

MIRACLE MOVES!

*Become a Lightning Quick, Smooth Moving, High Powered, Anti-Aging Wellness Machine!
Using Only Your Body and Imagination, coupled with a Unique Combination of Isometrics, Dynamic
Stretching, Strength Training and Martial Arts Conditioning Any Person of Any Age or Physical Condition
Can Get a Complete Total Body Workout in as little as 10-15 minutes a day in the comfort of their home, office,
hotel room or backyard.*

This workout is fun, fast and highly effective.

3 “Warm-Up” Dynamic Stretching Movements

Do 5 Movements in each direction

- Traffic Cops
- Diagonal Wood Chops
- Knee Cross Hops

12 Strength & Conditioning Movements

- *Head Hang*
- Cloud Pushers (Pushing overhead)
- Rope Climbs (Pulling Down)
 - Ninja Push & Pull
 - Arm & Hammer
 - Abdominal Vacuum
 - Half Squat
 - Slip n’ Slide
- Standing Leg Curl & Kick
 - Open the Closet
 - Toe Raise
 - The Governor

The Key to success in these movements is to move slowly and smoothly. Be sure to keep the mouth open (Breathe!) and tighten the muscles against each other that you are moving. For example, while doing the bicep flex, you would actually squeeze the bicep and triceps against each other. The Slower you go and the more you squeeze the antagonistic (Opposite or opposing muscles, such as the back and chest) muscles against each other, the better will be your results! Take it slowly though please. Remember progression, not perfection, and that this is a life time life style!!!! Do this workout every other day.

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