they are not as effective as you might think.

With the biological differences that exist between men and women, be sure that there would be shorter rest periods when performing calisthenics exercises for women. It is also worth noting that women have a slower fatigue rate. Besides, research also shows that they recover faster as compared to their counterparts. Therefore, the advantage that women have while engaging in calisthenics exercises is, they lose fats quickly as compared to men.

The calisthenics exercises that would be described in this section will entail upper body strengthening as well as buns development. Moreover, a strong core would be worked on to ensure that you achieve that sexy posture that you have been dreaming of. One thing to mull over, however, is the fact that calisthenics exercises do not focus on spot reductions. Consequently, there is no particular area that you will be working to reduce. The overall idea is to train the entire body for ultimate fat loss outcomes.

Wait! Before beginning the calisthenics workout for women, it is imperative to go over the golden rules that should be considered while performing the exercises.

Pay attention to quality and not quantity

An important thing to consider when training is the form that you are taking. Do not just perform 20 reps because you can. This will be a waste of time and energy. 10 quality reps will get you the best results as compared to 20 reps that are not done in the right form. Hence, it is worth making sure that your form is done as recommended.

Mindful practice

Each time you train, your mind should be concentrated on what you are doing. Training while your mind is busy shopping is not the key for the best results. Make sure that as you perform each set, you feel your muscles contracting. This should be the muscles that you are working on. For

example, if you are working on your crunches, focus on the muscles that you are training. Doing this enhances the connection between your mind and your muscles. Therefore, you tend to be in control of the entire workout process. When this happens, be certain of the best results within a short period of time.

Breathe

It might sound silly to tell you that you should be breathing as you train. Well, it's not. The importance of breathing is that it gets you stronger. Before taking on your first move, take time to breathe. As you complete your reps; breath. Personally, I tend to think that breathing also strengthens your core.

Rest and alternate

Often, I always tell trainees that how you exercise will have an impact on whether or not you will achieve your fitness goals. Truly, there are those people that train for a short period and that they achieve their goals. We are then left wondering whether they used drugs to enhance their performance or rather boost their results. But this is not true. The training strategy that you adopt will make a difference in the end.

So, when training, make sure that you rest in between workouts. Also, it is advisable to alternate between hard and easy workouts. This would boost your endurance level by a huge margin.

Calisthenics Workout for Women; the ultimate program

The workout program described here will require that you rest for about 10 seconds after every exercise that you perform. Thereafter, you should take about 4 minutes to rest after completing the entire program. The workout program should be done for three rounds. Depending on your level of skill, you can adjust the program with more reps and rounds.

The following are the moves that you will be performing:

1. Squats
2. Mountain Climbers

3. Chin-ups
4. Jumping Jacks
5. Side Plank
6. Knee Raises
7. Rose Jumps

How it is done:

Squats

As I had mentioned earlier on, squats are a valuable exercise that is popular for both men and women. Nevertheless, when it comes to women, they might want to use this exercise as a way of developing their buns. This exercise would develop your hamstrings, quadriceps, and glutes. Hence, it is more than just getting those killer buns. The routine begins in a standing position. Your feet should be carefully positioned at your shoulder's width and parallel to each other. Then, lower yourself as though you are planning to sit down. Continue to the point where your butt reaches next to your hamstring and return to the starting position. An essential thing to recall is to keep your heels on the ground for a perfect form.

Mountain Climbers

Next, we move on to work on your core. This exercise will also strengthen your arms, chest, and shoulders. Begin with a push-ups position. Move your left knee toward your chest. Then move the knee back to its initial position. Do the same for the right knee. Work on this movement for about 10 seconds. Remember to keep breathing as you work on developing your core muscles.

Chin-ups

Your upper body also needs strengthening. Find a raised bar that you can cling to. This workout will work on our biceps and your back. Begin this exercise by hanging on the bar. Your grip should face you. Pull yourself to the point where your head is above the bar. Slowly return to the starting position and repeat. For beginners, the exercise would prove to be a hard nut to crack. Therefore, you can try using a stool to support you as you pull

yourself up. However, work to ensure that you progress keeping in mind that the main idea is to manage your own weight.

Jumping Jacks

Jumping jacks is a similar exercise to the clap jacks exercise that had been discussed previously. But, jumping jacks slightly differ as the trainee is required to lift up their arms while performing the jump. As you make the jump, you are required to extend your arms to the top of your head. When doing this exercise, one should not be lousy about it. Make sure that your arms are opened up straight with your feet also moving to the sides in the right form. Remember; the form matters a lot!

Side Plank

Men can also perform this exercise. It is a recommended workout that strengthens your core. As part of the calisthenics program being discussed here, it should not be left out. Take a plank position. This time, the plank position should be with your body resting on one shoulder. The point is to hold or to maintain the plank position for as long as you can. Since you want to work on another part of your body, hold on for about 40 seconds before letting go.

Knee Raises

You also need to work on your stability which makes knee raises very important. This exercise will develop your calves, glutes, and quads. Begin by leaning against the wall and assume a position that you are sitting down. Raise your left leg and ensure that it is parallel to the floor. Your first move might not be as perfect as you expect since you probably haven't done this before. However, aim for a perfect move in the second round.

Rose Jumps

All these exercises described are part of round 1. So, as you complete the first round, conclude with rose jumps. All you need here is a jumping rope. Focus on maintaining your body upright as you perform the jumps. Be slow and steady.

With this calisthenics program, you can rest assured that you would be toning your body to the physique that you have always dreamt of. The most

important thing to bear in mind is the fact that maintaining the right form is a must. Also, you have to focus on eating a balanced diet.

Chapter 10

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.” – Edward Stanley

Bodyweight Training Post-Workout Rules

Have you ever taken time to compare yourself to your training partner? If yes, then it is quite likely that there something that they are doing better than you. For instance, is your partner having enough sleep as compared to you? Are they eating a balanced diet and you're not? One interesting thing with bodyweight training is that it goes far beyond the exercises that you are performing. For that reason, if you are not taking into consideration the importance of having enough rest or sleep, then you are indeed breaking one of the golden post-workout rules. Post-workout rules that you should always uphold are as discussed.

Don't train too hard

The first post-workout canon starts before you complete your workout routines. Never push yourself too hard. Yes, it is a good feeling to train hard with the hopes of getting the best results. However, this is not always the key to getting a good physique that you are longing for. Pushing yourself too hard only increases your likelihood of getting injured. If injuries keep haunting you, then you will not be sticking to your training routine for long.

How hard should you train? Fitness experts recommend that you should push yourself past your comfort zone. Keep in mind that this would vary depending on your experience in the field. As such, your comfort zone could be 20 reps or just 3 reps. So, don't get the whole idea wrong.

Eat after training

There are specific tips that you would fail to find out there more so regarding what you should and should not eat. Also, you might be confused about the best times that you should be eating after performing a particular training program. The truth of the matter is; you should eat within 45 minutes after working out. After exercise, your muscles are worn out and inflamed in some cases. During this time, they need to be replenished with the nutrients that will boost muscle growth. As a result, it is advisable to eat a few minutes after training.

Keep yourself hydrated

After sweating, it is important to rehydrate your body using water. Some people might choose to go for varying forms of supplement shakes such as protein shakes. This is not entirely a bad thing to do. Nevertheless, it is advisable to stick to water as it also has its benefits to your skin's overall health.

The amount of water to take in will vary depending on the intensity of your workout. Also, the environment where you train will also influence whether or not you will be increasing your water intake. If you are keen on losing your weight, you could take a break before drinking water. This allows you to determine the right amount of water that would restore your previous weight.

Stay away from sports drinks

After completing your training routine, you might be tempted to go for the usual hyped sports beverages. While these drinks might be hyped as the best post-workout drinks, this is not true. Yes, they taste good and all, but they are not that beneficial to your training program. In fact, they would only make your fitness goals challenging to attain.

Have you thought of the fact that these drinks have got chemicals that could have detrimental effects on your health? For example, they have a lot of sugar. This means that taking them regularly increases your chances of developing type 2 diabetes. Therefore, stay hydrated by just taking in water

and nothing else. If you must drink flavored drinks, take your supplements in moderation.

Track your progress

It would be difficult for you to improve on your training goals unless there is a way you measure your performance. Sadly, this is what most people do when it comes to training. They never take time to measure or track their progress. If you have been going for 6 rounds on your calisthenics program, it means that you should do more in three months to come. However, if you don't track your progress, then there is no way you will know whether you are improving or not.

Keep in mind that tracking your progress helps a lot in staying focused on your overall fitness goal. Find a small notebook or simply turn to mobile applications that make the entire process effortless. Eventually, you would feel motivated that you tried your best to get the most out of your workout program.

Stay active

Chances are that after working out tirelessly, you would want to laze around with your friends or training partners. Interestingly, this is not the best way to conclude your workout process. Fitness professionals recommend that you should stay active after working out. Often, this is termed as active recovery. It boosts your recovery process by making sure that you do not suffer the pains from sore muscles. Moreover, maintaining your activity also warrants that there is constant blood flow to your muscles.

Stretch

After cranking up your body with intense calisthenics workouts, you should set some time aside to stretch. This is because your body muscles have been contracting over and over again. Thus, to save yourself from stiff muscles after working out, you should stretch. Equally, stretching offers you the benefiting of speeding up the recovery process.

Take some time off

The fact that you wish to shred some fat in the coming three months should not be a reason for you to train every day. Training daily does not guarantee quality results. Instead, it could lead to fatigue which transforms into decreased motivation. The worst could also happen as you risk getting an injury. Therefore, take some time to cool off. You can choose to train for 3-4 days a week. If you perform the bodyweight training routines in the right manner, be sure that you will get the results you want. Most importantly, embrace the idea of being patient.

With these golden rules in mind, you should remember that the way you train is fundamental. Similarly, your post-workout is also as important as your training program. Always remember that some factors would influence your performance and overall results of your training. Therefore, being keen on these golden rules will make a huge difference to your workout plan.

Chapter 11

“Feed your fitness. Starve your mediocrity.” Krystal Breakley

Bodyweight Training; Common Mistakes to Avoid

In every form of training that you are introduced to, there is no doubt that there would be mistakes here and there. Therefore, making mistakes as you learn through the curve of bodyweight training should not come as a surprise. What are some of these mistakes that you ought to be wary of and how do you avoid them?

Skipping warm-up

Have you ever wondered why football players have to warm-up before entering the pitch? Well, it's simple; they are warding off the likelihood of muscle cramps or injuries arising. In the same way, you should never make a mistake of jumping right to your training routine. First, spare about 5-10 minutes to warm-up your muscles. It pushes your blood to flow through the sections of your body that you will be exercising.

Neglecting the right form

Bodyweight training is particular about form. Doing your exercises in the wrong form will only be a waste of time. You will not get the results that you expect after a specified period of time. Hence, the right form is required to make sure that each exercise you perform does not go into waste. It is worth pointing out that several video tutorials could help you know the best form depending on the exercise that you are performing. This applies to those that might want to avoid the idea of calling their fitness experts for guidance.

Neglecting your diet

One secret with training is that; training alone will not get you what you want from your body. If you're going to cut weight, neglecting your diet is not the way to go. The same thing applies to those that want to build muscle. You need to make certain that you take in the right foods to guarantee that you have not only the required energy but also the nutrients for optimum muscle growth.

Failing to progress

If you have been working out for the entire year and there are no body changes, then there must be something wrong that you are doing. Wait! Have you tried alternating your training routine? If not, then is the reason for stagnation. A huge mistake that you should avoid while training is repeating the same workout over and over again. This is a bad idea as your muscles get used to the same exercise. They will never face any challenge, and as a result, they will rarely grow. Your strength will also fail to develop as your body does not go through any form of physical stress with such common exercises. Hence, it is advisable to switch things up.

Spot reduction

This is something that you might have been aware of. There are those people that would want to do 100 sit-ups in a day just to make sure that they tone down their belly fat. This works right? It doesn't. The idea of spot training or spot reduction never works. The best way of getting rid of your belly fat is by working out the entire body. So, do not fall into the trap of relying on a training program that only focuses on some parts of your body.

Neglecting your legs

Men have a big problem here. Whether they are working out at the gym or doing bodyweight training, they often tend to overlook their legs. The sad thing about this is that it only renders their body as imbalanced. It is

essential to make sure that the entire body is worked on. Both the upper and the lower body should be trained equally.

Zero effort

Why should you expect the best results from your training routine when you only perform 4 squats and 5 sets of sit-ups? To get the most out of your drills, you need to put in more effort into whatever you are doing. Focus on pushing your body to its limit. Experienced athletes argue that pushing the body to failure works as it warrants optimum results within a short period. While doing this, ensure that you do not end up injuring yourself. The point being driven home here is that you need to put more effort into your training program.

Speeding the exercises

Performing explosive movements while working out for the first time might appear as exciting for you. Nevertheless, you should realize that this only increases your chances of getting injuries. As a beginner learn to develop your strength. Train a few reps today and focus on improving tomorrow. Speeding the exercises is not the right thing to do as you could run the risk of getting frustrated along the way. An important reminder that you should always keep in mind is that tomorrow is also another good day to train. So, don't injure yourself today forgetting that there is tomorrow.

Overtraining

This is a common one. Probably you have seen your friends doing it. Training twice a day for seven days will certainly damage your muscles. It is for this reason that you will never see muscle growth in people who choose to train excessively. Interestingly, an individual that trains three times a week will highly likely get good results compared to one who trains for seven days. Are you getting the point? Proper training is all about focusing on quality and having enough rest.

Inconsistency

The worst of all mistakes that you should refrain from is inconsistency. Training twice every three weeks is just being inconsistent. You will never get the best results if you choose to do this. Moreover, your strength and muscles would not develop as you expect. So, it is advisable that you remain consistent in your training for the best outcomes.

Chapter 12

“Research says getting regular exercise is the most effective ways to cope with stress.” Chris Meno

Supplements and Bodyweight Training

It goes without saying that supplements are a common thing to talk about more so when it comes to bodybuilding. Athletes would take their time studying the supplements that they can use in their training programs. With regards to bodyweight training, the chances are that you must be wondering whether supplements are necessary for you. Before asking yourself what supplements are there for you to take advantage of, it is imperative first to consider your fitness goals. What are you seeking to gain as you work out? Are you planning to build muscle? Do you wish to shred some fat off your body? How soon do you expect results after training? Well, these are some of the questions that will have an impact on your decision to settle for supplements or not.

What are supplements?

Basically, supplements refer to those dietary drugs/supplements that ensure your body has enough supply of nutrients. They are mostly used in sports and fitness. Maybe you have been thinking that supplements are illegal drugs that boost your body’s performance when training. Just to be clear, supplements could be identified as dietary foods that are rich in the nutrients that we constantly look for in the meals that we eat. For example, if you plan to build muscle, a fitness expert might advise you to include protein in your diet. The issue that arises here is that you have to take in different kinds of foods so as to get the required nutrients. However, when you choose to use supplements, all the nutrients, i.e., proteins, are found in one container. This is the main reason why most athletes would opt to turn

to supplements whenever they feel they need certain nutrients to boost their training outcomes.

Can supplements be part of your daily diet?

Well, personally, I would say yes and no. An experienced athlete would feel no harm of adding supplements to their daily diet. This is because they help a lot in boosting their energies and getting the most out of their exercises. The advantage gained in using supplements is that it saves you time. As earlier pointed out, one could end up spending months eating proteins with the hopes of building muscle. Nonetheless, supplements offer an easier and healthy path to meeting your training goals.

For beginners, I would say adding supplements to your daily diet would not be advisable. First, train your body. Try your level best to rely on a routine that will get your body physically fit without using supplements. With time, you would feel as though you are not gaining any more. For instance, if you are performing crunches, it reaches a point where you don't feel anything. This point is referred to as a plateau. It is the point where your body cannot adjust anymore with regards to the physical exercises that you are subjecting it to. When this happens, you can now shop for the best supplement that meets your training goals. Remember, if you are never certain of a supplement that you should add to your diet, ensure that you consult with a specialist.

Supplements and building muscles

One of the main questions that most beginners would want to ask concerning bodyweight training is whether supplements are vital. The truth of the matter is that they are not completely necessary. This applies even to bodybuilding. You should not be deceived that the only way to build muscle is by taking supplements. Probably the individual telling you this had different goals from what you have. It is vital to make an informed move when it comes to deciding whether or not to use supplements. What I would recommend is that an individual should first consult with a fitness

professional to determine whether their fitness goals would require any form of supplements. So, are supplements necessary? No, they are not. But they do help when our goals seem out of our reach.

Common bodyweight training supplements

There are numerous supplements that you will find at your local supplement store. Therefore, it is worth knowing some of the common supplement that most bodyweight athletes would use.

Creatine monohydrate

Creatine is a common dietary supplement that you would hear most athletes talking about. Besides boosting muscle growth, it also enhances your power. The main reason why it comes highly recommended is because of its high safety profile. One thing that you should know is that creatine is also present in your muscles. Thus, adding creatine to your diet would increase the amount of creatine in your muscles. It is a product that is naturally produced in the kidneys, pancreas and the liver. By increasing creatine in your muscles, it aids in maintaining high energy levels during intense workout programs. Accordingly, you tend to train for longer which ultimately boosts the expected results.

Recommended dose:

The sheer fact that creatine boosts help in maintaining your energy levels does not mean that you should eat it anyhow. A loading method that is recommended is to take in about 20 grams per day. This should be done daily for 5-7 days. After that, you should lower the intake to 5 grams a day. Alternatively, you can opt to take in 5 grams a day for 28 days.

Whey protein

In addition to creatine, you will come across whey protein as an everyday supplement in the stores out there. This is a post-workout supplement. It is taken to aid in muscle recovery. Say you have been performing calisthenics exercises for two hours. This means that your body needs to recover from the strenuous exercises that you put it through. Consuming whey protein is the way to go.

Recommended dose:

It is advisable to load 20-30 grams of the supplement after working out.

Fish Oils

Your training routine will tear up your muscles. Thus, your muscles would be inflamed and damaged. In some instances, such inflammation is desirable as it often leads to muscle growth. Nevertheless, the disadvantage is that it slows down the recovery process. For that reason, you need fish oils. They provide a reliable source of omega 3 fatty acids. These fatty acids aid in reducing muscle soreness. Equally, it enhances the muscle recovery process. With time, there is a high likelihood that you will experience hastened muscle growth.

Recommended dose: You should ensure that you load about 2 grams a day. Taking this supplement with a meal is highly commended.

Possible side effects of supplements

As pointed out in the previous section, some benefits would be coming your way with the use of supplements. Nonetheless, we cannot overlook the fact that there are possible side effects that you should be aware of. You should understand that the supplements you choose to take should not act as substitutes to the natural foods that you are accustomed to. For example, taking whey protein does not mean that you should stay away from beans and eggs. It is vital that you maintain your training program while still ensuring that you do it in the most natural way possible.

Safety and risk

Manufacturers of supplements utilize certain active ingredients which might have strong negative effects on your body. This infers that you should be alert about the possible side effects that are associated with taking such supplements. Whenever you are purchasing a new supplement, make a point of asking whether any active ingredients might affect you. A specialist in the field should have this relevant information at their fingertips.

With the growing urge to keep fit, there are instances where you might think that taking many supplements at a go will help you. Sadly, this is not

the case. Taking many supplements at once will only stir the negative side effects associated with such intake. Side effects could also erupt when people choose to substitute the supplements for their prescribed medicines. Moreover, if you are on medication, it is wise to first complete your dose before combining them with dietary supplements.

Take note of the fact that some of the ingredients utilized in dietary supplements are included in different kinds of foods that we purchase today. Therefore, you might be getting a high quantity of these nutrients more than you think. This implies that adding your intake might not be a good idea. Excessive consumption of supplements would only prove horrendous and expensive for you. For instance, excess vitamin A in the body could lead to liver damage, reduced bone strength and even headaches. Consequently, it is worth taking supplements in moderation while ensuring that there are no associated side effects with what you choose to take in.

Keep your eyes open to quality supplements

Dietary supplements have flooded the market in recent years. There are numerous organizations out there promising quality products, and yet they deliver substandard products. In line with this, you want to settle for products that you can trust. You want to purchase supplements that will deliver as expected. Thus, it is upon you to find out the best brands that are being sold in the market. Do your homework to get information on popular brands that people are using. You could ask your friends that are already using dietary supplements in their training programs. They wouldn't hesitate to give you the right information to make sound decisions.

Chapter 13

“High-quality food is better for your health.” Michael Pollan

Diet

Far from resorting to supplements, you have the secret to getting the ultimate results that you desire as you train your body. This is your diet. The natural foods that you choose to take in will undeniably have a huge impact on your overall training. As you plan to embark on a serious training routine, it is imperative to stop and think about the right combination of foods that work best for you. The key to succeeding in your fitness goals is to have the right diet working for you. Professionals would argue that your training schedule should be combined with a good and nutritional plan. Why? You will be better placed to move in the right direction and ultimately get the results that will impress you.

The first step that you should take is to ponder on the health goals that you have in mind. Probably you want to lose weight. If this is the case, then the diet to go for would be different from one that one would choose to gain muscle.

A common myth that you probably have heard is the notion that skipping meals will help you in losing weight. Well, this is not true. The body has its reserves. Therefore, if you choose to skip meals, be sure that your body will store some food waiting for future demands. This food ends up being stored as fats. In the end, you will be disappointed regardless of your dietary habits as you plan to keep fit. Therefore, it is worth understanding the meals that you should take as you train your body.

Important dietary tips that should keep you going with your workout program are briefly discussed in the following sections.

Nutritional tips that work

Most people want to get fit these days. Everybody is hitting the gym. Other people are doing extensive research on the best diet plans that they should stick to to maintain their body weight or simply to boost their strength. The problem here is that everybody has their version of keeping fit. So, it could be daunting to find the right information that suits you. However, here is what you should stick to.

Keep yourself hydrated

Bodyweight training exercises will make you sweat. If you are serious with the exercises that you will be performing, then you will certainly need to keep yourself hydrated. A huge trap that you might be tempted to fall for is taking energy drinks. Yes, these drinks might give you the energy that you need to push further. However, do you know that you will be adding extra calories to your body? So, don't be surprised if you keep working out with no results coming your way. Water is the best drink that will keep you hydrated without causing any negative effects.

Eat protein

Your fitness expert will inform you that you need to cut down on the meals that you eat to guarantee that you lose weight. Undeniably, this does not imply that you should skip meals. Certainly not! The point here is to find a diet that will satisfy your appetite. Proteins are a good choice for you. They not only keep your stomach full, but they regulate your metabolism at the same time. The best part is that you will reduce your cravings for junk. Less junk in your diet will definitely mean that you will be shredding some fats over the long haul.

Flexing your carbohydrates

Flexing your carbohydrates implies that you should concentrate on taking in good carbohydrates. Some of these carbohydrates include green vegetables. The right time to eat your carbohydrates could be early in the morning. This ensures that the food is converted into energy for your body to use. After working out grab some starchy carbohydrates including rice and potatoes. After working out, your muscles need energy the most. Therefore, it is vital that you supply them with energy by taking in these carbs. The other advantage gained is that your body would absorb your protein intake

effectively. Additionally, you can also add starchy carbohydrates to your last meal before you sleep. This comes highly recommended for individuals that seek to lose weight from their training routines.

Take advantage of “the 45-minute window.”

After working out, the body often goes to a state where the muscles are wide open like gates. This happens for 45 minutes after working out. This is what is termed as “the 45-minute window.” Taking advantage of this period is key to making sure that your muscles grow optimally. If you think that you are serious about building some muscle, then this the right time for you to load some protein shake. Similarly, you could also combine this by eating some starchy carbohydrates.

Cheat meals

Being disciplined with your diet does not necessarily mean that you would stick to it 100%. Truly, there are times when your cravings might exceed, and you think of grabbing some junk. With regards to such situations, it is advisable to devise a plan where you make your cheat meals healthier. How do you do this? Add proteins to your cheat meal. If you find yourself eating carbs such as pasta or pizza, ensure that you work out afterward. Doing this ensures that your body utilizes the extra fuel that these foods provide.

Food to soothe you to sleep

You need a lot of rest if you are going to workout on a daily basis. As such, there are certain foods which induce sleep that you should know of. Some of these foods include cottage cheese, bananas, salmon, turkey, Montmorency cherries and nut butter. All these foods contain tryptophan. Tryptophan is a form of amino acid which transforms into melatonin. In turn, melatonin aids in relaxing the muscles.

Factors to Keep in Mind When Picking the Right Diet Plan

When it comes to nutrition, we are all experts in our own ways. Different people would have their own ideologies with regards to the right diet that they should stick to. Still, one fact that we should not forget is that maintaining a healthy diet is challenging. Interestingly, it is true that what you eat determines your physical and mental health. Thus, a good diet would increase your chances of having good health. On the contrary, a bad diet will increase your chances of suffering from lifestyle-related diseases.

So, what should you keep in mind when designing a diet plan that suits your fitness program? Of course, you will have to mull over your actual goals in the training routine. Besides this, you will also have to think about the availability of the foods that might be recommended for you. Some of the ingredients that we are at times advised to stick to are hard to come by. Accordingly, you have to ponder on whether they are available or not. Some of the factors to bear in mind are evaluated in the following section.

Do as the Romans Do

When in Rome? ... Do as the Romans do! People that exercise frequently have a certain way in which they take their meals. In this case, you will find that most of them eat their breakfast on a daily basis. Also, they tend to watch less TV and that they exercise regularly during the week. Therefore, your schedule should also be similar. Ensure that you do not skip meals. If possible, instead of watching TV, find an entertaining activity that will require your body to move. Keep in mind that your goal is to keep fit. Thus, you have to combine several strategies together besides eating a balanced diet.

Ask the experts

There are nutritionists out there that can easily help you if you approach them. Those that are serious with their training programs should consider this as a priority. You want to know the right meals that will work for you and those that you should keep off. It is important to realize that diet and exercise go hand in hand.

Consequently, make the wrong diet choice, and you will end up feeling wasted. You will never seem to shred off the fats that you want out of your body. Likewise, it would appear as a huge challenge for you to build muscle that you long for. Hence, diet is a serious matter that you should consult with an expert if possible.

Understand the different nutrients you need

Your diet would be balanced if at all you have proteins, carbohydrates and vitamins all in one plate. However, this is not enough. It is worth taking time to understand the specific nutrients that your body needs the most to obtain certain fitness results. For instance, if you plan to lose weight, there are certain meals that you ought to eat moderately. First, invest your time in understanding what your body needs as you seek to train regularly.

Besides having a balanced diet to stick to, some of us forget that eating in peace is a requirement. Why should you eat quickly when you have the time to eat slowly? Eating slowly gives your teeth time to crumble food in smaller sizes for easier digestion. Moreover, always bear in mind that skipping meals does not get you the healthy weight that you are looking for. Rather, it only increases the likelihood of crash dieting. This means that you will have to eat large quantities of food at a go. The effect of this is that you will only keep adding more weight to what you already want to cut off.

Chapter 14

“Accept challenges so that you can feel the exhilaration of victory.” George S. Patton

Bodyweight Training Challenges

Often, we tend to admire individuals that have managed to keep up with their training routines. Most beginners plan to train only to lose hope after a week or two. In fact, there are those that train for up to 6 months, but they also give up. Why do they give up? What influences them to quit? Could these be personal or physical challenges that influence their decisions to quit? This section dives in to evaluate some of the bodyweight training challenges that impact people to quit. If you are among those that recently stopped, then you should pay attention closely. You will learn some practical ways of circumventing the common barriers that prevent you from focusing on your fitness program.

So, what are some of these challenges that most people face in their training routines?

Lack of time

Time is always an issue. With the economic pressures that we continuously face, time might hinder you from finding an appropriate time to exercise. Setting aside time to work out is not easy. It requires your dedication to make sure that the little time you have can be utilized appropriately. Here are some few tips to help you in managing your time effectively.

Squeeze in simple exercise routines during the day

Bodyweight training gives you the flexibility of training anywhere. Remember, all you need is just your body. So, during your busy schedule, you can squeeze in simple exercises that would not demand a lot of time

from you. Take, for example, push-ups and sit-ups. These are conventional exercises that require only 20 minutes of your time to complete several sets. The little time that you grab off your busy schedule would make a difference in ensuring that you keep fit. An important fact that you ought to always remember is that; consistency beats intensity. Therefore, perform these exercises regularly, and you will surely notice a considerable difference.

Wake up early

Your entire day might be fully packed, but if you choose to wake up a few minutes earlier, this means that you will have time to train. Just try to spare about 30 minutes in the morning and do some push-ups, lunges, and squats, etc. Doing this for 5 days a week will keep you fit.

Walk more

Vehicles give us the convenience that we need when we need to get to our destinations. However, have you ever thought of parking in a slightly distant location and walking the rest of the way? Yes, this works. Walking this distance each day would imply that you will be burning excess calories. Eventually, you would have lost several pounds in a few months.

So, don't give yourself an excuse that you don't have time to train. Simply adjust your schedule and find creative ways of training your body without having to go to the gym.

Boring exercises

Are you tired of the bodyweight training routines that you have been performing for two months or a year? Truly, your training routine could get boring more so if you are working out alone. This means that you need to bring some excitement to your training routine. To achieve this, here are some pointers to take home:

Settle for your best exercises

It is never a bad idea to choose those exercises that you love over others. This is a recommended strategy whenever you feel that you cannot train.

An imperative thing to keep in mind is that any exercise that gets your body moving is valuable.

Find a partner

Aside from choosing the exercises that you love, find a partner to train with. This could be your neighbor, friends or relatives. Training as a group keeps you going as you are constantly encouraged to work harder.

Switch routines

There are numerous bodyweight training routines that you can choose from. Ensure that you do not stick to one particular routine. Go from lunges to crunches, biceps to squats, mountain climbers to rose jumps. Switching exercises here and there would make your program more exciting.

Low self-esteem

Your low self-esteem could also be the main reason why you opt not to train. This happens mostly when you think that you are obese. The bitter truth is that people around you would stare at you waiting for you to shy off. Well, you shouldn't.

Avoid the crowd

Perhaps your low self-esteem stems from the fact that you are afraid to train where people keep staring at you. If this is the case, then you can train on your own. If you prefer performing bodyweight training routines at the gym, ensure that you are the first to clock in and clock out. Alternatively, you could try adopting exercises where you do not have to train in groups. In this case, you should settle for a calisthenics program that could be performed at home.

See the bigger picture

A good tip of ignoring what people think about you is to see the bigger picture. Focus on convincing yourself that there are numerous health benefits that you would be getting as a result of your training. Inviting a positive vibe is the key to having a winning mentality throughout your training program.

Failed in the past?

It could also be that you are scared to workout simply because you tried and failed in the past. Don't give up just yet. The best thing to do is to go back to the drawing board and re-evaluate what you did wrong. The main thing that should be on your mind is to learn from the mistakes that you might have previously made. Besides, keep in mind that there are several health benefits that you will gain by exercising regularly. For example, knowing that regular exercise prevents type 2 diabetes should motivate you to give it another try.

Set realistic goals

One of the main reasons why most people give up is that they set goals that are mountainous for them to achieve. The last thing that you should do is to lie to yourself that you will be training for 2hrs every day for the next three months. No! As a beginner, set practical and realistic goals. Begin with manageable goals such as training for 30 minutes for three days in a week. This is a realistic goal that you can achieve. The good thing about this is that it keeps you motivated to hit your targets.

Pace yourself

A key to succeeding in your training program is to begin by tackling easy exercises. Don't jump to intense exercises before getting used to basic workouts. Give yourself time to adjust.

Can't afford gym fees?

This is not an excuse now that you know that there are ways that you could work out without having to hit the gym. Take your time to settle on a calisthenics training program that you think is best for you. These exercises can be performed anywhere; at home or at your office. Take note of the fact that it is imperative to find a training partner that will keep you engrossed on your ultimate fitness goal. If possible, train in groups.

Too tired to exercise?

Your excuse is that you don't have the energy to exercise, right? Well, guess what? If you fail to exercise, then you will not have energy completely. Break the cycle with some form of physical activity. Sample out bodyweight training techniques that you think are simple and perform them. With time, you will realize that your energy levels have been given a huge boost, thanks to bodyweight training. Some pointers to help you train include:

Sparing time in the morning

Maybe your excuse not to workout is because you are tired after work. This implies that you could spare time in the morning to do some bodyweight training exercises. Bear in mind that they do not have to be complicated. You can choose simply exercises such as sit-ups, rose jumps and mountain climbers.

Take advantage of lunchtime break

Running on a tight schedule at work? If yes, you should try carrying your training gear at work. During lunchtime, you could use this time to perform some sets of squats, leg raises, rose jumps and crunches. Take a shower after that. Undeniably, you will feel fresh and rejuvenated to tackle the afternoon.

Always be prepared

A trick that often works for people that are busy with their schedules is always to be prepared. Whether you are going to work or traveling abroad, remember to carry your training gear with you. This acts as a reminder of how important you consider your health. Therefore, you will find yourself constantly motivated to exercise.

Chapter 15

“An early-morning walk is a blessing for the whole day.” – Adam Smith

Health Benefits Associated with Bodyweight Training

In everything that you do, you must convince your mind that you are doing something beneficial. Indeed, committing your time and effort to work out is not an easy task. It is for this reason that you should always convince your mind that there are health benefits associated with working out. Waking up every morning to perform certain routines requires motivation. You might wake up for a day or two or even a month. But can you maintain the pace to the rest of the year? A good number of beginners lose hope along the way simply because they lack motivation.

An ideal way of motivating and pushing yourself to train is knowing the associated health benefits of bodyweight training. Without a doubt, you know very well that you will be toning your body in a couple of months, but do you know about the health benefits that would be coming your way? It goes far beyond building muscle and cutting down on fats. Some of the health benefits linked to bodyweight training are succinctly discussed in the following section.

Boost brainpower

Regular exercises aid in boosting brain power. Your mental function is enhanced considerably each time you choose to train. Scientists would point out that exercising increases the level of serotonin in the brain. This means that as an athlete, your mental clarity is improved. So, how do you benefit here? With a clear mind, you can be certain that your productivity will be given an enormous boost. Throughout your entire day, you will find that you are not getting tired quickly.

Brings happiness

Besides boosting your brainpower, regular exercise also melts away stress from your life. This implies that you are highly likely to be happier as compared to an individual that does not train. Exercising stimulates the production of a specific chemical in the brain that attends to anxiety and stress. Similarly, your regular workout routine will ensure that the brain releases endorphins. These endorphins are responsible for inducing positive vibes in your life. Accordingly, the positive mentality that you will have will warrant that you have a positive approach to life. Regardless of the situation that you might be facing, a positive approach towards life will keep you happy. You will continuously find a reason to smile and tackle your challenges in a positive way.

Losing weight

Losing weight is, of course, one of the main health benefits that you will be getting by trying out bodyweight exercises that work for you. In fact, this is perhaps the primary goal of every individual when training. Regular exercise will undeniably help a lot in keeping your heart pumping at a faster rate. The effect of this is that your metabolism increases meaning that food would be quickly digested into your system. With increased metabolism, more calories would be burnt by your body.

A huge mistake that most people make is to try out dieting by cutting down on their calorie intake. This is wrong. Cutting down on your calories would only bring down your metabolic rate. This infers that your weight loss goal would be slowed. If you want to reduce weight effectively, you should exercise often. Slight calorie intake will help you in burning those fats that you need to shred.

Reduces the risk of chronic diseases

By now you should be conscious of the fact that the lack of any physical activity is the leading cause of chronic diseases. Taking your time to exercise regularly enhances your cardiovascular fitness and insulin sensitivity. Equally, it also decreases blood fat levels and blood pressure. Conversely, failure to workout leads to major health issues such as heart

diseases, the risk of type 2 diabetes and increases in your belly fat. In extreme cases, it could also cause early deaths.

Yes, it is as scary as it sounds. Therefore, it is crucial that you mull over the idea of sticking to a bodyweight training program that suits your fitness goals.

Overall improvement in skin health

There is no doubt that we always admire those people with smooth skins. Interestingly, we all know the secret to getting healthy skin. It is just working out. Regular exercise helps the body in releasing toxins from the skin. The more you sweat, the more toxins that your body releases. What's more, training stimulates blood flow within your body. Therefore, skin cell adaptations are enhanced which ensures that you look young with soft skin.

Building muscle and strengthening bones

There are many kinds of bodyweight exercises that you can choose to perform to keep fit. On that note, the exercises that you choose will undeniably lead to increased muscle growth. Similarly, your bones are strengthened in the process. Combining your exercise with the right diet is the best way of making sure that you get the most out of your exercise program.

Helps in learning how to set and achieve goals

Whether you are planning to lose only 5 kilos in two months or 20 kilos in a year, there is a huge benefit in learning how to set such reasonable goals. Before setting these goals, there are numerous factors that you had to keep in mind. The way in which you set and achieve your fitness goals could be applied in every project that you handle. By having a working training plan that works for you, you will always have a good feeling about the things that you work on. Therefore, this transforms into a better goal setting. Undeniably, this is what you need to ensure that you live a fulfilling life where your goals are attainable.

You get to sleep better

If you have been tossing and turning during your sleep hours, then it is time to invest in bodyweight training. Exercising your body regularly gifts you with the benefit of sleeping better. This happens because by the end of the

day your body would crave for some time to rest. In line with the benefit of sleeping better, you should know that it might take time for you to experience the results. Research shows that it could take up to four months for a particular exercise routine to have an impact on your sleep. Hence, you ought to be patient and keep exercising.

Enhancing your flexibility

One unique advantage that makes bodyweight training desirable is the fact that it will always keep you flexible. The different forms of exercises work on strengthening your core, back, abs, legs, triceps, biceps, etc. All your body parts are worked as a unit. Therefore, there is a good chance that you would be flexible given time.

Boosting your self-esteem

Why would you feel down when you have a rocking physique that impresses everyone around you? People with good body physiques are always proud of themselves. Well, I am not saying that other people are not proud of themselves. The truth of the matter is that individuals that exercise regularly have a good feeling about themselves and the kind of life they live. Having the perception that you certainly look stunning will give you a reason to be confident regardless of the people that you interact with.

Increased productivity

Numerous studies associate exercises with better performance amongst individuals that train regularly. This could be true as individuals that exercise often are physically fit to work throughout the day even when pressures mount on them. Besides, these people have minimal stress levels since exercise brings happiness to their courts. Therefore, working out regularly increases your productivity whether at work or at home.

You live longer

Many would point out that being there for their loved ones and enjoying special moments together is what makes life worthwhile. Undeniably, this can be made possible with regular exercise. Choosing to exercise regularly is choosing to live longer. First, you would be warding off diseases that would have had detrimental effects on your health. Next, you would be

positively approaching life. So, there is no doubt that you stand the chance of living a longer and happier life.

Final Thoughts: (Conclusion):

On a final note, bodyweight training is slowly taking over as an ideal form of training both for beginners and professionals. There are numerous reasons to opt for bodyweight training as compared to other forms of training that you might have been used to. A convincing reason to choose bodyweight training is the fact that it gifts you with the convenience that you need in your training program. You can perform body workouts without having to go to the gym. The best part is that the exercises can be performed anywhere. Whether you choose to workout at home or in your office, you will be maintaining your training program without any excuses.

Convenience is not just what you are after when training your body. You also seek a training routine that wards off lifestyle-related diseases. Bodyweight training does just that. There are many fitness benefits that one would gain by trying out bodyweight training. Happiness is one of the key benefits that is linked to bodyweight training. Regular exercising means that your body would be responding positively to stressors that could have taken away happiness from you. Therefore, you get to perceive life from a positive angle. This gives you a reason to enjoy the life that you are living and anticipate that the future is bright.

Have you thought about your overall improvement in your self-esteem? Exercising often ensures that you admire yourself. Self-admiration would stem from the fact that people around you would also be admiring your physique. Also, it is quite likely that they will be in awe of the good and healthy life that you live. As a result, bodyweight training helps you to garner self-worth; something that is hard to come across.

Concerning the wide array of bodyweight exercises that are at your disposal, it is imperative to take time to consider the best for you. Your training goals, for example, should be taken into consideration before settling for any workout plan. A workout routine to lose weight would be different from a routine meant to boost your energy or build your muscle. Equally, certain routines are regarded as intense, and therefore they would

not be recommended for beginners. Such concerns are worth bearing in mind when planning to choose a training program that will meet your fitness goals.

Equally, it is important to invest your time in getting to understand the main aspects of bodyweight training. For example, give yourself time to understand why bodyweight training is what you need. Take some time off to learn more about the common mistakes that people make when trying out bodyweight training. The best way of staying informed is to do your homework. Do thorough research into bodyweight training to ascertain some of the key things that you should not miss now that you want to join the family.

Before coming up with a training program, that you would utilize for your calisthenics exercises, ensure that you have time. If you don't have time, you will have to design a program that requires you to wake up early in the morning or workout late in the evening. Training requires you to sacrifice your time. Hence, it is worth evaluating whether you have the time or not.

Again, you don't have to be reminded of the importance of sticking to a balanced diet. Diet and exercise go hand in hand. Without the right food, you shouldn't expect good results. As such, besides investing in finding time to work out, also invest in digging for more information concerning the right diet that suits your training goals. It is worth noting that your diet will differ from time to time as you might want to adjust your fitness goals. Therefore, it is wise to consult with a nutritionist if at all you find yourself confused on what you should take.

Most importantly, have fun while training. This will eventually make the difference as to whether you will enjoy the calisthenics journey or not. Find a way of embracing the new and exciting experiences that would be coming your way. It is the direction where fitness is heading to; so that you are on the right track to discover your physical potential.

Good Luck!

**Bonus Material: Earning – An Introduction To
Earning With The Double Your Income Sequence**

SECTION 1: THE SECRET OF FORMING MONEY HABITS (AND HOW TO ENFORCE THEM)

You are a collection of your favorite habits.

And, you have a niche set of habits that contribute to the money you can earn and keep, during your average month. Understanding the science behind these habits will help you positively influence the energy you spend on making more money.

A habit is a practice that you have used so often, that it has become an internalized, autonomic blueprint – a kind of default program for how to execute a specific action. ^[1]

Habits become damaging when they stop being beneficial, and instead, become uncontrollable, unintentional and contrary to your personal goals. Most individuals carry with them the burden of many bad habits, which inadvertently keeps them from forging ahead and achieving their income goals.

According to Charles Duhigg, the reason why we struggle with habits is that they are as unique as we are. There is no quick-fix formula.

In order to effectively change your habits, you need enlightenment on a better process, and, on your stuck behavior. Then you can change your *cue-routine-reward* cycle. ^[2]

Cue: a trigger that puts your brain in automatic mode and chooses your habit
Routine: A physical, mental or emotional set of actions
Reward: What you gain from executing the habit

With fresh ideas and an understanding of how to break bad habit loops, you will adopt powerful new habits that will help you double your income every, single, month.

SECTION 2: HOW TO CREATE NEW MONEY HABITS

New habits are how you will double your income.

This means you need to:

#1: Identify and break bad habits, to free up room for fresh practices

#2: Identity and consciously adopt new habits, until they become automatic

This guide is not about the first step. If you want to learn how to break bad habits, I suggest reading Charles Duhigg's classic, "The Power of Habit."

What you do need to realize, is that a number of your existing habits need to change, to make room for the ones outlined in this guide. You must become consciously aware of your *cue-routine-reward cycle*, and interrupt it to stay on track.

You can do this effectively by replacing your existing rewards, with your new goal to double your income. To create a new habit, follow this simple process.

- **Identify the bad habit that must be replaced**
Waking up at 7 am to be at work at 8 am
- **Identify the harm it's causing**
Rushing and feeling harassed and irritated when you get to work
- **Understand and replace the reward from your bad habit**
Instead of instant gratification from sleeping late, your mood will be elevated, and your energy levels will be high at work
- **Implement the new habit, motivated by a stronger overall reward**
Practice waking up at 5 am, arriving at work at 7:30 and easing into your day, to stimulate the positive mindset required for success

According to modern studies, it takes roughly 66 days before a new behavior becomes automatic.^[3]

SECTION 3: THE 14 HABITS THAT WILL DOUBLE YOUR INCOME

Here are the habits you need.

Habit 1: SLEEP (You're Not Doing It Right)

Bill Gates, the co-founder of Microsoft, sleeps for 7 hours every night and reads for 1 hour before bedtime.

With over a third of Americans not getting enough regular sleep, most people vastly underestimate the importance of quality shuteye in their lives.

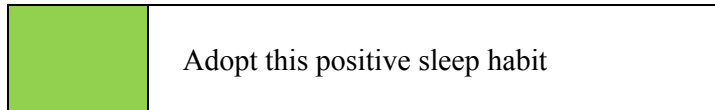
Over or under-sleeping exposes you to increased risk for chronic conditions, mental distress, stroke and heart disease.^[4] According to a 2018 Poll by The National Sleep Foundation, excellent sleepers feel more effective at getting things done the next day.^[5]

The first habit you need to adopt is simple – get high quality, regular sleep.

Set a time every evening to go to sleep and stick to it. You should be in bed an hour before, your phone off and all screens far away from you. Read for an hour. Then, go to sleep for 7.

Wake up promptly, 7 hours later. Not a minute more.

Sticking to this new habit promises you stronger immunity, the improved concentration at work and greater emotional stability overall. Consistency will ensure that your circadian rhythms function well, and you never have trouble with restless sleep or with falling asleep.^[6]



Habit 2: EXERCISE (It's Not Enough, or It's Too Much)

Ex-President Barack Obama works out for 45 minutes a day, six days a week. Thirty minutes or more of aerobic exercise is done daily by 76% of all successful people.^[7]

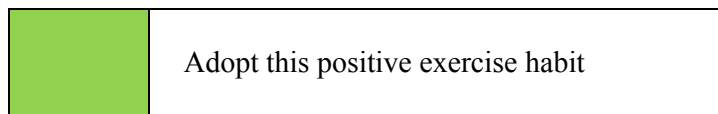
Aerobic exercise is the one consistent habit that will give you the energy you need to succeed. You should run, walk, jog, bike or take a class at the gym. Cardio gets your blood pumping, which is ideal for your brain and boosts your intelligence.^[8]

The second habit you need to adopt – find and practice an aerobic exercise, daily.

Now, you need to pick 45 minutes to an hour, every day to get your cardio in. It makes no difference whether you do this in the morning, or late in the evening – as long as it is done every single day.

Consistency is how you will reap these many benefits.

Try to pick something that fits into your life, schedule and likes. You don't have to spend money, you simply have to get active. This means finding an exercise you will enjoy. Some people like boxing classes, others prefer to take a walk around the neighborhood.



Habit 3: SOCIAL ENERGY (Here's One to Protect)

Oprah Winfrey, talk-show host, and owner of Harpo Studios meditates for 20 minutes every morning, shortly after waking up.

Meditation makes you more in-tune with yourself, how you feel, and how the world around you feels. It's great for focus, increased energy, decreased stress and lifts brain fog.^[9]

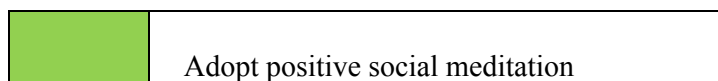
The people around you have an impact on your energy levels. Successful people surround themselves with positive, go-getters – while the average person is drained by one or more toxic, or negative people in their lives. Social energy must be protected.

The third habit is – to meditate daily on how to optimize your social energy.

According to a Cigna Study, loneliness is at epidemic levels in America.^[10] But this is never a good reason to allow anyone a place in your life.

Take a look at your connections and consider if they add, or take energy away from you as you meditate for 20 minutes every morning.

Extroverted, or introverted, you need the right kind of connections in your daily life. If you have energy vampires in your sphere, you must get rid of them to be at your best.





Habit 4: SELF-INVESTMENT (Knowing and Doing)

Albert Einstein believed in constant self-investment through learning, research and application of that newfound knowledge.

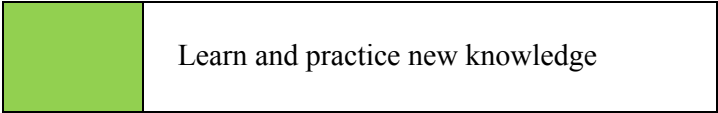
The day you stop learning, is the day you stop growing. And personal growth is what takes you towards income acceleration and success. Einstein knew that constant reading was critical to learning, but so was the application of the knowledge learned while reading.

He famously said that too much reading renders the brain lazy. To grow in his field, Einstein continued to study formally until he was 26, then pursued self-study. He was not, as many believe, a naturally talented genius savant – he studied, read and practiced knowledge. [\[11\]](#)

The fourth habit is – invest in your field of knowledge through reading and practice.

If you want to excel like Einstein, shift from consuming entertainment to consuming knowledge. This is easily done by dedicating an hour or more to reading and applying your newly discovered knowledge. Practice what you learn, to see the real difference. [\[12\]](#)

Carve an hour of your day, in the morning or evening to read a book and then realize its lessons. This can be split into 30 minutes of reading, 30 minutes of creating.



Habit 5: DELEGATION (Focus on The Big Picture)

Richard Branson, Founder of Virgin and hundreds of other companies, is famous for his practice of ‘letting go, to grow.’ He delegates to focus on the big picture. [\[13\]](#)

Delegation is a habit that most people fail to practice. Instead, they try to do everything themselves and end up burned out, exhausted and depleted.

When you actively practice delegation, you become a talented multitasker, able to orchestrate and design your own career. It is at this point your income will inflate.

The fifth habit is – to practice delegation often and keep your eyes on the big picture.

Your career, or income goals, maybe the big picture for now. Knowing where you want to end up gives you clarity of purpose, and will help you assign what is not important to those around you. This must be done in all aspects of your life that consume your time.

This habit will kick in when someone makes demands on your time. Ask yourself if it contributes to your big picture. If it does not, find a creative way of delegating it to another human being. Make this a habit, and soon you will be surrounded by competent people. ^[14]

	Adopt the habit of delegation
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Habit 6: MENTORING (Learning and Teaching)

Marie Forleo is a life coach, philanthropist and entrepreneur, who believes in the power of mentoring and being mentored, to become hugely successful. ^[15]

In fact, she uses connections to grow her business at every level. With storytelling and the ability to build a community around her lifestyle brand, she was named Oprah’s “*thought leader for the next generation.*”

Your ability to surround yourself with the right people will be the single most useful habit you can adopt. Most people never actively practice the art of conscious mentoring.

The sixth habit is – to practice attracting network connections that will help you excel!

Who do you know that could teach you something important? Have you ever met someone who you wanted to learn from? Teaching and learning is fundamental to networking, and the basis for all positive relationships, in a corporate environment. ^[16]

Every day, you should consciously invest more energy in stimulating and improving mentor relationships that will help you grow and succeed as a person in your field. Be ruthlessly selective about your friends and who you spend the most time with.

Allow others to mentor you, and be mentored by you, in a working environment.

	Adopt the habit of mentoring and being mentored
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Habit 7: YOUR 96 MINUTES (This is Your Most Valuable Time)

Stephen King is known for his work ethic and ability to produce six good pages of writing every day consistently. He does this by following the same productivity routine daily. [\[17\]](#)

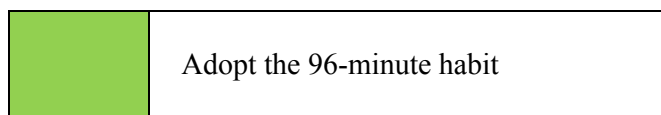
You need to have the discipline and consistency required, to do something for your direct productivity benefit, for 96 minutes a day. Why 96 minutes?

Science says that everyone has 96 highly productive minutes every day, a time window when you have the most energy and are at your best. If you harness this power and use it for your ultimate goal of earning more money, it shifts from possible, to probable. [\[18\]](#)

The seventh habit is – Spend 96 minutes a day working on your main career goal.

Discover when your 96 minutes kicks in. It might be just after waking up. It might be late at night when everyone else is sleeping. Find your window and use it.

Spend those 96 minutes focused exclusively on your main career goal. If that is to get a promotion, this is when you will plan and execute a strategy. If it is to launch a website, this is when you will put in the work.



Habit 8: INNOVATION (Get to The Core of Things)

Elon Musk, the founder of PayPal, SpaceX and Tesla, is a known innovator and practices the Richard Feynman technique mixed with first principles, to stay creative. [\[19\]](#)

The underlying concept of this technique is to not try and remember, but to understand – because when you do, you automatically remember. It's a way to entertain new ideas and be creative in a way that promotes productivity.

Knowledge to Elon, is about understanding the fundamental principles of a thing, to know the trunk and branches before diving headlong into the details, or the leaves of an idea.

The eighth habit is – when learning something new, to understand its core first.

Applying this to your career will make you a forward-thinking innovator. For example, if you are a psychologist, you would benefit from learning more about neuroscience, because it is at the core of your field. Competency is all about strong, unshakable fundamentals. [\[20\]](#)

Spend 30 minutes every day learning something that reinforces how you innovate in your chosen field. Soon you will be questioning, brainstorming and seeing patterns that may amount to improvements you can implement.

Practice innovation for 30 mins a day

Habit 9: THE WIN-WIN (Mutually Beneficial Relationships)

Stephen Covey, author of the smash hit “The 7 Habits of Highly Effective People” advocated the importance of win-win relationships.

According to Covey, most people approach life with a scarcity mindset, as opposed to an abundance mindset. Because of this, social interactions become unbalanced. [\[21\]](#)

There are several types of human interaction, win-lose, lose-lose, lose-win – but none are as powerful or effective as the win-win. When you practice win-win interactions, your engagements are mutually beneficial, and people will enjoy working with you.

The ninth habit is – to practice win-win human interactions in your daily life.

When you do, you will find that people flock to you, because they see the benefits of doing business with you. When everyone benefits, you can succeed together.

This habit will cue when someone asks you for something. This should be your trigger to think about how you can make the interaction a win-win scenario. Covey says, to take consideration and courage into account, and to be creative in your problem-solving.

As you create win-win results, your influence will grow in your field. Remember that there is enough success around for everyone, and you can create it for them!

Practice win-win human interactions

Habit 10: SPEAK UP (Know and Communicate Your Value)

Tyra Banks, ex-supermodel, TV producer and personality, based her career success on the ability to speak up, negotiate and get what she desires most.

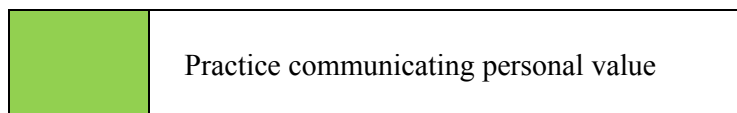
She made a habit of speaking clearly, frankly and openly about her value with the people around her. Too often, we get stuck in the habit of remaining passive, and silent about our worth. Promotions and opportunities will pass you by because you failed to speak up.

The tenth habit is – to speak up when necessary about your value as an employee.

Tyra explains, that it is a shift from an ‘I need’ to an ‘I deserve’ mindset. Instead of explaining to your employer why you need a raise, you should explain why you deserve one. This is easily done by focusing on your value – or how you positively contribute to the company.^[22]

This is another habit that will cue when you identify opportunities or feel that you deserve a promotion at your job. In meetings, be open about your contributions to the success of projects or initiatives. Speak up about how you, as a person, make things better.

Getting into the habit of communicating your worth to people around you, positions you for rapid advancement. If you cannot see and communicate your value, the higher-ups will not see it either. Be persistent. Have a clear voice. And do not get lost in the crowd.



Habit 11: PAY YOURSELF FIRST (This is Ground-breaking Advice)

George Clason was the author who wrote the classic ‘The Richest Man in Babylon’ and taught people to pay themselves first, in order to gain real wealth.^[23]

Imagine if, since you had started working at age 21, you had put away 10% of every paycheck. This is what it means to pay yourself first. Money saved and kept earns compound interest and grows exponentially over long periods of time.

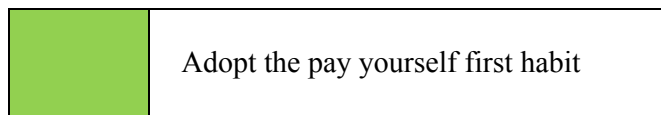
People that want to be wealthy use this strategy to move from employed earning to investing. Investing money is how you break out of your income bracket altogether.

The eleventh habit is – to put 10% of every paycheck aside to grow your wealth.

It might seem like very little at first, but 5 years of putting away just \$100.00, frees up \$6000.00 for investment. It gives you options to supplement your salary as you age.

To start the habit, every time you are paid – immediately take 10% of that total amount and put it in a separate account. You cannot touch this money. It is there simply to exist and earn you money from long-term growth.

The pay yourself first habit will help you clear away your debt, and get you investing at a young age. Get into this habit early, and you will benefit from time itself.



Habit 12: SIDE HUSTLE (Spend Your Time for Returns)

Rob Kalin never meant Etsy.com to be such a smash success. Initially, it was simply his side hustle, born from a desire to make wood-encased computers. [\[24\]](#)

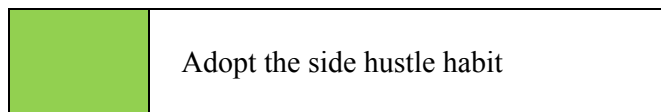
Rob Kalin is a furniture designer who started Etsy as a place to sell his wares. It was a side hustle, an increasingly common play among Millennials. Some 61% of Millennials work on their side hustles once a week or more. [\[25\]](#)

This is usually a job that earns them money beyond their 9-5, or a personal project with income potential that they are developing. What is your side hustle?

The twelfth habit is – work on your side hustle twice a week.

On Mondays and Thursdays, or Tuesdays and Fridays you should dedicate a couple of hours to your side hustle. This is a second business, born from your creative or analytical talents that may become a solid earner for you down the line.

Scheduling in time to develop your secondary projects is important for personal growth, and increasing your income. Many Millennials discover that once their side businesses reach a certain level, they can either sell them or commit fulltime to their passions.



Habit 13: SUNDAY REVIEW (3 Hours to Financial Freedom!)

Suze Orman, a personal finance expert and personality, is known for teaching people to pick just one thing about their finances to work on, at a time. [\[26\]](#)

She called it the ‘one and done’ method, and it simplifies the huge challenge of getting hold of your financial situation. Many people find their finances overwhelming, and so never take proactive steps towards understanding and controlling them.

The thirteenth habit is – to spend 3 hours every Sunday focusing on one financial problem.

You might need to save, or clear debt, or better understand your expenses and how to curb them. Whatever you need, you will tackle it during a designated time, every Sunday.

When you practice the habit of reviewing your finances regularly, to better understand and control them, you will change your life.

Make sure that you pick only one simple thing at a time so that you can properly digest and institute changes as necessary. Spend the time learning and streamlining for your ultimate benefit, as a responsible financial planner.

	Adopt the Sunday review habit
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Habit 14: MINIMALISM (Know How to Spend)

Steve Jobs, Founder of Apple, was a noted minimalist and wore the same black turtleneck every day for many, many years.

Popularized by Silicon Valley, minimalism reduces decision-fatigue, a common problem in today’s overcrowded, ultra-informed society. With so much information and choice out there, it is no wonder you struggle to make good decisions for yourself.^[27]

The theory goes that you can only make so many strong decisions in a day. The minimalist habit, allows you to dedicate those decisions to things that matter, like spending for value.

The fourteenth habit is – to spend with minimalism in mind.

Consumer culture is not for the truly rich. Instead, these individuals spend more money on a single item of quality, than repeated spending on numerous low-quality items.

Get into the habit of spending money on quality items, instead of cheaper items that will wear and degrade. This will free up your time as you make fewer wardrobe decisions. Instead of spending your creative energy there, you will spend it at work, where it matters most.

Less items of higher quality will simplify and improve your life.

	Adopt the spending for value habit
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SECTION 4: THE GOLDEN RULE OF SUCCESS

SEQUENCING

Your habits determine your behavior, but one thing is more important.

Focus.

Your attention is a form of currency that will either enrich or impoverish your life. That is why they call it ‘paying attention.’ Focus is the literal gateway to learning, reasoning, decision-making, problem-solving and perception. [\[28\]](#)

That is why consistent focus on your habits is the golden rule of success.

None of the people you have read about in this guide could have succeeded without an all-encompassing focus on their daily habits. Every individual here keeps a rigorous, personalized schedule that optimizes these habits.

Success, like your daily habits, is incredibly personal. Only you can decide when you have achieved a high enough level of success. And your habits are the stepping stones!

If you want to double your income, nothing is keeping you from it, but your habits. When you remove the bad and replace it with these powerful income-generating habits, you will immediately experience rapid change that will reshape your life.

That is why your primary focus must be a habitual practice, according to a personalized schedule. Without it, expect to fall back into bad patterns of behavior.

SECTION 5: THESE HABITS WILL MATTER MOST!

According to a study from Northwestern University, a domino effect happens when you adopt one lasting good habit. [\[29\]](#)

In other words, exercising every day will encourage positive eating habits. In turn, this may spread to you getting better quality sleep and performing better at work. Management of these small, seemingly insignificant habits starts with internalizing just one.

I want you to pick a habit from this list to act as your linchpin habit.

Then I want you to dedicate the next 66 days to internalizing that habit, and when you feel capable, adopt more from this list.

Even if you struggle to adopt more of these habits, I want you to commit to just the one. At no point over the next 66 days will you, at any point, stop practicing that habit.

The first couple in this list have the most impact. They directly affect your daily performance. This is how you will naturally double your income in the short term.

Consider the domino effect active in you right now. But it is focused on negative habits. Switch to replacing them with positive habits, and you will soar!

The habits that matter most are the ones you learn to keep. Make them part of who you are, and soon you will leap an income bracket.

SECTION 6: WILLPOWER OR WONTPOWER: YOU DECIDE

The number 1 barrier to change is a mysterious thing called ‘willpower.’

Those who have it are strong. Those who lack willpower are weak.

That is what we are taught to believe in our modern society. Your ability to resist short-term temptations is chalked up to your measure of willpower.

But you are never told what it is, or how to get it. How is it meant to take over, when you have no idea how it works?

Now I am going to lift the veil.

Willpower is little more than self-control. It is the conscious act of choosing what is right, over what is easy. It is picking cognition, over emotion. It is discipline. [\[30\]](#)

Willpower is a *habit*.

Right now, you habitually give in to your desires. What you need to do is replace this with your long-term plan for success. Say no to instant gratification!

Practice consciously choosing to focus on what is most important, every day.

If you don’t want to exercise, use your willpower. Emotions drive your thoughts. Replace them with conscious thoughts that are more beneficial. You must exercise, to feel good today, tomorrow, this week. You must exercise to earn more and be better.

Practice willpower as a habit, and soon it will take over.

SECTION 7: REGAINING YOUR FAITH IN FREE WILL

‘But I have so much to do.’

‘I’ll begin after my major project is over.’

‘I’ll just let this week pass, and I’ll be ready.’

It is human nature to wait for the ideal time to change. You might have bought this guide with the intent to adopt these habits ‘at some point.’

This is because you have lost faith in free will. Free will is your ability to choose between different courses of action, unimpeded. Now, life is all about impediments, but that does not mean you cannot choose to be better. You can.

We are all made up of a unique blend of strengths, weaknesses, circumstances and perceptions. Your free will must be exercised in accordance with your make-up, within your unique context, under your special circumstances.

The price of freedom is struggling.

The price of earning more is learning to be better. [\[31\]](#)

Then being better – every day!

If you cannot be better consistently, hope is lost.

In this way, free will gives you the opportunity to be whoever you want, as long as you are willing to go through the wringer to get there. It will be hard! If it were easy, everyone would be successful and living these rare lives.

My advice to be something is to practice.

Start and start *today*.

Check Out Our Other Books:

1. Resolving Anxiety and Panic Attacks

**A Guide to Overcoming Severe Anxiety,
Controlling Panic Attacks and Reclaiming Your**

Life Again

Worldwide, one in six people is affected by a mental health disorder. So you are not alone in this (Ritchie & Roser, 2019). There is a difference between clinical anxiety and everyday anxiety. Everyday anxiety is normal and in often cases, it is necessary, while chronic anxiety will leave you functionally impaired. This book will not only inform you about anxiety and panic attacks but also introduce you to various methods and techniques that aid in getting rid of anxiety. It is a perfect package if you want to make long-lasting, meaningful changes in your life in a way that gets rid of anxiety. Knowledge is power, so gaining information about anxiety and panic attacks already puts you in the lead against them.

In the first chapter, we'll start with the basic knowledge of panic attacks and anxiety. The symptoms of both are pretty much the same, but there are some major differences as well. Knowing their difference and similarities can help you clearly understand your condition. Some basic ways of coping with them are also explained alongside their symptoms.

After gaining knowledge about anxiety and panic attacks in the first section, you will seek answers and ways to overcome them. The second chapter goes more in detail about the physical effects of anxiety. There are some types of anxiety which are also talked briefly about in the chapter. There are also therapies and treatments that are used to overcome and control anxiety. Their details are discussed in the chapter from where you can figure out what sort of treatment will suit you better. Some other ways of coping with anxiety are also discussed and they will surely prove beneficial to the reader.

The third chapter will make you aware of how interrelated physical and mental healths are. There are also details on how to improve one's physical health to influence a person's anxiety positively. You will also learn how important practicing well-being is. If you are to ignore physical health, it will cause problems for your mental health as well.

The fourth chapter will delve deep into mindfulness and its vast benefits. Mindfulness is a very powerful tool we have but don't know how to use. It

can be practiced through meditation techniques, etc. It makes us see things more clearly than ever before. Practicing Mindfulness will arm you against any anxiety and panic attacks. In this chapter, it is explained in detail what it means and what are its advantages.

In the fifth chapter, we will learn about meditation and how can it help manage anxiety. We first start off by knowing what it is. You also have got to know its benefits and various techniques from which one can pick according to their choice. We will also learn the accurate posture you should have during meditation. We will learn how mediation reinforces our brain to stave off anxiety and panic attacks. It is a long road but a successful one for sure. Besides helping us out with anxiety and panic disorder, meditation has numerous other benefits for our body and mind.

The sixth chapter will explore the meaning behind self-love and its importance in fighting anxiety. Our battle with anxiety has to start from a positive ground. We first have to be fully comfortable and respectful towards ourselves. You will also find out how lack of self-love can actually breed anxiety.

Opening about anxiety is not an easy task but could be very helpful against anxiety. How to go about the whole process is talked about in detail in the seventh chapter. You will also learn how to evaluate your therapist and choose the right one. In this chapter, there are also guidelines for people who have just recently become aware of their anxiety and now they want to seek help. It will give them knowledge about things to consider when talking to someone about mental health, what you should accept and be prepared for. There is also information about talk therapy there.

In the eighth chapter, we address the misunderstanding about anxiety. Despite affecting so many people, it remains a different experience for all of them. There are also common mistakes pointed out in that chapter which we'll go into detail the mistakes that make our anxiety worse.

The ninth chapter is about where we talk about putting our foot down and start to incorporate practices into our life which will help you get rid of anxiety and panic attacks. We will learn how to manage our responses. It is basically a comprehensive listing of all the things you should be avoiding or adapting to lead a healthy lifestyle free of anxiety.

*Want to read more? Purchase our book on **Anxiety and Panic Attacks** today!*

2. Cognitive Behavioral Therapy

How CBT Can Be Used to Rewire Your Brain, Stop Anxiety, and Overcome Depression

Cognitive stems from cognition, which encapsulates the idea of how we learn and the knowledge that we carry. The things you learn are part of your cognition, and what you do with that information is included in that category as well. Cognition includes a wide list of information that you might not fully realize.

Behavior is what we do. It is how we act. The things that you choose to say to other people are all about your behavior. How you react to what others have to say will exhibit your behavior as well. Your behavior is all about your mind interacting with your body and how that interacts with the people and other things that surround you.

Therapy is any form of help, usually from a trained professional, to help improve on whatever the therapy is specified for. You might get physical therapy to help regain strength in your knee after having a serious surgery. You can also get therapy to help overcome an alcohol or drug addiction.

Throughout this book, we're going to give you the basis you need to start understanding cognitive behavioral therapy. The three together—cognitive, behavioral, therapy—all make up CBT, which is a method that is going to directly help you overcome the mental illness that you are hoping to treat.

Therapy can be expensive, and even if you do have the means to go through with this process, you might struggle to find the right therapist. Sometimes, you might live in an area where there is only one therapist within a close distance, but you don't have a vibe with them that you find to be helpful.

You might also find that you are desperate for help and that you want a therapist, but insurance coverage isn't always good for this.

By reading this book, you'll be able to find the tools you need to help with overcoming your most challenging thoughts. We are going to take you through the steps to identify the root issues and come up with specific methods to get you through.

*Want to read more? Purchase our book on **Cognitive Behavioral Therapy** today!*

3. Effective Guide On How to Sleep Well Everyday

The Easy Method For Better Sleep, Insomnia And Chronic Sleep Problems

“A well spent day brings happy sleep.” — Leonardo da Vinci

Are you experiencing the worst restless feeling? Has your doctor diagnosed you with insomnia, restlessness, sleeplessness? When the whole world around you seems to be in peaceful deep slumber, you are the one who is restless. No matter what term is used to describe it, the fact is that it is you who is actually going through insomnia, and nothing could feel worse than that.

So you drag yourself from bed in the morning feeling as earth, with its entire lock stock and barrel, has decided to perch on your head for the day. Yet you go through the motions of the day, though you barely manage to make it through the hours. By the early night, you fall on to bed hoping this night will be different because you're dead tired and nothing will keep you from sleeping like a log. It's 2.00 a.m. now, dawn is breaking through and there you are, still wide awake and ready to scream to the world because no matter how tired you are or how hard you have tried, you simply can't get to sleep.

While there are proven facts and evidence of the devastating effects of sleeping less, the investigations are still on to establish the exact nature of effects resulting from too much sleep. Some researchers argue that people who sleep much longer than necessarily have a higher death rate. Physical and mental conditions such as depression or socioeconomic status can also lead to excessive sleep. There are other researchers who argue that the human body will naturally restrain it from sleeping more hours than really necessary. However, with research still underway for concrete evidence of the effects of over sleeping the best path you can choose is to adopt a

sleeping pattern somewhere in the middle. According to the National Sleep Foundation, this middle range falls between seven and eight hours of sleep during the night. Despite these statistics, the best way to ensure you receive sufficient sleeping time is to let your own body act as your guide. You can always sleep a little extra if you feel exhausted or sleep a little less than usual if you feel you are oversleeping.

Dangers of Sleep deprivation.

Though sleep is something the average human being takes for granted, it is also one of the greatest mysteries in life. Just like we still don't have all the answers to the quantum field or gravity, researchers are still exploring the reasons behind the 'whats' and 'whys' of sleep. However, one fact unchallenged about sleep is that a proper sleep is paramount for maintaining good health. The general guideline regarding the optimal amount of sleep for an adult range from six to eight hours! If you carry on with too little or too much of this general guideline you are exposing yourself to the risk of adverse health effects.

Though sleep is something that comes naturally to many people, the problems of sleep deprivation have today become a pressing problem with more and more people succumbing to chronic sleeping disorders. Unfortunately, a great number of these people do not even realize that lack of sleep or sleep deprivation is at the root of their manifold problems in life. Scientific research also points out that lack of sleep on a continuous scale can lead to severe repercussions on your health.

If you have been experiencing impaired sleep patterns for a longer period, you also face the risk of:

- Severely impairing your immunity strength
- Promoting the risk of tumor growth, as it has been scientifically established that a tumor can grow at least two to three times faster among animals subjected to severe sleeping dysfunctions within a laboratory setting.

- Creating a pre-diabetic condition in the body. Insomnia creates hunger, making you want to eat even when you have already had a meal. This situation can lead to problems of obesity in turn.
- Critically impairing memory. How many times during the day have you found it difficult to remember even the most mundane and repetitive events when you have had no more than 4 – 5 hours of sleep? Even a single night of impaired sleep plays havoc with our memory faculties, just think what it can do to your brain if you consistently lose sleep.
- Ruining your performance level both physically and mentally as your problem-solving abilities will not be working in peak order.
- Stomach ulcers
- Constipation, hemorrhoids
- Heart diseases
- Depression, lethargy and other mood disorders
- Daytime drowsiness
- Irritability
- Low energy
- Low mental clarity
- Reaction time slows down
- Lower productivity
- More accidents and mistakes
- Lower levels of growth hormone and testosterone

The growth hormone in the body which is vital for maintaining our looks, energy, and skin texture is produced by the pituitary gland. The specialty of this hormone production procedure is that it is only produced during the times of deep slumber or during intense workout sessions. In the absence of normal production of the growth hormone, our bodies will start on a premature aging process. According to research, people suffering from

chronic insomnia are three times more susceptible to contract fatal diseases. When you lose sleep overnight, you cannot make up for it by sleeping more the next day. A night's lost sleep will be lost forever. More alarmingly if you continue to lose sleep regularly, they will create a cumulative negative effect that will disrupt your general health. All in all, sleeping deficiencies can effectively make your life miserable, as you already know.

How Much Sleep Do I Really Need?

This is a question that remains a mystery just like the questions of why and what makes us want to sleep. In response to a question of how many hours of sleep do we really need, an expert has answered that it is actually lot less than what we have been taught. On the other hand, though a good night's sleep is vital for good health, overdoing the sleeping can be equally bad for us. But if you sleep less and continue this for too long, the result will be confusion between body and brain signals, resulting in muddled thoughts, lethargic feelings, and overall lassitude. So, the question remains, how many hours of sleep do we really need? Is it essential to sleep the prescribed number of eight hours a day or is catching up a good sleep on a five to six-hour basis enough?

The eight hours of sleep theory is increasingly becoming unpractical in this fast-paced lifestyle. Actually, the recommendation of eight hours of sleep arises based on the idea that our ancestors had their beauty sleep between 8-9 hours in the past. In today's context, this concept is regarded more or less as a myth. In a study conducted by the Sleep Research Center, youngsters within the age group of 8 to 17 generally sleep for about nine hours during the night. However, in the case of adults, this theory is not applicable as a majority of them are sleepless and many of them thrive after a solid sleep varying between 5-7 hours.

A research conducted by the National Institute of Health has established that people who sleep soundly for nine hours a day or more are actually two times more vulnerable than those who sleep less in developing Parkinson's disease. A study report released by the Diabetes Care states that people

claiming to sleep less than five hours or more than nine hours daily are the ones with the highest risk of attracting diabetes. In contrast, a large number of contemporary studies prove that people with sleeping patterns that do not exceed or fall beyond seven hours daily possess the highest survival rate. The persons who experience sleeping disorders and sleep less than 4.5 hours have the worst survival rate.

When ascertaining the correct number of hours you should sleep, the fact is that there is no magic number of hours. It will depend on a person to person basis as well as factors like age, activity, and performance level. For example, smaller children and teenagers require more sleep compared to adults. Your personal requirements will not be the same as your friend or colleague who is of the same age and gender as you. Because your sleep needs are unique and individual. According to the National Sleep Foundation, the difference of sleep requirements between two people of the same age, gender, and activity level is due to their basal sleep needs and sleep debt.

Your basal sleep need is the number of hours of sleep you typically need to engage in optimal performance levels. The sleep debt comprises of the accumulated number of hours of sleep you have lost as a result of poor sleeping habits, a recent sickness, social demands, environmental factors, etc. A healthy adult generally possesses a basal sleep need between seven and eight hours each night. If you have experienced sleeping difficulties and as a result accumulated a sleep debt you will find that your performance level is not up to its usual standard, even if you wake up after seven or eight hours of restful sleep. The symptoms will be most apparent during the times the circadian rhythm naturally alters like during mid-afternoon or overnight. One of the ways of easing out of an accumulated sleep debt situation is to get a few extra hours of sleep for a couple of nights until you regain your natural sleeping rhythm and vitality during the day.

Understand what Kind of a Sleeper Are You?

Sleep, dear reader, is the precious restorative that rights so many physical and mental wrongs. The elixir that transforms life and puts a spring in your step, a smile on your face, and the feeling that you can take care of everything that comes your way is sleep. Undervalued, ignored, and forgotten until you wake up to the realization that it's one of the essential foundations of daily wellbeing.

So what kind of a sleeper are you? There are many studies and descriptions of how we sleep but the common consensus settles for the following five simple categories:

1. Lively, healthy early risers!

These happy individuals usually get the sleep they need and rarely feel exhausted or fatigued. They are typically younger than the other groups, usually married or with a long-term partner, working full-time and definitely a morning person with no serious medical conditions.

2. Relaxed and retired seniors.

This is the oldest group in the survey with half of the sample being 65 or older. They sleep the most with an average of 7.3 hours per night compared to 6.8 across all groups. Sleep disorders are rare even though there is a significant proportion with at least one medical disorder.

3. Dozing drones.

These busy people are usually married/partnered and employed but they often work much longer than forty hours a week. Frequently working up to the hour when they go to bed, they get up early so they're always short of sleep and struggle to keep up with the daily pressures of life. Statistically, they'll feel tired or fatigued at least three days a week.

4. Galley slaves.

This group works the longest hours and often suffers from weight problems as well as an unhealthy reliance on caffeine to get through the day. Shift workers often fall into this group and there is also a marked tendency to be a night owl or evening person. They get the least amount of sleep and are more likely to take naps yet, surprisingly, this group often believes that, despite the state of their health, they are getting enough sleep.

5. Insomniacs.

Here is the largest proportion of night people and many of them quite rightly believe they have a sleep problem. About half of this group feel they get less sleep than they need and the same proportion admits to feeling tired, fatigued and lacking energy most of the time.

So, which of the five groups do you think you fit into?

If you're a happy member of Group One, your sleep should by definition be absolutely fine. Don't worry. We've got some really good ideas to share with you to keep you right on track and we'll even add some special extra features to your nightly rest routine to maximize the experience. If you're not in this group, our aim is to help you become a full-time member of the healthy, happy sleepers' association! Membership is for life.

Group Three represents too many tired, irritable, and generally inefficient individuals whose quality of life is impaired because they're too tired too often. Their work suffers because they rarely have sufficient rest to successfully assimilate the day's events. Their home life is degraded because work intrudes too often and they're just too tired to enjoy the pleasures and comfort of a life away from work. Feeling tired becomes their default position and they know they need to do something to give their minds and bodies the rest they deserve. Individuals in this group frequently suffer from long-term mental, physical and emotional stress.

The fourth group is rightly described as the night owls. They work the longest hours and, as we noted above, they typically work shifts. The health problems associated with this group include a marked tendency towards obesity as well as a range of inflammatory diseases. Despite the fact that

these people rarely look or feel well, they seem to ignore the evidence and usually claim to get enough sleep, relying on sugary energy drinks and caffeine to keep them awake during waking hours. They take naps because their bodies can't function without additional sleep during the day. An objective analysis of their health would typically reveal a range of health and wellbeing issues.

Insomniacs are the dominant members of Group Five, people who don't get enough sleep, can't get to sleep, and who know they have a problem. Unfortunately, many insomniacs end up taking prescription medication to deal with their symptoms and we have to question the benefits of this solution in light of the many unpleasant side effects associated with long-term sleeping pill dependency. For insomniacs, life is a constant struggle because of the accumulative effects of long-term sleep deprivation.

Health issues abound, depression becomes a major risk, their ability to function normally is often impaired, and they lose sight of their potential to deal successfully with life's daily challenges. They sometimes refer to their condition as living in a nightmare world where they are constantly exhausted and simply cannot function. It's completely understandable that a doctor would prescribe sleeping drugs because the dangers of sleep deprivation can be acute.

Before we begin to examine the practicalities of sleep, we need to know how much sleep is appropriate for each of us as individuals. It's not surprising that different age groups have different sleep requirements.

For example, very young children and infants can sleep in total for around 14 - 15 hours a day. And if you've got teenagers, you might have guessed that adolescents usually need more sleep than adults. Teens can easily sleep between 8.5 to 9.5 hours a night.

It's widely understood that during the first trimester, pregnant women often find they need a lot more sleep than usual. The fact is that if you feel tired during the day, find yourself yawning or taking a nap, you're short on sleep. And this is the time for you to do something practical, realistic, and effective to take care of the problem.

There are many myths surrounding the condition known as OAS or Obstructive Sleep Apnea. It's estimated that around 18 million Americans suffer from the condition but the numbers could be much higher because many people don't report the condition to their doctors. This condition is far more than just loud snoring, although snoring can be a sign of sleep apnea.

People with this condition skip breathing 400 times during the night. The delay in breathing can last from ten to thirty seconds and is then followed by a loud snore as breathing suddenly resumes. The normal sleep cycle is interrupted and this can leave sufferers feeling tired and exhausted during the day. It is a serious condition, especially since it can lead to accidents at work, problems when driving, as well as increasing the risk of heart attacks and strokes. It can affect people of all ages, including children, but tends to affect people more after the age of forty.

Weight also plays a part and there is evidence that shedding excess pounds can improve the condition. Despite all the advice and overwhelming evidence, there are still surprising numbers of sleep apnea sufferers who continue to smoke. Smoking is a perfect way to increase the severity and risks of this debilitating condition.

If you've already trimmed your weight, quit smoking and tried sleeping on your side but still suffer from the condition, you need to see your doctor. There are many treatments available including a special mask that delivers constant air flow to keep the breathing passage open. Lifestyle choices can clearly make a positive difference, too.

Your body, your brain, your mind and your emotional functioning all rely on sufficient sleep to operate efficiently. If you don't get enough sleep, everything suffers. Research suggests that it's much harder than you might imagine to adapt having less sleep than your body needs. The sleep deficit has to be repaid at some point or we'll experience increasingly severe problems.

Simple techniques of preparing for bed

1. Try to get to bed early. The recharging of the body's adrenal system usually takes place between 11p.m. and 1a.m. in the morning. The gallbladder uses the same time to release the toxin build up in the body. If you happen to be awake when both these functions are taking place within your body, there is the possibility of the toxin backing up to the liver which can endanger your health very badly. Sleeping late are byproducts of modern living styles. However, the human body was created in synchronization of nature and its activities. That is why before the advent of electricity people used to go to bed just after sundown and wake up with sunrise.
2. Don't alter your bedtimes haphazardly. Try to stick to a pattern where you go to bed and wake up at the same time. This should be done even on weekends. The continuous pattern will help your body to fit into a rhythm.
3. Maintain a soothing bedtime routine. This can change from person to person. You can use deep breathing exercises, meditation, use of aromatherapy, a gentle relaxing massage given by your partner, or even going through a complete and relaxing skin care routine. The secret is to get into a rhythm which makes you comfortable, relaxed, and ready for bed. Repeating it every day will help in easing out the tensions of the day.
4. Refrain from taking any heavy fluids two hours before bed time. This habit will minimize the number of times you need to visit the bathroom in the middle of the night. You should also make a habit of going to the bathroom just before you get into bed, so that you will not get the urge during night time.
5. Eat a meal enriched with proteins several hours before your bed time. The protein will enhance the production of L-tryptophan which is essential for the production of serotonin and melatonin. Follow up your meal with some fruit to help the tryptophan to cross easily across the blood brain barrier.
6. Refrain from taking any snacks while in bed or just before bed and reduce the level of sugar and grains in your dinner time as it will raise the blood sugar level, delaying sleep. When the body starts

metabolizing these elements and the blood sugar level start dropping you will find yourself suddenly awake and unable to go back to sleep.

7. A hot bath before bed is found to be very soothing. When the body temperature is stimulated to a raised level during late evening by the time you get into bed, it will be ready to drop, signaling slumber time to your brain.
8. Stop your work and put them away ideally one to two hours before bed. The interval between work and bedtime should be used for unwinding from the pressure and tension of work. It is essential that you approach your bed with a calm mind instead of being hyped up about some matter.
9. If you prefer reading, a novel with an uplifting story instead of a stimulating one like suspense or mystery is recommended. Or the suspense will keep you up half the night awake trying to visualize the end to the mystery!

A Few Lifestyle Suggestions to Make You Sleep Better

Don't take medications and drugs unless it is absolutely necessary for your health and wellbeing. A majority of prescribed and over the counter drugs can cause changes in your sleeping patterns.

Avoid drinks with alcohol or caffeine. Caffeine takes longer to metabolize in the body so that your body will experience its effects much longer after consumption. That is why even the cup of coffee you had in the evening will keep you awake during the night. Some of the medications and drugs in the market also contain caffeine which account for their capacity to generate sleeping irregularities. Though alcohol can make you feel drowsy the effect is very much short lived. Once the feeling goes away, you will find that sleep is eluding you for many hours and even the sleep that you finally reach will not take you to deep slumber after alcohol. In the absence

of deep sleep, your body will not be able to perform its usual healing and regeneration process is vital for lasting healthiness.

Engage in regular exercise activities. If you are contained in an 8-hour office job, you should make sure that your body receives plenty of exercise which can dramatically increase your sleep health. The best time to exercise is, however, not closer to your bedtime but in the morning.

Keep away from sensitive food types that will keep you awake at night like sugar, pasteurized dairy foods, and grains. These foods can result in congestion, leading to gastric disorders.

The sleep apnea risk is enhanced amongst people with weight issues. If you think you have gained a few extra pounds and during this time you have also experienced sleeping trouble focus on losing the extra weight as a priority. The sleeping issue will correct automatically.

If your body is going through a hormone upheaval like during menopausal or premenopausal time, seek advice from your family physician, as this time can lead to sleeping difficulties.

*Want to read more? Purchase our book on **Effective Guide On How to Sleep Well Everyday** today!*

Download Your FREE GIFT Below:

FREE BONUS GIFT

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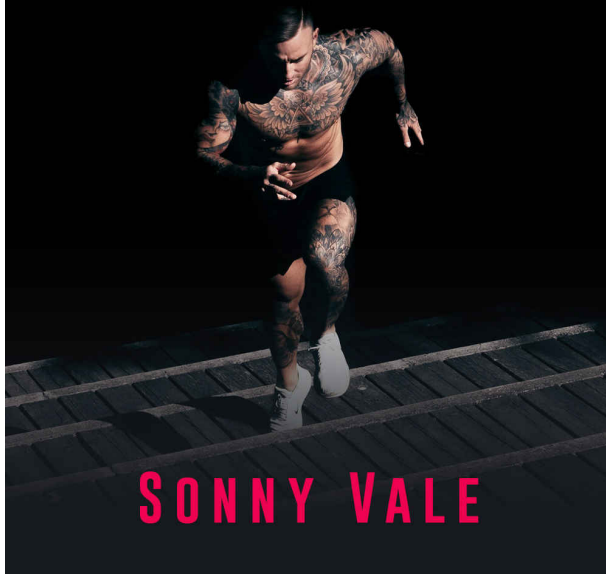
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