



*Proactive  
Evolution*



# FIRST STEPS FITNESS PROGRAM

The purpose of this guide from Proactive Evolution is to provide movement, strength, nutrition and mindset concepts.



## Proactive Evolution

The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described herein.

### “If it hurts, don’t do it.”

You should never “work through the pain” because pain is your body saying that something is wrong and you should stop.

If you experience any lightheadedness, dizziness or shortness of breath while exercising, stop the movement and consult a medical professional immediately.



## BE SMART!

Make sure you get clearance from your doctor before you start any fitness program.

This movement, strength, nutrition and mindset guide is for educational and informative purposes only. This guide is not intended as medical or professional advice. Always consult your doctor or other healthcare professional before making any changes to your diet or dramatically increasing the exertion level in your fitness routine, if you have any adverse effects from strenuous activities or you are taking any medications. The use of movement, diet and nutrition to regulate any disorder or disease is outside the expertise of the author, and it is not the purpose or intent of this guide to replace your doctor’s professional medical guidance and treatment. Absolutely no health claims are made by this guide. The movement, strength, nutrition and mindset guide will not help cure, heal, or correct any illness, disorder, or medical condition. The author is not a medical doctor, registered dietitian, clinical nutritionist or psychological professional. The author is a fitness, strength, nutrition and mindset consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional or physical considerations, we urge you consult a healthcare professional.

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The purpose of this guide from Proactive Evolution is to provide movement, strength, nutrition and mindset concepts. If you do not know how to correctly perform the exercises in this guide or you need additional motivation, accountability or guidance, you are encouraged to contact us for our personalized programs.





## TABLE OF CONTENT

<b>Be Smart!</b>	<b>1</b>
<b>Introduction</b>	<b>3</b>
<b>What You Need</b>	<b>4</b>
<b>The Workouts Explained</b>	<b>4</b>
<b>Nutrition</b>	<b>5</b>
<b>The Basics</b>	<b>5</b>
<b>Mindset</b>	<b>7</b>
<b>Where to start?</b>	<b>9</b>
<b>Step 1-Assessment</b>	<b>9</b>
<b>Step 2-Schedules</b>	<b>10</b>
<b>Beginner's Schedule.</b>	<b>10</b>
<b>Intermediate Schedule.</b>	<b>10</b>
<b>Advanced Schedule.</b>	<b>10</b>
<b>Step 3-Get Started</b>	<b>11</b>
<b>Proactive Evolution Workout 1</b>	<b>11</b>
<b>Proactive Evolution Workout 2</b>	<b>11</b>
<b>Proactive Evolution Workout 3</b>	<b>11</b>
<b>Proactive Evolution Workout 4</b>	<b>11</b>
<b>Next Steps</b>	<b>12</b>
<b>Positive Role Model Fitness Program</b>	<b>12</b>
<b>Superhero Fitness Program</b>	<b>12</b>
<b>What Is Unconventional Metabolic Resistance Training?</b>	<b>13</b>



## Introduction

1

To me, exercise is usually something that I want to do, but it wasn't always that way and to be completely honest, it's not something that I always want to do. For many years, exercise was in the category of something "I have to do" or "I should do". And, being a rebellious creature, as soon as I have something that I have to or should do, I fight. The thing that switched which allowed me to have an "I want to workout" attitude was my mindset.

2

The mindset I found is the concept I call "Strenuous Play". What I mean by strenuous play is that the exercises and activities you do are done playfully and/or gamified, while at the same time requiring physical exertion. By playfully challenging yourself towards the edges of your current capabilities, you stay motivated and the process of building lean muscle, burning fat and increasing strength, mobility, power and function becomes something you want to do.

3

I seek out the unconventional, whether that's people like you, training equipment, activities or ways to move. I also like to keep mixing things up with my workouts because novelty is engaging and challenging both mentally and physically.

4

Recovery is super important! If all you did was train, you'd never get to the fitness level you want. Recovery allows your muscles to repair themselves and in the process you get stronger. Recovery allows your biochemistry to move from a state of high stress hormones to a state of high pleasure hormones. Recovery helps shut down your inner critic. Recovery allows your brain to recharge for the next challenge.

5

There are two old sayings that say the same thing in different ways. The first one states "You can't out train a poor diet." The second one says "A 6-pack starts in the kitchen." What that means is that no matter how much you workout, you need to make sure you're eating the right types of foods in the right quantity. When I was on my 100lb weight loss journey, I had a small treat every day that I hit my goals. It was only about 100 calories, and it was the only sweet "treat" I had all day, and importantly, I only ate it if I had vigorously worked out an extra 15-20 minutes. The rest of my eating consisted of lots of vegetables, lots of protein (in my case, vegan proteins), a dose of healthy fats, and a limited amount of whole grains.

In this guide I'm going to give you workouts that will help you build lean muscle, burn fat, improve your mobility and help move your fitness indicator higher. These are the workouts that I start my clients with because they quickly build fitness and get people loving how their bodies feel after a session. There's nothing magic here though. The only way you're going to achieve a higher level of fitness is through **consistent effort and by progressively increasing your exertion level over time**. That means you continue **"today after today" to challenge your body and mind**. It means that today you push yourself just a **little bit harder**. How much harder? Just 4% more! I know that in many situations it's hard to quantify what 4% is, but the basic idea is that you want to ride the channel between too hard and too easy. Research has shown that if you push yourself too hard you will build anxiety, stress and increase the risk of injury. If you don't push yourself hard enough, you'll get bored. By pushing yourself just slightly harder than you've done before, you're likely to be challenged, engaged and present, all of which will support you well in achieving your goals.





## What You Need?

The only piece of equipment you need to perform these workouts is an interval timer. There are many hundreds of apps in the Google Play and iTunes stores.

### Our choices:

Android	"Impetus Interval Timer" by Harri Ohra-aho
iOS	"Interval Timer - Timing for HIIT Training and Workouts" by Deltaworks.

If you choose Impetus, we have workout presets for the beginner, intermediate and advanced workouts already made. You can find them at:

<http://www.proactiveevolution.com/blog/our-favorite-interval-timers>

### Suggested Equipment:

- An exercise or yoga mat.
- A way to play music - music helps with motivation!.

## The Workouts Explained

**These workouts can be done anywhere (living room, hotel room, gym, outdoors, you name it) and are all between 5 and 10 minutes of exertion, with 2-½ minutes added in for rest periods between activities.** During the 5 to 10 minutes of exertion, you' ll be doing 10 different exercises that will challenge your full body. Some of the exercises may be difficult at first, either because of your level of fitness or because they' re new movements that you' ve never done before and will require practice. **Don' t be discouraged!** Instead, realize that **with practice you will improve and the more you practice the more you' ll improve.**

Here' s how each workout is organized. Perform each movement **vigorously** for either 30 seconds, 45 seconds or 60 seconds with 15 seconds of rest in between each one. Performing these movements vigorously will raise your metabolism while **keeping rest periods to 15 seconds between movements will keep your metabolism revved up.**

### Beginner/Intermediate/Advanced Circuits

<b>Movement #1-10</b>	<b>30/45/60 seconds vigorous</b>	<b>15 seconds rest</b>
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- Rest 2 minutes and repeat according to schedule.**

**Note: If you' re just starting your fitness journey,** begin by doing all 10 exercises of a workout, using 30 seconds of work followed by 15 seconds of rest, once each day for 3 days per week. Every two weeks after your start date, increase the number of times you do the workouts by one day per week. Continue until you' re doing the workouts 6 days per week. Then start the beginner program at week 4.



## Progressive Overloading

Progressive overloading is a simple but important concept in fitness. Progressive overloading means as you get fitter, you need to add more reps (volume), more time (duration) and/or heavier weights (resistance) in order to continue improving your fitness. As was discussed above, you don't need to dramatically increase how much you push yourself, and doing so is actually harmful. Instead, just push yourself slightly harder than you did the last time. Aim for a not too easy, but not too hard increase. For example, if you can get to 30 seconds on each exercise, try going 45 seconds for one or more circuits. Again, keep slowly increasing your reps, time or the weights you use.



Paying attention to what you put into your body is important, yet, all of us have a strange habit of rationalizing our actions when we do things without regard for the short term and long term care of our bodies. There are a million and one ways we rationalize... It's just a small piece...I've been good today...I already blew this with one serving, I might as well get a second...I had a hard day...I'm going to start tomorrow...

OK, it's already tomorrow several times over, so start now and keep going. You're not going on a diet, you're going on a lifestyle transformation. Like I said in the introduction, you can't out train a bad diet, so while you will reap many benefits if all you do are the exercises, you will be missing a lot of progress, and particularly progress that shows up in the mirror, on the scale and under the clothes you're wearing.

## The Basics

**Eat daily:** Vegetables (at least ½ of your plate at any meal), fruits, nuts, seeds, legumes, potatoes, whole grains, herbs, spices and extra virgin olive oil. I'm vegan, so I eat vegan proteins such as unsweetened hemp protein, pea protein, beans/legumes, gluten, and occasionally soy protein. If you're not vegan or vegetarian, fish should be on your menu regularly.

**Eat in Moderation:** Poultry, eggs (with the yolk), cheese and yogurt.

**Eat Only Rarely:** Red meat.

**Eat Consistently:** Make sure you don't starve yourself. As you gain more muscle mass, you are going to need to feed your muscles which means you'll actually be eating more food than you were in the past. The important part is to eat the right kinds of food. Again, the majority of what you eat should be vegetables, particularly the dark-green leafy type (e.g. kale, swiss chard, spinach, broccoli, beet greens, collard greens, etc.) It's OK to give yourself a wholesome treat such as two or three small squares of dark chocolate (over 72% cacao) each day, and it's also OK to have a "cheat" meal once per week.





### Avoid:

- ☒ Added sugar: Soda, candies, cookies, cake, ice cream, sugar, honey, cane juice, fruit-juice and many others.
- ☒ Refined grains: White bread or bread that is not 100% whole grain, pasta made with refined flour, etc.
- ☒ Processed meat: Processed sausages, hot dogs, deli slices, pepperoni, etc.
- ☒ Trans fats: Found in various processed foods.
- ☒ Refined Oils: Soybean oil, canola oil, cottonseed oil and others.
- ☒ Highly processed foods: Anything that looks like it was made in a factory.

To avoid these unhealthy ingredients and foods, you **MUST** read the list of ingredients.



Drink Water--hot, cold, warm, or whatever--water should be your go-to beverage. Drink at least 2 liters of water every day, and more when you're exercising. Tip: I bought a 2 liter stainless steel growler from amazon, and I fill it up each day and make sure I drink the whole thing before dinner. Unsweetened green tea is an acceptable substitute.

It's fine to drink coffee and black tea in addition to the 2 liters of water, but keep them unsweetened and stay away from the blended drinks at the coffee shop.

Avoid artificial sweeteners. While the evidence is only beginning to come out, there seems to be a strong correlation and probable causation between artificial sweeteners and the desire for sweet foods from a physiological as well as a psychological perspective.

Limit alcohol consumption to 1 serving per day, and preferably red wine for the health benefits

**Pay attention:** One of the things that I have done in the past is eat without paying attention to the way I felt afterwards. For example, I used to go to a coffee shop regularly and out of habit I would pick up a brownie. And while I ate the brownie, I enjoyed it completely. Then, starting about 40 minutes later, I would feel bad in my stomach and start to get depressed. It took me a long time before I started to connect the two. Then, I did a purposeful experiment of recording how I felt physically, energetically, and psychologically before eating. Then, I ate the brownie and paid attention to how I felt and compared how I felt at 30 minutes, 1 hour and 2 hours after eating. When I realized that the 5 minutes I spent enjoying the brownie made me feel sick and depressed for several hours afterwards, I was able to make a solid decision to not eat those brownies again. And that's how I broke my brownie habit! I know many other people have sensitivities to foods and don't ever pay attention to how they feel afterwards. Sometimes it is the result of there never being a time when they don't feel bad physically or emotionally because they're always eating foods that cause problems. Other times it's because there isn't an awareness of cause and effect.

Fill out the table below for the foods you eat. It's best if you can eat that one food by itself.

**Record how you feel on a 1-10 scale**, where 1 is you feel like you're going to vomit and 10 is you feel at the top of your game.



	Before Eating	Food	After 30mins	After 60mins	After 120mins
Physically					
Emotionally					
Energetically					
Physically					
Emotionally					
Energetically					
Physically					
Emotionally					
Energetically					
Physically					
Emotionally					
Energetically					





The biggest transformation you will need to make in order to be successful in this or any fitness transformation is your mindset. It is also one of the most complicated transformations because there are so many threads (visible and hidden) that go into the fabric of our way of thinking. Our mindset is created and reinforced by the way we see ourselves, talk to ourselves, and imagine ourselves, to the way we think other people see us, to the experiences we've had, to the relationships we've been in or are in currently, to

our education, to the expectations we have for ourselves and that others have for us, to the experiences we've had in our lives and all the way down to our brain chemistry. While our mindset is completely malleable or changeable, most of us go through life thinking that the mindset we have is normal, acceptable and hardwired. Further, most of us never question the content of our mindset. I've met people who thought that they were grossly overweight when in reality they were super fit. I've met people who saw themselves as unworthy of love or companionship or success, and as a result, sabotaged their relationships or career.

In reality, your mindset is mostly habitual and changing it, while not easy, is completely within your power. There is one tactic that has proven over and over to be effective in helping create new realities: mindfulness.

Mindfulness is a mental state characterized by being aware of the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations and making decisions from that aware state. For example, by paying attention to how foods make us feel after we eat them, we can decide that foods which don't sit well in our stomachs don't end up on our plates.. A client of mine was always putting himself down, telling me how he was unable to progress and unable to stick to his goals.

He refused to push himself physically beyond a certain point, saying that the exertion was too much for him. After delving into this with him over several sessions, it turned out that he had been ridiculed as a child because he had been playing so hard that he drenched his clothes with sweat. So, for him, exercise makes him sweat a lot, and sweat equals ridicule. And rather than changing his clothes after exercise, he decided that not exercising was a better solution. With this new awareness of his thinking, he was able to change his mindset around sweating, and he was able to increase his exertion and his fitness level went through the roof.

**If this is an area where you need extra help, take a look at the Proactive Evolution Superhero Fitness Program, where we work with you, one-on-one, to help increase mindfulness and identify the habitual thinking and activities that hold you back from achieving your desired fitness level. The opportunity to work with a health, fitness and life coach, while at the same time working with a personal trainer has proven to be one of the most successful ways to make dreams into reality.**



## WHERE TO START?

The three steps described here are explained below.

- Step 1:** Determine whether you should follow the beginner, intermediate or advanced schedule and times.
- Step 2:** Print out the appropriate schedule and all of the workouts.
- Step 3:** Get started with your program.

### Step 1-Assessment

Using a stopwatch or interval timer, record the number of seconds you are able to perform each of the 10 exercises in workout 1. For each exercise, go as hard as you can without stopping, aiming for 60 seconds per exercise (It's OK if you can't get to 60 seconds). Rest 15 seconds between each exercise.

In the space below, write down how many seconds you were able to perform each movement vigorously before you had to stop.

Exercise	Seconds Completed
1) Bodyweight Squats	
2) Jumping Jacks	
3) Renegade Rows	
4) Hip Raises	
5) Burpees	
6) Bent Over Fly	
7) Push Ups	
8) Stationary Lunges	
9) Mountain Climbers	
10) Forearm Plank	
Total (Add 1-10)	
Average (Divide by 10)	



Your Average	Follow this schedule...
<30	Beginner
≥30 and ≤45	Intermediate
>45	Advanced





Review and print the appropriate schedule. Also print the workout pages.

**Beginner's Schedule.**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sun				W1/W1	W1/W1	W1/W1/W1
Mon	W1	W2	W3	W2	W2/W2	W2/W2
Tues		W1	W2/W2	W3/W3	W3/W3	W3/W3
Wed	W1	W2	W1/W1	W1	W1/W1	W4/W4
Thurs			W2	W2/W2	W2/W2	W2/W2/W2
Fri	W1	W2	W3	W3	W3/W3	W3/W3
Sat						

(W1, W2, W3 and W4 are Workout 1, Workout 2, Workout 3, Workout 4)

**Intermediate Schedule.**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sun		W1/W1	W1/W1/W1	W4/W4/W4	W1/W1/W1	W4/W4/W4
Mon	W1/W1	W2/W2	W2/W2	W2/W2/W2	W2/W2/W2	W2/W2/W2
Tues	W2/W2	W3/W3	W3/W3/W3	W3/W3	W4/W4/W4	W3/W3/W3
Wed	W3/W3	W1/W1	W1/W1/W1	W1/W1/W1	W1/W1	W1/W1/W1
Thurs	W1/W1	W2/W2	W2/W2	W2/W2	W2/W2/W2	W2/W2/W2
Fri	W2/W2	W3/W3	W3/W3	W3/W3/W3	W3/W3/W3	W4/W4/W4
Sat						

(W1, W2, W3 and W4 are Workout 1, Workout 2, Workout 3, Workout 4)

**Advanced Schedule.**

	Weeks 1-6
Sun	W1/W1/W1
Mon	W2/W2/W2
Tues	W3/W3/W3
Wed	W4/W4/W4
Thurs	W2/W2/W2
Fri	W3/W3/W3
Sat	

(W1, W2, W3 and W4 are Workout 1, Workout 2, Workout 3, Workout 4)



On the following pages you'll find the 4 Proactive Evolution Full Body Workouts. Just follow the schedule, push yourself a little bit more each day, and reach for the stars!

### Proactive Evolution Workout 1

Movement	Work/Rest
1) Bodyweight Squats	<p><b>Beginner:</b> 30s/15s</p> <p><b>Intermediate:</b> 45s/15s</p> <p><b>Advanced:</b> 60s/15s</p>
2) Jumping Jacks	
3) Renegade Rows	
4) Hip Raises	
5) Burpees	
6) Bent Over Fly	
7) Push Ups	
8) Stationary Lunges (½ each side)	
9) Mountain Climbers	
10) Forearm Plank	

Repeat according to workout schedule, allowing 2 minutes rest between circuits.

### Proactive Evolution Workout 2

Movement	Work/Rest
1) Prisoner Squats	<p><b>Beginner:</b> 30s/15s</p> <p><b>Intermediate:</b> 45s/15s</p> <p><b>Advanced:</b> 60s/15s</p>
2) Power Jacks	
3) Renegade Fly (½ each side)	
4) Flutter Kicks	
5) Side-Center-Side Thrust Burpees	
6) Bent Over Row	
7) Wide Hands Push Ups	
8) Alternating Forward Lunges	
9) High Knees	
10) Straight Arm Plank	

Repeat according to workout schedule, allowing 2 minutes rest between circuits.

### Proactive Evolution Workout 3

Movement	Work/Rest
1) Sumo Squats	<p><b>Beginner:</b> 30s/15s</p> <p><b>Intermediate:</b> 45s/15s</p> <p><b>Advanced:</b> 60s/15s</p>
2) Superstar Jacks	
3) Alternating Bent Over Row & Fly	
4) Leg Raises	
5) Double Squat Burpees	
6) Superman	
7) Diamond Push Ups	
8) Alternating Reverse Lunges	
9) Skater Hop	
10) Forearm to Straight Arm Builder Planks (Alternating each side)	

Repeat according to workout schedule, allowing 2 minutes rest between circuits.

### Proactive Evolution Workout 4

Movement	Work/Rest
1) Single Leg Romanian Deadlift (½ each side)	<p><b>Beginner:</b> 30s/15s</p> <p><b>Intermediate:</b> 45s/15s</p> <p><b>Advanced:</b> 60s/15s</p>
2) Half Squat	
3) Birdog Crunch (½ each side)	
4) Crab Raise Kick Ups	
5) Superstar Burpees	
6) Side Hip Raises (½ each side)	
7) Alternating Diagonal Hands Push Ups	
8) See-Saw Lunges (½ each side)	
9) Single Leg Hop (½ each side)	
10) Beast Planks	

Repeat according to workout schedule, allowing 2 minutes rest between circuits.



## Next Steps

The Proactive Evolution First Steps Fitness program is 100% equipment free and includes foundational movements that build both strength and function. The foundational movements you learned here will serve you when you move on to our more advanced programs. When you' ve completed the 6-Week First Steps Fitness Program, you' re ready to add some resistance to your workouts. **Our two advanced programs use Unconventional Metabolic Resistance Training (UMRT) to take you to the next level and beyond.**

## Positive Role Model Fitness Program

The Positive Role Model Fitness Program is just what you need to push yourself a little bit harder. Our 12-week program will help you see just how far you can go towards transforming your body and mindset so you can be a fitness role model.

### You get:

1. A huge library of exercises using bodyweight, unconventional freeweights and stability equipment.
2. 36 Different UMRT Workouts..
3. 12 Week Workout Plan.
4. Nutrition Plan.
5. One-on-One Pre-transformation Assessment and Goal Setting.
6. Daily text messages to help remind you of your goals and keep you motivated.
7. Monthly One-on-One Transformation Coaching to keep you on-track and successful.

## Superhero Fitness Program

The Superhero Fitness Program is the ultimate weight loss and fitness package. Everyone loves a superhero, and with this 26 week program, you' ll soon be "leaping tall buildings."

### You get:

1. A huge library of exercises using bodyweight, unconventional freeweights and stability equipment.
2. Over 78 Different UMRT Workouts.
3. 26 Week Workout Plan.
4. Nutrition Plan.
5. One-on-One Pre-transformation Assessment and Goal Setting.
6. Daily text messages to help remind you of your goals and keep you motivated.
7. Weekly One-on-One Transformation Coaching to keep you on-track and successful.
8. Monthly Transformation Assessments.
9. Exclusive Facebook group to ask questions, get support, post results and be part of the EliteProactive Evolution Superhero Tribe.





## What Is Unconventional Metabolic Resistance Training?



Unconventional Metabolic Resistance Training, or UMRT, builds on the foundational movements you've learned here in the First Steps Fitness Program. UMRT takes those exercises, adds a few twists and combines them with badass, unconventional freeweight implements (such as kettlebells, steel clubs, steel maces, suspension trainers, TRX Rip Trainers, slam balls, medicine balls, sandbags or waterbags, slosh pipes, battle ropes, and more,) along with cardiovascular exercise into multi-joint, multi-muscle, multi-directional movements.

UMRT is very different from conventional strength training. Conventional strength training is what you've experienced if you've ever been in a mainstream gym. On the resistance training side, there are lots of selectorized machines (e.g. insert pin to set the

weight.) These large machines generally restrict motion to a single plane of movement (e.g. everything happens in a straight line, such as the triceps extension or the leg curl.). By restricting movement to a single plane, the need or ability to engage the smaller, yet very important, stabilizer muscles is reduced. When that happens, you build strength but the functional part is missing. Even when free weights are used (e.g. dumbbells and barbells), the standard exercises generally only act on a single joint and also in only one plane of movement. Again, this type of movement builds strength, and while there is stabilizer muscle recruitment, there is, again, little in the way of functional strength. Think of things like leg extensions, barbell curls, bench press, etc. One muscle or body part gets worked at a time, and almost always in the same manner over and over. (e.g. 10 dumbbell curls.) None of these exercises really match real-life situations. For example, when was the last time you picked something heavy up off the floor in the same way you'd do a barbell curl?

On the cardio side of things, with conventional training there are machines like treadmills, elliptical trainers, stair steppers, etc. You hop on and slog it out for an hour, doing the same motion over and over. Unless you're already a superhero, you'll likely get bored really quickly. And what's worse, most people get on these machines and workout at the same pace (aka steady-state exercise), and usually at too little exertion.

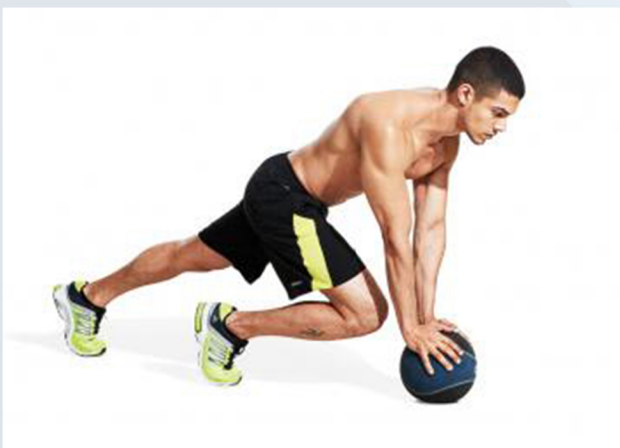
The outcome of conventional training, which most of us have learned from the media, is to look like a bodybuilder. As a result, the weight lifting programs that most men find for themselves are based on what is called hypertrophy (the technical term for growing big muscles) even if that's not really the goal that they have in mind. Unfortunately, this focus on body building also means that many women avoid lifting weights, either because of media representations of fashion models (an "ideal" physique that is super thin, but has stick-arms and stick-legs) or out of fear of growing too muscular.



The reality is that few people want to be body builders, with bulging muscles and the hours upon hours of workouts it takes just to get there. With my years of experience, what I've found is most people really just want is to be strong, fit, powerful, stable, flexible and durable, and they don't want to spend several hours every day exercising.



### **Unconventional Metabolic Resistance Training (UMRT) gives you all of what you want.**



You'll have strength, fitness, explosive power, stability, flexibility and endurance for the long haul while keeping the amount of time you need to spend working out to a minimum. Because strength and athleticism in the real world requires a different kind of training, our UMRT programs combine resistance training (bodyweight or unconventional freeweights) and cardio into each exercise. You'll engage multiple muscles over multiple joints and on multiple planes. Rather than lifting heavier and heavier weights, which wears out your joints, you'll be moving unconventional implements that build strength from the core out. You'll be lean and fit like never before--ready for the real world!

And, as an added benefit, the Advanced Proactive Evolution UMRT Programs are designed so you can workout with a friend, even if you are both at completely different fitness levels. We actually encourage you to use our programs with a friend because we know you'll get more out of it than if you only worked out by yourself.