

PHYSICAL FITNESS WITHOUT WEIGHTS

A man's guide to staying fit during confinement

There is no doubt that scheduled, deliberate and targeted physical fitness training routines enhances our body's strength and flexibility and also ensures the health of our immune system to defend our body against disease. Being sedentary is toxic and eventually leads to illness. This applies to men and women everywhere although the following routines are addressed to men.

Whether you are confined in your home because of the pandemic of COVID-19 or whether you have no privacy at home except in your room or whether you are confined behind prison bars, the following physical fitness workout schedule has been prepared for those of you who wish to stay physically fit.

No investment is needed for exercise equipment.

B.P. EMMETT, PhD

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ABOUT THE AUTHOR

Dr. Barry P. Emmett, II has obtained his PhD in Health Science and Nutrition. He has also earned certifications as a Certified Natural Health Consultant and Fitness and Nutrition Consultant among other certifications. He writes and teaches about the importance of taking charge of our own health by focusing on lifestyle changes that need to be made based upon holistic treatments focused on improving the health of our whole being: body, mind and spirit. He teaches about and encourages self-awareness of how our body functions and the importance of cleansing our gastrointestinal system of dietary and environmental toxins by changing our diets and lifestyle to safer and more effective natural nutritional diets. This includes teaching about the use of vitamin & herb supplements before relying upon conventional, medical treatment.

He is also a Physical Fitness coach who teaches the importance and role of various forms of exercise that heal and strengthen the body for optimum physical and mental fitness.

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INTRODUCTION

IMPROVISE YOUR OWN PROPS:

SIMPLY PREPARE A BAG, SOME BOOKS AND A BAR

I. SHOULDERS AND BICEPS

- a. Using an improvised small weight, you can focus on the side and medial heads.
- b. After 3 sets, you can then target the front deltoid and lift directly in front of you and lock out.
- c. Then you can find some large books and do your side lateral raises.

For more advanced individuals, you can start with single raises of each arm and go directly above head like you would if you had a complete bar or dumbbell, all with a simple bag of books. Note too, that I like to take some of the books out, for the front raises, in order to avoid damaging the rotary cup or front medial head which is far easier to damage than one might believe. In fact, this is why I only advise on one motion for that front head, but if you believe that you need further exhaustion then rock out with that large book.

Something else I have not listed or drawn is the fact that it seems that the shoulders are more focused upon when you wrap your wrists in order to limit motion. Any alternate movement will take away from the focalized motion.

You can work on biceps on the same day or separately, but since a lot of initial movements involve the usage of the biceps, you might as well exhaust it all at the same time.

You will find illustrations included that do not start in that manner, however and what you should actually first perform is, single arm curls with one foot elevated at

a time. This operates on the principal of "blow-it-up" then "cut-it-up." This better executes full exhaustion. I also did not list the benefit of the switching of hands to wide and overhand on the last set of curls. This targets that same principle of hammer curls, which is the elongated head. This will also assist targeting the forearm muscle as well.

II. BACK

- a. What you want to do is to focus on the "upper-wide grip;" then focus upper close underhand grip.
- b. Then you attack the lower back with the same motions; same amount off sets and repetitions.
- c. Next you target the individual lats doing what is called "lawnmower rows."
- d. You then take your improvised home-made weight bag and your home-made bar and work out "upper bent-over-rows and complete 3 sets of 25 each.
- e. Reduce weight of bag, if you are not exhausted, and do three 3 more sets of 15 to complete exhaustion.
- f. Finally perform your lower back exercises. Make 2 simple up and down motions that will assist and strengthen your lower back for sitting and driving etc. (what your magazines call "good mornings."
- g. If you have it available, you should actually find somewhere to fasten your body and place hands on head and secure feet underneath a table, so that you can add more body weight to that issue at hand.

III. CHEST

On day one the focus will be on the chest. The idea is to work the upper chest and then move all the way down to the lower chest. Those of you who believe that you can bench so much weight, will be greatly surprise when attempting to raise your feet up to a table height, then compress all the way down to 4 inches below or 4 books. This is also consistent with the people that I have watched over the years and believe that 1000 little bunny hop push-ups equate to actual push-ups. They do not and never will. Similarly, for those who believe they are so advanced in their

physical fitness that a push-up workout is a waste of time, I challenge you to perform all the work outs that I have listed herein and then start it all over again, placing the width "body distance," focusing on the interior of the chest. Now think you really got something? Try it all over again and do what is called diamonds.¹ The workout will leave you exhausted if you go up and down and lockout for each repetition.

IV. TRICEPS

- a. Find chair or bed and simply get your hands secure. Have legs up first then compress to where you go up and down for full contractions. Three (3) sets of twenty-five to about fifteen (15). You should vary with the amount of force. Therefore, twenty-five (25), twenty (20) fifteen (15) are good numbers to start to lessen the force. (Prison: place feet on toilet or mattress to make more difficult.)
- b. Then, secure legs on ground and you will complete three (3) more sets of one hundred (100), seventy-five (75) to fifty (50). All of my numbers are just starting points and each person will have to find their own individual point where they will feel the triceps getting worked and exhausted.
- c. You should then burn out with three (3) sets of what are called "Skull-crushers"² and this will simply take a sink or table. Spread your hands about shoulders wide and then go below the sink or table and keep elbows in. Many people I have seen over the years will cheat themselves in making their elbows wider so as to ease the stress and also the pain of the exercise. If executed correctly, these last 3 sets, mentioned above, will exemplify the fact that you have burned out your triceps all without any weights.

V. LEGS

All you need to do is single leg steps where you bring your butt down to your heels and then come in and lock out for the full quadricep contraction.

¹ Diamonds – index and thumbs on both hands shaping of a diamond. Focused on inner sanction of pectoral musculature.

² Placing hands on table, desk or sink; then taking your head directly below that level. It is called "Skull-Crashers" due to the fact that it is so easy to hit one's head on desk, table or sink during the execution of motion.

- a. Do each leg for 10 sets. 10 reps or fifteen.
- b. You then need to do both legs and take your improvised home-made bag and push up against a wall. 3 sets for reps that can be 35, 30 then 25.
- c. You will last take 3 sets and use both legs up and down with your elbows touching your knees so as to let your body know when the full contraction is completed.

VI. ABDOMEN

Now look at the abdominal illustrations.

- a. What you want to do is to exhaust your upper abs then your lower abs.
- b. Then do the same with your upper and lower obliques as well.
- c. Burning out with 3 last sets of mini crunches is the only place I will advocate the cheating mechanism for your abs. The abdominals will be already severely exhausted by the time you are at the last 3 sets.
- d. On (a) be sure to cross elbows to knees; ex: right elbow to left knee; left elbow to right knee. Hands on top of head. Touch left to left 2x (direct frontal crunch) then start back with crossing motions.

VII. CARDIO

The last round can simply run for an hour to 45 minutes.

This is a complete workout and entire body plan that is over the course of 7 days.

This takes little to no weights to accomplish and can be done in your home or office, hotel room or prison cell while using items that are readily available anywhere. If you are traveling and do not have access to a fitness center or prefer not to use one, carry a band or rope so that you can secure it to some form of item that will allow you to perform your back exercises.

NOTE: It is important to realize that you should not be doing push-ups every day, back to back. This will wind up damaging your elbows and as well your wrists. You will also wind up damaging your shoulders in the long run as well from excessive motion. In fact, this is one area that I do not recommend exhaustion. If you perform

the complete back and chest program as listed, this will drastically use your shoulders, so you will not want to target them any further, since you could damage your rotator cups. Once you damage your wrist or shoulder rotator cup, this can set you back for weeks or even months in getting some form of healing. It is therefore, not worth trying to get the definition on the shoulders when it may be obtained along with weeks of limited or no movement what so ever. Be forewarned since I am speaking from experience.

VIII. OXIGENATION

I am listing this last yet it is one principle that you will need to execute and learn to the extent that you simply develop a habit.

- a. Breath in through your nose before you start your motions
- b. Breath out through your mouth when you execute your rep.

Your muscles must absolutely have oxygen to grow and also to have the nutrition of ample blood flow inside those areas. This is your best all-natural way to grow and have your muscles grow along with everything else. It is also much of the principle of no supplements.

- c. Vaso-dilation is better than any pre-workout supplement.
- d. Be careful using any supplement prior to workout. I damaged myself as a child using simple creatine³. This supplement will allow you to have energy that you would not have without. It is better used when you are through than without.
- e. If you are in shape you will not need any form of precursor anyway.
- f. Always remember that injuries can take a long time to heal, therefore always be careful what you do.

Another misconception I have found, is that fast workouts will be better to burn fat, etc. Actually, that is not the case. A slowly executed, focused repetition allows me to see and feel exactly what is working well or potentially causing damage.

Focus on breathing to the point that it becomes second nature during your routine, nice and slow. All of the above can be performed within 15 to 20 minutes each day.

³ Most weight gain in this is water weight

So, there is no one excuse that you are too busy anymore. Remember the importance of staying in constant motion or otherwise it will take years to undo any damage that will surely occur to your kidneys and liver if you remain stagnant and motionless.

UNDESTANDING THE AUTHOR OF THIS FITNESS INSTRUCTION

I started to study physical fitness in 1998 and received my certification to train 12 years later. I then completed medical science studies in order to become the best trainer in the game.

How do you evaluate how much protein you can assimilate?

Answer: You first see how well your metabolism is operating.

How do we do this?

You start by getting comprehensive thyroid panels⁴ in order to see if all internal functions are as they should be. Note that a large portion of the population over 30 will almost always have some slight issue with their thyroid). As a matter of fact, a number of the people I personally know over 70 years of age, seem to have thyroid nodules which indicate potential blockages in their thyroidal receptor sites; therefore, what I am talking about is important to understand and is not just related to your exercise routine.

Got a slight issue with depression?

I have news for you, that could be related to that tiny gland in your neck called the thyroid, which gives us reason for starting our evaluation with the thyroid which is the most critical gland affecting the whole body.

⁴ On t3s alone

In my youth, I thought drugs would elevate my mind. Today I know that the actual truth about elevating my mind state is to simply ensuring that my metabolism is functioning at its optimum level. That is the most effective solution to ensure the optimal function of body and mind begins at the thyroid.

I studied toxicology for several years and did some extensive research on the subject. That subject was all about learning what can throw my metabolism out of order. Many hygiene products, packaged foods and food additives and preservatives will negatively affect our metabolism. I studied how many of the proteins may negatively impact our cognitive function and inhibit the thyroid's function.

When I was 30 years old, I weighed about 235 lbs. and my arms were 18 inches. I also had internal congestion and got sick each and every year.

Today at 43 and I have not been sick in over 11 years. I have learned to control my body and mind and I am able to teach you how to do the same thing.

I was never a drunk, but I was a social drinker. Today I also know that some genetically modified foods can be utilized inside drinks. Yet, the after math of intestinal burning will actually cause long term damage to your entire body, not only through your organs but to long term cognition as well. You will literally lose your ability to assimilate what controls your mental capacity. (I have written numerous articles on how GMO wheat will burn your small intestinal villi.)

In the last ten years I have also researched the proliferation of cellular damage which turns into cancer that ultimately metastasizes, thus destroying your body. So many of the products that will get you big and swole⁵ and jacked up for precursor,⁶ and will damage you for a lifetime in the same process. Therefore, while you are building a rocking body, you may also be setting yourself up ultimately for a lifetime of physiological and neurological damage.

I have watched and studied all the great body builders from Kevin Levrone; Arnold; Dorian; Coleman, etc.... Still, I have yet to read about any of them take it upon

⁵ US dialect form of swollen or swelled especially about a man's musculature

⁶ Reference: Read Dr. Degroot's discussion of small intestinal villi damage

themselves to learn about medical science so that they would no longer depend on others in white coats telling them that they are physically damaged or dying.

Let's look at Mohamed Ali and Lou Gehring. They both had neurological conditions. So does Michael J. Fox. I do not remember hearing that any of them had treatment other than traditional medicines.

GMO wheat and any cross contaminated product will slowly destroy your small intestine to the extent that you will absolutely not be able to assimilate the nutrients that benefit your body.⁷ Your physiology will be adversely affected, diminishing your cognitive ability resulting in dementia. Did you know that, 30% of what you have consumed will not even be processed until you sleep?

The moral of what I am getting to is that it is entirely foolish to learn how to have a rocking body without learning to have a rocking mind at the same time. That is the magic pill that I want to sell you today. Take personal control of your body and your mind alike. True physical fitness includes both body and mind. Do not accept anything else in your approach to life. I can teach you how you will be able to start this journey coordinating mind and body fitness.

In 1992, I remember watching a documentary about KORN and lead singer Johnathan Davis. His actual voice and songs did not add up. He had some serious mental issues and carried around a bottle of liquid Prozac.

Guess unless someone puts it out there one will never know, but I was a similar damn fool and victimized by white coat syndrome. However, now I have not been on any psychological medication in the past 11 years. I have since also learned about toxic metals in our environment and about natural or added chemicals that may pollute our water supply occasionally or often depending upon the condition of pipelines and water treatment plants which in turn can cause psychological problems by negatively affecting our minds. The worst-case scenario of the effects of toxic chemicals in our body is what is called lymphoma or cancer and destroy our metabolism and our life. It took me Several years of research along with engaging in writing numerous articles for my health science studies, to come to this epiphany.

⁷ Nor protein

How much protein can we assimilate in our body at one time? The general consensus is that you can get nearly 50 grams of protein in our body per one-hour period. But what if our thyroid is off? You have to fix that first before you can get control of your physical fitness. As you can see both of these factors intertwine in order to become the best you can be both physically and mentally.

Most of the discord we experience is through blatant acceptance of what people state or see on TV or heard on the radio or internet, Twitter or Facebook. My epiphany occurred when I began questioning all that I knew and all that I heard. It was only then that I really woke up and started applying aspects of my newly acquired knowledge of endocrinology to all aspects of my life. The optimum function of the liver, the kidneys, the heart all require the thyroid to be functioning at its best. Sadly, most regular bloodwork misses testing triiodothyronine. Your doctor would have to request a comprehensive blood test which may not be covered by insurance. I am a certified medical billing specialist and know that there are two standards formulaic and non-formulaic. Insurance will not cover non-formulaic requests unless justified by your medical provider. Similarly, Natural Hormone supplements will not be covered. Major pharmaceutical companies bribe their medical providers with incentives to prescribe their products.⁸ Levothyroxine will provide T4 preparations which then has to stress an already stress out system and convert back to operational⁹ and usable T3s or what is known as triiodothyronine.

How are we targeted in ignorance? In perpetuity.

With all my health science education I am still baffled by this current coronavirus issue we are dealing with all over the world at this time and here is why.

- a. Pneumonia is completely contagious.
- b. Contagion can be passed around from kissing.
- c. If you touch something that an infected person has touched you will be contaminated.
- d. Dallas county at this time has 9 confirmed deaths from Coronavirus.

⁸ Reference from publication by Mary Shaman

⁹ Reference: Dr. Lawrence Wilson on "Hair Analysis a new generation of science"

- e. What is not mentioned in the news is that there are plausibly many more deaths from pneumonia and flu, than what is a purported pandemic.
- f. Unless you are talking directly with someone who is infected with this virus, the mask will not make much of a difference.
- g. Washing your hands often and especially after coming in contact with anything adverse or foreign is critical. (20 times daily at least.)
- h. For many years I wore leather gloves everywhere I went and this is a good habit to get into and more effective than even the masks.

Your metabolism and immune system are conjunctive. They are one and the same and go hand in hand. I have written several articles on that subject alone and highly recommend reading those in order to better understand how our body works and what we can do for ourselves to ensure our own health by being physically and mentally fit.

The moral of the story is that all of life is a puzzle and understanding how we can work at ensuring our own mental and physical health is but part of the puzzle.

May grace and light find each and every one of you. May this information spark enlightenment and guide you to a more productive and healthy life.

I

DEVASTATING THE CHEST

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1

DEVASTATING THE CHEST

I. ADVANCED DEVASTATION

On page 7, I listed a basic chest routine that is between elevated sets of books about four inches high, at the very least. What I will now address is how to literally destroy the chest (meaning tearing it down and making visible gains; and do not be fooled that repetitive motions in the same area will be good and take the soreness away. The soreness is indication that the chest is properly broken down)

On page 17 of the illustrations, I listed ten sets. Each 3-set period, 30 seconds rest, then 2 minutes rest between the next 3 sets (last 4). Now, I want to add to the folks that feel or believe that they are not sore and the exercise is insufficient.

Try doing this same technique and get the books together now about shoulder width instead of wide. Do the entire ten sets again after about ten minutes rest between the last ten sets that were wide.

Now start back over again and do another ten sets wide, while wrapping up your wrists and doing them on books, yet while on your knuckles as well.

Then repeat, ten sets again, using closer settings again.

Last, is where I indicated using "diamonds," which is where one takes their thumb and index finger and makes a diamond shape for their hand setting.

II.

I have seen over the years where people complain that they cannot get sore or feel as if they obtain a beneficial workout while doing only pushups. So, I have listed how one can indeed get sore each and every time, while using no weight what so

ever, Done correctly, this will work each and every time and will get one sore and feeling exactly where it is working. Each individual level and each individual alteration to the hand position change will work a different place on the chest area.

People need to note that while doing this alone, they need to refrain from struggling on upward motions since differentials will damage the shoulder. What I did in the past years is work with one or more partners on the ground and assist them upward on "rise" to execute full exhaustion. What I recommend for people by themselves, is to use one arm and focus on weak side using slowly executed motions. The main thing to remember while doing all of this is:

1. Breath in through your nose, then out through your mouth.
2. Focus on "form". Nice and slow.

III. ODE TO CHARLES GLASS

Charles Glass, one of the champions of bodybuilding and trainer to the stars is only about 5'6" tall¹⁰. Not a big fellow. He always uses a belt when not even lifting weights himself. Know what that indicates to me? That he has made numerous mistakes ¹¹and has learned from those mistakes and is well equipped to teach someone else how to make gains in physical fitness without suffering injuries.

This is what I wish to convey to you today. Slow down and focus on form.

I personally tore my chest at the age of 17 and it has never healed doing 320 on decline. Both my shoulders are damaged and so are both my wrists. Breath, form. Breathe in when going down and then exhale when coming up.

IV. MYTH: WORK OUT THE SAME MUSCLES IF THEY ARE SORE

Truth: The soreness indicates that you have broken down the muscle and it needs to heal. If your upper body is sore and you wish to still get on your workout, focus on the areas that are not sore (even if it is only the lower body).

¹⁰ I am guessing

¹¹ Meaning injuries

The routine I have listed on main written paper never does push/pull on same day as this can damage your elbows and also damage your wrists as well.

V.

First, I have listed one routine for major muscles, but I have not listed multiple variations for the chest that will ensure you shock the musculature differently each and every time. Focus on the areas that you feel were not hit hard enough at the last workout.

Second, I want to add that I have an extensive physical fitness and nutrition education and background that prepares me to be one of the best trainers in the world;¹² so, whoever stated on the internet that the “thymus gland ceases working when you get older,” is a fool! The thymus gland is the largest lymph-node in the body and while it may shrink in size with age, that will not render it any less important as your internal cleaning mechanism.

The lack of circulation in this area is what and why individuals developed solidified “garbage” internally. If one will focus on lymphatic circulation and removal of processed foods from their diet, then internal garbage will not accumulate inside the body, especially in the chest and breast area.

I heard somewhere that Serena and Venus Williams’ father was having a strange issue with his chest, which reminded me that if an individual does not focus on the physical fitness of their whole-body, then they will have issues internally.

1. Yoga alone will not suffice...
2. Body weight exercises alone will not suffice...

...which is why I have listed where one can improvise and make their own small weight and execute what needs to be done. The reason I mention this is that soft tissue and hard tissue HAS TO BE CIRCULATED AND BODY WEIGHT ALONE WILL NOT ALLVIATE INTERNAL GARBAGE OR DISCORD.

¹² Stimulating the thymus and lymphatic system is critical for women to prevent breast cancer

(A treatise on differentials of hard tissue and soft tissue are listed in my suggested readings of my publication "How to analyze your health by looking in the mirror).

Flux or constant circulation of the body is the only thing on earth that will get "toxins" out of the body. Therefore, anyone trying to sell you some pill or drink will never alleviate what is malfeasant inside of your body.

Focalized exercise and good old sweat are the only thing on earth that will work.

REASON: The last toxicology test that I executed showed massive levels of arsenic, antimony, cadmium, and aluminum. I had so much of those toxins in my system that the displaying graphics were off the chart. It has been reported that anti-oxidants will get rid of those toxins. I can tell you from experience that those alone will not suffice and while I was executing that same chest routine I mentioned earlier, I could actually see the toxins coming out of my body, all the way down to my fingers. I would be doing the book chest routine and my fingers were literally swollen with the toxins coming out. So do not believe one word of advertised "magic pill" that will get rid of toxins. The only thing that will indeed work is to get on the floor and sweat profusely.

CAUTION: I Absolutely do not advocate "sweat¹³ boxes." I do recommend physical fitness exercises where one can easily breathe. Also, do not wear any form of mask while doing any of my suggested routines since unobstructed breathing is absolutely critical to form sweat and induce proper circulation.

VI. HOW TO MAKE GAINS

I listed a routine but still have not touched on one of the most important issues that I need to address, which is how to make gains, via protein and carbs, etc. What I can tell you from being 235 lbs. with 18-inch arms at my prime, is that getting big has more to do with what you consume during, after and also while you workout. One can assimilate nearly 50 grams of protein while on a per hour ration, so always have ready a non-additive protein shake for usage after workout and also during your workout. Casein protein powder is slow digesting; so, this is product is

¹³ Especially mentioning the clowns that purport "wellness therapy" of the type of Indian sweat lodge which actually caused the death of several people some time ago. When sweating, you must have sufficient oxygenation to love and breath. RIP otherwise.

great to use all day and also for night time usage. Again, note that 30% of what we consume is utilized at rest or bedtime. So always incorporate both whey and Casein protein powder. I have also started advocating usage of meat-based protein and also collagen. (I am currently researching "collagen protein." There currently is a lot to add on this subject alone).

Ready Casein while exercising. Ready whey for after you exercise. I will also remind you that I damaged my chest when I was young using creatine before workouts. Therefore, while those products are beneficial, they are best used after your workout. Nothing should be needed before your workout except natural vasodilation. I have addressed this subject in "SUPPLEMENTS TO INCREASE METABOLISM."

Chest and back are both areas that will easily get used to the same old routine, so remember to alter or variate your hand grip. Even the slightest alteration on width will drastically alter what and where you are focalizing on, so always change at least one place and when and where you start hand-grips; alter and variate sets and reps to also confuse your muscle memory. Changing the routine itself is un-necessary, simply make slight alterations that will ensure that you do not delve into the mundane. Hand grip alterations and width alterations, are always to ensure that you indeed do not get used to the same old proverbial "song and dance."

VII. FOR THE SINCERELY ADVANCED INDIVIDUALS WHO HAVE NO ACCESS TO WEIGHTS.

Ten years ago, I was thinking about how to simulate barbell presses for the chest when you have no access to barbell, so here it goes:

Take a mattress or something similar that will elevate your body and take the weight bag (bag of books) that I have shown you in the illustrations enclosed.

Now take each arm and use for single arm simulated dumbbell presses using that bag of weighted with books. Prison: Roll up mattress¹⁴ and lay on top. Take homemade bag for single arm chest, press; or, try "fly"

¹⁴ A rolled-up prison mattress is near the same elevation as a gym bench

With each arm vary 3 to 5 sets

Rep down from 15, 12, 10, 8, etc....

VIII. NO NEED TO FORCE OR OVER EXERT YOURSELF WHEN YOU ARE ALONE.

I have listed in all variations on fitness what I will call my "cascading principle;" start with a number like 15, then "cascade" downward to 12, 10 and 8. Similarly, 25, 20, 15. The whole point being that you want to hit the first set hard then exhaust using smaller numbers of repetitions. This will alleviate having to use partners or spotters and still exhaust those areas to full and complete exhaustion.

Always employ the principle of "breathe in on force and breathe out on completion of motion."

Your body and muscles cannot and will not function if you do not have oxygen inside of them. This is done by filling your lungs before you do the force motion. Therefore, make this a practice like any other. In fact, this is as much a yoga technique or martial arts technique called "Kata." Kata in martial arts is form, technique and breathing. Think of Mr. Miagi in the movie 'The Karate Kid' and you visualize that you can make your fitness routine both Kata and Yoga at the same time. Both are simple breathing routines, so get this down to a science and you will assist your body with its growth and recovery as well.

One will need to note that this information is being compiled in various parts. I will also provide actual diagrams that will show where to place your hands and also how to wrap your hands as well. One will need to note that wrapping your wrists is actually what I deem to be critical for both:

1. Focused attention into the chest and lessening the usage of the arms in the process.
2. Ensuring that damage is not incurred to the carpal or what is also called the medial nerve, centered in the middle of the wrist area. While some younger individuals may not care right now, usage of wrist wrapping will ensure alleviation of any future potential damage. To all that I have trained in the last 20 years, I have

mentioned usage of wraps. Again, I will remind you that injuries take months or even years to repair and ensuring that you use a simple wrap can and will protect and help alleviate injuries before they even occur.

Moral of the story is that "it's your body" use the benefit of wraps or don't and bear the consequences.

The next area that I will address is the back and this area like legs is one of the most critical to be well developed for all of your life. It is also the largest and most difficult to hit all areas well.

IX. MUSCLE CANNIBALISM

Another important principle that I would like to point out is what is called "Muscle Cannibalism." If you exercise too heavily and do not replace that protein, then your body will attack itself and take stores of protein off already existing muscles. So, it is imperative to add the needed protein in order to replace and balance needed protein stores.

You should be consuming about 2 grams of protein per pound of weight on your body and for the rebuttals of kidney damage which would only happen if you are sitting around all day long and do not engage in any physical exercise. If you are physically active then eat all the protein that you want with the exception of peanut butter.

Peanut butter is in the class of foods called goitrogens and will shut down your thyroid metabolism. Moreover, the FDA allows $\frac{1}{2}$ gram of trans fat to not be listed on any containers and most all peanut butter containers will have that $\frac{1}{2}$ gram of undesirable fat. Someone recently mentioned gaining excess weight in the last two years who is in their 20s and has probably been using peanut butter in their calculations of daily protein intake. Take that peanut butter off your list of Beast Mode calculations for fitness.

Carbohydrates on the other hand are good for the restoration of energy, but I would find and locate a source other than rice. I personally recommend avoidance

of rice or if you must have one portion per week. This will avoid having to “work off”¹⁵ any excess carb later on in the week.

Concerning carbohydrates, such as rice, is the fact that it seems to contain obscene levels of arsenic, cadmium and lead. How and why, I will not even get into at this time, but look up the history of Tufts collegiate drafts for the years 2019 and 2020 and you will see what I am talking about for yourself.

I studied endocrinology first while doing doctoral research and what I can tell you is that all that we bathe and wash in shuts down our metabolism via the thyroid, pathetic but all too true. I have also written about why chlorine is a scam and fluoride as well. Fluoride is promoted to fight cavities but shuts down the parathyroid¹⁶ and coagulating calcemic function. Both of these substances will alter how your thyroid and parathyroid operates. I have not used fluoride toothpaste in over five years and have now had less issues with dental hygiene than in any other time period in my life.

Last, I will simply emphasize that almost all you read on the internet and print should be ignored. If you wish to really learn then obtain what is called a treatise, which is a formal and systemic written work on a subject. Reading these in-depth studies and applying what I have learned from my own experience is how I learned, so if you see something that sparks your interest then study that issue in depth. Study, check and recheck what you read and ensure that you understand the subject matter in depth.

X. CONCLUSION

The conclusion to the chest is this: sometimes one will not have the energy to execute the entire workout I have listed herein. So, what I would advise is that if you breakdown your workout into morning and afternoon, it would be a more beneficial to the production of physical energy than consuming products that are unnecessary carbohydrates that will ultimately damage your body in the long run.

¹⁵ Deadly levels of toxic metals are starting to infiltrate rice crops. Avoid rice altogether. Don't just believe me, do your own research.

¹⁶ The parathyroid controls calcitonin. Calcitonin controls calcium regulation. NOTE: High blood calcium actually means low bone calcium. The Hair Analysis test for calcium is a better one than the blood test.

So, follow half of the workout program that I have shared with you here, and do that in the morning; then, set up a time period in the afternoon where you complete the rest of your workout.

Example: For the chest will be the altered positions for hands and book; or, do all your knuckle push-ups during the morning since people believe that these are more difficult. Likewise, break up your back routine where you are doing your upper back in the morning, then your lower back at a later part of the day.

Similarly, to the above example, execute the legs routine by performing the heavy part in the morning and then do your simple two-legged squats in the afternoon; or switch it up with that heavy part of your routine to perform at night to where you can lay back and rest after our day is finished. We all learn differently so we can easily choose how we approach our workout routine and still benefit accordingly.

When approaching your shoulders and traps workout routine, I have found that saving the trapezius shrugs until the later part of the day would be more beneficial. You do not want to be have to sit at a desk all day after traps is done. After performing the "shrugs" you will want to be done with your workout routine.

Numerous diet and supplement plans fill hundreds of pages of information in print and available on the net. I was asked recently to write a dietary plan and the best advice I have is, stop the peanut butter and obtain a medical encyclopedia for yourself. I cannot stress enough the importance of striving to become your own physical fitness trainer, dietician and doctor.

Your body is a living mechanism that operates like a machine. How each machine operates will only be slightly different than the next. Similarly, with our body, there are physical fitness routines and diets that will fit everybody's different needs; however, learning what is right or wrong for your personal body takes many years of personal evaluation and study as well as trial and error.

What I wish is to inspire all who read my articles is "thought." Nothing more and nothing less. If you read or see anything that inspires your thoughts about your physical well-being, then do what I did. Start by obtaining and reading the

encyclopedias. Endocrinology and Gastroenterology along with metabolism because in order to learn about human physiology, it all starts with the guts; so, learn how to personally ensure your body's optimum health. For starters, if you do not defecate solid matter (feces) when you wake up each and every morning, then there is a problem with your physiology.

I spent almost 20 years being told that there was something wrong with my mind and ultimately learned that that I was consuming the wrong dietary substances. Nothing else matters. What dietary products you consume or fluids you ingest, can negatively affect both your body and mind.

I would like to add that a recent magazine article advocated the use of Lithium as being able to lengthen life. Once again, it is my belief that this is misinformation propagated due to some valid basis.

Lithium will elevate your PH balance; however, no disease or malfeasant substance will bother your digestive system, if you have PH levels at alkaline levels in your gastrointestinal system. Baking soda does this with no harm. Lithium on the other hand will shut down your thyroid and eventually all of your organs as well.

My PhD research project all started with how my lymph node was swollen and painful, due to what I found out from a toxicology test which was that I had greatly elevated Lithium levels in my body.¹⁷

Ignore any online studies and always remember that most major colleges are affiliated with major corporations that benefit from misinformation campaigns that will steer you towards their products. This is why I say, do not believe me and do not believe "them" (whoever they are) but become your own advocate and investigate and study the physical issue you are experiencing for yourself, so you will truly understand what is best for your own personal body and mind.

I have written extensively about the negative effects of halides in water, food and also hygiene products, many of which impede iodine from getting into your thyroid.

NOTE: Iodide and iodine conversion alone is almost 20 pages long in the text called, "Thyroid and its Diseases" by Dr. Leslie DeGroot (2nd edition). This is what I was referring to earlier, which is how albumin carries iodide, then goes to your liver,

¹⁷ My Hair Analysis Test in 2014 had lithium levels off the chart. Avoid Lithium like the plague!

then converts and travels to the thyroid. This same treatise will show you how T4s are useless until they are 'converted.' So, if company advertising and/or doctors are telling you to take T4 preparations when you have a thyroid deficiency, this is a foolish diagnosis and only shows that doctors are benefiting from misinformation campaigns as well. Read the writing of Mary Shoman uncovering doctors being bribed in her own text on thyroid deficiency. Her texts are many and all beneficial to the public. Read also the writings of the holistic Dr. David Brownstein and the works of Dr. Broda Barnes who wrote the simplest text and most inspirational that you can obtain. Read also Dr. DeGroot's' works.

So, how your chest and your mind operate all boil down to two specialist studies which I have incorporated and applied for over 22 years of experience. As well as my studies in endocrinology and gastroenterology.

It is said that in legal matters, "only a fool represents himself." I will rebut that, "only a fool listens to one source or doctor to evaluate their own body."

What I can say is this, if you work at developing your body, you will begin to feel and see where you have issues of discord such as circulation or lymphatic discord. So, you will not need to go into any doctor's office to learn that something is wrong with you. You will know for yourself that something is wrong and you will be able to find and remedy the issue for yourself.

Knowledge is power. If you learn to evaluate your own body, you will see how easily you can evaluate and treat your internal discord when it happens with physiological stimulation.

Take the knowledge that I have shared with you in this report about physical fitness, halides and endocrinology and you will have a good start into where you should go to begin your own research for your personal physical fitness.

Therefore, remember what I have said earlier. Do not listen to me or anyone else. Do your own research for the benefit of your own health.

You may wonder at this point, why am I writing this stuff up then? Well, I do so first and foremost for my own benefit. It is something positive and productive to do with

my time and ensures that I remain up-to-date with the knowledge I need to help myself and others to whom I enjoy teaching physiological training.

What I did to learn fitness and physiologic training is largely based and predicated upon simple conversations with the largest individuals that I ran across over the years. I asked them, "how did you get so big?" Some of the things they did had worked and some did not. All of our bodies are different and respond differently.

I have addressed herein physical fitness routines that may work for you or not with variations you can adapt. Bottomline, all that I have personally learned had some form of basis from which I created my own versions. I will also add that I have never encountered an individual that did not learn something new to add to his or her workout routine when working with me.

Finally, incorporate what works for you in your physical fitness routine and toss out what does not. What you do end up applying, use it to becoming a bigger and better you. Only you can control the "who" and "what" you are. Moreover, "how" your body operates is also under your own control and it is up to you and you alone to realize that.

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THE SHOULDERS

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DAY TWO
THE SHOULDERS

I. INDIVIDUAL SHOULDER PRESSES WITH HOMEMADE BAG

You will want to attack the most difficult items first. Each side, you will want to focus on 20,15,12; or what I addressed when I spoke about the cascading principle when discussing the chest. You initially perform a set with larger amounts of reps, then decrease slightly, to allow for the fact that you may not have a partner or spotter. You will need to keep the bag behind your elbow and do not fully extend repetition, due to the fact that this would focus on the triceps rather than your shoulder. Execute only the range of motion that would actually be 60% of the full motion. Moreover, if you do execute the full motion, the bag behind your shoulder will then go off balance. This is also another reason that you must not execute the full motion. Perform about 3 to 5 sets in cascading sequence to the point where you feel the medial head of your shoulder has indeed been targeted.

CAUTION: Keep in mind that you must absolutely not perform these motions with any exertion because the trapezius or neck muscle is easily damaged and you may easily sustain damage to the neck area or nerve damage. While the legs, biceps or chest are areas where you may exert yourself, the trapezius and the neck are areas where you want to go slowly so that you may feel the area being hit. I must remind you that I have personally seen individuals with life-long problems with their neck, so this is again the one area that you need to go very slow as well as wit the trapezius.

II. INDIVIDUAL BAG LIFTS

The next full weight motion should be your single arm lifts. Here again, I will repeat that you do not need to execute the complete motion in order for you to attack the targeted area, which is the medial head. In fact, since you will be performing only about 60% of the motion, that will allow you to better target the singular medial head rather than doing a full motion, which would target the bicep. This routine will need to be performed as 3 to 5 sets and in cascading motion to where you exhaust the area without needing a spotter. 25, 20, 15 or 15, 12, 10. Perform the first motion and base your initial amount on when and where you feel the medial head being properly exhausted.

III. TWO HANDED BAG LIFTS

A good start would be using the full bag weight. 3 to 5 sets; upward motion, bringing the bag with the homemade dowel or tree branch or rolled up magazines, exactly underneath the chin. Now, after you complete your initial 3 to 5 set, pause 2 to 5 minutes and then take half the bag weight out and do the 3 to 5 sets again.

Now you will initiate your next motion, which is frontal lifts targeting the frontal deltoid.

CAUTION: Use half the amount of weight of what you have been using on the initial exercises. 3 sets are sufficient for this portion for your routine, because this is one area that it is best to not over do. This is due to the fact that it is the easiest area in the body to damage on a permanent basis and I speak from experience since both of my shoulders are damaged.

IV. OUTWARD FLY

Get a large book and execute the lateral fly motion for medial deltoid; 3 sets for 25, 20, 15. Most of what you have achieved here has been to target this head which will give you the outward appearance of width. Therefore, you will not need to execute any more repetitions or sets.

V. TRAPEZIUS SHRUGS

Fill the bag up again, then execute 3 to 5 sets of trapezius shrugs. Each shrug performs a very limited motion. Think about how you shrugged when your mother asked you a question when you were in trouble as a kid and you answered with a shrug, "I don't know mama." Remember that shrug? That is exactly how to execute the trap shrug.

Now, exhaust the full bag routine and execute that same motion for 3 to 5 sets using the homemade bar, dowel, rolled magazines or tree branch.

BPE, II

5 pages – 762 words

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DAY THREE

THE BACK

I. UPPER BACK

Review what I have written about the chest and shoulders. You will see the principles that will need to be applied herein. You take the upper part of the target area and work your way downward to full and complete exhaustion.

What I normally would do on upper back, is start with underhanded, case-grips, rows. Do all sets, then take 2-minute break; then execute your one-handed, wipe grip, rows thereafter.

II. LOWERBACK

You will need to follow the same guidelines that I just listed above for your lower rows. Point blank, do not alter anything by amount of repetitions. Rep out till you feel that you have conducted a complete workout of that area.

III. LAWNMOWER ROWS

Now take the homemade bag and execute 3 to 5 sets of lawn mower rows on each side of the body.

Gear your repetition so that the handle of the bag will touch the lower portion of your chest when you bring the bag up. If one is doing right sided rows, then place the right foot on an elevated spot. If you have the option then secure your alternate hand on a wall in order to add additional securement of ... 'motion.'

Remember what was previously stated about breathing in through the nose when bringing the bag up and breathing out through the mouth on concentric motion or the decompression motion, (i.e. bringing the bag down and note that this needs to become habitual for again, if your muscles do not get air, they will not grow. Therefore, correct breathing as explained here is very important. This is also critical to vasodilation as well, in getting oxygen into the blood.)

Act on the same principle and utilize 3 to 5 sets until you feel the latissimus dorsi becoming... exhausted. I will also mention that this is one motion where you can tweak your body at an angle to get a better range of motion, unlike one doing barbell presses, this is the opposite, where you can break the motion to better exhaust and another note is to remember that this is the absolute biggest muscle group on the entire body. Eating your largest protein meal of the week would be advisable, for this will be the hardest and most difficult workout on your body for the entire week.

IV. BACK TO UPPER BACK

With the hardest and most difficult movement out of the way, you will need to go back over the same areas in different manners to fully exhaust the musculature.

Take your homemade bag and dowel bar and place the bag in front of you.

Weave the homemade bar into the handle of the bag and then take wide overhand grip; execute 3 to 5 sets cascading from 30,25,20,15,12 etc....

Again, since you do not have a spotter at the gym or a partner, you need to lessen each amount until you get full exhaustion and add additional set when you believe you need them and lessen the amount of repetition to account for the fact that you do not have the spotter or workout partner.

A. FORM

You may have a diagram to look at or not, but if you do not then listen to this....; you will need to take that homemade bar and take the bar up to your chin in order to complete the movement of your motion.

TAKE NOTE: Now take into account that is not a bi-ceps workout and if you go full motion up and down you will work out your bi-ceps too much so do not execute full motion at all. In fact, use 60% of the motion from where I just stated. Take your motion and it from fact that you will need to go up to your chin, then base the rest of the movement on the fact that the more you go down the more you will work out your bi-ceps and take away from your back or latissimus dorsi. So, use again no more than 60% of the full motion, (i.e. being that you bring the bag all the way to the ground.)

V. REAR DELTOIDS

This is the technical moniker for your rear shoulders. I have personal followed the workout circuit for the last 23 years and seen the development that most do not follow or even care about such as the Mr. Olympia Fitness and Performance International competition.

I can tell you from experience that:

- A. The rear delts are is the most difficult muscles to develop.
- B. If and when you properly develop them, they will be one of the most prominent features in an individual's shirt-width.

Ultimately, one can bring this feature out to where it will over power your medial head or what is referred to as your side shoulder. This makes your 'form' extremely visible in width when you are wearing basic t-shirts; this is also the most prevalent muscle that brings out your 'back-pose' if you are ever in, or considering utilizing competition type of training.

Since the 1990s I can remember a few individuals that had this feature: Kevin Levrone; Dorian Yates; Ronnie Coleman; Felix Wheeler and Dexter Jackson. FYI Dexter Jackson¹⁸ is about 51 years of age and still competing when most people retire in their 30s in this field; second, Kevin Levrone was never given his due, even though he did obtain 2nd place in the Mr. Olympia competitions at one time.

¹⁸ Dexter Jackson is one of the most legendary body builders of all time and he is returning to the 2020 Mr. Olympia Fitness and Performance International competition.

No matter if you are competing or not, this is an awesome feature to develop and it can be done in one of two ways. I would actually advise that you try both so that you find what works for you individually.

1. On 'shoulder and trap day,' you can end your workout with this motion using a heavy book and wrap your wrists or lessen the bag to where it is half the weight. The drawback or cons of this routine is that you are working the back, on the next day as well and it will lessen the amount that you can fully exercise.

2. The next, try and exhaust this area while you are doing your back routine. Doing your rear delt flys motion at the very end of your workout.

This is what I have found works best for me, since if you exhaust this motion preliminary to back you will find that you cannot target your back as well as you could if you hit it with shoulders alone.

Execute 3 to 5 sets and vary your repetitions amount; top where you feel it working the upper back and rear delt itself.

You will again need to execute the motion over and above the actual shoulder area while bent over and raising the hand with book or homemade weight about the actual shoulder area.

IMPORTANT-CAUTION: I will state that what needs to be documented for one attacking fly motion, is that you will need to go as slow as humanly possible in order to protect yourself from damaging your trap area and cause permanent nerve damage to your neck. I have personally seen a lot of guys over the years that constantly ruin their neck and not realize they are damaging their own neck and nerve endings while trying to get too big, too quickly. It is good to get your workout on and get a good sweat but I cannot over emphasize how much it takes for an individual to overcome damages to their body.

For example, look at the most sough after trainer right now in the professional circuit with is Charles Glass. He is tiny and always wear a training belt.

a. I believe that he is tiny by choice because he must have damaged his body in his youth so he can now advise people how to best train safely;

b. The fact that he wears a belt even when networking out but assisting and guiding others, shows to me that he must have damaged his abdominal area

maybe as much as I have; therefore, he can teach from experience rather than but guessing and while getting hurt sucks, it seems that it has empowered me to also show others how to train smarter as well.

On all the trainers, I have them beat in one area:

I completed Naturopathic studies in 2017 as well as all coursework for a PhD in Health Science in 2019. I also hold several certifications for physical fitness and nutrition as well as having studied endocrinology extensively.

QUESTION: WHY DOES THIS MATTER TO ME?

ANSWER: PROTEIN SYNTHESIS.

You can read all the publications on earth and it will not override science and logic behind this principle:

YOU WILL ABSOLUTELY NOT UNDERSTAND HOW MUCH PROTEIN YOU CAN ASSIMILATE UNLESS YOU EVALUATE HOW YOUR THYROID OPERATES.

PROBLEM: FIRST, IN ORDER TO TRULY EVALUATE THE FUNCTION OF THE THYROID, IT REQUIRES A SPECIALIST. SECONDLY, THE TSH TEST USUALLY RUN IS INSUFFICIENT AND REQUIRES MORE IN-DEPTH TESTS SUCH AS EVALUATING TRIIODOTHYRONINE (See Dr. Lawrence Wilson: Hair Analysis, a new generation of science).

The thyroid function that shows your cellular level is the operating T3s or as mentioned above, triiodothyronine. Press your doctor for this in-depth testing of your thyroid. See Dr. Broda Barnes "Hypothyroidism, the unsuspecting illness," to see how many conditions you can actually have that are thyroid related.

Why this issue matters, is the fact that you will not heal or know what amount of protein you can assimilate, until you evaluate how your own metabolism is operating. Remember see a specialist to evaluate your thyroid and run the appropriate in-depth tests in order to ensure you get the Triiodothyronine test included which your general practitioner will generally not run in a general blood test assessment. Hands down you cannot evaluate protein synthesis on any model since each and every one of our individual metabolisms is different and until you know that fact you cannot purport to know the right amount of protein you can assimilate.

If you try and consume too much protein it can damage your liver or kidneys, but if you test and get your thyroid on par and literally learn to evaluate your own metabolism then none of that will matter.

A. What I have generally seen as an acceptable amount of protein is 30 to 35 grams of protein per hour.

B. I do not believe this in the least, since at one time, I was at 235lbs with 18-inch arms and used 60 grams after each workout and easily did this each and every hour.

C. I will also re-iterate that I no longer advocate what I used to use and will only advocate you finding a protein powder that is completely additive free.

D. Too many people have milk allergies reflected even at the lowest testing levels. What is processed such as in pasteurized milk, actually destroys all benefits of milk, so that you might as well use Casein or meat derivative (Carnivore is meat based; Casein processes slower, but it is better to consume something that will not cause even the slightest allergic reaction because it will discombobulate your body, which leads me to another issue.

I would personally require of people that I would personally train or treat on a Naturopathic level:

FULL PANELS OF ALLERGENIC TESTS WHICH I BELIEVE SHOULD BE MANDATORY FOR ALL PRACTITIONERS AND PEOPLE UNDERGOING INTENSIVE TRAINING!!!!

I have written numerous times about what is called "DELAYED ON SET ALLERGIES." This is where one will not see a reaction until three (3) days later. This phenomenon can and will drastically alter one's metabolism as well. It therefore should be mandatory to individuals undergoing intensive routines of physical training.

Secondly, a full and complete avoidance of molested products where nutrition is concerned, must be introduced.

PROFESSIONAL NOTE: I have been studying health science for now 23 years and the only individuals I have seen contract MSRA¹⁹ are individuals that are

¹⁹ MRSA – Super bug responsible for several difficult to treat infections in humans.

consuming HIGH FRUCTOSE CORN SYRUP. Upon ingestion, this perverted and diseased substance literally permeates the intestines during evacuation. I have also personally treated people that have had this condition and it is critical that this substance gets out of the body in order for that damaged area of the body to begin to heal.

Back to my point again, you have to know what you are allergic to so that this issue will not interfere with protein assimilation. Next, ignore whatever propagated idiocy is going around that one needs to cease eating meat or that too much protein will harm you (note again that I addressed this but if you will also read the article I have already authored on "how to increase your metabolism using food and supplements you will avoid liver and kidney damage altogether.

I am addressing this issue on protein so extensively on this subject of the back due to the fact that again, that is your biggest muscle group in your body.

SHOUT OUT TO RONNIE COLEMAN!!!!!!!!!!!!OLYMPIAN SEVEN TIMES!!!!!!!!!!!!!!

Arlington, Texas, Ronnie Coleman, Dominated the Olympics for years.

The last picture that was in circulation of Ronnie Coleman, was of him on crutches at DFW I believe, where he had damaged his back from all those years of dead lifts or squats. He had multiple surgeries. He may have a damaged back for life and be on crutches because he chose to ignore form or caution or try to get big too quickly.

Every issue that I have addressed that Charles Glass may have had or even Ronnie Coleman, I have had similar issues; both my shoulders are dislocated; my wrists are permanently damaged; my back has a herniated spinal column; I have more areas of stomatic herniations than I can even count.

I will address what I believe my own issues are with stomatic herniation:

First, protein is critical for body repair and you cannot have allergens circulating in your body that will interfere with how well your body recuperates.

Second, if I could go back in time, I would wrap up the stomachic area on every power movement that I would perform, no matter the area.

What I have also learned is that:

It is not so much the exercise itself, but what dietary formulation that one will incorporate into the program. Next, is also understanding the importance of rest for the night. After that, I will always advocate that you attack one area of the body for the day alone.

When I started my physical fitness routines in the 1990s, I performed a program that was a combination; such as, back and bi-ceps; chest and triceps; the shoulders and legs. This may be good when you are young but, this can be excessive. Again, I will bring back Ronnie Coleman who was doing this same program and may now be handicapped for life doing too much. Also, if you look at most of the professional body builders, you will see that they address one area on a 5 to 7-day cycles. Some other routines I have seen, even take off 3 days, doing 4 on and 3 off.

Rest and diet are crucial to what you do as well as how much sweat and work you put into your workout.

The moral of the story about the back workout will be to ensure that you eat after this day and to ensure proper rest after your workout. This is the biggest workout all around and you can look up and see what I have addressed and make your own conclusion. The last pictures circulating on Coleman was nearly 3 years ago. Charles Glass. I do not know much about, past what I have stated from his personal story. I do remember that he wore a belt, even when training someone else. The reason I mention this is my own deduction and the fact that he is one of the most sought-after personal trainers in the professional circuit.

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BICEPT

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BICEPT

I. ONE ARMED SINGLE CURLS

Execute this routine first with one arm and then on the other side with the other arm for a minimum of 10 sets of 10 reps. Rest 2 to 5 minutes; alter hand grip to what is called hammer, then execute 5 sets of 10 reps.

II. TWO HANDED WITH HOMEMADE DOWEL

Using your homemade bar and bag, execute 10 sets of 25 each, using close under-handed grip. Rest 2 minutes; then execute 5 sets of 25 using over-handed wide-grip. This will focus on your elongated bi-cep musculature. This is the 'dual demon' or the 2 sided 'brachial head.' Flat handed will focus on the proverbial 'ball' and 'knot.' Using the hammer will focus on the elongated head and the definition of your upper brachial or bicep head. Also, see the bottom of the bicep where one makes grip in hammer form and you will see where the hammer motion is focused.

EXTREME CAUTION:

(1) AS YOU GET OLDER YOUR WRISTS WILL START TO FEEL THE DAMAGE OF TOO MUCH REPETITION AND THIS IS ONE OF THE MOTIONS THAT YOU WILL WANT TO LIMIT BOTH SETS AND REPETITIONS.

(2) IF YOU HAVE ALREADY DAMAGED YOUR ELBOW AND/OR YOUR WRISTS THEN LEAVE OUT THE HAMMER GRIP ENTIRELY.

III. FOREARM

Take your homemade bag and dowel or tree branch and grip while barely lifting the position then with an under handed grip and over handed execute 3 sets of barely movable wrist curls. You want to focus only on feeling the area of the forearm being exercised.

WARNING: WHEN YOU GET OLDER YOU WILL WANT TO DRASTICALLY REDUCE THE NUMBER OF FOREARM SETS AND REPETITIONS. If you did this a lot when you were younger, then your forearms will have had sufficient exercise if you have already performed your back routine. I CANNOT OVEREMPHASIZE THAT YOU NEED TO AVOID THE FOREARM EXERCISE IF YOU HAVE PREVIOUSLY DAMAGED THE AREA BECAUSE THIS COULD LEAD TO ADDITIONAL DAMAGE TO THE MEDIAL CARPEL NERVE.

IV. BREATHE

On your single arm motions, you will need to go slowly and focus on breathing through your nose upwards and outward exhale through the mouth.

ANOTHER WARINNG: WEARING A MASK WILL DEFINTELY AFFECT YOUR ABILITY TO EXPEL CARBON DIOXIDE WHICH YOUR BODY TREATS AS A CARCINOGEN AND WILL NOT GET OUT OF YOUR BODY THROUGH YOUR NOSE. THIS IS WHY YOUR NOSE HAS SO MANY HAIRS INSIDE IT, AS ITS ENTIRELY DESIGNED TO CAPTURE PARTICULATE WHEN YOU INHALE. DOCTORS AND SURGEONS ARE CAUTIOUS TO WEAR MASKS IN SURGERY DUE TO BEING IN DIRECT CONTACT WITH THEIR PATIENTS AND AVOID GERM CONTAMINATION; HOWEVER, IF YOU ARE WORKING OUT ANYWHERE YOU MUST ABOSOLUTELY BE ABLE TO EXPELL COMPLETELY THE TOXIN CARBON DIOXIDE THROUGH YOUR MOUTH.

This is why I stated previously the importance of developing proper or correct breathing habit as 'kata,' where it becomes second nature. This breathing routine is also useful and necessary for meditation.

Go slowly and breathe correctly. Form over rep. Get the correct reps as opposed to more reps that are executed incorrectly.

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TRICEPS EXECUTION

I. BACK ARMS

Listed on initial text and diagram, will show you ideas of what to execute; but I will add this:

- a. After doing ten sets and you do not believe you are exhausted, try starting over with close grip and doing another ten sets.
- b. This focuses more on tri; the outer setting actually focuses a lot on shoulders and also trap.

Either way, start wide ten sets; then rest 2 minutes and execute ten more sets close grips.

II. SKULL CRUSHERS

These will actually burn; and, you will wind up feeling the upper portion of the triceps start to get hot and hurt after multiple repetitions, so much so, that all those individuals that I have trained over the years, always try and spread their elbows and chest, since this makes it easier to do.

DO NOT CHEAT THE MOVEMENT AS YOU CAN DAMAGE YOUR FRONTAL DELTOID.

That stated, do not over do them either.

These are the last motions that I have indicated for the regular routine.

Now, what I have added in the diagram is using the homemade bag and placing it behind your back, then using the bar and doing what would be in the gym, like laying on the bench and tri-ceps barbell extension.

I left this for the advanced routine, since it requires a lot of balance to fully and properly execute.

III. EXHAUSTION

You have two ways to do this:

1. Do all routines listed in roman numerals in the morning;
2. Do only the wide version in the morning;
3. then, at night, use the close grips and do the skulls crushers as well.

IV. PROTEIN ASSIMILATION

I have kept up my physical fitness routines for 27 years, many of which were spent in prison and you can to.

NOTE: It is important to remember the term "Muscle cannibalism," mentioned previously, IF YOU DO NOT HAVE PROTEIN INTAKE, YOU WILL USE THE PROTEIN ON YOUR MUSCLES FOR FUEL.

Problem solved, do not over do your routines. Break them down into morning and night.

All in all, what I have indicated is about 500 repetitions if you account for at least 25 per set. What I'd normally do, is start with at least 75 or 65, then slowly do less as you work your way down to the tenth set. Then rest two minutes and do your skull crushers.

If you are advanced use the bag method, I had listed at section 10 and 11 of the illustrations.

NOTE: DO NOT ALLOW THE BAG TO GO ABOVE YOUR ELBOWS ON THE TRICEPS MOTION OR YOU WILL LOSE CONTROL OF IT. You can use the bag with two

handles or use homemade bar. The same principle in the beginning of your routine. You can then separate what you do in this last exercise and do wide and close formats.

V.

I will repeat why I do not do this on chest day and that is because you will wind up in your 40s and 50s damaging your elbows and wrists. Rock out on your chest separation, then also remember that you do not do pull-pull motion back to back or push-push back to back. You can then address your tri-ceps the day after next.

VI.

I will also remind you of the concept that you absolutely must start using wrist wraps in your 30s or else you will wind up with life long damage to the medial nerve, which will complicate even your ability to write letters.

Most may believe that this needs to be added to other items, but, if you execute the separation, to morning and night, then this will be completely sufficient.

BPE, PhD

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PHYSICAL FITNESS WITHOUT WEIGHTS
B.P. EMMETT, PhD

6

CORE ELEMENTS
ABDOMEN OR GUT

- I. INTRODUCTION
- II. PLATEAU
- III. THE CORE FUNCTION IN RELATION TO
PHYSICAL AND MENTAL HEALTH
- IV. DIET
- V. MORAL OF THE STORY

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6

CORE ELEMENTS
ABDOMEN OR GUT

I. INTRODUCTION

In addressing the core element of physical fitness, too many publications today avoid the importance of core stability. The wishful thinking seems to be, as the saying goes, "if it ain't broke, don't fix it."

Addressing both top and bottom core, then side laterals also known as "obliques."

These exercises will help your body release waste which is extremely important to overall health. In other words, it will help you defecate. If you are not defecating regularly and daily, then these core exercises will help you do so.

In the last twenty years I have spent least 10 minutes of every workout on the core elements. See illustrations of my workout routine in my article, "Physical Fitness Without Weights" you will find

1. One day I would do my crunches and leg lifts
2. The next I would execute top and bottom obliques.

The core area eventually does solidify to the extent that you will need to let it rest for about a period of 48 hours at the most; remembering to alternate, where on the core elements you will attack each time.

NOTE: REMEMBER THAT HANGING LEG LIFTS ARE GOOD EXERCISES, BUT WILL ABSOLUTELY NOT REPLACE FOCALIZED CORE EXERCISES.

After consistently exercising for a period of time, you have hopefully established a solid core and will therefore find that it will take less effort and time to maintain

that core. Still do add some new routines every now and then; and, do not stop the focused routines that work for you.

II. PLATEAU

Everyone has probably heard of the proverbial "plateau." This is where you continue with the exact same routine and do not seem to gain any further benefits. Yes, in time you may find yourself at that point; however, this is what I would advise: Find 4 or 5 routines you pursue, then switch them out every three or four months. This is recommended especially so that your body does not become accustomed to those routines.

III. THE CORE FUNCTION IN RELATION TO PHYSICAL AND MENTAL HEALTH

Other than ensuring optimum blood flow in your body. There is nothing more important than obtaining a strong and centralized core. This results in keeping all of the body's operating system running smoothly and eliminating properly on a daily basis.

To illustrate my point, ensure that you defecate, emptying your bowels each morning and do not let your body carry toxic waste around. Control your bowels and you control your body and mind as well. The importance of doing so, cannot be emphasized enough. This is a cardinal rule.

Think of your body as a machine that needs to be maintained like your car needs oil. Doing so will alter the way that you think, act and feel. Your car needs fuel and oil to operate efficiently; similarly, your body needs a proper diet to operate efficiently.

IV. DIET

Our defecation controls our energy and our feelings as well. A proper diet will also affect our defecation routine and ensure at least one solid fecal matter evacuation each morning to eliminate waste naturally. In doing so, you will subsequently affect everything else in your life and avoid band aid remedies like 'Pepto Bismol.'

Remember that contrary to popular belief, most internal discord is not a disease but it is directly promulgated by what you place inside your body. Alter your perception and you will see that the guts in your body is like your car engine. Physical discord, is the red light that comes on in your engine when attention is needed.

You can become your own physical fitness trainer/ advisor/ analyzer when you take charge of your diet and physical activity.

V. MORAL OF THE STORY

What you do with your guts, will affect your exercise routines and how you feel for the rest of the day; therefore, focus on your core physical fitness routine as well as what you eat and drink and you will subsequently control all other aspect of your life.

In conclusion, get on the floor for 30 minutes each day for your core element exercise routine and you will have control of your life forever after. Including core element exercises is a mandatory maintenance routine for optimum physical fitness.

May light and grace shine upon all that receive this message.

BPE, III

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PHYSICAL FITNESS WITHOUT WEIGHTS
B.P. EMMETT, PhD

**PHYSICAL FITNESS WITHOUT WEIGHT
ILLUSTRATIONS**

1. A, B, C, D, E, F, G, H, J, K, L, M, N, P, P (cont.).
2. A, B, C, D, E, F, G, H, I, J, K, L, M, N, P, R, S, T, U, V, X.
3. A, B, C, D, E, F, G, H.
4. A, B, C, D, E, F, G, H, I, J, K, L.
5. A, B, C, D, E, E (cont.), F, G, H, I, J.
6. A, B, C.
7. CORE A, B, C, D, E, F, G, H, I, J.
8. A, B, C, D, E, F.
9. A, B, C, D, E, F, G, H, I, J, K, L, M, N, P, R, S, T, U, V, W, X, Y, Z
10. A, B, C, C(CONT,) D, E, F, G, H, I, J, K, L, M, N, P, R, R(CONT)S, T, U,
V, W, X, X(CONT,) Y, Z,
11. A, A (SIDEVIEW), B, C, D, E, F, G

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