

Elite Power Fitness for Your Mind and Body

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***Train for a Level of Mental and Physical Strength
That Only Top Performers Ever Achieve***

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Are You Ready for Hardcore Physical and Mental Fitness?

There's a difference between "toning for the beach" and hardcore power fitness for the body and mind. There's nothing wrong with wanting to turn flab into toned, sleek muscles that look good on vacation, but elite power fitness isn't a seasonal chore – it's a lifestyle.

In order to pursue this regimen, you have to be ready for change unlike anything you've ever dedicated yourself to previously. It will be tough. It will drain you at times.

But you will also learn how to push through those rough moments of physical exertion (and tedious mental struggles) and emerge victorious – feeling as if there's no one and nothing that can pose an obstacle to your success.

Starting out on this program, it doesn't matter if you're young or old, trim or overweight, or male or female. Anyone can do it. What you *do* need to have are guts – sheer courage to undertake a rigorous makeover for your life.

This isn't just about creating a powerful body, either. Physical strength and fitness *will* help you in all areas of your life. But it's also about elevating your state of mind – because physical power without mental strength does not allow you to lead a truly fulfilling life.

There isn't a timeline for this challenge. This is the way life will be from now on. If you take a day of rest, that's up to you. But the official regiment lasts for two full hours each day.

You can split this block of time up – and you'll see how to do that in the next chapter – but it will be a combination of strength, stamina and mental exercises to help you achieve your fitness and life goals.

Will it be hard in the beginning? If it's not, then you're not pushing yourself enough. Your body and mind are capable of far more than you can ever imagine. You just have to take it to the brink of greatness and get a taste of what you can do.

This type of training isn't new. It's not the latest fad or trend – although more people in this stressed out, obese world are making the commitment. It's been used for centuries – by top military groups, Samurai Warriors, and high level authority figures who strive for greatness in their

daily lives. You're not the first – you're just joining the ranks of those who previously proved it's possible.

Which Power Plan Do You Need?

As stated before, this is a two-hour regimen. Does that mean you *have* to do two hours a day? You *should* – but it's up to you to use some common sense and know whether you're making excuses or if you have viable reasons not to do the full-scale workout.

For example, if you're sick with the flu, then you probably shouldn't do the strength or stamina portion. However, you could still tap into the mind challenges if you feel up to it.

You have to want it bad. If you want it badly enough – you'll *find time* and create space to get things done. You'll wake up earlier than you used to, or hit the gym after work or during your lunch hour.

You won't *quit* or slack off – because if that's where you are, it's best to revert back to your springtime fat burning routine for the beach. Don't set yourself up for failure – because this challenge is made for elite powerhouses.

Even if what you see on the outside right now is someone physically unfit. The heart and mindset that you possess is what determines whether or not you're ready or this.

So each day will be split into strength, stamina and mind. You have to decide how you'll chop that up for your own regimen. For example, let's say you're not in too bad of shape and you're feeling like life is pretty good.

You might choose the 30-1-30 option where you do 30 minutes of stamina, 1 hour of strength, and 30 minutes of mindset.

If you know you have ample fat stores to burn, then you might switch gears and do 1 hour of stamina, 30 of strength and 30 of mindset.

Of course, if life is one big ball of stress right now, you can offset that with a 30-30-1 option where you devote a full hour to work on your mental stress relief and strength.

If you're pretty even, you can also do a 40-40-40 choice where it provides you with a well-rounded challenge.

Don't feel like whatever you choose in the beginning has to stay that way. One week, you might be under an immense amount of pressure – so you swap out a longer stamina routine for mental strengthening exercises.

You get to control this elite power fitness regimen. You're the one in charge. I'm just going to give you the tools to educate yourself and understand which options are at your disposal to change your life forever.

You want to enjoy the routines as much as possible – while being willing to overcome fears, learn new techniques, and push yourself to the limit. If you usually use dumbbells for strength, then try climbing a rope instead. Switch it up and get a taste of what your body can achieve.

Whatever you do, **never** get into the same, well worn habits like doing kettlebells six days a week, 12 months a year. Not only is that boring, but you're not challenging your body to succeed in new feats.

Strength Building Body

When you want to be powerful in all aspects of your life, you think about certain things – finances, relationships, health and literal physical strength. Most people today – even fitness enthusiasts – do a bit of fat burning and muscle toning, but nothing more.

However, you can set a new bar for yourself to reach previously unattainable goals – and this doesn't mean you have to become a big, bulky bodybuilder who goes to professional competition.

There are many methods of strength building – and I encourage you to try a myriad of things. But I'm going to start with a rundown of some of the popular concepts that will help you become a physical powerhouse – stronger than you ever imagined you could be.

Powerlifting

Powerlifting is exercise that conditions the mind and body. One way to push yourself to gain the mental and physical transformation you desire is through powerlifting.

While powerlifting is lifting weights, these weights are enormous in amounts, probably more than you've ever attempted in your life. There are three parts to powerlifting - these are the deadlift, the squat and the bench press.

Powerlifting centers on how much weight a person is able to lift - that's the entire focus of this exercise. Gaining elite fitness with powerlifting takes a certain mindset that your body can do more than you think it can.

If you're doing powerlifting at home, you want to lift the maximum weight that you can per rep. For the squat, you'll want to repeat it three times for five sets. To get into the squat position, arrange yourself with your feet extending just beyond your shoulder span.

Let your feet be angled toward the walls or space on either side of your body. With the weights lifted on your back at your shoulders, go as low as you can - keeping your back in position and without slumping.

For the bench press part of powerlifting, you want to recline on the bench. Some people chalk their hands first. Once you're on the bench, make sure that your feet are not extended as they normally would be.

You need the strength of your legs for leverage. Your feet should be behind the front support bar of the bench. Grip the bar. Take a breath and lift the weight bar from the track.

You'll be using your back muscles to lift the bar free. Keeping your elbows straight and close, lower the bar, lightly touching the chest each time you lower it. When you rack the bar after you're done, make sure that you don't let go too soon.

You want to guide it back into place, not drop it. Aim to complete four sets of eight repetitions. When you're doing bench presses, even if you're doing them at home, you should always have a spotter to help you return the bar to the rack in case you need it.

This is important no matter what condition you're in, but especially when you're just now starting out. For the deadlift, you'll be using many of your body's muscle groups.

Before you begin, chalk your hands. Make sure that you're wearing a weight belt for stability. When you grab the bar, you can use an over and under grip. One hand, your dominant one, should be the overhand grip.

Your other hand should hold the bar from the underside. Your shoulders should be over the bar as you bend to grab it. The repetitions for each of these exercises are designed to push you as hard as you can be pushed.

You need to make sure that you're being challenged and if you're not, you need to keep upping the number of sets and reps you do. You'll notice that your ability to lift heavier weights quickly transforms as your body gains more strength and muscle – as well as energy.

Olympic Weightlifting

When your goal is to build strength, Olympic weightlifting can help you get there. In this part of building the best body that you can build; you'll be called on to reach for new heights - so it's definitely going to take some willpower.

This type of lifting is not for the faint of heart. Olympic weight lifting is where a person works with some very heavy weights so that part of it is similar to deadlifting.

But unlike deadlifting, there's a certain motion or technique to follow. This exercise has two parts to it. The first part is called the Snatch. When those aiming for that warrior mindset and body perform this move, they reach for the bar and raise it above the head without pause.

It looks effortless when seen in motion. But the person behind it has poured many hours into the exercise to accomplish it. The second part of this is called the Clean and Jerk.

In this part, the bar is lifted to the shoulders and the performer hesitates and then the bar is raised up to the shoulders. That's the first portion. From a squat, grab the bar with your hands shoulder width apart.

Using the major muscles in your legs and back, you'll pull the bar upward. As the bar goes up, you'll return to a squat. The bar should be at chest height when you do the return squat.

Push out your elbows and use your shoulder muscles to retain the position of the bar. Rise to your feet. You'll then go into a lunge and that completes the second part of the Clean and Jerk.

What makes Olympic weightlifting different is the performance or how the weights are lifted in such a fluid movement. It has to look smooth and easy even though it's not.

To be successful at this, users must have a deep concentration, determination and the willingness to hit it day in and day out. When you're just beginning, to protect yourself from injury to the muscles or the back, use very light weights just until you master the movements.

If you move wrong with the heavy weights, you can hurt your muscles or throw out your back. Any of these exercises are going to be tough. Even if you're in shape and think that you have pretty good muscle control, these exercises are going to challenge everything that you think you know about yourself and about your body.

They're not designed to keep you in a comfortable place. They're made to teach you that your body can perform harder and longer than you think it can. You'll learn that you can keep on going long after everyone else has dropped onto the sidelines.

But to do that, to be successful at it, you have to employ the mindset that nothing good ever comes without a battle. You must determine that you'll fight for the strength that your body can give you.

You have to retain focus and not throw in the towel at the first sign that things are harder than you thought they would be. When you begin, your mind and body are going to push you to quit because there's comfort in quitting - in staying with what's familiar.

Don't give in and stay where you are. Push back. When you do, you'll be amazed at what you're capable of handling.

Strongman Exercises

Elite fitness isn't something that you can play around with here and there. You either want it or you don't. If you want to give up, ring the bell and move on. You'll never know what you could have done if you do.

But if you're determined to keep on sticking it out, you'll be adding Strongman exercises to your workout. Strongman exercises can take your dedication to fitness to a whole new level.

It brings a transformation to both the mind and body. These exercises work out your upper as well as your lower body. With these exercises, you'll become familiar with terms like farmer's carry, atlas stones, yoke, tire flips, axle press and more.

Each of these exercises help you develop stronger physical abilities than you thought possible. These are some of the most strenuous ones you'll do as far as having to grit your teeth and push through the subconscious limitations you give yourself.

To do strongman exercises, you really don't have to have equipment with all of the bells and whistles. To participate in strongman exercises, you need heavy things to lift.

You can use axles at home or at your local gym. You can also use sandbags. You can switch out days working out upper and lower body or do a mixture of both.

Some of the strongman exercises will affect body upper and lower body. For example, if you have a large tire (you can find these free when they're not in use anymore), you can practice flipping it – using your leg and upper body muscles.

Other good strongman exercises are carrying heavy loads, pulling heavy items, and loading heavy things onto a platform that requires you to lift it

up. You can create a strongman setup in your backyard easily – and at a very low cost to you.

Just make sure that you level up. You want to push yourself, but not attempt to lift something so heavy that you tear a muscle or risk other injury to your body because it's not trained well enough yet.

Kettlebells

Kettlebells are part of an elite workout, but not those little small ones that you can toss around with one hand. You need ones that are heavy enough for you to feel the pull on your muscles when you use them.

There are a multitude of upper body building exercises that you can do using these simple weights. One of them is called a slasher. For this exercise, you grip the kettlebell with both hands as you hold it on the side of your body.

Then swing the bell across your body up high toward the ceiling on the other side of your body. Do four reps for each set and then switch body sides. Another exercise with this is lifting the bell, still with both hands around in a tight circle, going first one way, then another.

The kettlebell bend is done with one hand in front swinging the kettlebell between the legs. The bell is passed from the hand in the front of the body to the hand in the rear of the body as you reach between the legs.

You can also stand and pass the bell from hand to hand from the front to the rear of the body. When working out with the bell, for safety reasons, you should always wear workout gloves to give yourself a firm grip.

You can invest in kettlebells at a lower weight in the beginning, but use enough so that you feel the struggle to lift and swing. You're not just toning – you're becoming powerful and strong.

Climbing

Climbing is also an elite exercise. Doing it will build endurance as it gives you an all over body workout. You can use a rope or a rock wall to do these exercises. One of the ways this exercise builds strength is in the upper body.

For rope climbing, hold the rope with both hands on the rope. One hand will be elevated on the rope just above the other one. Reach up on the rope and pull your body with you as you reach.

You repeat, hand over hand until you get to the top of the rope. Rock climbing is a tough exercise mentally and physically because it works out your entire body. It's not for those who give up easily because this exercise will test you in so many ways.

You must push beyond any self-imposed limitations. This kind of exercise builds strength in your upper torso - especially in the arms and chest. Your forearms and biceps also gain strength.

The core muscles become hardened - particularly the abs as you climb. Your back, shoulders and lower body also gain strength from rock climbing. You do want to make sure that you use all safety gear when engaging in this exercise - including harnesses and helmets.

Stamina Boosters

There's a saying that goes "If it were easy, everyone would do it." Aiming for an elite level of fitness, that point where you push your body to do more than the average workout provides leaves "easy" far behind.

But nothing good ever came without a price. The cost for achieving the mental focus and the body that you want is your utmost effort and your time. Don't expect to get what you want by giving a few minutes to a workout a few times a week.

The goal with stamina boosting exercises is to increase your metabolism and help you alleviate stress, push your body to perform better, and allow you to burn off the fuel (food) that you consume while training.

HIIT

High-intensity interval training (HIIT) is so physically and mentally demanding that it really isn't for those who aren't in it with everything they've got. This workout consists of exercises that are done with incredible intensity followed by exercises that are less intense.

These less intense exercises are considered the break or recovery period - even though you're still at it. The key is to keep the heart rate up. Doing this speeds up your metabolism.

When you keep the heart rate steady, you end up burning more fat than you would through a regular exercise routine. An example of the way that HIIT works would be exercises done in short bursts.

You would jog or run extremely fast for two minutes, then you would jog slowly for four. You take whatever exercise you do and you do it fast, then followed by a recovery period that's one and a half to two times the length of the intense exercise.

You would do sit-ups, at least 40 or more, but you would do a portion of them within a certain time limit followed by slower sit-ups. The same way with squats or pushups.

If you do squats, do at least 40. For push-ups, do 25-35. Break them down between the high intensity and the recovery. Just make sure your recovery time is more than your intensity.

HITT workouts are so challenging that you might feel as if you've reached the point of complete exhaustion. But what these kinds of workouts do is they give you an afterburn advantage.

This means that your body is still in the process of burning calories even when the workout is finished. You can arrange a HIIT workout and tailor it according to certain days of the week as long as each week, you set a goal that helps you beat last week's exercise.

HIIT is instrumental as part of an elite program because it builds your stamina. If you're engaged in a career where you feel exhausted and drained much of the time, then HIIT is going to help you develop the energy you need to power through those moments.

Plyometrics

There's something else that builds your stamina, too - and that's Plyometrics. You may not have even heard of this before. Plyometrics is something that you probably see often but you don't actually realize what it is that you're seeing.

Every time that you see an athlete perform beyond what seems possible, you're witnessing plyometrics in action. Plyometrics can condition your body to go further.

For example, with plyometrics training, you can pick up things that weigh more than you're used to picking up. You can jump and achieve bigger heights than before.

You can have more speed when you run. Plyometrics gives you power. It gives you this power by working with what your body already has available - and that's strength.

What it does to take that strength above and beyond the way that you've been using it. These exercises give the person doing them a better range of motion in performance.

The types of movements used in plyometric exercises are similar to the ones found among certain kinds of sports such as boxing, basketball and skiing. In fact, many professional athletes use plyometrics as a way to build the stamina that they need to be able to compete and be at the top of their game.

Using plyometrics encourages the muscles to contract faster with a greater show of strength than they would normally have. There's a scientific basis for using plyometrics to give your body an ultimate workout.

It can give you better body performance based on what's called the stretch shortening cycle. This is the point where your muscle stretches before it contracts.

Stretching causes a muscle to then contract faster and more powerfully. Imagine it like clicking a pen. You click and the spring in the pen forces the point of the pen to extend.

When you release that click button, the pen tip immediately snaps quickly back to where it was before. That's exactly how your muscle reacts. Though there are thousands of different plyometrics exercises, some are more commonly used than others.

Squat jumps are very popular. To perform these, you get into position with your feet just past your shoulders. Go into a squat and then jump, aiming for as much upward distance as you can possibly reach. Do as many of these squat jumps as you can in under sixty seconds.

Side lunges are also used often in plyometrics. You alternate lunging from side to side. You also do as many of these as you can in under sixty seconds. Leg hops, both single and double are also used.

Box or depth jumps require some skill. These involve jumping to and from boxes or sturdy platforms that force you to extend the length of the jump higher than you would normally aim for.

You can target plyometrics for specific muscle groups, too - depending on the exercises that you use. For example, if you use clap push-ups, then you're using not only the leg muscles, but the forearms and biceps as well.

When you push yourself with plyometrics, you gain flexibility, more strength in your muscles and more ability with jumping.

Swimming

Swimming is a great stamina booster. However, it's the *method* of swimming that you do that will determine whether or not it's helpful. Many athletes and military personnel use a certain style of swimming that helps them achieve great body fitness and a more focused mindset.

You can't stick to the minimum and expect maximum results. You must push yourself to new heights and the key is that you don't reach a height and then stay there.

As soon as you reach one point where you've pushed yourself, you have to turn around and reach for something else that seems just out of your grasp. That's how you keep on achieving goals and how you keep an elite fitness mindset.

Sidestroke swimming builds muscle and endurance. You should swim for at least 45 minutes every time you have a swim set. Swimming should be done at least four out of the five days a week.

Though that may seem like a tough schedule to follow, you must remember that greatness is not a part time thing. You don't schedule maximum ability like ordering takeout.

You just show up and you get the job done even if you don't feel like it - that's the mindset you have to have if you want to reach your full potential. For the first half of your swim time, you want to do swim sprints. These give you a cardio type burn.

But you want to break up the swim time. So do the first half with the sprints. Do 5-7 and then rest. Then 5-7, then rest until you've been at it for at least half of whatever time you're in the water.

Once you give the first half of your time to the sprints or some other type of fast cardio action in the water, use the rest of the time to swim as you normally would. For the sake of safety, you should not swim alone.

This is especially important if you're swimming as part of an elite exercise regimen - because you'll be pushing yourself to greater lengths than you normally would.

Your goal is to eventually be able to do at least a 500-yard crawl swim in as short a time as possible. You want to aim for between 7 to 10 minutes. Remember that the more you swim, the faster you can become.

Swimming can also help you strengthen muscles you'll use in other exercises such as running. If you don't have a pool in your backyard, you can always find a local gym with a pool you can use to train in.

Running

Running can help train your legs for use in various vigorous exercises. You should run often, adding miles every time that you run. As you run, you want to begin to add resistance to make the run more difficult.

An example of adding resistance can be something like running across surfaces that challenge you - such as sand. If you've ever seen Navy Seals train by running in their heavy boots across wet sand, this is the reason.

It adds resistance to their muscles and builds stamina. You can also run with weighted backpacks. Running in mud is another way to build stamina. The only way to master elite fitness is to keep on aiming higher every time you workout.

When you're running, you want to make sure that you engage in timed runs, such as running a mile and then resting for two to three minutes before running again.

You can also run, rest and then hit meter sprints such as 300 to 400 meters, then moving on to 800. Take another two to three minutes to rest, and then hit another 400-meter sprint. You should aim for a 5-to-7-minute timeframe to complete your first mile.

Flexibility and Conditioning

Part of being able to partake in any kind of elite exercise and have the hardcore results that make a difference is conditioning your body. You'll gain a lot of power as well as become more flexible.

Conditioning helps prepare your body and helps keep you from getting injured due to poor body strength. If you're in a high stress career or life, then this can help alleviate the aches you experience associated with stress.

Calisthenics

Calisthenics is part of conditioning. It's many different exercises that actually use some rather simple movements. You don't have to have any fancy gym equipment or any pricey pieces at home to do any of these.

In fact, many people push their fitness to the next level by taking part in regular calisthenics. The reason that you want to do calisthenics as part of your workout is because they're specifically targeted to build all over body strength rather than one core set of muscles.

They also make you more flexible by working with your body. When you first look at the exercises involved in calisthenics, you might think that they're ordinary and you might even have done many of them.

But if you approach them with the mindset that you want a maximum training workout, they're anything *but* ordinary. It's not the exercise that builds the strength - it's the way that the exercise is performed.

You'll begin with sit-ups. Lie on the floor with your arms up, hands linked behind your head. Keep the soles of your feet firmly on the ground with your knees up. Then move your shoulders up like you're aiming for your knees. Keep the abdominal muscles tight. Do 25 of these per set.

Switch to push-ups next. Keep your hands spread to a shoulder width. Make sure that your back is straight and don't allow your knees to touch the floor. Do these until you've completed at least twenty of them.

Lunges are also part of calisthenics. Stand and move so that one leg is before the other. You'll want to descend until you've reached a 90 degree angle with the leg that's positioned in front. It's okay if the other

leg bends slightly for support. Straighten and repeat for 15 reps per each leg.

After lunges, you'll want to add squats. Stand straight, again with your feet at shoulder width. Start to descend like you're about to sit down. Then rise back up again. You should aim for at least 20 reps of squats every time that you do a set.

You can also do crunches. But whether you do regular or bicycle crunches, you should do 25 reps each time you perform them.

Jumping jacks can build conditioning as well as flexibility. You'll want to do at least ten of these for seven to ten reps.

Planking is part of calisthenics that requires good strength in the arm muscles and it works to tighten abdominal muscles. With this exercise, you go into position like you're about to do a push-up except you don't. You hold the start to the push-up and remain in that position for a set amount of time.

Though it does require the use of a bar, pull-ups are considered part of calisthenics. Using this exercise, you place your hands at shoulder width distance on the bar.

You then raise yourself up to the bar, touching your chin and then ease your body back down. You repeat the pull-up reps until you can't pull yourself up again. Reach deep down before you make a firm decision on this.

Heel raises are a simple exercise that you can do anywhere. You raise your body up, balancing your weight on the balls of your feet. Hold for a second and then return to standing with the soles of your feet on the ground.

Gymnastics

Gymnastics is for use by anyone - but especially those who want to be able to move easier when they exercise and want more core strength. However, gymnastics is a very demanding sport.

So the movements used can be more physically trying than most people are accustomed to. You'll get benefits from cardiovascular workouts, strength training, movement training and flexibility when you use a gymnastic focus with your exercises.

The reason that you want flexibility is because you want to be able to move freely without pain or stiffness. People who regularly engage in exercising with a gymnastic focus have more flexibility when they move about.

You can do these exercise movements at home or at the gym, either way will help to give you that extra push you need. The exercises help you develop better muscle tone, which in turn helps you in all other forms of exercise.

Part of the movements in gymnastics call for them to be used in conjunction with cardio as well as strength training because it's an all over workout. You can do these moves at home using only your body.

These are referred to as body weight exercises. For each of them, you push yourself to do as many repetitions as you're able to do in sixty seconds or less. Because there are so many different gymnastics exercises and movements you can do, you can't do them all in a single workout.

So you want to focus on the ones that build core muscles, major muscle groups and mobility. You may do a range of exercises - including pushups, vertical jumps, lateral hops and even dashes.

You can see where you are before you start by testing yourself. See how many plank holds that you can do in 60 seconds or less. See how many sit-ups you can do in the same amount of time.

This will help you gauge where your level is and when you've added gymnastics to your workout, you'll be able to see how far you've improved your fitness after awhile.

One great exercise with gymnastics is the jump rope exercises. You do these in sets of five and you continue through without breaking the set until you've exercised at least half an hour.

If you do handstands, you also do those in counts of five. Step forward with arms raised above the head, palms out so they'll connect with the floor. Step out straight with one leg.

It will look almost like you're about to go into a lunge. Use your body's forward motion to carry your torso up. Your legs will look like they're in the scissors position.

Keep one leg straight up in the air and bring the other slowly straight. Holding this position takes a lot of skill and strength. You can do the bridge exercise, too. You'll do 3 sets of these for at least 15 reps.

Lie on your back with your shoulders on the floor. Your arms should be open and on the floor as well. Your palms should be raised toward the ceiling with the backs of your hands on the floor.

Your buttocks and lower back should not be touching the floor. In this position, raise a leg and lift it straight out with the sole of the foot pointed flat at the ceiling. Don't turn your body. Lower the leg and switch to the other one.

For planks, you'll do both lateral and prone. These exercises take a lot of physical and mental energy. If you go into them thinking about how tough they are, they will be harder.

Part of being able to handle tough things starts in the mind. So don't psych yourself out of what can ultimately be the best shape of your life before you even get started.

With the lateral plank, you'll lie on one side and swing the leg on top back and forth while keeping the body completely straight. Then turn over and do the other leg. For both sides, you'll do at least 2 sets of 20 reps each.

For the prone plank, you'll have your elbows and forearms on the ground. Your toes will be on the ground helping to support your body weight as well. Lift one arm up with your elbow in the extended position as if you were about to do a pull-up. Keep the hold briefly and then reassume the position. Switch sides. Do 3 sets for 15 reps for each side.

Ab holding exercises in gymnastics are meant to increase the strength of your abdominal muscles. For these, you'll lie on the floor, keeping your shoulders and legs off the floor. Your heels should be together.

Slowly lower the legs to the floor but don't rest them on the floor. Simply allow the backs of your heels to brush the floor. Do 2 sets of these with 20 reps each. If you have a hernia of the abdomen or a pulled groin muscle, you should not do ab hold exercises until they are treated or healed due to the pressure this exercise can place on the muscles.

These are mainly floor exercises. You can do other gymnastics training such as the vault, bars, beams, pommel horse, trampoline, rings and more.

You can find adult gymnastics exercises locally – or create your own setup at home.

Ashtanga Yoga

Yoga is a fantastic way to build flexibility and get your body conditioned. But certain types of yoga are better at giving you that elite level of performance than other types are.

One of the best kinds of yoga you can go is Ashtanga yoga. Ashtanga yoga uses breathing techniques along with movements. Each of these movements is meant to flow from one directly into the next movement.

There are many poses in this style of yoga, but most people focus on the fundamental ones. For example, there's the sun salutation and this has two parts to it.

In the beginning, the user stands straight with his hands by his side. The head is slightly bowed. Then he lifts up his arms straight toward the sky with the palms facing inward.

From there, the user bends completely at the waist toward the ground with his hands at his ankles. With the hands still at the ankles, the user lifts his head and then flows into a plank position.

After the plank position, the user arches the back inward with the head thrown back, face toward the sky. Then he moves to rise with both feet flat on the ground and palms on the ground while the legs are angled as if the person is about to dive into a pool.

From this point, a reversal of the positions begins, sort of like a rewind back to the beginning. The user repeats the position where he's bent with hands at the ankle, head slightly raised. He continues the moves until once again, he's standing straight with his head slightly bowed.

When you transition between movements, you'll focus on your breathing, which is methodical and delivers a specific sound. This is sort of like listening to the waves of an ocean and provides a peaceful, calming focal point.

You can also use a variety of mantras to start and end your Ashtanga yoga regimen. Some people also like to practice this form of power yoga in a hot room where the temperature is over 100 degrees.

Just because you may associate yoga with peaceful stretching movements, don't underestimate your risk of injury. You have to carefully watch how you adjust your body or you could end up with pain and discomfort.

Martial Arts

Studying the martial arts is a fantastic way to pair the physical and mental strengthening you're pursuing. Not only do you acquire incredible physical expertise, but you're given a boost in strategizing as well as mental dexterity.

Karate

Formalized in Okinawa, karate is one of the most popular forms when it comes to martial arts. In karate, you're unarmed except for your hands and feet, which you use to block attacks and counter attack.

Karate has been referred to as "weaponless defense." When practicing karate, it's divided into three parts: kihon or the basics, kata or the forms, and kumite or the sparring.

With Kihon, you learn basic drills such as blocking, kicking, and striking. With Kata, you learn pre-arranged forms of defense, such as combat situations that are simulated. With Kumite, you put all of your focus on sparring.

Karate is useful in achieving extreme fitness because of how it trains both your body and your mind simultaneously. Those who study karate and are trained highly in it can learn how to coordinate both the body and the mind as one unit, which allows them to achieve intense physical power.

Karate can be taught relatively anywhere, but the surface and the room that you're learning in should always be clear of heavy or sharp objects whenever you're engaged in sparring.

When learning karate, you should always start at the beginning with the basics. It may look more appealing to start immediately with the kicks and punches, but without the basics, you won't have the balance or training you need.

Meditating for about five minutes before each karate session can also help you with balance and fighting. Meditating clears your mind and allows you to focus on the forms and drills rather than the stress.

Warming up is also important for the safety of your muscles. You want to do at least twenty reps of sit-ups, push-ups, and leg lifts. These will help strengthen your muscles and warm them up before you start working out.

As you start learning karate from a professional source, you'll earn your levels of achievement (belts). Display them proudly and marvel at how far you've come in this particular martial art.

Wing Chun

Another important martial art for elite fitness is called Wing Chun. Often compared to karate, it's another form of self-defense using just your hands and feet.

It specializes in close-range combat situations. Wing Chun is about balance, stance, and structure. Balance is often seen as the most important characteristic of Wing Chun to learn because a body that's well balanced can come back from an attack and counter better than an unbalanced body can.

Another fundamental part to Wing Chun is relaxation. You must learn how to relax and focus your energy before beginning Wing Chun. When your body has tension in it, your punches and thrusts won't be as loaded for effect.

Wing Chun teaches you to move quickly and attack at close range. This is done by teaching "entry techniques" which is getting past an opponent's defense in order to strike close to the body.

There are six basic forms of Wing Chun and each one builds on to the next one. Once the six forms have been mastered, you can move on to using Wing Chun with weapons such as butterfly knives and long poles.

Tae Kwon Do

Another martial art similar to karate is Tae Kwon Do. This Korean martial art has a lot of focus on fast hand techniques and high kicks. Tae Kwon Do builds up balance, speed, flexibility, and strength.

One of the best martial arts to learn for elite fitness, Tae Kwon Do teaches both physical and mental discipline. When physical and mental discipline unite, Tae Kwon Do practitioners are able to break boards, bricks, and more.

Those who practice Tae Kwon Do often do so barefoot, but there are special shoes you can wear. When practicing Tae Kwon Do, it's important

that you put a lot of focus on strengthening your legs so that you don't injure yourself.

Kicks are especially common in this martial art. Like karate, when you spar with an opponent, make sure the area is clear of objects. You can get bruises on your body when you're hit by an opponent, but if you're kicked by one and you fall into a foreign object, you can experience a greater injury.

Capoeira

If you're looking for a martial art that combines acrobatics, music, and dance, Capoeira is one that you might enjoy learning. This Brazilian martial art focuses on fighting when outnumbered or if you have a disadvantage.

The most important move to learn is the fundamental one called the ginga. This keeps you in a constant state of motion, making it hard for your opponent to get in for a close-range attack.

With Capoeira, you remain defensive instead of offensive. You use evasive moves to guard yourself against attacks. While all of these are good for learning for self-defense, they're also working your body into great shape.

With Capoeira, you learn acrobatics such as rolling and cartwheeling, which can help you recover from a kick or loss of balance. This is especially important because kicks are the main attack moves in Capoeira.

A big part of Capoeira is feigning attacks or feigning friendly gestures. Opponents will feign attacks and when you move to defend that area of your body, you unintentionally leave other parts of your body unprotected.

The attacks done in Capoeira are very quick and decisive, using many of the major muscle groups. While kicks are common, punches and elbow strikes are also popular.

Those who practice Capoeira can also use the leg sweep. During this attack, the person uses one leg to "sweep" underneath an opponent, knocking him to his back.

If you're going to be practicing this move, you must have the right amount of leg strength to take a properly balanced person down. When practicing Capoeira, you should use a rubber mat.

Because the attacks rely a lot on kicks, you will lose your balance more with this kind of martial arts than you would with ones such as karate and Wing Chun. Practicing on a hardwood floor isn't advised, but make sure where you practice is clean and allows you to safely go barefoot.

Kickboxing

Another popular form of martial arts is kickboxing. It can be used for contact sport, self-defense, and fitness. Kickboxing stemmed from karate, but it uses punches more than karate does.

Kickboxing is unique in the fact that it has no standard forms. It's often considered a hybrid martial art because it has combined elements of various styles.

When practicing kickboxing, you'll learn several techniques for punching - such as the jab, uppercut, hook, and cross. All four are similar to the techniques used in traditional boxing.

There are also several kicking techniques like the side kick, roundhouse kick, and front kick. These are standard kicking techniques that are used widely. With kickboxing, you'll also need to learn the defensive positions.

Again, there isn't a standard technique. There are a few different defensive positions you can take. The most commonly used positions are bobbing and weaving and parrying or blocking.

With bobbing and weaving, the fighter bobs the head down from an incoming punch before weaving back up to original position. With parrying or blocking, the fighter uses his hands for defense, blocking every punch with his hands.

The reason why kickboxing is great for elite fitness is because it doesn't just focus on one part of your body. It focuses on your body as a whole and pays special attention to your legs, arms, and core.

Kickboxing can be practiced pretty much anywhere, especially at gyms where a punching bag is available. You can even find gyms dedicated solely to this particular martial art form.

Jujutsu

Another martial art to use for elite fitness is Jujutsu. This is a Japanese martial art that focuses on using close combat to defeat an armed opponent. When practicing Jujutsu, you either have no weapon or just a short weapon - so you have to depend on your skill level.

With Jujutsu, you use your opponent's energy against him instead of attempting to beat it. This was developed on the principle that an opponent who is well protected with armor is almost impossible to hit without damaging your arms and hands.

To combat this, Jujutsu teaches how to defeat an opponent using choking, pinning and immobilizing, strangling, and joint-locking. These techniques aren't often used in other martial arts.

Jujutsu doesn't focus on any part of your body in particular because it's done on the basis that you use your entire body to protect yourself from an opponent. The big reason why it's recommended for elite fitness is how you learn to focus your mental and physical energy at the same time.

Aikido

Aikido is another Japanese martial art that can be used for elite fitness. Aikido is frequently translated to mean "the way of unifying with life energy." It was developed as a way for someone to defend themselves against an attacker without hurting their opponent.

It's a way of self-defense that protects both you and your attacker. With aikido, you learn to train both your mind and your body. While it has a lot of focus on special techniques, aikido teaches your body physical fitness and conditioning.

It's been compared to yoga because it teaches full body coordination instead of focusing on one group of muscles. To excel at this form of martial art, you'll want to work on your stamina exercises for endurance.

You'll also need intense focus, so the next chapter can help you with that aspect. And the gymnastics can assist you with the flexibility you'll need in order to beat your opponent.

Kendo

Another Japanese martial art and sport is Kendo. Practitioners of Kendo wear protective armor and use bamboo swords. This martial art is challenging both physically and mentally.

When doing Kendo, you must always wear clothing and pads to protect your face, arms and legs. There are several techniques that are taught in Kendo. They're divided into two separate categories, one is for initiating a strike and the other is to respond to an attempted strike.

Kendo is great for elite fitness because it also trains both your mind and your body. You learn how to hone in on your opponent's weaknesses and strike at opportunities.

Bushido

Bushido is from Japan. It comes from the samurai moral values. It stresses loyalty and honor until death. It originated from the Bushido code with the eight virtues of Samurai.

The eight virtues are justice, courage, mercy, politeness, honesty and sincerity, honor, loyalty, and character and self-control. These eight virtues are all taught along with Bushido, making it perfect for elite fitness routine.

Powerful Focus

There are many jobs among professionals that cause a tremendous amount of stress to build up. Stress can hamper the ability to think clearly and it can cause damage to your health as well.

But with powerful focus, you can level the stress with clear thinking. Using techniques that help you maintain focus, you'll remain calm in whatever situation may occur.

Breathing

Breathing is a core part of powerful focus. In fact, it's one of the best techniques that you can utilize. When you tap into the right breathing exercises, you'll feel better all over.

Stress won't be able to take over how you feel or process your thoughts. Focused breathing can be done at any time during your day or night - whenever you need it.

The moment that you realize that you're feeling stressed or know that you're about to enter a stressful situation, immediately put your focused breathing into practice.

When you become stressed, your heart rate increases, your blood pressure rises and your breathing changes. Some people draw in more shallow breaths while others start breathing a lot faster.

This way of breathing can turn calmness into a heightened agitation very quickly. To practice the breathing, you need to sit or stand straight. Breathe in with your mouth closed in a deep inhale of air.

As you draw in oxygen, count off to five. Feel the oxygen pouring through your body. When you release your breath, breathe out through your mouth. But as you breathe out, visualize that you're exhaling away all of the stress.

Let your body relax and release the stiffness that you may feel in any area of your body. Keep your focus on inhaling and exhaling. Release any negative emotions associated to the stress, but don't try to rein in your thoughts. Simply let them be. Don't try to stop or change them.

Concentration

Concentration is part of a necessary mental practice that will allow you to achieve your mental and physical fitness goals. You can't develop a strong mental concentration and you can't have the powerful self-focus that you need if you just can't keep your mind on where it needs to be.

When you can't keep your focus, your thoughts will flit from one thing to the next. You'll be a jack of all thoughts but master of none. This can cause frustration as well as an inability to get where you need to be in life.

You have to train your mind just as you have to train your body. The more training that you give it, the more you'll be able to keep your concentration. When you have focused concentration, it allows you to go a lot further and do much more than you realized you could do.

Concentration is the ability to keep your mind on whatever you give it to focus on. You get to choose - there's nothing random about concentration. It's all within your power to control it.

That means you have to forego multi-tasking and be willing to rid yourself of distractions. Too many people want to attempt to concentrate while setting themselves up for a lack of focus.

They let clutter - like a droning television or annoying radio chatter or a ringing cell phone draw away their concentration. You concentrate by firmly keeping your thoughts reined in and focused on what you need to focus on as if it were a target.

You can practice mental exercises such as when thoughts randomly pop into your mind, you imagine yourself gathering up that thought or those thoughts and pitching them back out of your mind's view.

It's only by concentrating that you can make any changes you'd like to make in any area of your life. You'll initially catch yourself straying in your mind, so don't worry if you find concentration hard at first. We live in a very distracted world, so it's something that has to be undone.

Visualization

Visualization is a way that you can gain focus. It's a tool that can be used to empower an individual. The practice allows you to imagine what you wish to see. It's a practice that can be used to allow the brain to unconsciously guide the actions of what you do.

Using visualization can clear your mind, erase stress and help your immune system get healthier. It can also bring you calmness and relaxation. To start a visualization exercise, you need to get rid of any mind clutter that you have going on.

You can do this by focusing on something - and the something doesn't really matter. Some people choose to focus on the way that they inhale and exhale as they visualize. Others choose to focus on an object to prepare themselves.

Create an image before you start the exercise. This could be your visualization of what peace or happiness is. See whatever it is that you want to visualize, and image it down to the very last detail in your mind.

As you breathe in, allow your mind and body to fill with the positive. Let go of your breath and as you let go of your breath, release anything that you desire to free yourself of.

The purpose of visualization is because it helps open the connection between your brain and how your body moves. You can see yourself as an elite champion of fitness and you can create what you see.

Visualization can be used to allow yourself to be freed from the unconscious things that are keeping you from reaching the potential that you'd like to reach. It's a way of giving your mind a workout.

It allows you to hold onto or focus on the picture of what you want. It's a way to mentally plan for success. The practice can teach you how to overcome the mental roadblocks that may be keeping you from reaching physical goals. Visualization should be a part of every elite workout.

Guided Imagery

Guided Imagery is also part of a powerful focus that can help you achieve beyond and above what you're aiming for. This is basically a form of meditation and the people who use it put their subconscious minds through a challenging workout.

They imagine pictures that they can connect with. The practice allows them to self-focus on what works and remove what doesn't work in their lives. It enables people to go to a place mentally that can give them an advantage in reality.

Guided Imagery doesn't have to take hours upon hours to put into practice. You can do it in just a matter of mere seconds. For example, if you're an executive about to give a presentation to a big client, you can use it then.

You can imagine the client loving the presentation. You can see him getting onboard with your ideas and looking to sign on the dotted line. Using Guided Imagery is a way of communicating between the mind and body that's extremely effective.

The reason that it creates such a powerful focus is because it goes beyond the surface of the mind to delve below where it can gently sway your body's responses and make you act with self confidence.

Guided Imagery can also mean that you follow images that someone else is leading you toward or suggesting you toward. Or it can mean that you're using images that someone created and you've added them as part of your imagery.

Meditation

Like visualization and Guided Imagery, meditation can also teach people how to have a powerful focus. It can increase your ability to tune into the mind and body connection.

The reason that this is important is because tapping into that connection can change your life. You might not realize how much of your life is being controlled by what you *think* rather than what you *do*.

For example, if you see someone running a grueling marathon or participating in a strength competition, your mind might automatically send the message, "Oh, I could never do that."

Because that thought is there, that's what your subconscious is negatively feeding your body in communication. That you can't do it - so you don't even try. That's why both the mind and the body can benefit from meditation.

Meditation has many different styles. There is mantra, mindfulness, focused, movement and spiritual. In mantra meditation, words or phrases are used while meditating.

The particular word or phrase is not what's important. What is important is that what's chosen allows you to remain focused and concentrate. Some people choose to use sounds over words or phrases.

In mindful meditation, you tune in to what's going on in the space around where you are. If you're at the park, you don't tune out children playing, dogs barking or birds chirping.

Even though these noises can be distracting, you simply allow them to be part of the meditation. What you do is to allow them in - but you don't focus or dwell on any of the sounds.

With focused meditation, you choose to focus on something. It can be a thing, an idea or a phrase. You block out all other thoughts. If you use music for this type of meditation, it's usually nature sounds or music without words.

Movement meditation is meditating and using some form of movement. This is usually found in a meditation such as yoga. But you don't have to use a recognized form of movement.

You can create your own such as moving slowly from side to side. The focus is on whatever movement is used.

Spiritual meditation is focusing on whatever higher power you have in your life. Some people use this form of meditation to seek a peaceful state. They use the time to free themselves of whatever issues may be going on by letting go of the issue during their time of meditation.

Goal Setting and Tracking Systems

You can't measure success without having goals. And you can't know that you've reached your goals if you're not keeping accurate records. You might think that you'd remember reaching every single fitness goal that you set for yourself, but you won't.

You'll forget some of them unless you keep track. Besides that, having a tracking system helps you see where you were, how far you've come and where you'd like to go in the future.

Set the Right Goals

When it comes to goal setting, it doesn't make sense to set goals that don't challenge you - especially if you know that you can blow those goals out of the water.

If you're already at the place in your level of fitness where you're popping off 25 sit-ups in a two minute timespan, then setting a goal of 30 in two minutes isn't really going to be a challenge to you.

It might look good on paper, but in the end, your body hasn't benefited much. So don't shy away from spelling out those tough goals. Seeing the goals in black and white helps you see if you've reached elite fitness or not.

When you set goals, you don't want to aim for "good enough" because "good enough" is basically average. And average doesn't equal elite. Average is the very middle of the achievement level and if you're going to work hard, then you might as well go for the gold.

If you look at the average pull-up goal for Navy SEAL fitness tests, it's around 10. But if you look at the elite numbers, which they call "competitive standards," then it's between 15 and 20.

That means that you should push yourself to knock those numbers out of the park. Give yourself a time limit goal. Each week, work to shave time off of the number of pull-ups that you can do in the time you've allotted for yourself to have them completed.

By tracking them every single week, you'll get to watch how much your performance is improving. Set goals for every exercise that you do and

really push to break all of the boundaries that you can break when it comes to numbers.

The average number of push-ups for Navy SEALs is being able to complete 50 - but you want to push past that number and go all out. You want your goal number to be 100 or more push-ups in a short amount of time.

Practice every day that you perform your workout and make sure that you do a proper push-up. Dropping your knees to the floor isn't considered to be a real push-up.

Think you have a good grasp on what average sit-ups are? It might surprise you to learn that for an average amount of sit-ups for SEAL testing is 50. That's just basic level. To go above and beyond that, you want to make your goal to be at least 100 of them.

Don't start to fret if you see that you fall short of even the basic level of performing these exercises - because everyone has to start somewhere. These numbers are guidelines to show you what can be done if you really strive for that elite mindset.

If you want to hit your peak with swimming exercise, you need to be able to go the distance of 500 yards in under 13 minutes. If you can get it to 8 or 9 minutes, that's even better.

To train for this level of fitness, you can break the yards of the swim down and aim to improve your timing and distance every time you swim. By practicing, you can shave off more time because your body will learn to go into the zone when you're swimming.

The average time for completing a mile and a half run is 10.30 minutes. But again, average is not what you're going for. To beat that, you would want to set a goal of bringing your time in at around 9 minutes.

One of the best ways that you can learn how to increase your speed is to start out by making the runs difficult right from the get go. Don't run on comfortable surfaces wearing lightweight clothes and shoes.

Instead, run in your boots and on surfaces that will deliver a challenge to you. If you're not used to running all out, you're going to pull something if you're not prepared.

After you warm up, run at a pace rather than burning up all of your steam from the starting line. Time how fast it takes you to run a track. Many tracks are set up to be between half a mile and a mile in length.

When you figure out the distance, time yourself at your regular running speed to see how long it takes you. Then work to whittle that time down until you hit that sweet spot where you're one of the best.

You want to mix up your routine. One of the worst things that you can do for your muscles is to let them get to the point where they get accustomed to one way of working out.

They get comfortable with you doing sit-ups followed by push-ups, and then you go for a run. Doing the same performance gives you the same results. You must always push beyond the ordinary.

Make your workouts a challenge. Start by doing as many sit-ups as you can. Break up the set by doing another tough exercise such as pull-ups. Or go for a run.

Then return to doing some sit-up reps. It doesn't matter how you break up the exercises. Just don't fall into a routine. Add something every day. Arriving at the point where you've achieved elite fitness is going to take everything you've got to give it and then some.

You'll be pushing harder and focusing more than you ever have in your life. That's why this isn't something that's for weekend warriors or for those who want to dabble at it.

You're either in or you're out. You'll either succeed or you won't. Don't tell yourself lies. What you have to do is go into it with the "no excuses" mindset. There's no weather reason, no family in town reason, no I don't feel like it, no it's dark/cold/hot outside excuses that should cause you to blow off your goals.

There are no easy routes to take to greatness. You plug away at it and you earn it. No one is going to hand it to you while you're sitting on the sofa watching your favorite television show.

If you do find yourself blowing it off, you might want to face the hard truth. You aren't ready. You don't want it that badly. Because if you did, you wouldn't be making excuses - you'd be making it happen.

Tracking Measurements

As you reach your goals, you're going to want to make sure that you take and track your body measurements. This will allow you to know if you're going in the right direction or not.

Measuring is helpful because it can be discouraging to work hard and then stand before a mirror. You look hard at it and you don't see any visual changes going on with your body.

That can be discouraging enough to make you feel like giving up. But what you don't see is that inches are added to your muscles in increments. Inches also come off of your body in increments.

Seeing is not always what's really going on with your body. That's why tracking is important. You'll see your growth or loss at a glance as you keep records. When you measure, you always want to measure the same area in the same way that you did previously.

If you switch measuring tapes or measure just above or just below the spot you did before, you're not going to get an accurate measurement. You might go up one week in muscle gain and right back down the next.

You can keep all of your measurement notes written down and charted yourself - or you can use handy online applications that will do it for you. Some of these apps will also keep up with your BMI.

When measuring, you want to track and measure your weight. If you're trying to lose, keep in mind that the scale may go up before you see it going down. Besides watching the scale, you want to measure the area around your neck, placing the tape around the widest part.

You also want to measure your chest. For the chest, you want to measure beneath your pecs if you happen to be a man. A woman, however, should measure right across the nipple area in order to get an accurate reading.

You want to measure your waist. You should put the tape above the belly button. Make sure you're not holding your breath because that adds inches. Some people breathe in and forget to let it go when they're taking this measurement.

The next measurement you should keep track of is your hips. Probably more women than men are interested in this reading. Put the tape on the widest area of the hips so that it's more accurate.

You want to measure the arms or the biceps. Measure the forearm using the widest part of it. When you go to measure the thighs, measure the biggest part of your thighs and the same thing for the calves.

Some people also measure around the ankles, but not everyone does this area. Some people also track their hip to waist measurements. That's because this measurement can determine your level of healthiness and let you know if you could potentially be a candidate for some serious diseases.

Many of these diseases' risks can be assessed using the hip to waist measurement. If you plan to use an elite fitness routine to build muscle, there's something that you should know when you're tracking body measurements.

The working out that you're doing is building muscle. When you take time off, you lose muscle bulk. If the time off is substantial, you'll see that loss on your measurement chart.

However, when you get back at it, those inches should come right back on, but that's why you don't really want to take time away from the fitness goals you've set for yourself. You don't want to lose that edge you worked so hard to gain.

Attaining an elite level of power fitness is an on-going feat – and it will be different for every person pursuing this regimen. Some of you might go after more strength training, while others need more mental focus.

The key to making it work is threefold:

1. Never quit setting new goals.
2. Get yourself out of your comfort zone and try a wide variety of techniques.
3. Celebrate your ability to accomplish milestones and build your confidence up.

Elite power fitness isn't for everyone. Some people are happy being stagnant in their current state of mind and physical health. Others aren't

satisfied with the status quo and want to be their very best self. If this describes you, then Elite Power Fitness is the key to unlocking a brand new life for yourself.



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