

# 50 MOST AWESOME

## Outdoor Exercises

Discover 50 awesome outdoor exercises as recommended  
by fitness professionals from around the world.

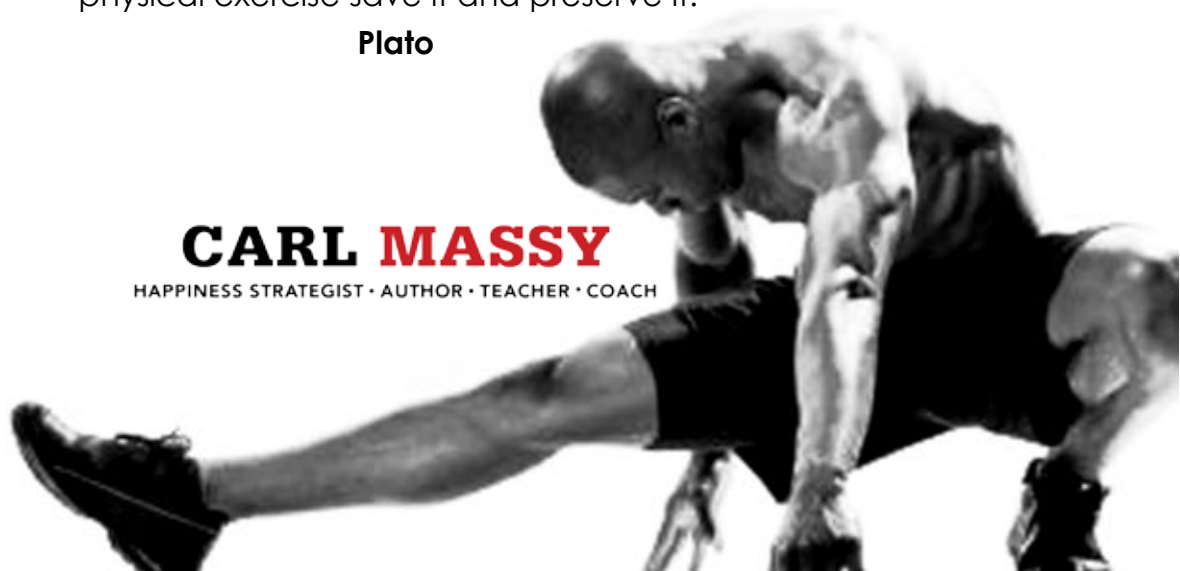
Creative, fun and VERY effective!

"Lack of activity destroys the good condition of every  
human being, while movement and methodical  
physical exercise save it and preserve it."

**Plato**

**CARL MASSY**

HAPPINESS STRATEGIST • AUTHOR • TEACHER • COACH



Thanks to the great contributions of the 10 fitness professionals who provided their favourite and most creative outdoor exercises.



### **A word from Carl Massy, author, fitness professional, life coach and NLP master practitioner...**

We all know that being regularly physically active is essential for our wellbeing and optimum health. None of my clients have ever doubted this. They just had too many stories as to why they didn't have the time or facilities to 'work out'. So that is why I created this eBook, with a bunch of other fitness professionals. It can actually be a lot of fun dreaming up different exercises to do, in different locations.

Hopefully this eBook gives you plenty of ideas to use in your own physical activities, and reminds you that the worlds biggest gym is actually all around you.

Have fun!

*CARL MASSY*

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## Disclaimer

The conduct of any strenuous physical exercises can be dangerous. There are inherent risks in any physical activity. You participate at your own risk. See your physician before starting any exercise program. If you are taking any medications, you must talk to your physician before starting any exercise program. Always start any exercise program slowly. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop immediately and consult a physician.

Do not use the information provided in this eBook unless you are a skilled and experienced sportsperson or professional fitness instructor who understands and accepts the risks of participating in strenuous exercise.

Opinions concerning the technical difficulties, fitness requirements, safety, and ratings, are subjective and may differ from yours or others opinion, therefore be warned that you must exercise your own judgment as to the difficulty and your ability to safely protect yourself from the inherent risks and dangers.

The exercises provided in this eBook are educational, and are not to be interpreted as a recommendation for a specific treatment plan, or course of action.

The exercise instruction and safety advice presented in this eBook are in no way intended as a substitute for medical consultation. WorldsBIGGESTGym™, and its contributing authors, disclaims any liability from and in connection with these exercises.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. We also don't recommend these exercises for anyone under 18 years of age, pregnant or breast feeding women, or anyone with any medical condition, or any type of disorder.

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# Blake Martin

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*Personal Fitness Trainer*  
**BAM Fitness**



## BIOGRAPHY

Growing up with athletic parents and a mother who was a registered dietician; fitness and nutrition were always part of my life.

As a college and lifelong athlete I realized that fitness was my passion and I've enjoyed sharing my knowledge as a NASM and CROSSFIT certified personal trainer.

My drive is to help others reach their physical goals and empower them with improved fitness, strength and self confidence.

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## HERE'S WHAT HE HAD TO SAY WHEN WE INTERVIEWED BLAKE

### ***What is your favourite quote and why?***

**A:** "A journey of a 1000 miles begins with the first step" Lao Tzu

The fear of starting to exercise holds many people back but if they just take that first step they will know they made the right move.

### ***What is your best Tip for someone in relation to improving their health & fitness?***

**A:** Find exercises that you can do anywhere at any time with minimal equipment and do them hard every day for at least 15-20 minutes. Shoot for 7 days a week and be happy with 6. Mix it up and do many different exercises with varied intervals, reps and weight.

### ***What is one of your greatest successes?***

**A:** My 10 year old son Will. He's an all around star; kind, thoughtful, intellectually and socially intelligent and very athletic. Thanks to my hard working wife, I have a flexible schedule and I get to spend a lot of time with him.

# Blake Martin

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*Personal Fitness Trainer*  
**BAM Fitness**

***What is a great book or program you recommend for your clients and why?***

**A:** I love the Crossfit model of workouts. Their basic premise is to change workouts daily with varied exercises, intervals, reps and weights. Check them out at [crossfit.com](http://crossfit.com)

***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** Really listening to client goals and adjusting workouts accordingly. I also try to help them continue to define or set new goals as we go by digging deeper (in a casual manner) after workouts to stay on the right path.

***What do you specialise in?***

**A:** Ever changing bodyweight or light weight workouts that can be done anywhere and can test even the fittest athletes in 15 or 20 minutes.

***What parting advice do you have for us?***

**A:** When you're working out hard and you think you've done your last rep, take a 5 second break then get a few more reps done.



# Blake Martin Dog Leash Jumping Pull Ups

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**Description:**

Hang leash or rope over playground equipment and grab each end so hands are positioned just overhead. Jump up, pull up, hold for half a second, bounce off toes at bottom and repeat.

**Difficulty:**

MEDIUM to HARD

**Props needed:**

A leash or rope or rubber band and a bar (or tree limb).

**Primary muscles used:**

Quadriceps  
Calves  
Biceps  
Latissimus Dorsi

**How to do the exercise:**

- Throw a dog leash or rope over playground equipment.
- Grab each end and wrap around hands to position hands just overhead.
  1. Squat down slightly
  2. Jump up as high as possible
  3. Pull up and hold for  $\frac{1}{4}$  to  $\frac{1}{2}$  second
  4. While maintaining a grip on the leash or rope, release pull up position and bounce off toes (with bent knees)
  5. Jump back up into upper hold position and repeat
- Continue over and over for 35-45 seconds
- Move to and get ready for next exercise (15-25 seconds in between each exercise to rest and prepare)
- Each exercise and rest period should last exactly 1 minute

**Number of Reps:**

Continue over and over for 35-45 seconds.

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**Safety Points:**

- Be sure to land with slightly bent knees when bouncing off the ground.
- Make sure that the bar can support your weight



# Blake Martin Boulder Throw And Chase

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**Description:**

Pick up a weight and throw it with both hands as far as you can, run to it and repeat.

**Difficulty:**

MEDIUM to HARD

**Props needed:**

4-10kg boulder, brick or medicine ball.

**Primary muscles used:**

- Hamstrings
- Quadriceps
- Gluteal
- Core
- Latissimus Dorsi
- Pectorals
- Triceps

**How to do the exercise:**

- Locate a boulder, brick or medicine ball that is a comfortable weight for throwing with both hands.
  1. Pick up the object with both hands by using proper squatting form but with feet slightly wider than shoulder width apart.
  2. Stand up and throw the object any way you want (overhead, underhand, over the shoulder or chest pass).
  3. Run to the object and repeat.
- Continue for 35-45 seconds.
- Move to and get ready for next exercise (15-25 seconds in between each exercise to rest and prepare).
- Each exercise and rest period should last exactly 1 minute.

**Number of Reps:**

Continue for 35-45 seconds.

**Safety Points:**

- Be sure to squat with good form (weight on heels and maintain lumbar curve) when picking up boulder.
- Also, throw the boulder away from other people and property.
- Best thrown onto grass, sand or a dirt



# Blake Martin Jump Lunges With Boulder

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## Description:

Hold a weight securely, stand in the lunge position and jump to the opposite lunge position.

## Difficulty:

HARD

## Props needed:

A 4-10kg boulder, brick or medicine ball.

## Primary muscles used:

- Hamstrings
- Quadriceps
- Gluteal
- Biceps

## How to do the exercise:

- Locate a boulder, brick or medicine ball that is a comfortable weight.
- Pick up the object with both hands by using proper squatting form but with feet slightly wider than shoulder width.
- Stand up and hold the object against chest.
  1. Place your legs into the lunge position (facing forward place one foot forward with knee bent and the other behind with knee straight but only half as deep as a regular lunge).
  2. Jump to the opposite lunge position.
  3. Repeat jumps back and forth into opposite positions.
- Continue for 35-45 seconds.
- Move to and get ready for next exercise (15-25 seconds in between each exercise to rest and prepare).
- Each exercise and rest period should last exactly 1 minute.

## Number of Reps:

Continue for 35-45 seconds.

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## Safety Points:

- Be sure to squat with good form (weight on heels and maintain lumbar curve) when picking up boulder.
- Be very careful not to drop boulder on toes when holding it against your chest.



# Blake Martin Rocking Russian Twists

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**Description:**

Pick up your weight, hold it securely, sit on the ground with feet slightly elevated, and your back at a 45-degree angle. Hold the weight in your lap with both hands and move from one hip to the other.

**Difficulty:**

MEDIUM to HARD

**Props needed:**

A 4-10kg boulder, brick or medicine ball.

**Primary muscles used:**

Core muscle group (Abdominals plus)

**How to do the exercise:**

- With feet slightly wider than shoulder width apart, squat deep while keeping weight on your heels and lumbar curve in your back.
- Do not look down but grab object off ground with both hands and stand.
- Sit down on the ground with feet slightly elevated and lay back to a point until you form a "V" with your body.
- Start by holding object in your lap with both hands.
- Then Move object from one hip to the other and back.
- Continue for 35-45 seconds.
- Move to and get ready for next exercise (15-25 seconds in between each exercise to rest and prepare).
- Each exercise and rest period should last exactly 1 minute.

**Number of Reps:**

Continue over and over for 35-45 seconds.

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**Safety Points:**

Be sure to squat with good form (weight on heels and maintain lumbar curve) when picking up object.

# Blake Martin Rock Slam

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**Description:**

Pick up your weight, hold securely, stand with feet slightly wider than shoulder width apart and squat while you slam the object to the ground. Pick it up, stand up and lift object above head.

**Difficulty:**

HARD

**Props needed:**

A 4-10kg boulder, brick or medicine ball.

**Primary muscles used:**

Hamstrings  
Quadriceps  
Gluteal  
Biceps  
Deltoids  
Pectoral  
Core.

**How to do the exercise:**

- With feet slightly wider than shoulder width apart, squat deep while keeping weight on your heels and lumbar curve in your back.
- Do not look down but grab object off ground with both hands.
  1. Stand up and lift object up directly you're your head (keeping object close to your body while lifting).
  2. Squat down and slam object to ground simultaneously.
  3. Grab object again and repeat.
- Continue for 35-45 seconds.
- Move to and get ready for next exercise (15-25 seconds in between each exercise to rest and prepare).
- Each exercise and rest period should last exactly 1 minute.

**Number of Reps:**

Continue for 35-45 seconds.

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**Safety Points:**

- Be sure to squat with good form (weight on heels and maintain lumbar curve) when picking up object.
- Be very careful not to drop object on your head or toes when holding it above.
- Do this exercise on a soft surface (dirt or grass) if using a boulder.



# Mike Deibler

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*Personal Fitness Trainer*  
**San Diego Premier Training**



## BIOGRAPHY

Mike Deibler is the owner of San Diego Premier Training, a private training facility located in San Diego, CA and the founder of [www.myworkoutcreator.com](http://www.myworkoutcreator.com), a exercise program website.

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### Website:

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<http://www.myworkoutcreator.com>

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## HERE'S WHAT HE HAD TO SAY WHEN WE INTERVIEWED MIKE

### *What is your favourite quote and why?*

**A:** "What is not started today is never finished tomorrow."

It is hard to pick one favourite quote but I do like this one. One of the biggest obstacles I see people face is they wait for the perfect time to start eating better or exercising. It will never be a perfect time to start. Just start something and improve upon it as you go.

### *What is your best Tip for someone in relation to improving their health & fitness?*

**A:** The absolute best advice I can give is to create a plan and follow it. Anyone can say I want to lose weight or make more money. Until you have some sort of game plan you will never achieve that goal. Follow your plan not the goal. And make adjustments when necessary.

### *What is one of your greatest successes?*

**A:** One of my greatest successes is one of my clients whom I have been working with for a little over a year. He has easily become one of my favourite clients. During our time together he has lost almost 100lbs and 13% body fat.

# Mike Deibler

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*Personal Fitness Trainer*  
**San Diego Premier Training**

The numbers are not the reason he is my greatest success though. I am most proud of the fact that when he first started I don't think I had another client who hated exercise more than he did. He fought with me on everything and wanted the easy way out. We started at two times per week and he would never even think of working out on his own. A year later he trains with me 3 days per week and does 2 days of cardio on his own. I can't say he loves exercising but I know that this will be something he will continue for the rest of his life.

***What is a great book or program you recommend for your clients and why?***

**A:** I really enjoyed the book 'In Defense of Food' by Michael Pollan. This is a great example of how we tend to get so mixed up with our knowledge on nutrition. It helps to answer the question, "why are we more obese then ever today, even though you will find more "health foods" in the grocery store?"

***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** One thing that I feel I do really well in is taking care of my clients. My secret is simple. I want to see each and every one of my clients succeed. Sometimes I think I want them to reach their goal even more than they do. I am very selfish this way. It makes me feel amazing knowing that I played a roll in helping someone reach their dreams.

***What do you specialise in?***

**A:** I work with large variety of clientele but my main area of focus is 'fat loss' through overall health and wellness. My main job is to teach how all areas of fitness, nutrition, strength training, and cardio can improve your life.

***What parting advice do you have for us?***

**A:** Anyone can achieve their goals. The important thing to remember is that you can only control what's in your control. Your work may be time-consuming, you may hate your boss, and so on. Focus on the things you can change. If you are overweight you can make simple adjustments that can lead to big results. Don't worry about how much weight you need to lose. Instead focus on what you can do that will eventually lead to weight loss.



# Mike Deibler Spiderman Push Ups

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**Description:**

The exercise involves performing a push up and a spiderman mountain climber at the same time.

**Difficulty:**

HARD

**Primary muscles used:**

- Pectorals
- Deltoids
- Triceps
- Abdominals

**How to do the exercise:**

- Start the same way you would for a standard push up.
- Lower your chest to the floor again like a normal push up.
- As you lower bring one knee out to the side and reach your knee to your elbow.
- Push up and return to starting position and alternate legs.

**Number of Reps:**

As many as you can.

**Safety Points:**

As you bring your knee up make sure not to twist your back or raise your hips.



# Mike Deibler Sand Digs

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**Description:**

Digging holes in the sand.

**Difficulty:**

MEDIUM

**Props needed:**

Some sand ;-)

**Primary muscles used:**

- Latissimus Dorsi
- Triceps
- Abdominals

**How to do the exercise:**

- Start from a kneeling position in the sand.
- Reach your hands forward into the sand as far as possible and dig your fingers into the sand.
- Keeping your arms straight pull the sand and throw it behind you as if you were doing a pullover.
- Return back to starting position and repeat.

**Number of Reps:**

As many as possible in 30 seconds.

**Safety Points:**

- Keep your lumbar spine neutral the entire time.
- Check for rocks and other debris in the sand.

# Mike Deibler Rock Get Ups

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**Description:**

Lie down and stand up while holding a rock.

**Difficulty:**

MEDIUM

**Props needed:**

Rock or other heavy object.

**Primary muscles used:**

- Quadriceps
- Gluteal
- Abdominals
- Deltoids

**How to do the exercise:**

- Start lying on your back holding a rock or other object at your chest.
- Sit up and roll towards one hip.
- Roll up to your knee and put your opposite foot flat. You should look like you are doing a lunge now.
- Stand up and press the rock overhead.
- Place your knee back down, sit, and roll back down.

**Number of Reps:**

10 each leg.



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**! Safety Points:**

- Make sure you can safely handle the weight you are using.
- Keep a firm grip on the rock while you are moving
- Perform on a softer surface like grass.



# Mike Deibler Spiderman Sit Ups

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**Description:**

Combination of a Turkish Sit Up and a Spiderman Push Up.

**Difficulty:**

HARD

**Primary muscles used:**

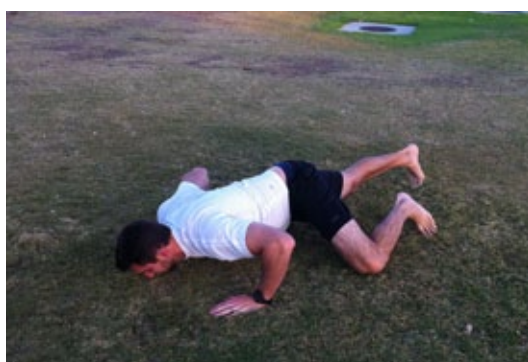
- Abdominals
- Pectorals
- Deltoids
- Triceps

**How to do the exercise:**

- Start from a lying position with your right arm extended up and your right knee bent.
- Sit up and place your left hand on the floor by your hip.
- Lift your hips up in the air so only your left hand and right foot are touching the floor.
- Pull your left leg underneath you, lean forward, and place your right hand on the ground.
- You should now be in a spiderman push up position. Perform one push up, then return to the starting position.

**Number of Reps:**

8 reps each side.



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**! Safety Points:**

- Make sure to keep a neutral lumbar spine throughout the move.
- Keep your bent leg foot on the ground during the push up for an easier version.



# Mike Deibler Hollow Rocks

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**Description:**

A rocking abdominal exercise.

**Difficulty:**

MEDIUM

**Primary muscles used:**

Abdominals

**How to do the exercise:**

- Lie on the floor with your legs straight and arms fully extended overhead.
- Raise your legs off the floor about 6-12 inches.
- Brace your abdominals and at the same time lower your feet down and lift your upper body up.
- When your heels hit the ground you will rock back down until your shoulders hit, then rock back up.
- Keep the same bowl shaped position the entire time. This is not a sit up. Use momentum to rock up and down. You should look like the bottom of a rocking chair.

**Number of Reps:**

20 reps.



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**! Safety Points:**

- Do not let your abdominals relax for the entire exercise or you will use your lower back.
- Make sure the surface you are using is clear of any obstacles

# Mike Deibler Suggested Workout

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## The Warm Up:

A 5-10 minute light jog

## The Workout:

- Perform 10 Spiderman Push Up,
- Run for 2 minutes (moderate pace),
- Perform 30 Sand Digs,
- Run for 2 minutes,
- Perform 10 Rock Get Ups (5 ea leg),
- Run 2 minutes,
- Perform 10 Spiderman Sit Ups (5 ea side),
- Run 2 minutes,
- Perform 20 Ab Rocks.

If you are more advanced in your fitness level then repeat the entire Workout for another 1-2 rounds.

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30-Day Happiness Challenge



# James Wallace

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*Exercise Physiologist*  
**Bio-Physiques**



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Australia

## **Website:**

<http://www.bio-physiques.com.au>

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## **HERE'S WHAT HE HAD TO SAY WHEN WE INTERVIEWED JAMES**

### ***What is your favourite quote and why?***

**A:** "Obsession is a word used by the weak to describe the dedicated".

I find a lot of sedentary people interpret a healthy, active lifestyle to be 'obsessive'. However the world-renowned guidelines for exercise state that a minimum of 150 minutes of moderate activity be performed weekly. Minimum.

### ***What is your best Tip for someone in relation to improving their health & fitness?***

**A:** Better late than never. People are often surprised to find out how much they can actually achieve.

### ***What is one of your greatest successes?***

**A:** Training a client, who over time, became my inspiration!

### ***What is a great book or program you recommend for your clients and why?***

**A:** Calorie King. A nutrition program for your computer. I take care of their exercise; Calorie King takes care of their diet.



# James Wallace

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*Exercise Physiologist*

**Bio-Physiques**

***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** I have great success in helping clients achieve their goals. I believe this is because I take a personal interest in each client and genuinely want to see them achieve.

***What do you specialise in?***

**A:** One area of fitness training that I take a special interest in is training clients to pass the armed forces fitness test.

***What parting advice do you have for us?***

**A:** Finish reading this book. Then get outside and TRAIN!!

# James Wallace Plank Push-Ups

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**Description:**

Using your partner as the resistance, perform a push-up, while they perform a plank.

**Difficulty:**

MEDIUM to HARD (depending on weight).

**Primary muscles used:**

- Pectorals
- Triceps

**How to do the exercise:**

- Lie on your back
- Have your partner lie face down with their chest on your hands
- They must put their arms behind their back
- Perform a bench press
- Then repeat

**Number of Reps:**

As many as you can do safely.

**Safety Points:**

- Due to obvious reasons, the partner who is providing the resistance will be male
- Make sure the ground has no sharp objects that you may lie on

# James Wallace Partner Squats

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**Description:**

Use your partner as the resistance, pick them up, and squat.

**Difficulty:**

HARD

**Primary muscles used:**

- Quadriceps
- Hamstrings
- Calves
- Gluteal

**How to do the exercise:**

- Squat down so your partner can lean over your shoulders
- Hold their legs on one side and arms on the other
- Perform squats
- As an easier alternative, your partner can be on your back as with a piggy back (this might just reduce the depth of your squat)

**Number of Reps:**

As many as you can do safely.



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**! Safety Points:**

- Make sure your partner slowly leans over you so that you can feel the weight slowly increase, rather than getting squashed
- Put them back on the ground carefully
- Keep back straight when squatting
- Look straight ahead or slightly up
- Don't squat lower than your thighs being parallel to the ground



# James Wallace Hip Extensions

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**Description:**

Elevated hip extensions are a great exercise for the posterior chain.

**Difficulty:**

MEDIUM to HARD

**Primary muscles used:**

- Gluteal
- Hamstrings
- Calves

**How to do the exercise:**

- Have your partner assume a four point stance (hands and knees on floor)
- Place your feet on their back
- Extend your hips right into the air so only your shoulders touch the floor
- Then repeat

**Number of Reps:**

Aim for 20 plus.



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**! Safety Points:**

- Make sure the ground has no sharp objects that you may lie on
- Relax your neck, as your chin comes towards your chest



# James Wallace Guard Crunches

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**Description:**

Hold yourself around your partner's hips using only your legs. Then perform sit-ups.

**Difficulty:**

HARD

**Primary muscles used:**

- Hip Adductors
- Abdominals

**How to do the exercise:**

- Jump up and lock your legs around your partners hips
- Lean back
- Perform crunches
- When you're at the top on your last one, jump off

**Number of Reps:**

As many as you can do safely.

**Safety Points:**

- Make sure your partner is ready before you jump!
- If your not sure if you can hold on with just your legs, make sure there is a soft surface behind you.
- Make sure your partner has a solid stance, with knees bent and back straight

# James Wallace Seated Row

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**Description:**

Use your partner as the resistance for seated rows.

**Difficulty:**

MEDIUM to HARD

**Primary muscles used:**

- Latissimus Dorsi
- Rhomboids
- Biceps

**How to do the exercise:**

- Sit on the floor with wide legs
- Have your partner lie on the floor in front of you, belly up and perform a slight leg raise
- Grab their outstretched arms, row them in
- Slide back
- Then repeat

**Number of Reps:**

The maximum you can safely do.

**Safety Points:**

- Make sure the ground has no sharp objects that you might drag your partner over
- Make sure you are not wearing your favourite shirt (unless the odd grass stain does not matter)
- Keep your back straight & flex your core muscles

# James Wallace Suggested Workout

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## Workout 1: Timed Challenge (High Intensity):

- Perform 15 repetitions of each exercise
  - Push up planks
  - Partner Squats
  - Hip extensions
  - Guard crunches
  - Seated row
- Complete 3 circuits in a row and record the total time taken (one circuit is the completion of 15 reps of each exercise).
- Then switch positions with your partner and let them perform the challenge. See who wins?

## Workout 2: Timed Team Challenge (High Intensity)

- Challenge another team of two.
- Start at the same time.
- Each team: Perform three circuits in a row, and then switch positions with your partner who will then perform three circuits (6 circuits total).
- The winner is obviously the team that finishes first!

## Workout 3: Endurance Training (Medium Intensity)

- Perform 20 repetitions of one exercise.
- Rest one minute.
- Perform 3 - 4 sets of that same exercise.
- Then move on to the next exercise and repeat.

# Janalyne Hansen

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*Personal Trainer, Holistic Nutritionist, Weight Loss Coach*

**Janalyne Hansen Fitness**



## BIOGRAPHY

Janalyne Hansen is an expert personal trainer, holistic nutritionist and weight-loss coach, specializing in Online Personal Training and One-On-One Coaching. She uses the same knowledge and expertise that helped her drop 40 pounds and keep it off, to assist clients all over the world in reaching their weight loss and fitness goals.

Clients initially come to Janalyne seeking improved fitness or weight loss, but ultimately end up reclaiming their lives by improving stamina and strength, eliminating need for medication, reducing pain, lowering stress and building self-confidence. As a beautiful side effect they come away having achieved the body they desire.

Janalyne reads, writes, researches and works with clients daily on topics of fitness, nutrition, and healthy living. She has her own Fitness DVD series and also writes for ehow.com, livestrong.com and her personal blog.

### Website:

<http://www.janalynehansenfitness.com>

<http://www.holisticbodytransformation.com>

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## HERE'S WHAT SHE HAD TO SAY WHEN WE INTERVIEWED JANALYNE

### ***What is your favourite quote and why?***

**A:** "You don't drown by falling in the water. You drown by staying there." -Unknown

This is one of my favourite quotes because it is so perfect for any goal you are working on, be it weight loss and fitness, or anything in life. You may miss a workout or give in and eat that piece of chocolate cake, but you don't fail to reach your goals by that one thing...only if you think that means you fail and throw in the towel...then you miss tomorrow's workout and eat the whole cake instead of just one piece. You just need to pick yourself back up and get on track and you WILL get there!

### ***What is your best Tip for someone in relation to improving their health & fitness?***

**A:** Regardless of any other health and fitness routine you do, drink plenty of water and go on walks every day. Walks are good for you not just physically, but can help clear your mind and relieve stress. Our bodies are made to walk! Water helps with every process in the body and is paramount in any weight loss and fitness endeavour to help with removing toxins and waste products, recovery and more! Drink up!



# Janalyne Hansen

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*Personal Trainer, Holistic Nutritionist, Weight Loss Coach*

**Janalyne Hansen Fitness**

***What is one of your greatest successes?***

**A:** Losing 40 lbs. myself and now being able to help clients from all over the world reach their weight loss and fitness goals.

***What is a great book or program you recommend for your clients and why?***

**A:** "In Defense of Food" by Michal Pollan

This is a fantastic read on how diet has evolved and how to make sense of all the conflicting diet information out there. It takes the complication out of eating right and makes it simple and lifestyle friendly.

***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** Designing workout programs for clients that get them results. This comes from years of experimenting on my own and trying out so many different forms of exercise and equipment. Now I can put together programs that are specific to each client's needs and that use the equipment they have available and are tailored to the things they enjoy doing.

***What do you specialise in?***

**A:** I specialize in helping people that have struggled to lose weight and/or keep it off in the past. Having been there myself I have tried everything and I know what really works! I love working with my clients both in person and through my online programs. My training helps people from all over the world reach their weight loss and fitness goals by helping them utilize a holistic approach to their goals, which they can apply to any area in life.

***What parting advice do you have for us?***

**A:** Make a list of the things that are most important to you in your life (i.e. your relationship, kids, career etc.). Now write down at least 20 ways in which reaching your fitness goals will help/improve each of the areas you care about. When you can see how your fitness goals actually improve the other things that really matter to you in life, you will feel effortlessly motivated to keep working on them!

# Janalyne Hansen Hindu Push-ups

---

**Description:**

Similar to "Dive-Bomber" push-up where you start in a downward facing dog position with wide feet and wide hands, then dive your head toward the ground, scoop through and then push all the way back to the start.

**Difficulty:**

MEDIUM

**Primary muscles used:**

- Shoulders
- Chest
- Triceps

**How to do the exercise:**

- Find a wall that is solid and you will not get in trouble if you mark it!
- Set yourself up like a normal push-up, with your feet on the ground but against the wall.
- Brace your upper body and then place one foot at the same height as your shoulders and then your other foot. You will feel how much backward pressure you need to exert to maintain the right friction with the wall (Tips: it is easier with shoes as it is easier to grip)
- Do them as a normal push-up, but feel the extra burn in the deltoid!!



---

**! Safety Points:**

- Be careful to only go as deep as your strength will allow, and modify from knees if needed.
- Maintain proper form and breathing throughout the movement.
- Be very careful in the "dive" part of this movement if you have any shoulder issues and modify as needed.

# Janalyne Hansen Prisoner Lunges

---

**Description:**

Alternating back lunges with arms held in prisoner position.

**Difficulty:**

MEDIUM

**Primary muscles used:**

- Upper Back
- Rear Deltoids
- Glutes
- Quadriceps
- Hamstrings

**How to do the exercise:**

- Begin standing with feet hip distance apart, hands clasped behind head with elbows out to the side (really engage the back and shoulders here to keep the elbows held back throughout the movement).
- Step backward with the right leg into a lunge, coming deep enough that both knees are at a 90 degree angle and making sure to keep the front knee above the ankle (do not let the knees cross over the toes).
- Step the right leg forward to standing.
- Repeat the lunge on the left leg and return to standing, keeping elbows up and back for the duration of the exercise.



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**⚠ Safety Points:**

- Make sure to keep the knee of the front leg above the ankle, making sure to never cross the knee over the toes (if this is happening take a larger step backward going into the lunge).
- If you do this movement with forward lunges, make sure to step softly into the lunge to minimize impact on the knee (try to keep with backward lunges as this takes the majority of the impact off the front knee).
- Keep even, controlled motion throughout the exercise.
- Engage the core to hold the upper body straight and to help maintain balance.



# Janalyne Hansen Suicide Plank Jacks

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## Description:

A combination of Suicide Planks (switching from elbow planks to straight arm planks) and Plank Jacks (jumping the legs in and out while in plank position).

## Difficulty:

MEDIUM to HARD

## Primary muscles used:

- Abdominals
- Back
- Legs
- Shoulders



## How to do the exercise:

- Begin in an elbow plank position (come to all fours and lower upper body weight onto bent elbows; step both feet behind at hip distance apart and balance lower body weight with toes on ground; keep hips lifted off ground and body in a straight line from head to toe).
- Hold upper body in elbow plank position and jump both legs simultaneously out to the side (similar to a jumping jack) and then jump them back in.
- While keeping plank position with hips lifted, raise upper body off elbows to straight arm position, with both arms straight and wrists underneath shoulders.
- Repeat the leg jumping jack in straight arm plank position.
- Lower back to elbow plank and begin again.



---

## Safety Points:

- Make sure to keep elbows (in elbow plank) and wrists (in straight arm plank) directly underneath shoulders to minimize strain on the shoulder joint.
- Keep hips lifted to where the body is in a straight line and do not sag them down to bow the body – this puts a large strain on the spine and takes some of the benefit from the abs.
- Do not strain the neck or any part of the spine...keep the body in a straight line and neutral spine for safety and optimal results.
- To modify for beginners, instead of jumping the legs out and in from plank position, just step both legs wide, then step both legs back in; work your endurance and strength up to doing the jumps.



# Janalyne Hansen In & Outs

---

**Description:**

An abdominal exercise performed balancing on the hips and bringing the legs in to the chest and out straight.

**Difficulty:**

MEDIUM to HARD

**Primary muscles used:**

- Abdominals (Rectus/Transverse/Oblique's)
- Hip Flexors
- Triceps
- Quadriceps

**How to do the exercise:**

- Begin sitting on the ground, knees bent and hands behind hips on ground.
- Balance weight back into hips and bring feet off the ground and knees into the chest as close as possible.
- Lower the upper body back as you extend legs out to almost straight, keeping the legs off the ground throughout.
- Return knees back to start and repeat.
- To target oblique's, tip knees and hips to one side and repeat movement. Shift to opposite side and repeat there.
- To intensify the movement, remove hands from the ground and straighten arms for balance in front (hips/glutes are the only part that remains touching the ground).



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**! Safety Points:**

- If the move is too difficult at first and too much strain is felt in hip flexors, modify by not lowering the torso and legs as deep and keeping the legs lifted slightly higher.
- Do not compensate by putting too much weight into the arms (unnecessary stress on shoulders); keep the abs engaged the entire time for safety and best results.

# Janalyne Hansen Mountain Climbers

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**Description:**

A jumping movement that mimics climbing a mountain. The upper body is stationary and the legs alternate jumping in and up to build strength and endurance throughout the body.

**Difficulty:**

MEDIUM

**Primary muscles used:**

- Legs
- Abdominals
- Shoulders
- Upper Back

**How to do the exercise:**

- Begin in a straight-arm plank position with hands on ground, wrists directly under shoulders, arms straight; legs are hip distance apart and straight.
- Bring one leg in as close to the chest as possible with both feet on the ground.
- Jump both feet off the ground and swap places with the legs and feet (now the opposite foot/knee is forward by the chest and the other leg is straight behind).
- Continue alternating jumps, making sure to keep the torso low and bringing the leg that is jumping forward as far forward as possible.



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**! Safety Points:**

- Maintain the wrists under the shoulders to avoid unnecessary strain on the joints.
- Keep the torso low and focus on soft even landings with the feet.
- To modify, do not touch down with the foot that comes forward; instead alternate doing “air climbs” for less impact and less intensity.
- To modify for low impact alternate – step forward and back with each leg very quickly instead of jumping.

# Janalyne Hansen Suggested Workout

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## Bodyweight Circuit:

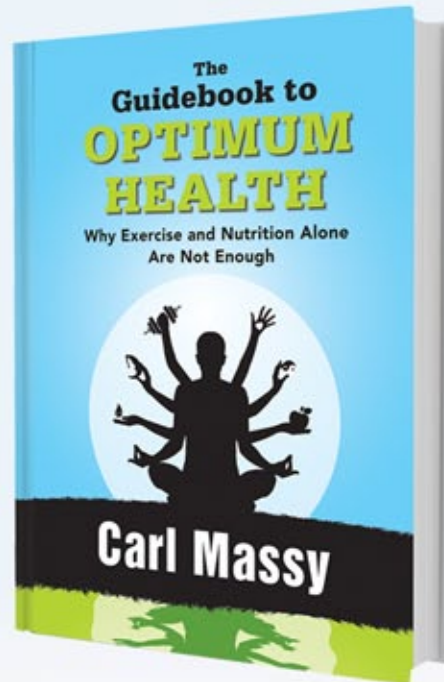
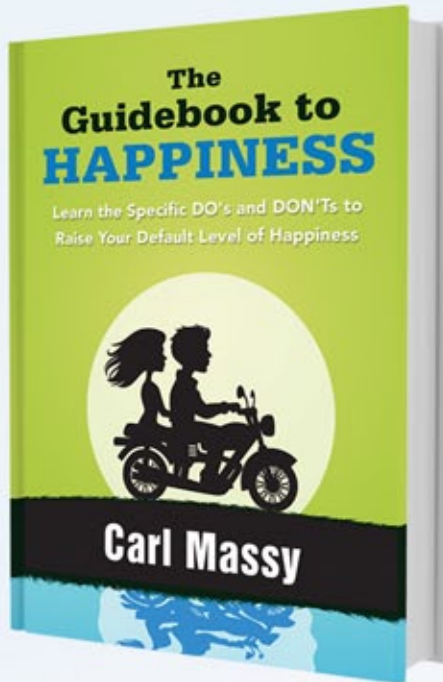
5 Minute Cardio Warm-up			
20 Minute Circuit	Exercise	Reps	Notes
Circuit – 1 (1 min each exercise)	Prisoner Lunges		
	Hindu Pushups		
	Suicide Plank Jacks		
	Mountain Climbers		
	In & Outs		
Circuit – 2 (1 min each exercise)	Prisoner Lunges		
	Hindu Pushups		
	Suicide Plank Jacks		
	Mountain Climbers		
	In & Outs		
Circuit – 3 (1 min each exercise)	Prisoner Lunges		
	Hindu Pushups		
	Suicide Plank Jacks		
	Mountain Climbers		
	In & Outs		
Circuit – 4 (1 min each exercise)	Prisoner Lunges		
	Hindu Pushups		
	Suicide Plank Jacks		
	Mountain Climbers		
	In & Outs		
5 Minute Light Cardio Cool Down			
Stretching			

## Total workout time: 30 minutes

Intensity : as high an intensity as you can go, maintaining proper form throughout each movement  
 Frequency : 3 times per week, leaving at least 1 day of recovery in between each workout.



# Books by Carl Massy



To find out more details check out  
**[www.carlmassy.com](http://www.carlmassy.com)**

or head over to  
**[www.amazon.com](http://www.amazon.com)**

**CARL MASSY**

HAPPINESS STRATEGIST • AUTHOR • TEACHER • COACH

# Peter Markowsky

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## *Personal Fitness Trainer* **Take Steps Personal Training**



### **BIOGRAPHY**

Whilst spending many years in the military I was also searching for a more holistic direction in my life. This is what has lead me into the fitness industry. I am a father with two beautiful children. I want to be a great role model to my family. Showing them that it does not take much to achieve a healthy lifestyle.

I am a qualified Punch Fit Boxing trainer, Heartmoves instructor, Personal Fitness Instructor and have a Senior First Aid Certificate. I am also a qualified NLP Practitioner. This qualification helps me to ascertain whether your language and beliefs is the thing that is holding you back from your goals.

With a military background I have a healthy respect for looking after myself and passing on that knowledge to my clients. I have worked in many jobs that have been in arduous conditions so I know how to get a job done. I will work my butt off to get you to your achievable goals. Together with my partner Katherine who is a qualified nurse we will achieve your goals together.

### **Contact Details:**

37 Enright Street, Beresfield NSW, 2322, Australia

Mobile : +61 (0)432229398

Phone : +61 (0)2 4028 6795

Skype : pmarkowsky

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## **HERE'S WHAT HE HAD TO SAY WHEN WE INTERVIEWED PETER**

### ***What is your favourite quote and why?***

**A:** "What is your intention for what you are about to Think, Say or Do?" Peter Markowsky.

If we can think about the intention of our thoughts before we think them right through we can potentially start changing our lives from that micro thought, if that thought has already happened and it was negative then before you say something nasty, STOP and rethink what you are about to DO. If you have already said it, then you still have your actions that you can control. If you are about to look at someone in a nasty way then change your posture, take a deep breath and walk away. You always have an option to choose the course of your life.

# Peter Markowsky

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## *Personal Fitness Trainer* **Take Steps Personal Training**

***What is your best Tip for someone in relation to improving their health & fitness?***

**A:** Spread your meals and your exercise over the whole day. Make everything in little bite size chunks of high intensity exercise. And for the food, aim for 5 little meals per day rather than 2 or 3.

***What is one of your greatest successes?***

**A:** Becoming an at-home father.

***What is a great book or program you recommend for your clients and why?***

**A:** 'Happy for No Reason' by Marci Shimoff

***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** Never say anything about a person that you can't say in front of their faces. Everything that comes out of your mouth should be positive or constructive. Choose your words wisely.

***What do you specialise in?***

**A:** Weight loss and life changing

***What parting advice do you have for us?***

**A:** If you are a single person then immerse yourself in self-development for you! If you are a family person then make sure that you always consider communication as the utmost key to the survival of your relationship. Always consider what the other person might be feeling and be the better person by stepping out and supporting them when they need it.



# Peter Markowsky Bent Over Rows

---

**Description:**

Bent over row pulling a weighted object towards your chest.

**Difficulty:**

MEDIUM to HARD (depending on the weight)

**Props needed:**

A weight – such as a brick, a rock, the end of a plank, etc.

**Primary muscles used:**

- Back
- Biceps (plus Glutes and Quadriceps)

**How to do the exercise:**

- Holding your weight place feet shoulder width apart
- Brace your abdominals whilst bending over from the hips to approximately 45 degrees
- Let the weights hang vertical
- Pull the weights towards your chest squeezing your shoulder blades together
- Lower the weight slowly back to the start position
- Then repeat

**Number of Reps:**

As many as you can do safely



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**! Safety Points:**

- Ensure your back is braced by engaging your abdominals
- Never round your back while doing the exercise
- Don't lift more than you are capable of
- If it gets too heavy to maintain good form (posture) let the weight drop to the ground
- Wear shoes

# Peter Markowsky Crescent Moon

---

**Description:**

Abdominal lift using upper body and legs.

**Difficulty:**

MEDIUM

**Primary muscles used:**

Abdominals

**How to do the exercise:**

- Lay flat on the ground on your back
- Raise both your legs and your upper body to form a crescent moon shape
- Lower your body back down flat on the ground
- Then Repeat

**Number of Reps:**

As many as you can (aim for 20 plus).



---

**! Safety Points:**

Ensure your abdominals are braced

Ensure your back is straight and don't curve your lower back

Relax the neck so that the eyes are looking upwards

# Peter Markowsky Partnered Exercise Sit-Ups

---

**Description:**

Sit-ups with a partner assisted.

**Difficulty:**

MEDIUM

**Props needed:**

A partner

**Primary muscles used:**

Abdominals

**How to do the exercise:**

- Lay flat on the ground on your back locking your ankles with your partner
- Both people slide their hands up their legs towards your knees performing a sit up
- Lower back down on the ground head resting on the floor

**Number of Reps:**

Aim for 25 to 50.

**Safety Points:**

- Ensure your abdominals are braced
- Ensure your back is straight and don't curve your lower back
- Relax your neck



# Peter Markowsky Wood Chop

---

**Description:**

Squat whilst lifting a weight above the head and then back to the ground..

**Difficulty:**

HARD

**Props needed:**

A suitable weight – a brick, a rock, a tin of paint, etc.

**Primary muscles used:**

- Legs
- Shoulders

**How to do the exercise:**

- Stand with your feet shoulder width apart and feet facing forward
- Hold the weight with both hands up in the air
- Lower the weight squatting at the same time from the hips
- Repeat the exercise

**Number of Reps:**

Aim for 20 plus

**Safety Points:**

- Ensure your abdominals are braced
- Ensure your back is straight and don't curve or arch your lower back
- Don't lift more than you are comfortable with
- Don't squat lower than the point where your thighs are parallel with the ground

# Peter Markowsky Shopping Bag Passes

---

**Description:**

Torso twist with a friend.

**Difficulty:**

MEDIUM

**Props needed:**

Some shopping bags (or similar) and a partner to do it with.

**Primary muscles used:**

- Abdominals
- Stabilisers

**How to do the exercise:**

- Stand holding your shopping bag out in front of you with your arms at 90 degrees to your body
- Twist from the hips passing the bag to the person who is standing back to back with you
- Repeat on the other side of the body continuing in a circular motion around the both of you

**Number of Reps:**

As many as you can safely do.

**Safety Points:**

- Ensure your abdominals are braced
- Ensure your back is straight and don't curve your lower back
- Don't lift more than you are comfortable with
- Keep your shoulders back

# Ben Webster

---

*Personal Trainer, Body Transformation Specialist,  
THUMP Boxing Instructor, Metabolic Precision Provider*  
**FUBAR Personal Training**  
**Fenix Fitness**



## BIOGRAPHY

Ben Webster is a Master Pro Trainer, specialising in lifestyle transformations. Ben has operated a successful Personal Training business for over 3 years and helped many people successfully transform their lives for the better. To help more people worldwide, Ben has now moved into online coaching with the goal of changing more people's lives.

Ben is a fitness professional who is passionate about the fitness industry.

**Website:**

<http://www.fubar-training.com>

---

## HERE'S WHAT HE HAD TO SAY WHEN WE INTERVIEWED BEN

***What is your favourite quote and why?***

**A:** "The weak find excuses the strong find a way"

This quote sums up the fitness industry. Go to any health club and there are two types of people: the people who get results and the people who use excuses. It's easy to blame someone or something else for your problems or failures but it takes a strong person to see their own faults and once they do that can move forward to reach their dreams.

***What is your best Tip for someone in relation to improving their health & fitness?***

**A:** Surround yourself with people that are positive and supportive. Look to make new friends in the health and fitness communities. Start playing a sport you enjoy. If you want to get fit then join a health club and get advice from a fitness professional. Seek advice on what to eat and when the best time to eat it is. Eat 5-6 small nutritious meals a day and drink plenty of water. Keep your mind and body active.



# Ben Webster

---

*Personal Trainer, Body Transformation Specialist,*  
*THUMP Boxing Instructor, Metabolic Precision Provider*  
**FUBAR Personal Training**  
**Fenix Fitness**

***What is one of your greatest successes?***

**A:** Helping one of my clients lose over 40kg and giving him a new life. He was so inspired by what I did for him that he went and studied to be a Personal Trainer. He now works for me and is changing people's lives.

***What is a great book or program you recommend for your clients and why?***

**A:** 'It's not about the bike: My journey back to life' by Lance Armstrong

Lance Armstrong's story of a rise to cycling fame and fortune, a near life ending battle with cancer and a comeback that saw him win the Tour de France 7 times. This book really is about "the weak find excuses the strong find a way"

***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** Showing people how to make health and fitness a part of their lifestyle. Most people think that being fit and healthy means endless hours in the gym and eating rabbit food, but it's not. I show them small changes they can make each week to help them on their journey and work their way to their goals. Information overload can be very off-putting for some just getting in to fitness; so small steps can go a long way. My secret is that I have made health and fitness my lifestyle so I only recommend things that have been tried and tested by myself first.

***What do you specialise in?***

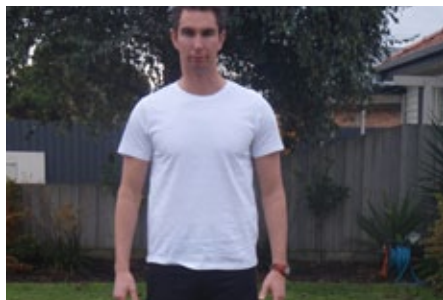
**A:** I specialize in body and lifestyle transformation. I help clients reach their goals in the safest and most effective way. I teach people that if they want to be fit and healthy that they have to embrace a fit and healthy lifestyle.

***What parting advice do you have for us?***

**A:** Have a realistic, tangible goal. Know the reasons why you want to achieve the goal. Surround yourself with people that want to help you achieve the goal.

# Ben Webster Crucifix Burpee

---



## Description:

A harder version of the typical Burpee.

## Difficulty:

MEDIUM

## Props needed:

You're own body.

## Primary muscles used:

- Quadriceps
- Gluteals
- Pectoralis Major
- Triceps
- Core

## How to do the exercise:

- Start in a standing position, feet shoulder width apart.
- Squat down and bring your hands forward to the ground in front of you
- Put your weight in your hands and jump back with your feet so that you are in the push-up position
- Bracing you core, let yourself down onto the ground
- Whilst on the ground move your hands out to the "crucifix" position and the back in again.
- Preform a push-up
- Pull legs into squat position
- Push you weight through your heels and explosively jump off the ground and clap your hands overhead
- Land with soft, bent knees and preform the next repetition

## Number of Reps:

As many as possible while holding form and technique.

---



## Safety Points:

- Make sure this exercise is performed on a flat, stable and dry surface.
- Always ensure you brace your core to avoid using your lower back.
- If you are not confident doing a full push-up you can perform the push-up on your knees

# Ben Webster Iron Cross

---

**Description:**

Full body movement focusing on stability.

**Difficulty:**

MEDIUM to HARD

**Props needed:**

You're own body / 1kg-4kg dumbbells.

**Primary muscles used:**

- Quadriceps
- Gluteals
- Front Middle and Rear Deltoids
- Pectorals Major
- Core

**How to do the exercise:**

- Starting in the standing position, feet shoulder width apart with arms stretched out distally from your body
- As you squat down keep your weight in your heels, stick your bottom out, while keeping a neutral spine
- Simultaneously whilst squatting bring your arms together in front of your body
- At the bottom of the squat, heels should be on the ground, arms should be straight out in front, eyes forward
- To finish, rise back to standing position and bring arms back out to shoulder height position

**Number of Reps:**

As many as possible while holding form and technique.

---

**! Safety Points:**

- Make sure this exercise is performed on a flat, stable and dry surface
- Always ensure you brace your core to avoid using your lower back
- Start with no weight in your hands and as your strength improves add dumbbells. Start with 1kg and increase weight when technique and strength is at a suitable level
- Ensure you have the correct squatting technique. Always stick your bottom out first before bending your knees, engage your core and keep a neutral spine



# Ben Webster Prisoner Jump Squats

---



## Description:

Explosive squat focusing on leg power and core strength.

## Difficulty:

MEDIUM to HARD

## Props needed:

You're own body.

## Primary muscles used:

- Quadriceps
- Gluteals
- Hamstrings
- Calves

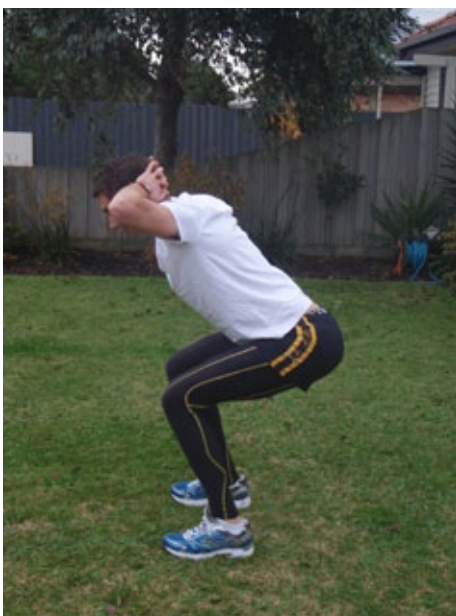


## How to do the exercise:

- Starting in the standing position, feet shoulder width apart with hands clasped together behind your head
- Squat down keep your weight in your heels, stick your bottom out, while keeping a neutral spine
- At the bottom of the squat, heels should be on the ground, eyes forward.
- Explosively jump out of the squat position into the air whilst still having you hands clasped behind your head
- Land with knees bent, brace your core and go straight into the next repetition

## Number of Reps:

As many as possible while holding form and technique.



---

## Safety Points:

- Make sure this exercise is performed on a flat, stable and dry surface.
- Always ensure you brace your core to avoid using your lower back.
- Always land with bent knees to avoid jarring
- Ensure you have the correct squatting technique. Always stick your bottom out first before bending your knees, engage your core and keep a neutral spine

# Ben Webster Sprinkler Push Ups

---

**Description:**

A variation of the typical push-up.

**Difficulty:**

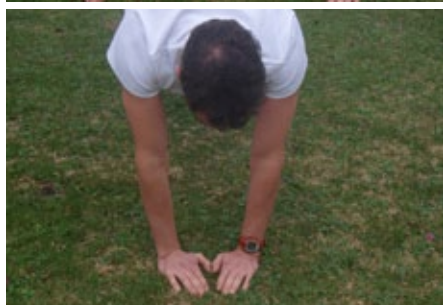
MEDIUM to HARD

**Props needed:**

You're own body.

**Primary muscles used:**

- Pectoralis Major
- Triceps

**How to do the exercise:**

- Start in the normal push-up position
- Lower body whilst keeping a neutral spine and engaging your core, until your nose touches the ground
- Push back up
- In the top position of the push-up, move your right hand across and place it next to your left hand
- Then move you left hand out to the normal push up position and perform another push-up
- Then move your hands back to the first position and perform a push-up
- Move your hands to the opposite side and perform another push-up
- Continue alternating between the 3 positions

**Number of Reps:**

As many as possible while holding form and technique.

**Safety Points:**

- Make sure this exercise is performed on a flat, stable and dry surface.
- Always ensure you brace your core to avoid using your lower back.
- Push up can be performed on your knees until you have built up your upper body and core strength



# Ben Webster Dead Bugs

---

**Description:**

Core stability and abdominal workout.

**Difficulty:**

MEDIUM

**Props needed:**

Ground or soft surface.

**Primary muscles used:**

- Abdominals
- Core

**How to do the exercise:**

- Lie on the ground on your back
- Put legs in the air and bend knees so that hips and knee joints are at 90 degrees
- Place finger tips behind ears
- Engage core
- Crunch up slightly
- Bring your left elbow and right knee together
- At the same time take your right elbow back and left leg straight out and low to the ground
- Then transition and do the same with the opposite elbow and knees
- Repeat

**Number of Reps:**

Slow or Fast for as long as you can maintain core stability.

---

**Safety Points:**

- Make sure at all times you keep your core muscles engaged.
- Do not let your back arch
- Do not pull on your head or strain your neck



# MINDBODY

## DETOX RETREAT WITH CARL MASSY

### JOIN AUTHOR, TEACHER AND LIFE COACH CARL MASSY FOR A 7-DAY DETOX IN BALI

If you are feeling spent, low in energy, a bit unclear of your next steps, or ready to recharge your batteries; then this retreat is made just for you.

Through a series of daily practices, powerful & practical workshops, Coaching, and specific tools & strategies, you will leave feeling revitalized, re-energized, inspired, and with more clarity than you have had in years.

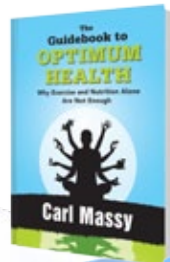
Carl Massy is the author of *The Guidebook to Happiness & The Guidebook to Optimum Health*, an NLP master practitioner, hypnotherapist, reiki master, personal fitness trainer, Business & Life Coach and corporate wellness trainer.

#### MIND DETOX WORKSHOPS

- The 6 Essential Pillars to Optimum Health & Vitality
- 3 Keys to Increasing Your Happiness Level
- Getting From Stressed Out to Creative Genius
- Effective Tools to Process Negative Emotions
- Daily Rituals to Increase Health & Happiness
- Creating A Life Master Plan
- Creating Amazing Relationships
- Reiki 1 Certification

#### BODY DETOX

- 7-days whole-food plant-based diet
- Elimination of major nutritional toxic triggers
- Daily yoga
- Daily meditation
- Reiki
- Massage
- Guided meditation



Note:  
We will not be doing enemas, colonics or colon cleanses. Our detox is achieved through movement, nutrition, plus mental & emotional processing.



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[www.carlmassy.com](http://www.carlmassy.com)

# Kellie Mikulec

*Personal Trainer & Remedial Therapist*

**B FLY**



## BIOGRAPHY

CAN'T was a word that was never used when I was growing up. I was always told I could do and be anything I wanted. If I saw someone doing something and I wanted to give it a go I just did it; no thoughts to me being a 'girl', too young, not the right size, not smart enough.

My life took me to places & situations that were wonderful and not so wonderful but it all made me who I am today. Many jobs I have had always dealt with people from all walks of life and I've listened to their stories. My experiences and sharing some of their times have given me a varied but positive outlook on life's journey that we are all on.

I now work as a personal trainer with a passion and expertise in strength & conditioning, older adults and special needs. Further studies into remedial therapy make for a nice compliment towards the mechanics & muscles of the body. I love to help train my clients towards fitness and health goals also to achieve a place of physical capability to do their everyday tasks.

I am raising two children on my own which has me feeling like I'm constantly on alert for what's coming my way next good & not so good. I'm thinking I could join a circus becoming a juggling clown keeping all my balls in the air whilst grinning like a fool should be a job I'm well and truly qualified for.

All of my work I'm doing at the moment I can honestly say I would do for free if I didn't need to pay my bills, I love my work & hope to be doing it day in and day out for a long time to come.

## Contact Details:

Mobile : 0408 058 750

Email : [kelliemikulec@bigpond.com](mailto:kelliemikulec@bigpond.com)



# Kellie Mikulec Rocket Squats

---

**Description:**

Squat with time under tension

**Difficulty:**

MEDIUM

**Primary muscles used:**

- Glutes
- Hamstrings
- Quads
- Calves

**How to do the exercise:**

- Stand with feet slightly wider than shoulder width
- Begin to squat slowly, counting down from 10 to 5, reaching the bottom of your squat at 5
- Stay at the bottom of your squat while counting down from 5 to 1
- On zero push up from ground through heels, squeezing your bottom
- Pause at the top and begin your countdown again

**Number of Reps:**

As many as you can do safely (10 is awesome!).



---

**! Safety Points:**

- Keep weight through heels
- Chest up and back straight
- Don't let your knees go out to the side or into towards the middle
- Your knees should not go further forward than the line of your toes



# Kellie Mikulec Rock Throws

---

**Description:**

Throwing forward: Similar to a two handed chest pass in ball sports.

Throwing behind: An under hand behind the head pass or throw.

**Difficulty:**

EASY to MEDIUM

**Props needed:**

A rock or brick or weight.

**Primary muscles used:**

- Forward throw: Pecs, Anterior Deltoids, Biceps, Triceps
- Backward throw: Deltoids, Biceps, Calves

**How to do the exercise:**

Forward Throw:

- Hold object in middle of chest, gripped in both hands
- Quick bend and dip at the knees/legs,
- Push the object forward & release
- Jog to pick it up



Behind Throw:

- Hold the object in both hands, swing it down with extended arms, into a squat
- Push up from the ground with legs, bringing arms up straight
- Lean back slightly, come up onto toes, reaching up high with object
- Release/throw over and behind

**Number of Reps:**

15 reps x 2sets



---

**⚠ Safety Points:**

- Arms come up away from body while holding the weight, so at the top the object can clear your head
- Make sure there is no one in front or behind you before you do the exercise
- Always remain aware of where the weighted object is
- Maintain a strong core throughout the exercises

# Kellie Mikulec Whirlies

---

**Description:**

Move the object around to make a big circle.

**Difficulty:**

EASY

**Props needed:**

Rock or brick or weight.

**Primary muscles used:**

Full body exercise

**How to do the exercise:**

- Start in bottom range of your squat, holding object in both hands down low
- Keeping chest up, push through heels to come up out of squat, bring the object out to the side with arms as straight as you can
- Standing tall now, arms outstretched, bringing the weight over your head
- Start bending legs into a squat again, bringing the object out to the other side
- Coming into a full squat again with object now at starting point again
- Pause and now do the same again in the opposite direction

**Number of Reps:**

12 reps (6 each direction) x 2-3sets

**Safety Points:**

- Don't use momentum, control the weight so as not to lose control
- Remember to alternate directions
- Make sure you have enough space around – do not try indoors! ;-)

# Kellie Mikulec Clock Lunges

---

**Description:**

Lunges from 5 angles on each leg.

**Difficulty:**

MEDIUM

**Primary muscles used:**

- Quads
- Glutes
- Hamstrings
- Calves

**How to do the exercise:**

- Bring right foot forward, to the 12 o'clock position
- Drop back knee straight down, just above the ground (in a lunge)
- Push up through front foot's heel as main focus
- Take right foot out (45 degree angle), between the 1-2 o'clock position
- Lunge
- Take right foot out to side, the 3 o'clock position
- Squat
- Take right foot out behind, between the 4-5 o'clock position
- Lunge
- Take right foot behind, to the 6 o'clock position
- Lunge
- REPEAT now on your left foot (12 o'clock, 10-11 o'clock, 9 o'clock, 7-8 o'clock, and 6 o'clock)

**Number of Reps:**

3 reps on each side, alternate sides as you go

**Safety Points:**

- Always push through the heel of front foot as your point of focus
- Knees stay in line with the direction of your toes
- Toes should always be pointing forwards
- Steady yourself before coming down into lunge (esp. on the angles)



# Kellie Mikulec Crab Push-Ups

---

**Description:**

A push-up with wide arms & legs; and a close arms & legs push-up.

**Difficulty:**

MEDIUM

**Primary muscles used:**

- Pecs
- Triceps
- Biceps
- Deltoids

**How to do the exercise:**

- Start in a neutral push-up position, then place legs wide & arms wide apart
- Bend arms at elbow to come down so chest is just above ground
- Push up
- Move to one side by bringing leg & arm to one side, then bringing the other hand in close
- Bend arms at elbows, come down again, this time elbows will be next to body
- Push up
- Take one side leg & arm out to side, then other arm out & you're ready to start again
- One full rep is 2 push-ups

**Number of Reps:**

4 reps x 4 sets (change direction for each set)

**Safety Points:**

- Hands are on ground so check ground for any sharp objects
- Maintain a strong core and don't let your butt drop down to the ground – keep a straight back and leg alignment

# Nicole Moyle

---

*Personal Fitness Trainer*

**VENT Personal Training For Ladies**



## BIOGRAPHY

Nicole is an energetic health and fitness professional. She is a Qualified Division 1 Registered Nurse, a Personal Trainer and a Life Coach. Nicole's enthusiasm for life draws people to her and she takes great pleasure in assisting others to achieve their goals.

### Contact Details:

email : [nicolespary@yahoo.com.au](mailto:nicolespary@yahoo.com.au)

---

## HERE'S WHAT SHE HAD TO SAY WHEN WE INTERVIEWED CARL

### ***What is your favourite quote and why?***

**A:** "Only you can make it happen!" Everyone has a choice. We can get rid of the excuses and turn our lives around.

### ***What is your best Tip for someone in relation to improving their health & fitness?***

**A:** Find your emotional motivational point. What is it that will really motivate you to become fitter and healthier? Keep it written on your heart so that it will continue to drive you!

### ***What is one of your greatest successes?***

**A:** Becoming who I want to be...life has its challenges but to fight against all obstacles, believing in oneself when close ones around you may not is a great success.

### ***What is a great book or program you recommend for your clients and why?***

**A:** The 30 day Challenge. This program challenges your core beliefs and assists you to have a positive outlook of yourself. It also assists you to understand yourself and equips you to make better the choices.

### ***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** I help and encourage people to do their best in a physical workout. The success comes when you care about them getting their desired results. The secret is demonstrating your belief in them and supporting them to believe in themselves.

# Nicole Moyle

---

*Personal Fitness Trainer*

**VENT Personal Training For Ladies**

***What do you specialise in?***

**A:** Coaching and encouraging pointing out to individuals their inner ability and talent. Helping them to strip off their negative beliefs and assist them to believe in their talents and encourage them to use their talents.

***What parting advice do you have for us?***

**A:** Remember your emotional motivation for becoming a healthier and fitter you. Write it down. Stick it on your fridge or somewhere you look often. Imprint it on your heart and let it be your driving force... You will be surprised at your results. And remember "Only you can make it happen!"



# Nicole Moyle 50m Extreme Walking Lunges

---

**Description:**

This exercise is performed as a split squat. Most of the focus is on weight distribution while a tyre is held above the head for the distance of 50 meters placing the tyre down and then a sprint back to the starting line.

**Difficulty:**

MEDIUM to HARD

**Props needed:**

Car tyre

**Primary muscles used:**

- Glutes
- Hamstrings
- Quadriceps

**How to do the exercise:**

- Grab the tyre and hold it at the 3 o'clock and 9 o'clock positions.
- Raise the tyre above your head and "brace" your core.
- Step into first lunge ensuring lead knee makes a 90-degree angle. You will also have a 90-degree angle created in your lead hip and trailing knee, which will drop to about one inch off the ground.
- Standing up from the lunge, place your weight into the heel of the lead leg and drive up to a standing position.
- Repeat with the other leg, in a walking fashion, for a distance of 50 meters.
- Then place tyre down and sprint back to the starting line.

**Number of Reps:**

As many as you can comfortably do with good form

---

**Safety Points:**

- Ensure track is clear of obstacles
- Due to the added weight of the tyre, ensure you keep a neutral spine and the lead knee points in the same direction as your foot.
- Keep your abdominal muscles contracted (engaging core)
- Ensure your knees do not extend over the toes
- If form is being compromised have a short rest to regain strength



# Nicole Moyle 50m Insane Burpees

---



## Description:

This exercise is loved by coaches and loathed by athletes. Burpees are a good all body workout. The insane burpee flows from a high knee-to-chest jump into a squat then into a single push-up and then a leap up. Do this for a distance of 50 metres then sprint back to the start.

## Difficulty:

HARD

## Props needed:

A sense of humour.



## Primary muscles used:

- Pectorals
- Quadriceps
- Hamstrings
- Glutes
- Abdominals
- Deltoids
- Triceps

## How to do the exercise:

- Start in a standing position
- Jump high bringing the knees to the chest
- Drop into a squatting position, placing hands on the ground either side of your feet.
- Thrust your legs back into a push-up position and perform a single push-up.
- Jump your feet forward into the start position and straighten arms keeping them either side of feet.
- Leap up and forward to start again.
- Repeat this for the length of 50 meters and then sprint back 50 meters



## Number of Reps:

As many times as you are able to do with good form.



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## Safety Points:

- Ensure track is clear of obstacles.
- Keep neutral spine whilst in the push-up position.
- If losing form take a short rest to regain strength then resume.

# Nicole Moyle 50m Backwards Crab Crawl

---



## Description:

This exercise requires you to crawl backwards from a sitting position.

## Difficulty:

MEDIUM to HARD

## Primary muscles used:

- Triceps
- Glutes
- Hamstrings
- Quadriceps
- Abdominals
- Deltoids
- Trapezius



## How to do the exercise:

- Sit on the ground with your back facing the direction that you are travelling.
- Flex your knees, extend your arms behind you and place your palms on the ground facing the direction you are travelling.
- Lift your buttocks off the ground until the angle of your knees is between 45-60 degrees.
- Commence crawling backwards for the 50-metre distance and then sprint back to the start line.

## Number of Reps:

If you are doing more than one, I am impressed.



## Safety Points:

- Check that pathway is clear before commencing the crawl
- Ensure abdominal muscles (core) are engaged.
- Don't go faster than you can control.
- If you feel overexerted, pause to recover and then resume the exercise.



# Nicole Moyle 50m Piggy-Back Runs

---

**Description:**

This is an intense cardio endurance exercise not for the faint-hearted. You piggyback your partner for the distance of 50 metres then perform 10 squats with them still on your back. Then swap over and get them to do the same to you back to the starting line.

**Difficulty:**

HARD

**Props needed:**

Another crazy person like yourself.

**Primary muscles used:**

- Abdominals
- Quadriceps
- Hamstrings
- Glutes
- Deltoids
- Triceps

**How to do the exercise:**

- Partner 1 to start in the standing position with knees slightly bent and leaning forward.
- Partner 1 to engage core muscles and then Partner 2 to get on their back.
- Partner 1 will then run (at a pace that is suitable) for 50 meters.
- At the 50-metre mark, Partner 1 (with Partner 2 still on their back) performs 10 half-squats under control.
- Then swap over between the Partners and repeat the exercise on the way back to the starting point

**Number of Reps:**

As many as you can safely do.



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**! Safety Points:**

- Ensure track is clear of obstacles
- Keep neutral spine whilst performing squat
- Ensure knees do not extend over the toes
- If losing form take a short rest to regain strength then resume.
- Do not 'run' at a pace faster than you can handle
- If you have any knee injuries, don't perform this exercise

# Nicole Moyle 50m Commando Sprawl

---



## Description:

This is a cardio endurance exercise for a distance of 50 metres then 10 dumbbell swings followed by a sprint back to the starting line.

## Difficulty:

HARD

## Props needed:

A weight (rock, brick, dumbbell) that can be held in one hand.



## Primary muscles used:

- Abdominals and Back
- Quadriceps, Biceps and Triceps
- Hamstrings
- Glutes and Deltoids

## How to do the exercise:

- Lay facedown on the ground, propped up on your elbows.
- Draw left arm and right leg forward and propel yourself forward. Repeat same action on side alternating left and right until you have covered 50 metres. Yes it is also known as a Commando Crawl.
- Then pick up your weight and stand with your feet shoulder width apart and the weight at the centre of your body.
- Squat down with the weight and let it hang down between your legs (you can either hold the weight in one hand or with both hands).
- Then thrust hips forward bringing body to standing position and propelling weight upward with arms outstretched to shoulder height. It is important that you don't swing your arms but allow the thrusting of the hips to propel arms upwards. Repeat 10 times.
- Now sprint back to the starting line



## Number of Reps:

As many as you can safely do.

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## Safety Points:

- Ensure track is clear of obstacles (best done on grass or sand)
- Keep neutral spine whilst performing squat
- Ensure knees do not extend over the toes
- Ensure that no one is standing in front of you while performing the weight swing
- Hold weight firmly to avoid it flying out of your hands.
- Be conscious of where the weight is throughout the entire movement, to avoid hitting your lower body



# Kyle Tyrrell

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*CEO, Founder and Principle Trainer*  
**Blast Fitness**



## BIOGRAPHY

I served in the Australian Army for 23 years, eventually retiring at the rank of Lieutenant Colonel. My primary role in the military was as an Infantry commander and I served in the Middle East and Australia's nearer region. When I retired from the Army I sought a career where I could continue to make a difference to peoples lives but also utilise the skills and knowledge I gained during my service. Personal Training was my choice and I have pursued this now for a number of years. In 2010 I opened my own Strength and Conditioning Gym in Geelong, Australia. I work with average citizens, Athletes and Tactical Athletes.

I am also a student of the mind. I regularly present on motivation, mental toughness, teamwork and leadership. I have been working closely with Carl Massy in his business WorldsBIGGESTGym. I am a Life Coach, have a Diploma of Fitness, I am a Certified Kettlebell Instructor, have a Masters of Business Administration and a Masters of Arts.

## Contact Details:

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## Website:

<http://www.blastfitness.com.au>

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## HERE'S WHAT HE HAD TO SAY WHEN WE INTERVIEWED KYLE

### ***What is your favourite quote and why?***

**A:** "A jug fills drop by drop" Buddha.

I love this quote because we live in a world of instant gratification, everywhere you look people are attempting to take shortcuts to the goals they have set themselves. This quote reminds me to be patient, enjoy every step, every moment and to be grateful for what I have. I think Buddha was also alluding to the fact that while we often see "the jug of water" we often neglect to appreciate each "drop" that created the jug and the time and effort behind accomplishments.



# Kyle Tyrrell

---

*CEO, Founder and Principle Trainer*  
**Blast Fitness**

***What is your best Tip for someone in relation to improving their health & fitness?***

**A:** Concentrate on functional movement and build muscle. If you can move well you will live a long, healthy, stress and injury free life. Muscle is more important than anything else!!! More muscle means a higher metabolism which means you burn fat faster, you reduce the risk of injury, and osteoporosis and maintain good function. Build muscle and be strong!

***What is one of your greatest successes?***

**A:** Commanding Australian soldiers in war. Whilst I consider this to be one of my greatest successes I also consider it to be one of my greatest privileges. I spent 23 years in the Army, honing both mental and physical preparation of soldiers for the "ultimate contest" and this has greatly assisted me with my Personal Training results.

***What is a great book or program you recommend for your clients and why?***

**A:** "Enter the Kettlebell!" by Pavel. I love this book because it is simplicity personified! No gimmicky BS, just solid facts about how and why to build great strength. I also love the Kettlebell as a training tool because it's simple and so the focus is on the body and the movement not on the shiny equipment!

***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** Motivate people. Personal Training is more about understanding the clients mind than their physiology. In my experience 99% of clients who don't reach their goals fail because of motivation. Understanding the clients mind, how their beliefs and values may limit their potential and being able to work through this is what I do best.

***What do you specialise in?***

**A:** Strength and Conditioning. I train sports people, Tactical Athletes and the general public. I love seeing people improve core strength, speed, agility, power, flexibility, endurance and general strength. When this happens, they walk taller, they stand prouder and begin to realise their full potential!

***What parting advice do you have for us?***

**A:** When it comes to fitness, forget about how you look and pay attention to how you feel. Notice how "functional" you are, for example how easily do you get in and out of a chair? How well do you squat, lunge, push and pull? It's these "functional" aspects of fitness that will allow you to live a longer and more fulfilling life. And don't forget the very important role that muscle plays in keeping you healthy whether you are male or female, young or old it doesn't matter... muscle is where it is at!

# Kyle Tyrrell Incline Heave

---

**Description:**

Like a chin up only easier!

**Difficulty:**

MEDIUM

**Props needed:**

Low bar like a fence railing or a bike stand.

**Primary muscles used:**

Latissimus dorsi (back)

**How to do the exercise:**

- Sit on the ground under the bar.
- Grip the bar with your hands shoulder width apart, knuckles facing up (pronated).
- Slide your feet forward and raise your rear off the ground, you are now hanging from the bar, arms fully extended, heels on the ground, hips up. Ensure you maintain a straight line between your heels, hips and shoulders and that your core is engaged at all times throughout the exercise.
- Begin the exercise by pulling your chest up to the bar, slowly and under control.
- Then slowly lower your body until your arms are fully extended; you have now completed one repetition!

**Number of Reps:**

As many as you can safely do.

**Safety Points:**

- Ensure shoulders are depressed and retracted (ie: do not shrug!)
- Ensure you can securely grip the bar
- Ensure feet are stable
- Ensure no sharp objects on the ground beneath

# Kyle Tyrrell Bench Dip

---

**Description:**

These will give you awesome arms!

**Difficulty:**

EASY

**Props needed:**

Bench secured to the ground.

**Primary muscles used:**

Triceps (arms)

**How to do the exercise:**

- Sit on the edge of the bench.
- Grip the edge of the bench beside your hips.
- Slide your feet forward, take your weight on your hands with your arms locked at the elbow and move your rear forward until it is clear of the bench. Ensure that your core is engaged at all times throughout the exercise.
- Begin the exercise by bending at the elbows and lowering your rear towards the ground, ensure your elbows move directly rearward.
- Then push up on the bench until you have returned to the starting position, you have now completed one repetition!

**Number of Reps:**

As many as you can safely do.

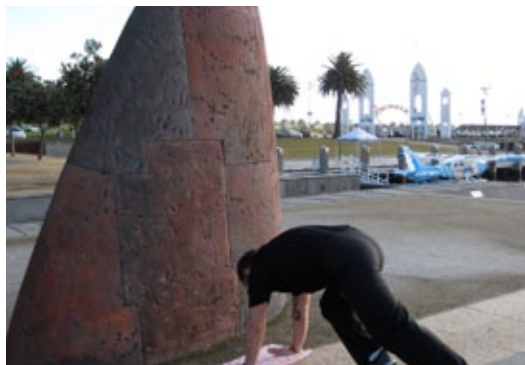
**Safety Points:**

- Ensure shoulders are depressed and retracted (ie: do not shrug!)
- Ensure the bench is secure and will safely hold your weight
- Ensure you can securely grip the bench
- Ensure feet are stable
- Ensure no sharp objects on the ground beneath you



# Kyle Tyrrell Handstand Push-Ups

---

**Description:**

Not for the faint hearted!

**Difficulty:**

VERY HARD

**Props needed:**

A wall.

**Primary muscles used:**

- Deltoids (shoulders)
- Triceps (arms)

**How to do the exercise:**

- Face the wall, place your hands about 20cm ( 1 ft) from the base of the wall, lock out at the elbows, grip the ground with your hands and using your strong leg push yourself into the handstand position with your heels resting on the wall.
- Slowly bend the elbows and lower your body weight until your face is just off the ground.
- Then push hard against the ground to raise your body back up the wall and lock out the elbows, you have now completed one repetition!

**Number of Reps:**

Four to eight times.

**Safety Points:**

- Ensure you select a solid wall that will hold your weight.
- Do not attempt this exercise if you have unstable shoulders or rotator cuff injury.
- Ensure shoulders are depressed and retracted (ie: do not shrug!) Not easy when you are upside down!!
- Ensure you can securely grip the ground. ;-)
- Ensure no sharp objects on the ground beneath you
- This exercise requires well-developed upper body and core strength. If you lack these you are at risk of shoulder, neck and head injury!

# Kyle Tyrrell Kneel Ups

---

**Description:**

Functional movement from kneeling to standing.

**Difficulty:**

EASY

**Primary muscles used:**

Quadriceps (upper leg)

**How to do the exercise:**

- Begin in the standing position. Complete a rearward lunge with one leg placing the rear knee on the ground.
- Now move the forward knee to take up position beside the rear knee on the ground, you are now kneeling on both knees.
- Now move the original rearward leg into the forward lunge position, push through the heel and bring the other leg up into the standing position, you have now completed one repetition!
- Ensure the core is engaged throughout the exercise.

**Number of Reps:**

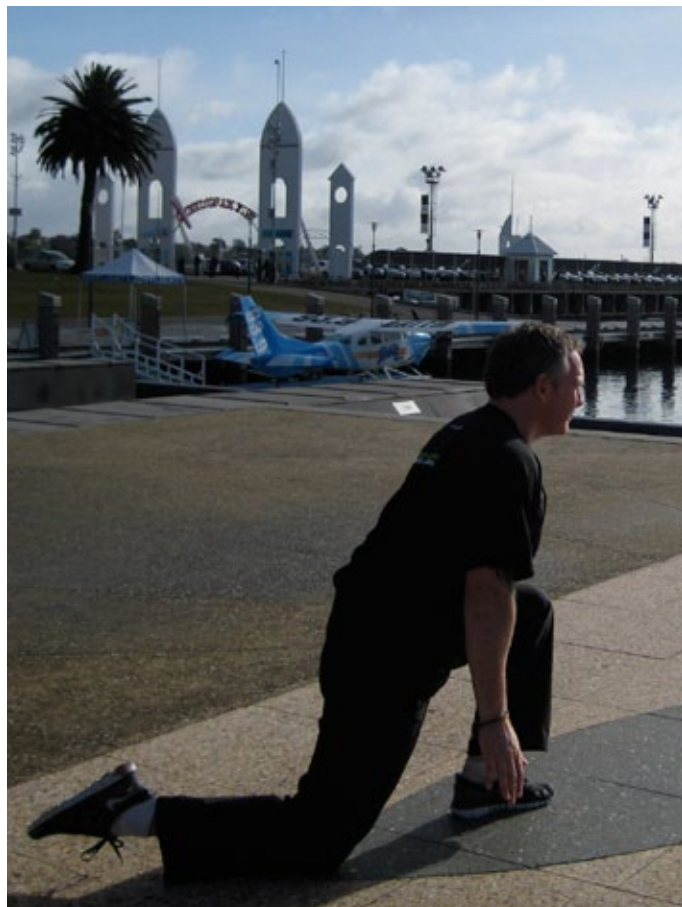
As many as you can safely do.

**Safety Points:**

Ensure there are no sharp objects on the ground when you do this.

# Kyle Tyrrell Airborne Lunge

---

**Description:**

Quads of steel! A lunge with the rear foot off the ground!

**Difficulty:**

HARD

**Primary muscles used:**

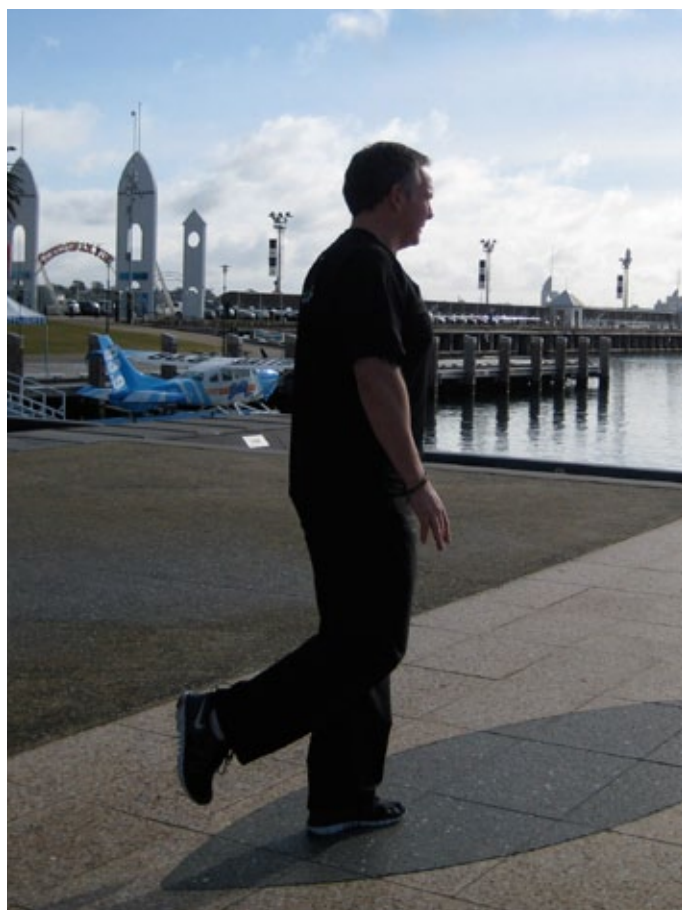
Quadriceps (upper leg)

**How to do the exercise:**

- Begin in a lunge position, weight forward on the front leg, core engaged. Raise the rear foot just off the ground.
- Keeping the rear foot off the ground complete a lunge by pushing your body weight through your front heel until you are standing straight up.
- Complete the lunge by returning to the start position without allowing the rear foot to touch the ground; you have now completed one repetition!

**Number of Reps:**

Four to eight times.

**Safety Points:**

Do not attempt this exercise if you have pre-existing knee injuries.



# Carl Massy

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*Life Coach, NLP Master Practitioner, Fitness Trainer & Reiki Master*  
**WorldsBIGGESTGym™**



## BIOGRAPHY

Carl Massy is the Founder and Principle Coach of WorldsBIGGESTGym, which is a mind gym run by unique (and specifically trained) fitness professionals. He developed a very systematic and successful '30-Day Challenge', which changes people at a core level; and leads them to greater awareness and happiness. He also develops other personal development products including the 'ELITE Goal Setter' program.

Carl left a very successful career as a consultant for Olympic Games and mega events, to establish a Life Coaching business in Bali in 2007 called Exercising Happiness. But in 2010 he decided that he really wanted to have a bigger positive impact on people's happiness, so he formed the personal development company, WorldsBIGGESTGym™.

### Website:

<http://www.worldsbiggestgym.com>

<http://www.worldsbiggestgymcoach.com>

<http://www.elitegoalsetter.com>

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## HERE'S WHAT HE HAD TO SAY WHEN WE INTERVIEWED CARL

***What is your favourite quote and why?***

**A:** "We Become what we Think" by Earl Nightingale

***What is your best Tip for someone in relation to improving their health & fitness?***

**A:** Any duration of physical activity is better than none.

***What is one of your greatest successes?***

**A:** Having the courage to leave a high paying job that I was successful at, so that I could start my own Life Coaching & Personal Development Business from scratch in Bali.

***What is a great book or program you recommend for your clients and why?***

**A:** The WorldsBIGGESTGym 30 Day Happiness Challenge!

# Carl Massy

.....

*Life Coach, NLP Master Practitioner, Fitness Trainer & Reiki Master*  
**WorldsBIGGESTGym™**

***What is one thing that you do well, and why do you succeed at it? What is your secret strategy?***

**A:** I have always maintained a high level of physical fitness. The reason I have been able to do it – and something I only fully understood recently was that I will do physical training even when I do not feel like it; because I know that it is important and beneficial for me.

***What do you specialise in?***

**A:** Coaching people to increase their level of Happiness, by working with physical, mental and emotional strategies and interventions.

***What parting advice do you have for us?***

**A:** Get clear about what your bigger goals are in life and head towards them. Find a big goal that has enough meaning for you and it will inspire you to bigger and better things. If you are not growing in life, which often comes with its own set of challenges, then you are unlikely to be fulfilled or be all that you can be.

# Carl Massy Supported Pull-Up

---

**Description:**

Same principle as a pull up, but utilising a bar that is much lower and supporting the weight so it is easier to do and can mean more repetitions are possible.

**Difficulty:**

MEDIUM

**Props needed:**

A timber or metal bar about 1m (approx. 3ft) from the ground. It needs to be solid enough for you to put your weight on it. In this example I use a hand rail.

**Primary muscles used:**

- Back
- Biceps
- Core muscles

**How to do the exercise:**

- Position yourself under the bar, with your chest in line with the bar (you can either be aligned with the bar like in this example or at right angles to the bar)
- Bend your knees at 90 degrees and plant your feet there (if possible, plant your feet on the ground that is at the highest elevation – I have done this by selecting the highest step)
- Pull your chest to the bar (while the body remains straight)
- Pause for a second at the top
- Then slowly your body
- Then repeat

**Number of Reps:**

As many as you can safely do (aim for >20).



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**! Safety Points:**

- Get a firm grip on the bar
- Relax your head back so you are looking up



# Carl Massy Inclined Dip

---

**Description:**

Like a regular bar dip, but angling the body to put more load on the upper back

**Difficulty:**

HARD

**Props needed:**

Parallel bars or two posts shoulder width apart

**Primary muscles used:**

- Pectorals
- Triceps
- Trapezius
- Gluteus

**How to do the exercise:**

- Position yourself between the bars
- Bend your knees back at 90 degrees
- Lower your body by bending at the elbows and letting your chest move forward as your legs go back at an angle
- Clench your upper back and glutes to maintain good form
- Slowly push back up without losing your form (straight body)
- Repeat

**Number of Reps:**

As many as you can safely do (10 is Great!)

**Safety Points:**

- Make sure you have a good strong posture before you lower down in the dip
- Maintain a straight body throughout
- Stop before you are completely fatigued, so you can lower under control

# Carl Massy Jump Ups

---

**Description:**

Find a stable raised platform and from a standing start, jump up onto the platform.

**Difficulty:**

MEDIUM to HARD

**Props needed:**

A platform. It might be a timber deck, a concrete block, a big rock, or a platform in a play area.

**Primary muscles used:**

- Quads
- Glutes
- Calf's

**How to do the exercise:**

- Stand in front of the platform (about 0.5m or 2ft) away from it
- Bend down in a squat, and arms drawn back behind you
- Jump up onto the platform (thrusting your arms up as you jump to give you extra propulsion and balance)
- Then step down (under control) onto the ground to start again
- Experiment with moving further back from the platform
- Try to land with your legs as straight as possible (this will require a higher jump)

**Number of Reps:**

As many as you can safely do.

**Safety Points:**

- Make sure the platform is stable and has a non-slippery surface
- Always start closer to the platform to get a gauge of your jumping ability relative to the platform height
- When you step off the platform towards the ground, always do this under control and with your full attention (if you get complacent injuries can happen)



# Carl Massy Elevated Push-Ups

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**Description:**

Elevated push-ups (i.e. the feet are higher than ground level) that start at the highest height and work down to ground level.

**Difficulty:**

HARD

**Props needed:**

Find a set of stairs or a number of platforms at different heights (it could even be different sized rocks). I have used a ladder in a park play area. You could even use a park bench, which would have 3 levels (the back, the arms, the seat).

**Primary muscles used:**

- Pectorals
- Triceps C
- Core muscles

**How to do the exercise:**

- Start doing elevated push-ups on the 3rd ladder rung until you are fatigued
- Move your feet down to the 2nd rung and continue until you are fatigued
- Then move down to the 1st rung until you are fatigued
- And finally come down to ground level and do as many reps as you can (which is not likely to be many!)

**Number of Reps:**

As many as you can do at each level.



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**! Safety Points:**

- Make sure there are no children that will walk over you once you start ;-)
- Keep a good strong and straight back throughout
- Move down each level under control (take your time, but do not take a break)



# Carl Massy Ultimate Hanging Leg Raises

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**Description:**

Hang from a bar and then bring your feet up to the bar (it sounds easy enough).

**Difficulty:**

HARD

**Props needed:**

A bar or strong tree limb .

**Primary muscles used:**

- Abdominals
- Quadriceps (rectus femoris)

**How to do the exercise:**

- Hang onto a bar with body hanging down
- Bring the knees towards the chest
- Continue the movement until the feet touch the bar or reach your eye level
- Lower the legs under forced control (there should be no swinging of the body once you reach the start position)

**Number of Reps:**

As many as you can do safely (10 is awesome!) .

**Safety Points:**

- Make sure the bar (or tree limb you are using) can support your weight
- Lower the legs under control
- Stop before you are completely fatigued

# Carl Massy Suggested Workout

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This work out is a strength and cardio combination, and is likely to have your heart rate elevated for the entire session. So make sure you do it at your own pace – you want to push yourself, but not break yourself.

My suggested workout for you is really simple. I mean really simple! I said simple, not easy. ;-) It is HIGH Intensity!

## The Preparation:

- Find a place where you can perform my 5 exercises (or similar ones, depending on the equipment or props that are available in your area)
- It is best if the exercise locations are spread out with about 25-50m between them. If they are in the same location, identify a marker about 25m away. You will be running out and around this marker.

## The Workout:

- Warm your body up by doing 5 mins of light running around your circuit or marker – take this time to remove or identify any obstacles throughout the entire circuit route.
- Start on the first exercise and do as many reps in 60 seconds.
- Run (at  $\frac{1}{2}$  -  $\frac{3}{4}$  pace) around your marker or between your exercises.
- Start on the second exercise and do as many reps in 60 seconds.
- Run (at  $\frac{1}{2}$  -  $\frac{3}{4}$  pace) around your marker or between your exercises.
- Do this until you have finished all of your five exercises.
- Rest for 2 minutes.
- Repeat the same circuit but do 45 seconds for each exercise.
- Rest for 2 minutes.
- Repeat the same circuit but do 30 seconds for each exercise and do the run at  $\frac{3}{4}$  pace.
- Rest for 2 minutes.
- Do a very light run and some stretches to warm down the body and bring the heart rate back down to normal.

## Notes:

- Do it at a pace that is challenging but not damaging.
- Listen to your body – if you need to walk instead of run that's ok.

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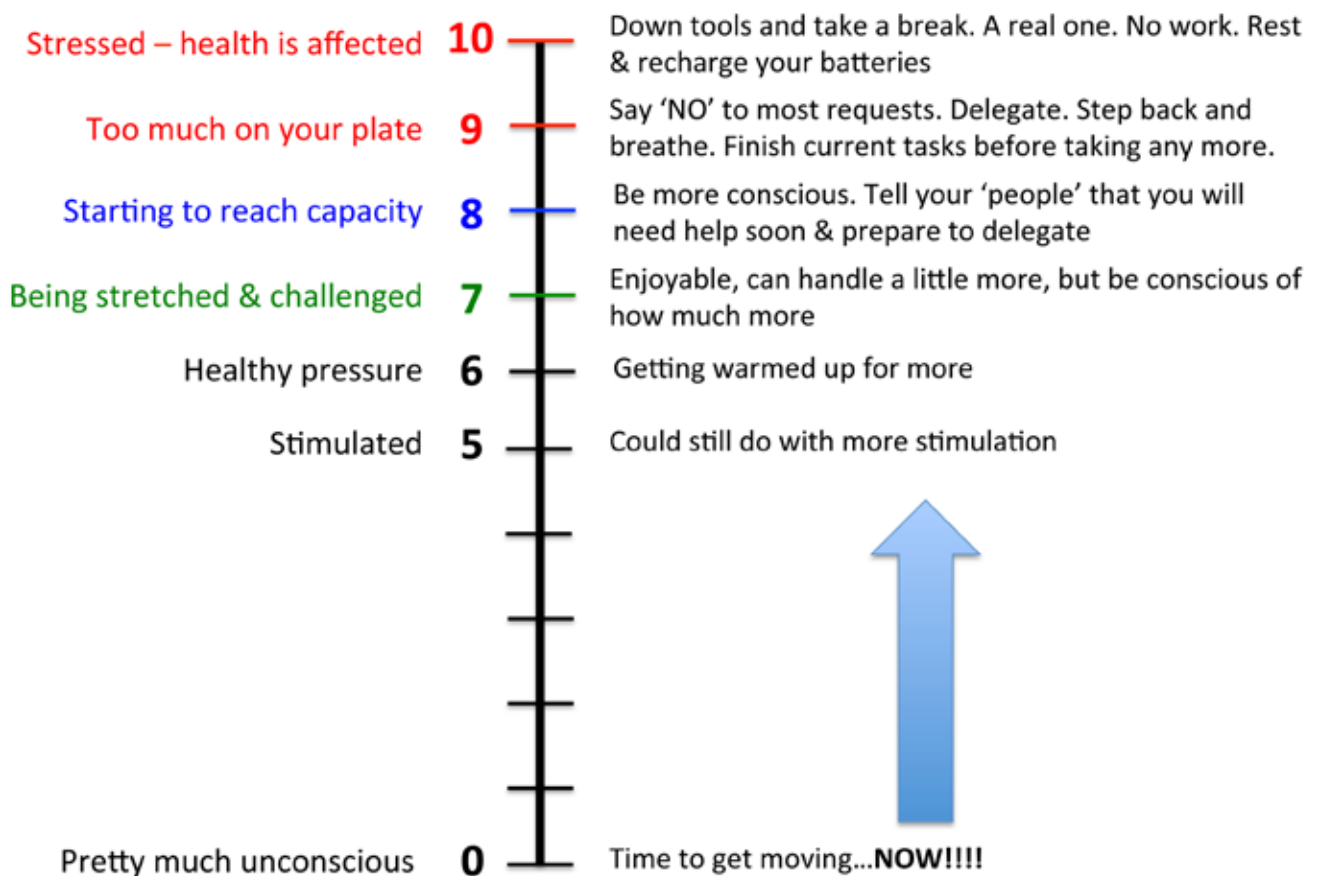


## Bonus Strategy

# Stress Management Strategy

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As you are all aware the using the Rate of Perceived Exertion RPE) is a great tool to have clients keep a measure on themselves and also to give the fitness trainer I idea about what is happening internally for a client. Well the same strategy can be used on measuring someone's level of stress of overload at its extreme. The intention being to wind things down, stop, or rest before things get too out of control. You can use the chart below as a guide and come up with you own list of strategies that clients can apply is they get up to an 8,9, or 10. Good luck with that!



Awareness is the key in life. Whether it is physical awareness or emotional awareness; being aware allows us to make better choices and with better choices we obviously get better RESULTS.

# FREE TRAINING

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## *Do you want to learn a very simple but highly effective NLP Technique for changing clients (and your own) emotions?*

I am going to teach you, right now (well in about 30 seconds), how to help a client reduce the intensity of negative emotions they may have in relation to another person or thing. As you know sometimes the mere mention of a person's name, puts us into an angry state, which is obviously counter productive and unresourceful (even in the boxing ring, being too angry is not resourceful). So let me teach you how you can dull that emotion, so your client can get a whole lot more resourceful, and be super grateful for your help.

I am sure most of you know what NLP stands for, but for anyone that doesn't, it is Neuro Linguistics Programming and was developed by a couple of impressive dudes that studied language experts, hypnotherapist and successful people, to determine what thinking, language and behaviour will lead us to our greatest levels of success. Now it is obviously much much more than that, but to be overly simplistic and brief, that will have to do. Because what I really want to do is get into the training for you!!

### SETTING THE SCENE

Whenever we think about anything – be it a new car, a road we have to drive down or a person – our mind immediately starts forming a visual image of what we are thinking about. All of those images also have an emotion attached to them that is good, neutral, or bad and in varying degrees for each. That image of a new car you want may make you feel super good, but the image of an ex-business partner who ripped you off \$5,000 might have you starting to boil. The other thing you might not have been aware of is that all of these visual images created by our minds are represented differently. They may in bright colours (like that new red car), dull and faded like a memory of your first pet, clear, fuzzy, black & white, colour, sharp or out of focus, big or small. They can also be like a still photograph, or a movie picture in full HD colour with ear-piecing cinema standard stereo sound.

### EMOTIONAL INTENSITY

And you guessed it; the type of picture has a huge impact on the emotional intensity attached to it. The order of emotional intensity, from most intense (1) to least intense (6), goes roughly like this:

1. Moving picture with full HD, bright colours, stereo sound, and so close it is literally in your face.
2. Moving picture with full HD, colour, sound, but at a further distance from you.
3. Moving picture with full HD, black & white, with no sound
4. Still picture with high resolution, bright colours, big, and in your face
5. Still picture with medium resolution, colour, medium size and at medium distance from you
6. Still picture with low resolution, black & white, small, fuzzy, and out in the distance.

#### So in summary:

1. movies = high intensity
2. black & white, fuzzy, still shots, in the distance = neutral

# FREE TRAINING

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## HOW YOU CAN USE THIS INFORMATION

Here is what you can do with a client if you want to change the emotional intensity they have associated with a person, place or thing:

### To reduce the emotional intensity:

1. Have them form the picture of the thing that bothers them. Get them to describe it to you, so you know what it looks like (is it a movie or still-shot, big or small, colour or B&W, focused or fuzzy, etc).
2. Then start talking them through the process of taking their image down to a number (6) neutral intensity level. An example might be: "As you see your image just push it away from you so it is away from your face. Now make it black & white. Remove the sound. Ah, that's better. Now push it back a little more. And let's make it into a still-shot. And if we push it back a little more, and a little bit more. Now it is looking even fuzzier. In fact it is so far away now, you can hardly see it, and that it bothers you about as much as a buzzing insect in a distant forest."
3. You might have to do this a few times and each time take the image further and further away until the image is so distant they can't see it.
4. It is amazing how well this works. Try it out on a friend or family member first, and even on yourself to get better at it. And if you use it on a client just say, "I would like to try something out with you if you are up for it?", and if they give you approval, away you go.

*Now I have to make a caveat here. If someone has some serious trauma, then obviously refer him or her to a psychologist. I also highly recommend the LifeLine Technique® for all minor trauma and pretty much any time a client (or me) is feeling 'ikky' at a deeper level.*

### To increase the emotional intensity:

This is pretty much the same as visualisation and opposite to reducing the emotional intensity. If for instance your client wants to get more emotional intensity and motivation for a new car they want; have them play the most clear, bright, in their face movie, with bright colours, sounds, bells, whistles, and you can even ramp up the image with some smells (like the new car smell), or even the feeling as they run their hands over the slick upholstery or paint job or sit behind the wheel.

This is also a GREAT technique for having your client create their ideal body image and vitality levels.

Both the increasing and decreasing emotional intensity are quite simple techniques, but powerful, and you can start using today with immediate positive effects on your clients. They will love you for it!

## TO LEARN EVEN MORE NEW SKILLS

If you want more great training go to [www.worldsbiggestgymcoach.com](http://www.worldsbiggestgymcoach.com); just opt-in and you will get more awesome free resources and training on how to turn your clients into 'raving fans'.

Have a great day and all the best with your business of making peoples lives better!

**Carl Massy**

NLP Life Coach & Founder

WorldsBIGGESTGym™



# Beautiful Bali Bonus Beach Exercises

Several Uses for Two Young Coconuts





# Double Coconut Push-ups

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## Single Coconut Push-ups

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## Coconut Squat 1 & 2

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# Coconut-put

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# Double-handed Coconut Throw

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# Alternating Coconut Abdominal Twist

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## Mini Coconut Dip

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# Coconut Balance

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