

39 GUARANTEED NUGGETS OF WISDOM FOR A LEAN, SCULPTED PHYSIQUE

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I'm 39 years old, also known as "pushing forty." People use this term derogatorily as if to suggest that once you reach forty, life begins to deteriorate. It's not quite the same as when you were in your thirties, twenties, or teenage years. What a load of crap!

Why is it that when you turn forty, and I assume that the same will be true for me, that family and friends covertly organize a surprise party in your honor complete with black balloons, depressing sympathy card, gag geriatric gifts, and the like? Why is that? You see, I do not get it. I'm thirty-nine, and am proud to say that I'm in the best shape of my life. I expect to be even better at forty. Building an elite, lean chiseled body that is vibrant and healthy, the same principles apply regardless of age –though I can tell you from experience that it's a bit tougher at thirty-nine than when I was twenty-nine. Apart from a few little aches and pains, I feel better today than when I was in my twenties. I work out; I eat lean and clean, and am an avid cyclist. Things anyone can do. Now, I know that there will be a time when I will reach my genetic peak, and will begin to go the other direction, but if you love life and enjoy the journey rather than always just obsessing over appearance, then you'll give that change of direction little notice. Now, to be fair, I'm a personal trainer. It's been my job for well over a decade to get others fit. I've been in relatively good shape during this entire time though like everyone, I've had my ups and downs too. I've also had in my possession, the technology needed to achieve optimum fitness in a lean fit body; something many do not have. However, the point is not where I've been in my fitness life; the point is where you can be, and what you can achieve, at any age. Whether you're twenty-five, or sixty-five, these techniques work. The only qualification I would suggest for the majority of the information in this report is that you be somewhat seasoned at fitness and exercise. Absolute beginners should focus less on the cutting edge techniques contained here, and focus on the simple basics, then revert to this report after four to six months of regular exercise and modified nutrition plan. Otherwise, take this info and run with it.

The quest to achieve optimum health and a lean, sculpted physique is an elusive one. Though much of the information and technology needed to attain an advanced level of fitness is out there... often collating and developing the right information into a cohesive program can be difficult if not incredibly frustrating. Over the years, I have sorted through tons of information pursuant to uncovering secrets to the lean, chiseled body that seems afforded to only movie stars, models, and elite athletes. In my own quest over the years to reach an elite echelon in that realm, I have tried many techniques. Some absolutely work, and some are a waste of time at best. The criteria are simple. The techniques I apply must be healthy, as well as contribute to the loss of body fat and the addition or at least preservation of lean tissue.

The following are some specific techniques that I am convinced work to aid in the construction of an elite physique. Some may seem foreign... but that's why I'm here. If you need me to expand on any of the tips listed... please ask. I've had clients lose up to 50 pounds adopting many of these "nuggets". I have personally lost 16 pounds of bodyfat using these techniques. They work. I'm in the best shape of my life at 39.

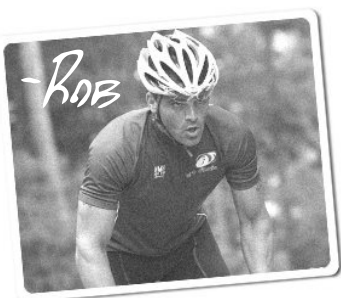
1. **Drink 16 oz. of water immediately upon wake up, and then follow with a clean breakfast.**
2. **Use an Essential Fatty Acid supplement daily, along with MACA Root, and Silica.**
3. **Eat clean nutrients every 4 hours.**
4. **Drink 1 Gallon of water every day.**
5. **Cut back on bread, pasta, and dairy.**
6. **Ingest NO refined sugar. Never add sugar to anything.**
7. **No White/enriched flour.**
8. **Avoid wheat, stick to 100% unprocessed whole grains.**
9. **Lift weights at least 2-3 days per week. Brief and intense.**
10. **Engage in cardiovascular exercise at least 4 days per week, 45 minutes minimum.**
11. **Eat within 90 minutes after exercise**
12. **Consume at least 2 teaspoons of unrefined, unprocessed, organic coconut oil daily.**
13. **Eat one handful of raw almonds and a one handful of fresh blueberries daily.**
14. **Build all meals around protein. Fish, eggs, white meat skinless chicken, whey, etc.**
15. **No pork.**
16. **Consume 20 to 40 grams of clean fiber each day from whole food sources.**
17. **Consume large quantities of fresh green vegetables daily.**
18. **Avoid wheat, yeast, and gluten whenever possible.**
19. **NEVER ingest any Trans fatty acids or hydrogenated oils.**
20. **Avoid artificial sweeteners.**
21. **If you can't pronounce it... it's probably not good for you.**
22. **Every day, break a sweat.**
23. **Use a dry sauna only.**
24. **Take digestive enzymes**

25. Consider a cleanse or fast to rid the body of toxins and help alkalize your blood.
26. Avoid complex carbohydrates after 6:30pm
27. Absolutely NO Monosodium Glutamate (MSG)
28. NO fast food or chain restaurants
29. NO high fructose corn syrup
30. Avoid any foods marketed as “Diet”.
31. Sleep at least 7 hours a night.
32. Get out into the sunlight... it has essential nutrients you need!
33. Get into juicing!
34. Keep a diet and workout journal.
35. Get a massage at least once a month... more is better!!!
36. Try to consume alcohol only once a week.
37. Cheat only 1 day a week.
38. Stretch every day.
39. Take 10 minutes every day, and focus on long, deep concentrated breathing in a calm, quiet place.

Closing thoughts.

Think you can't do these things? You're wrong. Refuse to wither away and live without purpose. Throw caution to the wind. Crave vitality, success, endorphins, virility, and passion. Throw off the stale, tasteless, bland, soulless blanket of indifference that suffocates you every day. Just walk out the door and live a completely unplanned, unrehearsed adventure. No cell phones, no email. Pack a small bag and drive to the ocean. Sleep on the beach. Walk in the rain. Ride a bike. Take a Yoga class. Shake things up. Be a kid. To experience life is to live, and it's the experience that matters. Our lives our ending one minute at a time so squeeze the life out of every second. Today is a new day. Live like you mean it. I promise you... once you begin to change... you'll be happier than you've been in a long, long time. And, trust me... you will not regret it.

Peace and long life.



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FOR A **FREE** CONSULTATION TO DISCUSS THIS REPORT AND TO TALK ABOUT YOUR PERSONAL FITNESS AND WEIGHT LOSS GOALS... CALL 328-5949, OR EMAIL ME AT ROB@ROBGOODWIN.COM



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