

Brave New Workouts:

Great exercises for weight loss, muscle building & improved health.

By Ken Kashubara



Introduction

Every human on earth has one thing in common - we all own the same possession. It is the one thing we all have from birth to death and we only get one. This possession, of course, is the body.

The body fascinated man in prehistoric times and continues to do so today. Archeologists have found the first human art form was drawing the body. We have continued to copy the human body ever since. We have used pencils, pens, paint and photography to duplicate it. Each breakthrough piece of art, from Leonardo da Vinci's "Vitruvian Man" to Max Aguilera-Hellweg's surgical photography, reminds us of the human body's marvelous nature.

The purpose of this book is to teach individuals how to improve the health of this singular possession. I believe there are five steps to creating optimum health: nutrition, functional body, muscle, lifestyle and evaluation.

Every cell in the body is replaced every seven to ten years. The nutrients we consume become cells inside our bodies, so we literally are what we eat. It is important to limit fat intake because the fat we eat can become stored in the body. Processed foods become free radicals, destroying healthy cells, creating sickness. No matter what your health or fitness goal, it cannot be accomplished without a good nutrition plan.

A functional body ensures the joints move properly. The infamous "core" must be strong for balance and stability. Stiff, inflexible muscles hinder joint motion. Strong, stable, flexible muscles decrease instances of pain and help the body reach its athletic and aesthetic potential.

The amount of muscle compared to body fat is the dominant factor in metabolism. Think of muscles as fireplaces in a cold house, with the temperature in the house as metabolism. Add a burning

fireplace to every room and the temperature in the house rises. Therefore, adding muscle to each body part increases metabolism.

We all must take steps to live a healthy lifestyle. A stressful existence destroys the mind and then the body. An individual with a healthy lifestyle finds ways to cope with stress, other than binge eating. They schedule time to relieve stress, whether that time is used for exercise, meditation and/or sleep.

Sometimes, we skip too many workouts and allow ourselves too many cheat meals. Then we wake up six months later and realize we got fat. We need to evaluate weight, body fat percentage and fitness levels on a regular basis. Doing so keeps us focused, never letting ourselves stray too far away from our health and fitness goals.

Brave New Workouts will discuss how to eat right, live a healthy lifestyle and re-evaluate our fitness goals. However, the main purpose is to teach you how to exercise. Following the routines in this book will create a stronger and leaner body. Each exercise is explained in extreme detail. The workouts in this book are designed to be read from beginning to end.

When I originally drew up the outline for this book, I thought I'd list the benefits of exercising and eating right, but there are too many. I then thought I'd make a list of obesity-related diseases, but that's not why you are reading this book. You already know why you should exercise and eat right, so let's get started.

Turning Lunge

Included in Programs: Weight Loss, Stamina

How to Begin: Stand tall with feet together.

Coming Down: Lift a foot and open the hips. Point your toe at a 45-degree angle in front of you.

At the Bottom: Step at a 45-degree angle and then bend the moving leg until the back knee is about an inch away from the floor.

Coming Up: Push off the moving leg and return to starting position.

Tips: To increase the difficulty of this exercise, hold dumbbells in your hands.



NOVICE/GENERAL HEALTH

Day 1: Weeks 1 to 6

Exercise	Sets	Reps	Tempo	Rest (secs)	Weight
Supported Squat	2	10	1/0/1	60	
Pushups	2	10	1/0/1	60	
Bridge	2	10	1/0/1	60	
Cable Row	2	10	1/0/1	60	
Forward Lunge	2	10	1/0/1	60	
Bird Dog	2	10	1/0/1	60	

Total Repetition Volume: (2 sets of 10 = 20)

Squat _____
Pushups _____
Bridge _____
Row _____
Lunge _____
Bird Dog _____

Total Weight Volume: (total reps x weight)

Squat _____
Pushups _____
Bridge _____
Row _____
Lunge _____
Bird Dog _____

NOTES:

Food Journal - Sample

Date: 18-Jun 1500-Calorie Plan

Meal	Food	Servings	Cals Per	Total Cals	Daily Total
Breakfast	Egg	2	68.5	137	137
	Peach	1	32	32	169
	Almonds	1	74	74	243
AM Snack	Protein Powder	1	104	104	347
	Milk	2	93	186	533
	Banana	1	121	121	654
Lunch	Chicken	2	140	280	934
	Carrots	2	27	27	961
PM Snack	Tuna	1	138	138	1099
	Cauliflower	1	28	28	1127
Dinner	Turkey	2	160	320	1419
	Mushrooms	1	8	8	1427
	Tomato	1	33	33	1460*

Notes:

* You can eat a lot of food without a lot of calories.

Conclusion

You do not need a perfect body -- you only need one that feels good to you. You cannot give up and allow yourself to be unhealthy. You cannot allow your job to destroy your vigor. You cannot allow reality television to rot your brain and expand your waist.

Only one individual -- not your job, not television, not your stress levels -- places bad food into your mouth. You decide what you eat and how much. You decide if and when you will exercise. The choice is yours.

I wrote this book with the intention of helping people. I want to help you make good food choices. I want to help make exercise as easy as possible -- all you have to do is print and go. Unfortunately, I cannot do the workouts for you. I cannot cook all your meals. It is up to you, and only you, to better your health.

I've trained hundreds of individuals and groups over the years, and I never felt the need to sugar-coat or tell people what they want to hear. I've seen books that say running will make you fat. I've watched commercials for videos that say you can lose 20 pounds in a week without exercising. I've seen, as I'm sure you have, advertisement after false advertisement for supplements, boasting outrageous health results, with little to no science behind them. We've seen "miraculous" exercise machines come and go. These marketers are taking advantage of you. Stand up to them.

As you have read in the exercises and the workouts in this book, you do not need a gym membership to be thin and fit. You do not need a ton of exercise equipment. You do not need to take a hundred supplements. You do not need a million dollars. You only need the will to do it.

Making healthy changes in your life can inspire friends, family and co-workers to do the same. In doing so, you will make a difference. You will better your quality of life as well as the lives around you. I've seen it happen, and I'm not trying to sound sappy. Change your life for the better and your world will become a better place.

You must help yourself. The road may be difficult; but you have to believe you are tough enough to persevere. Follow the guidelines in this book, exactly as they appear on page, and I guarantee that after 12 weeks, you will see changes in your body. You will feel better about yourself. Your personal confidence will improve. You will handle stress better. You may even see the world around you more clearly.

Make the time to improve yourself. I believe you are worth it, do you?