



Workout Of The Week  
Leaner, Fitter, Happier!



# Work Out Of The Week

Leaner, Fitter, Happier!

[www.workoutofthe-week.com](http://www.workoutofthe-week.com)

## WELCOME TO ISSUE ONE!

The fastest way to get fit, get lean and get RESULTS. In the gym or at home. You can get your copy if you haven't already by going to the above website.

And You'll Get The Next 4 Issue Of This Incredible Resources PDF FREE Of Charge!

"Great Things Are Done Through A Series Of Small Things Bought Together"

Vincent Van Gough

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**E**very day have something to look forward too. Set your self challenges in all areas of your life, don't be afraid to make changes and to take chances, be careful of what you watch read or listen to! Positive uplifting material and people will help keep you happy and growing; don't ever come to the point where you think you "know it all" be thankful & grateful for whatever you have there are people with a lot less!

You'll find loads of useful information within this PDF. I have used or tested virtually everything I speak about. If I have not used or tested it myself I'm in the process of doing so! Having said that not everything works for everybody.

Topics cover not only on health and fitness but other subjects and websites of interest that may save you time and money, and give you ideas that will bring health and prosperity into your lives.

I hope you're getting results and having fun from using the tools and ideas contained within WOTW, ( and if you have not yet bought it then please go to [www.workoutofthe-week.com](http://www.workoutofthe-week.com) and see what you'll be getting!)  
And now lets get straight into the meat of issue one.

**W**armest Regards, yours in health and fitness



**K**im

**"Great Things Are Done Through A Series Of Small Things Bought Together"**  
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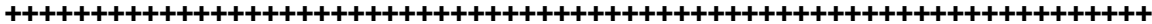
**WARNING**

If you're easily offended by irreverent humor, don't like hearing the truth or lean towards "Political Correctness" then this newsletter is probably NOT for you!



Obstacles are like wild animals. They are cowards but they will bluff you if they can. If they see you are afraid of them... they are liable to spring upon you; but if you look them squarely in the eye, they will slink out of sight.

**Orison Swett Marden**



**An amazing website!** Ever had a computer crash? Ever needed to restore all those basic programs such as anti virus, anti spyware, and a whole host of other essentials? In fact even if you have not had a computer crash this website allows you to download some really cool tools and instantly load the whole lot to your computer with one click. Covers file sharing, browsers, media, runtimes, imaging, documents etc etc...

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I own several PCs and laptops and found this through one of the magazines I subscribe to. This site is a ripper! Enjoy it at [www.ninite.com](http://www.ninite.com)

Another website that would have literally saved me thousands of dollars (long story!) is "The Dog And Lemon Guide" before buying ANY car new or used this website will give you the cars history, its good and bad points and offer a rating. All this for \$5 per car less if you buy multiple ratings. Truly invaluable you can find it here <http://www.dogandlemon.com/>

I like to read its empowering, and enjoyable, weather it's keeping the grey matter muscles flexed and healthy by learning some new skill or simply reading the latest thriller for pleasure I get a lot of enjoyment out of a good book. Some books can radically change the way you look at life I'm nearing the end of one such book now. Don't let the title scare you, it's a beautiful book and just may change forever your own life. It's called the Five Secrets you must discover before you die" You can read about it and buy it if you wish Here:

[http://www.amazon.com/Five-Secrets-Must-Discover-Before/dp/1576754758/ref=sr\\_1\\_1?ie=UTF8&qid=1320718200&sr=8-](http://www.amazon.com/Five-Secrets-Must-Discover-Before/dp/1576754758/ref=sr_1_1?ie=UTF8&qid=1320718200&sr=8-)

Taken from the review.

What are the secrets to finding happiness? Why do some people live well and die happy? John Izzo asked thousands of people to identify the wisest person they knew. "The Five Secrets You Must Discover Before You Die" shares what he learned from over 200 people aged 60-106 whom others said had found the meaning in life. From town barbers to Holocaust survivors, from aboriginal chiefs to CEO's, these people had over 18,000 years of life experience. With warmth and wit, this book shares the "Five Secrets" to a happy and purpose-filled life which Izzo distilled from listening to these stories. Dr. Izzo also shows the reader how to put these secrets into practice in our lives. This book will make you laugh, bring you to tears, and inspire you to discover what matters long before you die. Based on a highly acclaimed TV series appearing on public television, this book takes the reader on a heart-warming and profound journey to find lasting happiness.

**How to get started on your exercise routine & stick to it.** I'm doing a course at the moment called Master the Path of the Peaceful Warrior by Dan Millman its from a wonderful website called daily Ohm at [www.dailyom.com](http://www.dailyom.com) anyway this is what Dan Millman has to say about starting on an exercise routine Practical Guidelines for Getting Things Done.

Keep It Simple: A little bit of something is better than a lot of nothing. You are more likely to do, and continue doing, what is convenient and simple. Better to meditate, contemplate, or pray for only sixty seconds every day than for an hour once every week.

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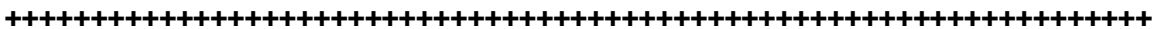
If you don't exercise every day but would like to start, then get up tomorrow morning and remember to do one jumping jack; then, the next morning do another jumping jack; and the next morning, and the next. That one jumping jack every day is a profound step in the right direction, because it gets your foot in the door -- you are forming the habit of dedicating a portion of your day, no matter how small, to exercise.

Here is the key to turning what you know into what you actually do: It's fine to dream big, but start small; then connect the dots.

The second month you continue with your exercise routine, you may trade in your daily jumping jack for a brisk walk around the block, or two minutes of free-form movement. You may even invest four minutes a day to complete The Peaceful Warrior Workout, a four-minute exercise routine available from [www.peacefulwarrior.com](http://www.peacefulwarrior.com).

Apply Time-Limited Discipline: Years ago, I participated in a forty-day training that required a strict dietary regimen designed to maximize alertness and energy. But Saturdays from seven to nine p.m. were declared Pig Night, when we could eat whatever desserts we wanted. We didn't have to abandon our favorite comfort foods; we just postponed them for that one night. The same time-limited discipline can apply to cruising the web, playing video games, or watching television.

Apply Quantity-Limited Discipline: For some of us, limiting quantity works better than limiting time. For example, I've always had a sweet tooth. But some years ago it struck me that I was not obliged to finish a sweet or snack. I continued eating whatever appealed to me, but allowed myself only one bite per day. I thoroughly enjoyed that bite. Then I gave or threw away the rest. As the Greek sage reminded others, "One should act in life as one would at a banquet -- by taking a polite portion of all that is offered." Great website with some really good courses that while not free allow you to name your own price.



Two of the areas I see most people, both new and "experienced" going wrong is, firstly that they continue to do the same routine day after day after day. Your body needs change to adapt, that

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means using heavier weights for less repetitions, less weight for more repetitions, doing less sets, doing more sets, it means challenging yourself on the cardio, if you think that that a gentle stroll on the treadmills will blowtorch that bodyfat and get you fit, then think again.

If you're just starting out, or if you're more than 20% over your ideal weight, then of course you need to take it easy, initially that that is! but to keep doing the same routine 3 or more times a week for more than 5-6 weeks will lead to frustration and boredom, and dwindling results!.

If you're walking on the treadmill then the pace you want to be looking at after you've been training for 4 weeks or longer is that of a "Power walk" that is between 5-7 k per hour, and again, initially its okay to keep your hands on the supports if your just getting your "sea legs" but after that walk as you normally would, keeping your hands on the bar lessens the work abdominal muscles should be doing, and speaking of the abdominal muscles, keeping them "active" meaning keep a strong tummy weather your on the bikes, treadmills, or cross trainers will help give them a workout and keep your posture strong, especially if you have a desk job.

Also don't be afraid to "mix" things up, again the body likes variety, so why not 10 minutes on the xtrainer (yes I know it hurts, but its GOOD for you!) 5 minutes rowing, 5 minutes bike, make things interesting, think of different combinations and ideas that you can use. Put the treadmill up on an incline to really work those abdominals and hamstrings, plus you'll get the bonus of a great cardio workout.

In fact walking at pace on an incline or sprinting is, I believe better than running, if you're at the stage where you can run for 20 minutes or more then you probably have a good level of fitness, and although I run occasionally (along the beach if possible) I am not a big fan of this exercise because of the stress it puts on all your joints, in fact sprinting shorter distances will give you awesome results, just look at the type of physique a marathon runner has compared to a sprinter and you'll see what I mean.

One of the other biggest mistakes I see is the way that weights are being used. Take it easy SLOWDOWN. Start connecting the mind to the body part being trained. It's not a race, using the weights, and machines in a controlled focused manner, thinking about the body part being trained, squeezing the muscle at the point of peak contraction will give you far better results than hammering hell for leather through your workout. Swinging the weights around by using assistance from bodyparts that are not being utilized is not only dangerous to yourself resulting in pulled muscles, but it's NOT effective, think about using the muscles to do the work rather than using gravity or momentum.

Example:, the correct way to do the barbell curl is standing with knees slightly unlocked (you can also put one foot in front of the other stabilise the lower back) with the hands gripping the barbell at just about shoulder width apart elbows slightly unlocked, curling slowly till the bar reaches approximately shoulder height, then tilting the elbows slightly forward and squeezing the biceps at the top of the movement, then lowering the bar slowly making the triceps do the work.

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I have seen some folk who think that using huge amounts of weight and swinging the bar upwards using the legs and back is the way to go, Yep it is if you want to stuff your lower back for the sake of being a "hero". Initially starting out if your goal is muscular hypertrophy (increasing your muscle size) think in terms of around 8-12 repetitions with the last 2-3 repetitions being an effort to do.

When I say effort it means still being able to do the movement in STRICT form. Yes there is a place for so called "cheating" movements but that's for another time, and it is an advanced technique.



## Links Of Interest

If anybody you know is suffering from or been diagnosed with cancer you may want to see this:

[http://www.ted.com/talks/william\\_li.html](http://www.ted.com/talks/william_li.html)

Want to Look Younger? Take This Simple Supplement Every Day for 2 Weeks:

<http://articles.mercola.com/sites/articles/archive/2011/05/25/sunscreen-and-wrinkle-prevention-in-a-pill.aspx>

A study in Japan with women around age 40 who consumed 2mg of this daily for 4 weeks, found after just 2 weeks, almost every aspect of the women's skin improved - and after 4 weeks, it was even better. Benefits included fewer fine lines, smoother surface, less under-eye puffiness and increased skin tone and elasticity...

Eating Mistakes that Age You:

<http://articles.mercola.com/sites/articles/archive/2011/05/23/4-diet-mistakes-that-age-you.aspx>

These four common mistakes are more damaging than you know. And a fifth is even worse - altering your genetic expression to speed up aging. Further... most people put 80% of their efforts in the wrong place, circumventing their own success. Learn the simplest way to switch on 'youth' and turn off 'aging' right here... and STOP eating this damaging food today...

Fail to do This AFTER a Workout and Your Whole Effort is Wasted:

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<http://fitness.mercola.com/sites/fitness/archive/2011/05/13/getting-fit-doesnt-mean-killing-yourself.aspx>

By Jeff Spencer, MA, DC I was talking with an acquaintance the other day and he remarked to me that ever since he started his new high intensity fitness program a couple of months ago he's been on this incredibly unpredictable and intense good and bad...

## Weight Loss Muscle increasing Super Amino?

The benefits of L-Glutamine.

Kims note: I have used this Amino acid from time to time, and found it very beneficial in my training, what it does and how to use it are outlined below.

Q1. What is glutamine? Glutamine is the most abundant amino acid in the blood plasma and skeletal muscle (Antonio et al., 1999). Glutamine is also one of the major fuel sources of the gut and numerous cells of the immune system. Glutamine is produced in the body, but under certain circumstances such as injury, surgery or overtraining the body may not be able to synthesise sufficient glutamine to keep up with the demand (Miller, 1999). Under these conditions supplementary glutamine may be of benefit.

Q2. What does it mean when some people say glutamine is "conditionally essential"? Amino acids are classified as either essential or non-essential. Essential amino acids are those that can't be synthesised (manufactured) by the body and therefore need to be obtained in the diet. Non-Essential amino acids can be synthesised in the body. Conditionally essential means that although glutamine can be synthesised by the body, under some conditions the body may not be able to synthesise enough glutamine to keep up with demand. Under these conditions glutamine supplementation may be beneficial.

Q3. What is the theoretical basis for glutamine supplementation? As outlined in a recent scientific review there are numerous potential mechanisms by which glutamine could be of benefit to individuals participating in exercise (Antonio et al., 1999). These include:

- Preventing or lessening the severity of illness after intense training therefore allowing an athlete to return to training more quickly.
- Possible anticatabolic effects therefore sparing muscle protein
- Possible increase in cellular volume which may have an anabolic effect

Q4. Is there any scientific evidence to support the use of glutamine?

It has been reported that glutamine administered intravenously to patients following surgery have reported that glutamine can be effective at preventing protein breakdown. Consequently, glutamine supplementation may be of benefit in the context of rehabilitation from injury. Furthermore, the fact that glutamine is a fuel for certain cells of the immune system may indicate that glutamine may

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facilitate immune function. In endurance athletes one study reported that athletes supplemented with glutamine experienced a reduced incidence of infections in the days following strenuous training and competition. It is known that glutamine levels can decline with stress (Lacey et al., 1990), consequently it would seem that glutamine is most likely to be of benefit during periods of intense exercise or bodily stress.

Q5. What does glutamine look like? Glutamine is basically a white powder that looks very similar to protein powder.

Q6. What dose of glutamine is recommended? Research suggesting positive effects of glutamine on immune function administered five grams immediately post exercise and five grams 2 hours post exercise. This dosage resulted in a lower infection rate in the seven days following intense exercise and competition. Consequently the addition of 5-10 grams of glutamine to a sports drink or post exercise nutritional regime may offer significant benefit during periods of intense training.

Q7. Will glutamine produce large gains in muscle size and strength? There has been much speculation as to how glutamine could be of benefit to athletes wanting to gain lean muscle mass. The fact that the cells of the gastrointestinal tract require a large supply of glutamine may mean that supplementary glutamine may offer anticatabolic effects and thereby spare muscle.



The Awesome Benefits Of Yoga. If A Balanced Body And Mind Is What You're After Then Yoga Just May Hold The Key To Achieving Both Inner Harmony And A Toned Lean Body.

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You get A full length "Stretch and Relax" class in your workout of the week Asanas or poses. The various yogic poses that give your body flexibility, strengthen the muscles and even reduce fat build-up. More importantly many asanas or poses are aimed at improving the blood circulation and functioning of specific organs in your body. Keeping in mind your body's specific needs, you can work out a set of asanas for yourself.

### Pranayama or breathing

Pranayama can be called the singular most important aspect of yoga as they are means to purify the subtle energies flowing through the body. Yogic breathing techniques are an effective tool to calm, energize, harmonise and tranquillise the body and mind. All poses are to be properly coordinated with inhalation, exhalation and holding of breath. Breathing patterns if not followed correctly could result in the asana not having its desired effect.

### Meditation

Mediation is a means to still the mind's restlessness. An invaluable tool in managing stress and anxiety. Regular meditation trains the mind to be calm, centred, relaxed and detached. This is extremely helpful while responding to stressful situations. It curbs overreaction, emotional

outbursts and losing temper, thus giving the mind the time to rationalise and think about practical solutions. Pranayama and meditation have amazing capacity to reduce the stress inducing hormones. It restores calm, promotes positivism, and encourages patience and harbours compassion. It will keep you fresh, rejuvenated throughout the year both physically and mentally.

### What not is Yoga?

Most people associate Yoga with mystical other worldly aura, dark rooms filed with incense and rows of men and women sitting in the lotus position and chanting in trance like unison. There are many misconceptions in people's mind about Yoga.

One has to be flexible and in shape to start yoga.

Thinking your self to be inflexible to start yoga is wrong. You can start practicing yoga from where you are and how you are. Everybody is different with innate strengths and weakness. Yoga makes you flexible in mind, body and soul.

### Yoga is easy

Yoga is much more than sitting in a lotus position and chanting in unison. It is challenging on many levels - physically, emotionally and mentally. Yoga helps us get in touch with our selves in many different facets. There are many different types of yoga, and depending on your personal needs, you will find the right one for you. Some are gentle and some are more strenuous but all are challenging. Yoga is process oriented activity in which

What you experience is much more important than what you achieve. So it is not a goal accomplishing mission.

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### Yoga is not boring.

There is nothing more interesting than watching the workings of your own mind. By awakening the beginner's mind through the practice of yoga and meditation, we learn about ourselves and our perceptions that create the world. Over time, you will gain more control of your emotions as you learn to breathe through difficult situations. Thus yoga, for many, is a way of life.

### Yoga is only for stress relief.

Said to be a powerful stress buster, a single session of yoga can make you feel calmer. Stress is the most common factor in host of medical conditions. By practising Yoga, you can strengthen muscles, deepen breathing, improve balance and enhance flexibility.

### Yoga is mistaken to be a religion as its origins came out of ancient India.

Not bound by any religion, yoga is happily practised by Christians, Buddhists, Muslims, and many more people alike. In short, there is place for everyone with Yoga.

In the traditional sense, yoga means union. It is the practice of joining mind, body and soul that culminates into positive and perennial happiness and peace. Said to be indispensable of the ultimate accomplishment in life that affects not only the conscious self but the subconscious as well. An exercise that is accessible to everyone young and old.



### "50 Things"

This is one of my favorite CDs to listen to while in the car.

I really believe in "learning out loud" You can burn this MP3 to disc, listen to it on your MP3 player, or on your computer, gentle reminders about doing the things that will keep you motivated and happy. Great Listening! Go Below Motivational CD

[www.blacktownfitness.com/bonus/50Things.zip](http://www.blacktownfitness.com/bonus/50Things.zip)

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Free Hypnosis Gifts valued at \$19.

Go to:

[www.healthandwellnessmarketingresources.com/hypnosis.zip](http://www.healthandwellnessmarketingresources.com/hypnosis.zip)

These will help you to achieve success in any area of your life. Used regularly Hypnosis can be a powerful life transforming tool valued at \$49 for the 3 albums. Enjoy with our complements

### 1<sup>st</sup> Album - Natural Tranquility:

A Simple yet powerful relaxation album. Experience a sense of deep, natural tranquility in your body and mind. This album is perfect to wind down with after a long, hard day, it is suitable for everyone, and will show you the power of hypnosis instantly.

### 2<sup>nd</sup> Album - Natural Focus:

A solid album which will help you in all areas of your life. It will bring to you a natural ability to stay alert, focus, and concentrate to a higher level. Immediately after using this album your mind will clear and you will be more alert and mentally centered. As you continue to listen, your ability to focus and concentrate will permanently increase.

### 3<sup>rd</sup> Album - Natural Self Assurance:

No-one else will give you a mainstream personal development album for free - only us! This album contains powerful hypnotic suggestions to boost your confidence and levels of self belief. You will become more comfortable just being yourself, and feel naturally self assured in all situations - these changes will improve your life in all areas!

## KIMS TOP TIP

Training by Your "Gut Instinct" By this I mean allowing yourself to trust your feeling about what you're doing. If your technique is correct, and your thinking about the muscle group you're working then you'll know instinctively how hard to train. How often is it we allow ourselves to be distracted by

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the things around us? You want good results, a leaner, stronger fitter body? Then remember your in the gym to train, I cringe when I see someone talking on the phone when their on a treadmill, or sitting on a bench yakking away while some poor sod fumes because he or She has been waiting for their turn. If this applies to you then have a bit of "Gym etiquette" and think about others! Speaking of mobile phones in the Gym, we have actually had a heart surgeon who whenever she was in simply asked the staff to let her if the hospital rang!  
Yes, NO MOBILE phone!

Myself personally I aim to keep focused on the particular exercise that I am doing. A rule of thumb that I have told those new to gym is, if you feel like you're doing something then you probably are if you're not feeling like your doing anything then you probably aren't. Those that get the best results go in with a clear intention of what they are going to do, and will adapt if necessary. They stay focused on what are doing and can see what the end result will be.

Till the next issue-Carpe Diem!

### About Kim



Kim junior and the lovely Feve (his wife) with Kim senior  
Nurranginy National park 2011

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I have been involved in the fitness industry for most of my working life in one capacity or another and I fully believe that being physically fit is the corner stone to building a strong spiritual foundation, and my wish for anyone buying and using my products is the same as that for myself.

My wish for you is that you'll come to understand that exercise is not an activity to be approached with dread, something that we must do 3 times a week because we are told "Its good for us" rather something to do with joy, on a daily basis.

Every area of your life is influenced by your health and vitality!

Your relationship with yourself and others, your finances, your outlook on life are just a few areas that regular exercise will be of benefit to you.

If you're involved in the fitness Industry and would like to find out just how to utilise simple inexpensive marketing strategies to gain more sales, more referrals and more leads as well as download some free material that you'll find useful to help you do just that) then

My two websites at [www.kimmartinfitnessmarketing.com](http://www.kimmartinfitnessmarketing.com)

and [www.fitness.marketingstrategies.com](http://www.fitness.marketingstrategies.com) will help you do just that.

Want to create your own product? Here are two that we've created that we utilise in a number of ways, from thank you gifts to membership incentives at

[www.powercardiosecrets.com](http://www.powercardiosecrets.com) and [www.fabulouslyfitforever.com](http://www.fabulouslyfitforever.com)

and of course the [work out of the week](http://www.workoutoftheweek.com) site.

If you're in the health and wellness industry and would like to have your own product created about weight loss, fitness, massage, yoga, martial arts or just about ANY other topic weather that's a CD,DVD, Ebook, newsletter or even a full-blown website, feel free to get in touch and we can talk.

Having your own product gains you credibility and brands you as an "authority" figure in your field!

And it's a lot better than just handing over a business card!

I can always be reached at

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ccmarketing@optusnet.com.au

Warm Regards Kim Martin November 2011

This is the first of the bonus issues of this newsletter that comes with workout of the week  
if you have not yet purchased WOTW  
Have a look at what you're getting here

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

Don't forget you get an UNCONDITIONAL money back guarantee if your not happy  
with it!

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just send me an email and I'll send you  
a refund. You have absolutely  
nothing to lose and all the  
risk is on me!*



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