

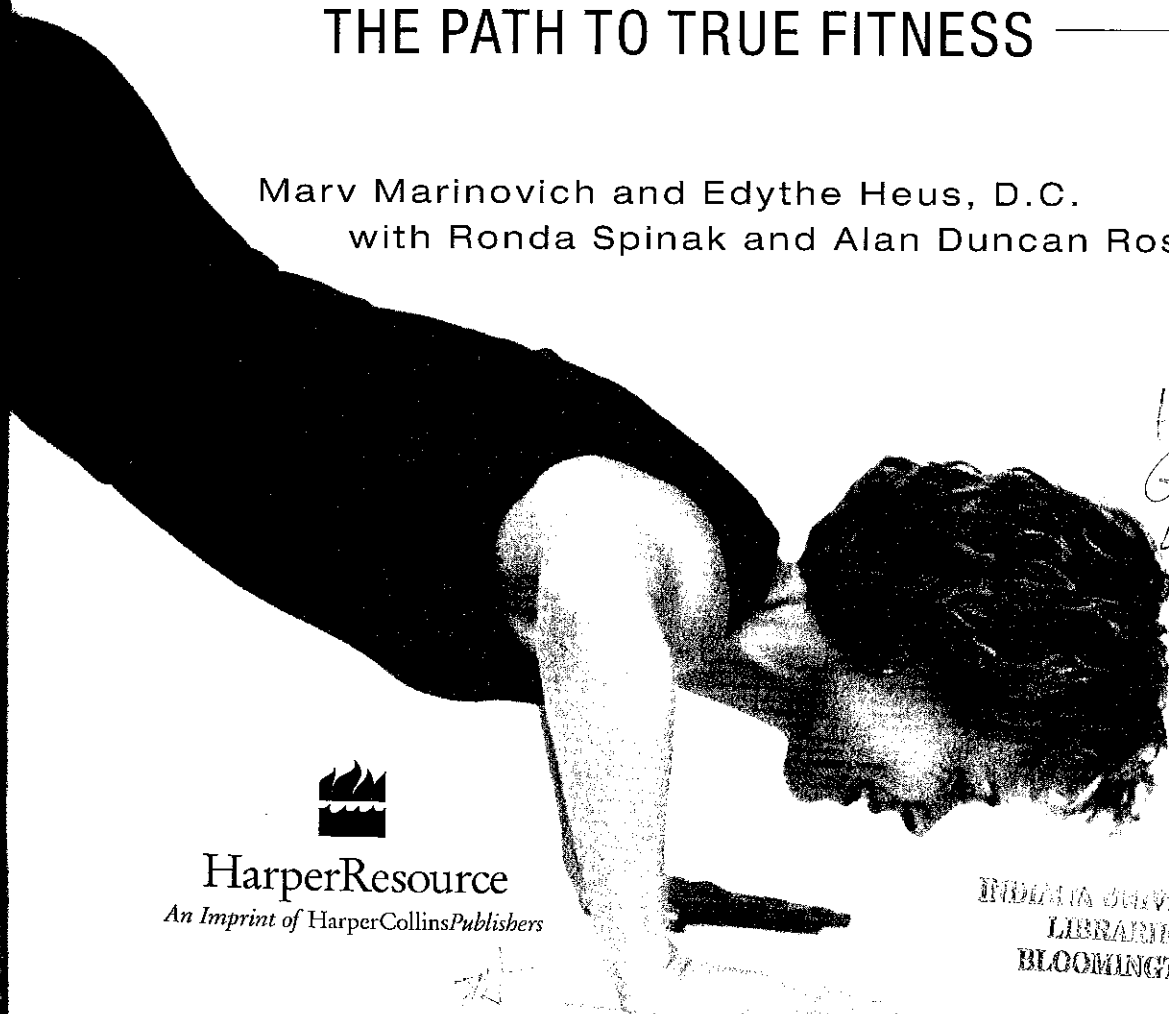


# ProBodX

Proper Body Exercise

THE PATH TO TRUE FITNESS

Marv Marinovich and Edythe Heus, D.C.  
with Ronda Spinak and Alan Duncan Ross



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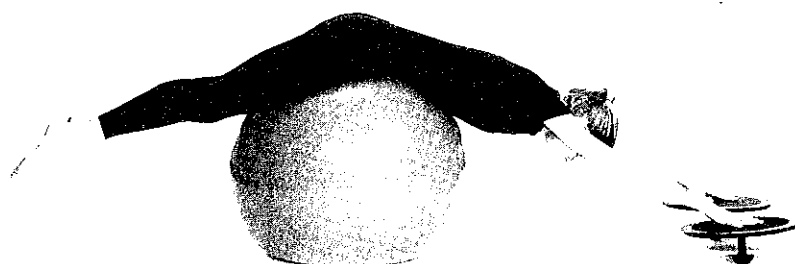
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Foreword by Barry Sears	ix
Introduction The Origins of ProBodX	xi

## Part 1 Understanding ProBodX 1

CHAPTER 1	EVOLUTION OF PROBODX	2
CHAPTER 2	THE BENEFITS OF PROBODX	8
CHAPTER 3	SCIENCE OF PROBODX	14
CHAPTER 4	PROBODX FOR ATHLETIC SUCCESS	31
CHAPTER 5	COMPARING PROBODX	42



## Part 2 Doing ProBodX 59

CHAPTER 6	GEARING UP: POSITIONS AND POINTERS	60
CHAPTER 7	THE PROBODX WORKOUT	71
CHAPTER 8	ADVANCING PROBODX FOR THE SERIOUS COMPETITOR	144
CHAPTER 9	PROBODX FOR MENTAL STAMINA	181
CHAPTER 10	GAIN AND NO PAIN: REDUCING ACHES, PAINS, AND CHRONIC AILMENTS WITH PROBODX	194

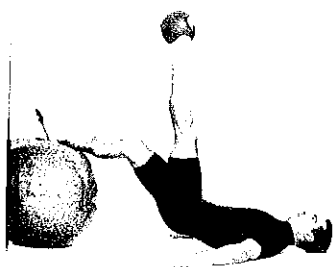
## Part 3 Nourishing ProBodX 201

CHAPTER 11	NATURE'S DIET	202
CHAPTER 12	PROPER BODY EATING: GETTING STARTED	209
CHAPTER 13	RECIPES FOR TRUE FITNESS: A TWO-WEEK FUEL PLAN	222
AFTERWORD	THE STATS OF PROBODX: A VALIDATING STUDY	287

## Acknowledgments 298

## Art Credits 303

## Index 305



## Foreword by Barry Sears

EVERY NOW AND THEN you have the rare opportunity to meet truly pioneering individuals. More than thirteen years ago, I had that opportunity when I first met Marv Marinovich, after watching him perform as a star athlete for the University of Southern California, some forty years ago and later when he played for the Oakland Raiders. With such a background, I really didn't know what to expect when we finally first met.

What I found was a visionary focused on a single goal: how to maximize the physical performance in any athlete regardless of age or genetic gifts. It was at this first meeting that I introduced my "Zone" concept to Marv, and explained how the hormonal benefits of the Zone could go hand in hand with his advanced physical training techniques. At first Marv was skeptical. After all, he had access to all the latest knowledge in sports nutrition, and everything he had read would indicate that anything approximating the Zone diet would limit athletic performance. On the other hand, Marv also had a superb knowledge of the importance of hormones in sports performance, and my science made intuitive sense to him. I told Marv to try the program for a week, and if he didn't see a difference, he could call me a complete charlatan. That was a challenge he couldn't refuse. A week later he called me back, and said, "Let's talk."

That was the beginning of my continuing collaboration with Marv to explore the boundaries of human performance. In this book, Marv and Dr. Heus take my Zone diet and couple it with their radical new training technology to generate the next major evolution of increasing physical performance. Their remarkable approach explores for the first time the seemingly mysterious neuromuscular connection that is the basis for all physical performance. Although this neuromuscular connection is exceptionally

complex, they outline in simple and easy steps the basic training that will allow you to access its remarkable potential.

Anyone who follows this program will see dramatic improvements in their physical performance regardless of age, sex, existing physical fitness, or ultimate performance goals. Marv was a revolutionary when I met him thirteen years ago, and remains so because he is never satisfied with the status quo. If you want an unfair advantage in life, I strongly urge you to follow the plan of action described in this book. You'll never regret it.

**Barry Sears**  
**Author of *The Zone***

## Introduction: The Origins of ProBodX

**P**ROPER BODY EXERCISE—ProBodX—will change the way you think about fitness. It will change your notion of what it means to be fit—truly fit. The kind of fitness where your body functions optimally and your movements are most efficient, laying the foundation for peak performance in athletics and in daily life.

ProBodX delivers the tools to achieve true fitness. ProBodX considers your nervous and musculoskeletal systems—the neuromuscular connection—as a whole rather than as separate parts or not at all.

ProBodX was originally designed for athletic stars, including Jason Sehorn of the New York Giants and Steve Finley of the Arizona Diamondbacks, looking to increase their level of fitness or recover from an injury. In this book, the program has been modified for anyone who wants to get in shape or stay in shape without injury. The program also includes an eating plan based on Barry Sears's Zone Diet to further your fitness goals.

ProBodX is a series of innovative conditioning exercises that build strength, speed, power, endurance, and flexibility while at the same time reducing the risk of injury. The workout, done in a specific order, engages each muscle or muscle group in preparation for the next exercise. The workout uses gymnastic balls, slant boards, disks, and hand weights—the very equipment used by many physical therapists for rehabilitation of the body. The end result is fitness unparalleled by any other conditioning program.

## IN THE BEGINNING

As simple as the program seems, ProBodX is based on science and the culmination of a lifetime's work. Actually, two lifetimes. When Marv Marinovich and Dr. Edythe Heus met at a seminar on "Treating Athletes and Athletic Injury" several years ago, Marv had been training athletes for over thirty years, and Dr. Edythe had reached prominence as an innovative New York chiropractor. He and his athletes had volunteered to be participants in the seminar. She was at the seminar because in her practice she treated chronic physical problems in elite athletes. Marv and Dr. Edythe never suspected that this serendipitous meeting would lead them to collaborate or that a revolutionary way of thinking about fitness would evolve.

Marv started thinking about fitness as a small boy. He remembers standing next to the bathroom sink, watching his father shave. His dad was someone Marv always admired. He was a family man, a cattle rancher, and a local football hero. Marv wanted to follow in his footsteps.

Looking up at his father, Marv asked, "What do I need to do to be good in sports?"

His dad looked at him in the mirror and said, "Work hard. Listen to your coaches." It would be many years before Marv would work with a coach. He realized that until then he had to figure it out for himself. And that was the beginning of his search for any information that would answer the question "What would make me a better athlete?"

A cattle ranch in northern California may seem like an unlikely place to find the answer. But strangely enough, the bulls on his family's ranch taught him a great deal.

For starters, Marv saw that the prized bull ate different feed from the rest of the herd. This made his coat shinier. Marv, wanting to be as mighty as a prized bull, increased his intake of grains and began to take more care in the foods he ate. He watched the prized bull lock horns with other bulls. Thinking about the mythological Greek heroes he had read about, Marv grabbed the horns of the strongest bulls and wrestled them to increase his strength! The bulls roamed freely, producing greater muscle definition. Marv navigated nearby acres of mountains, streams, lakes, and rocky terrain, which challenged his young body. He read everything about athletic conditioning he could get his hands on and soon became a walking encyclopedia of training techniques. By the time Marv was in high school he had become a great multi-sport athlete. Other competitors sought out his advice on training and diet.



At the University of Southern California, he was a three-year letterman on the undefeated national champion football team, winning the Rose Bowl the year he was captain. Because they could never get him out of the weight room, he was put in charge of it! It was an honor, because weight training was considered a centerpiece for building athleticism. It was also the opportunity of a lifetime. Marv observed and worked out top athletes in every sport. He developed a series of tests that revealed what qualities of athleticism great athletes had in common, separate from the specific skills such as hitting, throwing, jumping, kicking, etc., required of their sport. Marv believed if he could “name” the qualities, he could “train” them.

Years later these qualities of athleticism identified by Marv would become the foundation for the five components of athleticism that ProBodX builds—**Precision of Movement, Optimal Flexibility, Strength, Endurance, and Mental Stamina.** Working on these components improves fitness and helps build quickness, speed, and power, the cornerstone athletic abilities all athletes need to have to be at their best. From the series of tests, Marv also determined an athlete’s weakness, which once identified could be worked on to allow players to reach their full potential.

Marv was drafted into professional football and plunged into heavy weight lifting more than ever before. After all, he always listened to his coaches, who told him the path to stardom was paved in weights: “Lift more. Get bigger. Be better.”

One day, Marv challenged everyone to a contest—who could squat the most weight at the Red Path Gym, a hangout for Olympic and pro athletes in Los Angeles. He put every 100-pound plate the gym had on a thick bar. When he ran out of weights, he chained 100-pound dumbbells on each end of the bar, in effect making it the heaviest barbell the gym had ever seen. All told, he squatted 1,175 pounds. Three reps.

Marv was a winner that day at Red Path Gym. However, as he left the NFL, he had not become a star, even though he could lift over 1,000 pounds in the gym, and he wanted to know why.

The answer partly came to him while watching a televised program in which all the top athletes from every sport had come together to compete in a series of sporting events, such as basketball, paddling, and running. Bodybuilders and weight lifters whose muscles looked large and powerful consistently lost in their event. It was clear to Marv that America’s obsession with heavy weight lifting was actually training greatness out of athletes. He realized it had happened to him. From that moment on,

Marv placed less emphasis on heavy weights. He sought out authorities in innovative training techniques, including eastern bloc coaches who educated him on exercise physiology and conditioning. He also created new exercises supported by equipment designed by physicist Dr. Robert Smith.

Marv's unorthodox training methods and his ability to recognize untapped potential through his unique brand of testing brought future star players to the Oakland Raiders, where he was now the conditioning coach. He became their secret weapon. Marv evaluated collegiate athletes who may have been passed over by scouts because of less than stellar "stats." On Marv's tests, the same athletes might show potential to become assets to the Raiders if weaknesses could be corrected with the right training.

During those years, the Raiders dominated the sport. Some of Marv's picks included: All-Pro Offensive Guard, and now president of the NFL Players Association Gene Upshaw; three-time All-Pro Offensive Tackle Art Shell; Rookie of the Year and All-Pro Tight End Raymond Chester; All-Pro Defensive Tackle Howie Long; and Most Valuable Defensive Player Horace Jones.

After coaching in the pros, Marv set up his own training center where he conditioned thousands of athletes—men, women, and children—from varied sports to reach their physical potential. And with Marv's guidance many have and continue to do so.

Dr. Edythe, too, had assisted athletes, not to mention famous musicians and actors, "Wall Streeters," and housewives to reach their potential in a different way. As a chiropractor she would treat weaknesses in the body, facilitating the individual to overcome chronic injuries and achieve wellness.

Even as a kid growing up in the rural town of New Holstein, Wisconsin, population 3,000, she was interested in wellness. Her mother used to say when it came to health, "Most ailments that come by themselves will go away by themselves." She had amazing confidence in the body's restorative power. Her mother's philosophy became Dr. Edythe's philosophy: Given the opportunity, a body moves toward wellness.

She experienced the power of her mother's philosophy in an early exchange with her father, who smoked cigarettes.

Dr. Edythe was six when she saw an antismoking ad on TV. She immediately thought, "My dad smokes, he's going to get lung cancer and die." She had no way of knowing how long it would take for him to get cancer. To her it seemed imminent.

Even worse, her father used to make her go out and buy his cigarettes. She thought that if she didn't give them to him, he wouldn't smoke and wouldn't get cancer. She hid the cigarettes and resisted turning them over to him day in and day out. When he

asked for them, she told him cigarettes would kill him and that she didn't want him to die. After a time he stopped asking her to buy his cigarettes. Not because he began buying them himself, but because he quit.

Dr. Edythe's father is still around today. Perhaps his body cleaned out the carcinogens caused by smoke from his lungs. His body moved toward wellness as most healthy bodies do, given the chance.

Early on, Dr. Edythe learned that part of giving the body a chance to thrive was to avoid an abusive lifestyle, eat well, and exercise. In chiropractic school, Dr. Edythe learned how she could assist the body in its natural healing process. In the beginning, like other chiropractors, she adjusted the patient's body at the site of pain. Though this often provided temporary relief, Dr. Edythe saw that it did not eliminate the problem. She researched and apprenticed in additional branches of kinesiology. Wanting to go further, Dr. Edythe mastered a technique she called "Path to Breakdown," which reveals a weakness in the body at the source, not just at the site of the symptom. This approach taught her how every part of the body affects the other. It taught her that the body in its most basic state was designed for efficient movement—all parts working together as a unified whole.

Time and time again, Dr. Edythe saw that where there was no efficient movement, there was no real health. Though the benefits of exercise still outweighed the risks of exercise, Dr. Edythe realized that not all movement programs were equally effective. Often, programs had hidden negative effects. Some programs actually created chronic problems while others prohibited the recovery of injuries.

Dr. Edythe had a patient, Peter, a perfect example of someone whose program wasn't helping him. He complained of chronic back pain. Additionally, from time to time he would throw out his back. Dr. Edythe would treat him and he'd get relief. He then would return to bodybuilding as his form of exercise, building up his chest and shoulders. He specifically exercised his deltoids, pecs, lats, biceps, and triceps to achieve that bulked-up look.

Over time, Peter began to suffer more. He'd throw out his back, even from simple actions like lifting up his infant. Literally, how could a baby hurt this seemingly strong guy? Dr. Edythe suggested that adding the weight to his upper torso and disproportionately developing the upper body at the expense of the lower body was causing muscles to do jobs they weren't designed to do, which increased the occurrence of his back problems. His muscles were not in balance with one another. Peter had his own idea how to remedy his problem, thinking if he built up muscles in his lower back

and abs, this would “even him out.” At first, he had less frequent back problems, but when they occurred they were much more severe and debilitating.

The problem wasn’t the design of Peter’s body, but how he tried to redesign it. It was only after Peter abandoned bodybuilding that he got the most out of Dr. Edythe’s treatments and his back pain went away.

Dr. Edythe, from years of personal experience and observing patients, began to see a pattern. She observed that most fitness programs disregarded the body’s interconnectedness and repeatedly worked out specific muscles of the body separate from one another. It seemed that these programs further complicated and/or worsened the patient’s condition.

Dr. Edythe wondered if she would ever find a fitness program that recognized the interconnectedness of the body, one that would radically improve fitness and well-being without in some way diminishing it. And that was where Dr. Edythe was when she met Marv at the seminar.

When Dr. Edythe evaluated Marv’s athletes, she was awestruck. Yes, they had beautifully sculpted muscles on the outside, but that’s not what impressed her. It was what was on the inside—muscles cooperating with one another in an organized and integrated fashion. They were working better together as a whole, better than those of any other athlete she had ever evaluated.

Dr. Edythe was able to pinpoint some weaknesses in his athletes. One basketball player in particular had trouble shooting because of chronic shoulder pain. After examining him, Dr. Edythe suggested that the athlete pay less attention to the shoulder in his conditioning and instead work his hand muscles.

Marv was skeptical about chiropractors in general and her advice didn’t temper his doubts. Dr. Edythe recalled one of her patients, Michael. His story would better explain her suggestion and her long-held belief that *the body was a design of complex interconnecting parts*.

Michael, a forty-year-old classical pianist whose neck problem had forced him to cancel a concert tour, showed up at Dr. Edythe’s office. Orthopedists and neurologists concluded after thorough work-ups that he had a herniated disk. They put Michael in a neck brace and told him they thought his only chance for recovery was surgery. Wanting to avoid surgery, he came to Dr. Edythe in the hopes that he might be able to play his beloved Beethoven sonatas again.

After a few treatments, a weakness in one of the lumbricales muscles in Michael’s right hand showed up. Once this problematic muscle was treated, his neck symptoms

began to subside and he could take off the neck brace. He was able to play the piano again without any pain. The next time that Dr. Edythe saw Michael it was not in her office, but at Carnegie Hall.

Fast forward fifteen years. A baseball player was sent to Dr. Edythe because the pain in his shoulder and neck was affecting his pitching. The velocity of his fastball had dropped from 90 miles per hour to 75 miles per hour. The team doctors treated his shoulder and neck, but there was no reduction of shoulder and neck pain and no improvement in his fastball. The coaches were thinking of benching him for the season.

Dr. Edythe traced the ballplayer's problem to his hand. Again she found a small muscle that was extraordinarily weak. A distant melody played in her head—*dadada-dum*—and she thought of the concert pianist who almost missed his date with Carnegie Hall. She found out later that the baseball player for many years had played handball without using a glove. This most likely contributed to the creation of his hand problem. She treated and strengthened this hand muscle, and his shoulder and neck pain vanished. His fastball returned in short order. Dr. Edythe likes to think that what worked for Beethoven also saved a ballplayer's career.

And now Beethoven would help Marv's basketball player.

Marv's interest was so piqued by these stories that he wanted to see for himself if what Dr. Edythe was saying was for real. He hopped on the table, wanting her to evaluate him. She asked him a few questions about his overall condition. He told her he would rate his well-being as a 10. When Dr. Edythe detected a weakness in his knee, Marv was taken aback. Marv had felt intermittent knee pain through the years, which occasionally limited his activity, but that day he felt free of pain. He was surprised that without the pain, or telling her of his knee problem, it could even be detected.

Dr. Edythe told Marv that the knee pain came from a weakness in his neck. He was puzzled. She told him that perhaps misuse, overuse, or an injury could have caused it. He bolted up from the table and looked at her.

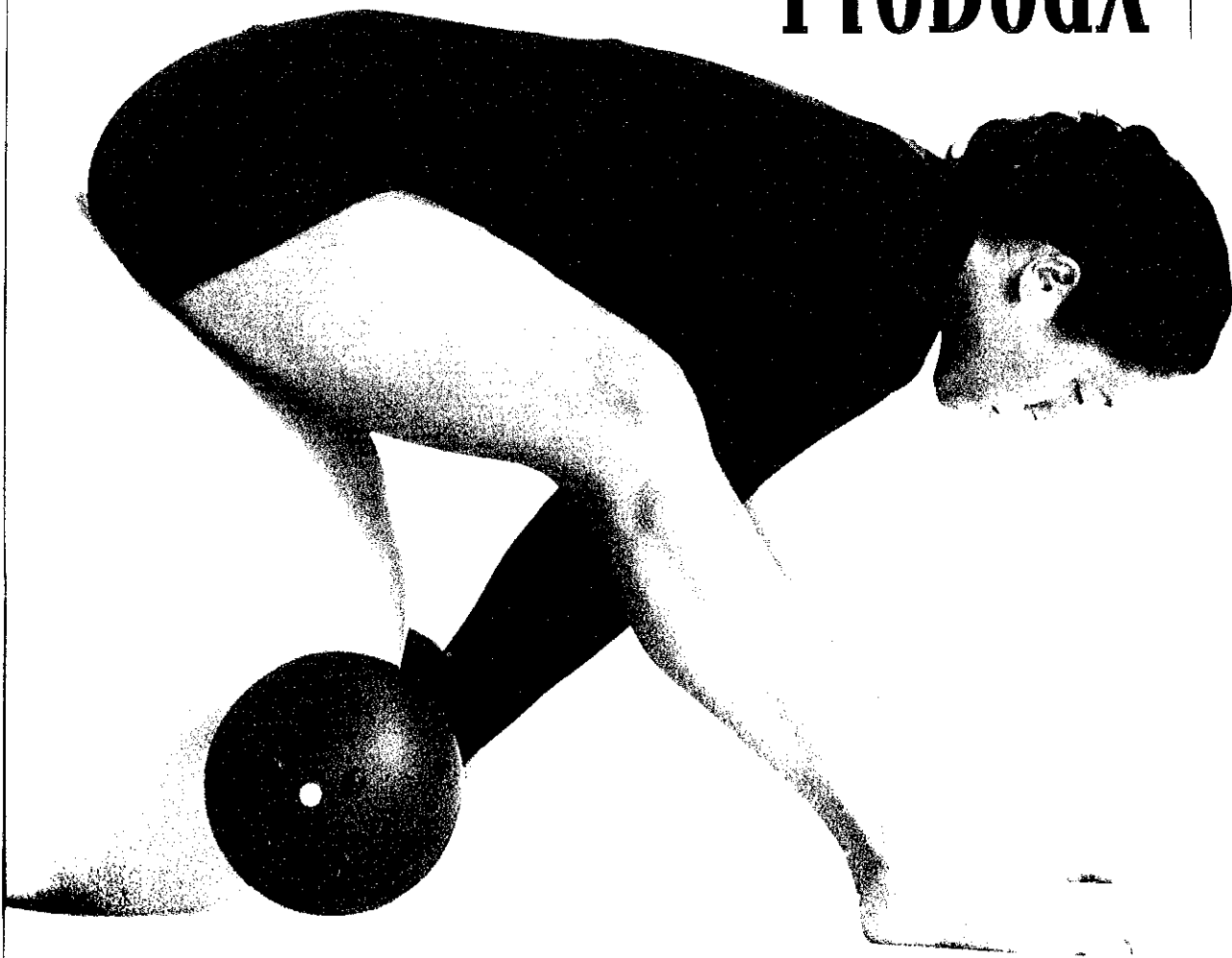
"Are you saying that a neck injury that I had in college decades ago could be the source of my knee pain?" That was exactly what she was telling him. The body had made minute adjustments to accommodate the injury, adjustments so small he wasn't even aware of them. Marv said he hadn't thought about that neck injury in years. Nor had he ever made the connection between the two, nor had any doctor or trainer.

That was the beginning of what was to become a series of many connections. Marv and Dr. Edythe spent days talking, trying out their theories on athletes and nonath-

letes. Thus was born ProBodX: A fitness program that improves athleticism and well-being without diminishing either. A fitness program that augments or fixes most weaknesses or muscular imbalances caused by misguided and counterproductive training methods, old injuries, or poor habits of movement—whether you know about them or not. A program that puts the body on a new path—the path to true fitness. A path you can get on, simply by engaging in proper eating and a sequence of proper exercises, that consider the body's interconnected design—from the inside out.

PART 1

# Understanding ProBodX



## CHAPTER 1

# Evolution of ProBodX

STEVE FINLEY, PRO BASEBALL player and four-time Golden Glove winner, has much to celebrate. In addition to reaching his goals in sports and life, he is truly fit.

Ever since Steve was a kid and heard the words "Play ball," that's all he's ever wanted to do. Play and play well. He became an outstanding outfielder and powerful hitter in the majors. But it didn't come without a price: injuries.

By 1998, playing for the San Diego Padres, Steve was having an inconsistent season. He went from hitting over thirty home runs a year down to less than fifteen. Nonetheless, he and his team made it to the World Series, losing to the Yankees.

Steve dreamed of a rematch with New York where the outcome would be different. But his days with the Padres were numbered. "Everyone thought I was over the hill at age thirty-three, everyone but me. I kept thinking about what Satchel Paige used to say, 'How old would you be if you didn't know how old you are?' I didn't feel thirty-three, or over the hill. And I knew I still had what it takes." The Padres management saw it differently.

Only a month after the Yanks defeated the Padres in the World Series, Steve signed as a free agent to the Arizona Diamondbacks and he never looked back. To prove that the last year wasn't the beginning of the end, Steve knew he had to do something different. That something turned out to be ProBodX.

"Doing ProBodX was like nothing I had ever done. I felt something immediately change in my body, but wondered if these changes would make a difference on the field." At spring training Steve got his answer.

"Every ballplayer is tired and sore as hell those first few days back, no matter how



much you do in the off season. Not me this time. I bounced through spring training without one iota of soreness. My teammates couldn't believe it. That season I felt good for the majority of the games. Most ball players feel lucky if they feel good 10 out of 162 games."

Two seasons later, by the All-Star Break, Steve had already hit twenty-five home runs and seventy RBIs and was well on his way to surpassing his all-time personal best. He felt unstoppable. Then came the game against the Houston Astros.

It was 2-1 in the bottom of the eighth with two outs and a runner on first. The batter hit a fly ball into the left center gap. Steve remembers it as if it were yesterday. "I knew if I caught the ball we could hold our lead. If I missed it, the game would be tied. I made the catch. But smashed into the wall, and damaged my back."

The Diamondbacks won the game, but off-season Steve was headed for surgery. The doctor told him it would be six weeks to two months before he could even do anything physical, let alone think about playing ball.

"Thanks to ProBodX, one week after the surgery I could exercise in the water using a modified version of ProBodX." Two weeks after, with his doctors' blessings, Steve resumed full activity. "I was doing everything, including a round of golf. The doctors were amazed by my unprecedented recovery, much of which I owe to Edythe and Marv."

By midseason Steve was back playing better than ever. The Diamondbacks went on to win the pennant. And Steve went on to have his rematch with the Yankees in the World Series.

In the fifth inning of the fifth game, Steve was at bat, one swing away from being struck out. New York fans got to their feet, jeering, screaming wildly, trying to unnerve Steve. Then came the next pitch. Steve swung. And that ball was history. The stunned crowd grew quiet. "It was amazing. As I rounded the bases and headed for home tens of thousands of New York fans, all standing, were silent. It was a moment that will stay with me for the rest of my life."

Two games later, Steve fulfilled his dream—winning the World Series.

ProBodX didn't make Steve Finley a star. That took years of training, skill, dedication, and hard work. ProBodX did help reorient Steve's body, paving the way to true fitness, giving him the edge he needed to reach his fullest potential.

ProBodX can help you, too, reach your fullest potential. Though you may not have the desire or the skills to be an elite athlete like Steve, that doesn't mean your body can't be as fit—truly fit—as his. Seem far-fetched? Not when you consider that your nervous and musculoskeletal systems are basically designed to work the same as Steve's.

## SURVIVAL OF THE "FITTEST"

Steve Finley's body works like this. His nervous system—brain, spinal cord, and network of nerves—gathers and processes information from the outside world. It then directs, moment to moment, his musculoskeletal system—muscles, tendon, ligaments, joints, and bones—to coordinate each and every movement. And that's the way this neuromuscular relationship works for most humans and has been working since the beginning of time.

If we look back to Paleolithic man, our cave-dwelling ancestor, common sense tells us that he must have been truly fit to have survived. He didn't work out in health clubs. He didn't need to. Life was the workout. Barefoot, he ran, jumped, lifted, threw, crawled, pulled, climbed, doing many of these things simultaneously, often off balance, and/or under duress, which varied day to day. He had to respond well to the unexpected. Fortunately for us, nature gave humans a brain that thrills on unfamiliarity, a nervous system hard-wired to react to what's new and foreign, equipping man with powerful tools to survive, a mind and body on alert and one step ahead of predators looking for a good meal.

Miraculous in design, the body is meant to work—operate and cooperate—*efficiently* to do exactly what it needs to do to accomplish a task. And when it works like this, it is "true" fitness.

But rarely these days do any of us have to hunt or forage for food or fear that we may become a predator's lunch. The only time we run is for a train or plane; that is, if we're

late. We don't need to walk and, most of the time, we don't. We don't even have to get out of our car to open the garage door anymore; we just press a button. As a result, many of us have become overweight, lazy, and lethargic.

In contrast to our ancestors we've become domesticated and sedentary. The body is rarely challenged in the way it was designed to be challenged, and as a result few of us are truly fit. And even though life is a lot easier than it used to be, we don't feel right. Many of us trying to turn the evolutionary tide have looked to fitness and exercise for the solution.

### LONG LIVE THE CAVE DWELLER

If early man was so truly fit, why on average did he live a shorter life? Average life span should not be confused with longevity. More than any other reason for the average life span of the cave dweller being so much lower than that of modern man is the vast number of infants and women who died at and in the childbirth process, which brings down the average. Most people don't realize that those early ancestors who survived, and avoided the dangers of the environment, had longevity: they often lived long lives.

We find ourselves:

- Consulting 200,000 certified personal trainers
- Following the ideas found in more than 44,000 fitness and 15,000 diet books
- Watching more than 2,100 fitness and sports videos
- Buying over 3 billion dollars' worth of home exercise equipment each year
- Joining nearly 18,000 health clubs and neighborhood gyms
- Breaking a sweat during 5 billion workout hours a year
- Wearing down 480 million pairs of athletic footwear that cost over 13 billion dollars a year

The great catch-22 is that even though we are *more into fitness than ever*, we may be *less fit than we've ever been*.

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## MISGUIDED MARKETING OF MUSCLES

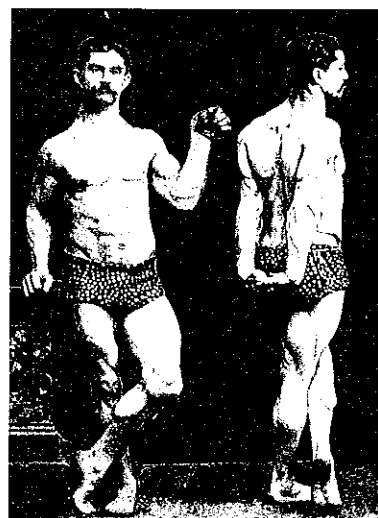
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Perhaps today's fitness programs are unintentionally misguided, engaging us in exercise that is detrimental to our well-being and goes against the design of the body in pursuit of the beautiful body. How might this have come to be?

The ancient Greeks became obsessed with the human body over 2,500 years ago. It is not known for sure how Greek infatuation with beauty began, but one can speculate that the ideal for a beautiful body became synonymous with large, well-defined muscles. Ample evidence, in statuary, vases, plates and mosaics from 530–400 B.C., chronicles the victories of athletes and shows their bodies with enormous proportions, suggesting that the link between beauty and musculature comes from the Greeks' admiration of their Olympic athletes.

This admiration inspired a new trend—the local gymnasium where a man of the leisure class, knowing he was not likely to achieve the athletic prowess of Olympic winners, trained his body to *look like* a superathlete's, not necessarily to work like a superathlete's. In other words, he could at least resemble those considered most beautiful and idolized in Greece, even if he could never be like them. Such a pursuit allowed him to be one of the “beautiful” people without ever having to set foot in Olympia, the home of the ancient Olympics.

The dedication to the perfection of the body was all but abandoned in cultures after the Greeks. That's not to say forms of exercise and simple weight training regi-



Before and after, D. L. Dowd

### BEFORE AND AFTER

Dowd was one of those scrawny, weak kids. In 1877, at the age of twenty-three, five feet seven, and weighing only 136 pounds, he decided to change what he considered his lot in life. He used a variety of methods to build up the musculature of his body over a three-year period. It wasn't so he could compete in a sport. He did it, just like the leisure class among the ancient Greeks, to look beautiful. That was his one and only reason.

mens didn't rear up intermittently in other societies after the decline of Hellenic civilization. But the ancient Greek idea of attaining beauty through the perfection of the human body as an end unto itself didn't reappear as a cultural phenomenon until nearly the end of the nineteenth century. The reawakening of the pursuit of the body beautiful was due in part to a technological advance—photography—and to a man who lived over a century ago, D.L. Dowd. With the help of this new technology, Dowd's photographic “before and after” pictures caught the imagination of the public. He wasn't the first, but he was certainly the best known at the time to improve his appearance for appearance's sake.

Many D. L. Dowds have come and gone in the last 130 years. All have one thing in common: the selling of *large* sculpted muscles as the ideal for beauty. Not that some

haven't peddled health as well, but health isn't the number one reason people cite for working out today. What is the number one reason? Like D. L. Dowd, to look good.

It seems evident that the Greek perception of *large* sculpted muscles as ideal for corporeal beauty profoundly continues to influence the populace to this day. Too often, fitness training emphasizes the building of muscles to make you look good. Muscles aren't bad as a by-product of "true" fitness and, in fact, becoming truly fit will produce a beautiful body. However, just training your body to obtain large chiseled muscles as an end goal, without regard to how they function, won't give you true fitness, the kind our ancestors had when life was the workout.

The ProBodX program will build a beautiful sculpted body. Steven Finley's body is beautiful by today's standards, but it also functions superbly, even after major injury. ProBodX will put you on the path to true fitness, helping you strengthen your body, look and feel good, and reduce the risk of injury.

## CHAPTER 2

# The Benefits of ProBodX

**E**MBRACING A NEW IDEA is not always easy, but those who have adopted ProBodX have benefited greatly.

Eric, in his mid-twenties, who suffered from a multitude of chronic injuries that forced him to leave professional volleyball, returned to the game, injury and pain free, playing for one of the best teams in the world.

Tyson, seventeen, a star high school basketball player who was concerned he didn't have what it took to excel in the NBA, became the number two draft pick.

Sheila, a woman in her sixties who was bent over in constant agony for nearly twenty years, could finally stand up straight with ease and be free of pain.

Carolyn, seventeen, who was shackled in ankle braces that worsened her jumping ability in volleyball and forced her to be benched for most games in high school, earned a volleyball scholarship to a Division I university and ended up being a champion.

Neal, twenty-six, a ballplayer who lost his contract because he couldn't improve on his throwing speed to second base, beat his record and is throwing faster than most catchers in the majors.

Amy, in her early twenties, who was fearful her high-jump career would be compromised after a devastating car crash, came back and made the Olympic team.

Leslie, forty-one, a dancer who suffered from chronic fatigue in her thirties and could barely walk by the time she turned forty, won back her dancing feet and her life.

Bert, an eighty-seven-year-old man who had difficulty climbing the stairs of his brownstone, can now take the steps two at a time after only weeks on the program.

Whether you work out regularly or not at all, the benefits of ProBodX will profoundly touch nearly every aspect of your life. Whether you are striving to be an athletic star or hoping to get through the day without pain, once you step upon the path

to true fitness you will start to feel different and within days begin to experience the far-reaching benefits ProBodX produces.

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## BENEFITS OF PROBODX

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- *Improves appearance.* You will look lean, muscular, and in proportion. You will generally feel better about yourself.
- *Increases energy.* You will be able to do more activity longer without fatigue.
- *Increases lean mass.* You will be able to do tasks more efficiently.
- *Diminishes muscle imbalances.* You will feel less pain as habitual and occupational imbalances are offset.
- *Decreases body fat.* You will look and feel better, reduce risk of diabetes and heart disease, feel less pain in your joints.
- *Reduces pain.* You will feel more vital.
- *Minimizes risk and repairs injury.* You will experience more days of work, recreation, or relaxation feeling your best. You will spend less time and money paying health care professionals. You will be able to reverse the damage to your body caused by injury.
- *Improves emotional well-being.* You will feel happier, less depressed, and less volatile.
- *Diminishes reaction time.* You will be able to respond to situations quicker.
- *Improves posture.* You will stand longer with ease and be less fatigued in general. You will be less likely to develop unwanted curvatures of the spine. You will experience a lot less related tension in other parts of your body.
- *Improves gait.* You will be able to walk and run farther and with less fatigue.
- *Improves mental acuity.* You will be clearer in your thoughts and you'll remember better.
- *Improves circulation.* You will feel lighter in your limbs.
- *Improves equilibrium.* You will do more tasks without throwing yourself off balance and causing injury.
- *Refines eye-hand and eye-foot coordination.* You will be able to position your hands and feet better to execute tasks with fewer errors.
- *Reduces stress.* You will be able to maintain your health while maintaining your cool.

- *Augments dexterity.* You will be better able to manipulate things with your hands.
- *Speeds rate of recovery.* You will be able to heal your body faster from injury or illness.

### **The Secret Power and Versatility of ProBodX**

How is it possible that one program can deliver so much? ProBodX begins on the inside, working on the cellular level, the systemic level, and the relationship between systems; and in doing so you are working with, not against, the internal design of your body. Yes, your cells and systems are working when you do other fitness programs. But they are not being conditioned to work most efficiently. No other program trains your body internally for maximum efficiency, which translates into optimal performance in athletics and daily life.

### **ProBodX and Your Nervous System**

The cells of the nervous system greatly benefit from ProBodX. The variety of stimuli inherent in proper body exercise force your brain to confront the unfamiliar and stay considerably more active than is the case in traditional less challenging routines. Besides the brain and spinal cord, the network of nerves plays a critical role in movement. The nerves receive and carry many more messages during ProBodX than during traditional workouts. As they receive and carry more messages, and more quickly, they are being trained to do their jobs more efficiently.

The more the nervous system is systematically trained, the more accurate information it carries and the shorter the time it takes information to be processed. In other words, ProBodX creates a more efficient nervous system, which translates into a host of benefits, including precise, quicker, and more powerful movements.

### **ProBodX and Your Musculoskeletal System**

Positive changes take place in the cells of your musculoskeletal system, too. Inside the muscle, more cells called muscle fibers are engaged. When more muscle fibers are engaged, more of the muscle is available to make greater contractions. With the aid of the nervous system, a greater number of muscle fibers and a greater portion of each muscle fiber can more efficiently contract and relax to the right degree and in the right sequence to accomplish a task better. Muscles that are properly trained for the jobs they were meant to do cooperate better with other muscles and other parts of the mus-



culoskeletal system—bones, joints, ligaments, and tendons. When more muscle fiber is efficiently relaxing and contracting to the right degree and in the right sequence, and as more muscles are cooperating with each other, your body accomplishes tasks with greater ease and efficiency.

The ProBodX workout maximizes efficiency in movement. In every movement of the body, muscles are designed to cooperate with one another in a very specific and ideal way. With ProBodX your body learns to use the right muscles, not too many or too few for a task. When using or recruiting the right muscles, your body is less vulnerable to aches, pains, and injury because your movement is most efficient.

In other fitness programs, muscles are overdeveloped out of proportion to the muscles they are supposed to work with. However, when your muscles are developed properly, there isn't unnecessary tension in them and you are more likely to keep your joints and bones in their correct alignment, reducing the risk of injury. Movement is smoother, more efficient, precise, and forceful.

ProBodX also increases the density of your connective tissues, which benefits your joints, making them more sturdy. The nerves in the joint, providing information to your brain about the position of your limb, are more active, helping your muscles make more accurate adjustments to execute efficient movement. And your ligaments, tendons, and muscles become more elastic and resilient, making them less prone to injury, making your movements more forceful, and preventing some of the negative aspects of aging.

### **The Dialogue Between the Nervous and Musculoskeletal Systems**

Trained with ProBodX, the brain, spine, and nerves, in conjunction with the right muscles, learn to contract and relax to the right degree and in the right order. Pro-

### **THE AUTUMN YEARS ARE NO LONGER PAINFUL**

Stuart was an active senior citizen, doing his chores around the house and yard. He felt he was fairly fit. When he reached sixty-five, he noticed he began to fatigue quicker. Specifically, he started to feel pain in his shoulder when raking the lawn. After ProBodX, Stuart became aware that his raking was once again pain free and even easier than ever before. Stuart was now using just the right number of muscles throughout his body to accomplish the task. For example, before ProBodX, Stuart was using four major shoulder muscles to do his raking, a task that could be more easily accomplished using up to thirty-eight muscles, which is what he used after ProBodX. Through ProBodX, Stuart retrained his body to distribute the workload over more muscles. Stuart didn't fatigue as soon raking leaves. He actually felt energized. So much so that he often raked his neighbor's lawn as well.

## AGE LESS OR AGELESS

**W**ITH PROBODX, TISSUES ARE more generously infused with hormones that rejuvenate rather than deplete. The loss of tissue elasticity and resiliency associated with aging is reduced. This increases the likelihood for greater longevity with more vitality. This means your body feels younger and feels younger longer.

BodX sharpens neuromuscular interaction. This makes for the *most* efficient movement in sport or daily life.

The positive effects of ProBodX at the cellular level go beyond the nervous and musculoskeletal systems to include your hormonal, respiratory, digestive, circulatory, and excretory systems, which all contribute to running a truly fit body. A truly fit body looks and feels as good from the inside as it does from the outside. The truth is, it is the inside that makes the outside look and feel so good.

### **The Outside Story**

A lean body. Long, beautiful, sculpted muscles. Shapely, flat, and chiseled in all the right places. The look of being fit. However, looks can be deceiving. But not with ProBodX. Yes, you lose weight and increase muscle mass. The benefits of weight loss for health are well known and will be experienced by those doing ProBodX. With ProBodX, unlike most other programs, you lose weight and increase muscle mass while training your body to function optimally. With ProBodX, you look fit and are fit.

Proper body exercise activates muscle to help burn fat and help burn it in places that you might not otherwise. Those who do ProBodX lose fat and get better muscle tone. You reshape your whole body. You find your waistline again, create longer, leaner muscles and add symmetry to your body. Your posture will improve, and aesthetically this gives you a better look. With ProBodX, it is not temporary weight loss.

ProBodX will not only help you trim down and build muscular definition, but it will also help you perform better. Performing optimally is critical in sport. Most people don't realize that the long array of benefits associated with the five athletic components—precision of movement, optimal flexibility, strength, endurance, and mental stamina—that improve with ProBodX, are not only essential for the athlete or weekend warrior, but also are very useful to the nonathlete.

### **Work Less, Bigger Payoff**

People who work out with ProBodX work out for less time and with greater results. Time and again, Eric, Justin, Tyson, Sheila, Carolyn, Neal, Max, Amy, Leslie, and Bert, who worked out using ProBodX, were amazed at how quickly their bodies responded and how fast *real* change occurred. They and hundreds of others say that after the first week their bodies felt different. More alive, more relaxed, responsive, and balanced.

With ProBodX you, too, can reach true fitness quickly and have your body work efficiently, with power and grace, just as it is designed to do.

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## THE FOUR ESSENTIAL ELEMENTS OF FITNESS

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The program centers around the four essential elements that professional athletes doing ProBodX use to attain their peak performance: instability, multiple planes, reversing, and resistance. Interestingly enough, these were the four essential elements that ran through the kind of daily activity that made up our ancestors' movements when life was the workout.

### **Instability**

The best way to create the element of instability in a workout is to exercise on a surface that continually throws your body off balance. Instead of doing your exercise sitting in a chair, lying on a bench, or standing on the floor as in most programs, you stand on a wobbling disk or slant board or sit on a big rubber ball. For example, as the ball moves unpredictably, destabilizing you, nerves called sensory nerves monitor what needs to be done in the muscles, and then send rapid-fire messages to your spinal cord and brain. In this case, the message is, "Help, I'm about to fall!"

Your brain then directs the musculoskeletal system via another type of nerve, called a motor nerve, to carry messages *from* the brain back *to* the muscles, in this case to make minute muscular adjustments. Your nervous and musculoskeletal systems continue this dialogue, working back and forth until balance is found again. The more challenging it is for your systems to find balance, the more efficient they become at finding it, training your body to react and correct itself more quickly.

### Multiple Planes

The way to create the element of multiple planes in a workout is to work the muscles and muscle groups with a fuller range of motion, moving many parts of your body in many different directions simultaneously. Instead of lifting a dumbbell in one linear direction or even moving the dumbbell in front or to the side or back, working only three planes of the muscle, you move the weights in circles, diagonals, and at varied angles, or a combination of any of them, increasing the number of planes.

When you work out on multiple planes, your body is required to create a greater range of motion, and many more muscles, tendons, ligaments, and joints are called upon to complete these movements, improving the body's efficiency.

This greater range of motion forces more of an individual muscle to work. Specifically, a greater number of fibers are activated, *and* the full length of each fiber is utilized rather than just a small segment of the fiber. Using more muscle fibers and more of each fiber results in the work being distributed throughout more of your muscle, making the job easier for that particular muscle.

*Muscles were designed for teamwork*, too. Ideally, when more of the *right* muscles or muscle groups are being used, greater cooperation takes place, making the task even easier. The more efficient the muscles become in helping one another, the smoother the action and the less likely you will be to injure yourself. How many strains, tears, pulls, tweaks, or rips could have been avoided if muscles had been awake, working well, and cooperating as designed?

### Reversing

The way to create the element of reversing in a workout is to quickly and forcefully move your body or a part of your body from one direction to another—forward and backward, left and right, up and down. Instead of moving a heavy weight in one direction and then another, with ProBodX you use lighter weights. By doing so you are able to move the weights faster. The idea is to quickly gather the energy that is

### MAKING THE MOST OF MUSCLE FIBER

Many people who use weights to develop large muscles mistakenly believe that lifting heavy weights builds more muscle fiber. It does increase muscle fiber, but doesn't lengthen it. When the muscle is worked on one plane, the full length of the muscle fiber is not utilized, meaning that just a *smaller amount* of muscle fiber is being *overdeveloped*. People don't realize they have sacrificed flexibility, range of motion, speed of movement, agility, and quickness in the process.

## A REVERSAL OF FORTUNE

**W**HAT REVERSING DOES IS stretch part of the muscle/tendon, referred to as putting the muscle/tendon "on stretch." When the muscle/tendon is put on stretch, energy builds up, which then can be used to make a more powerful movement in the reverse direction. But in the body, if you don't change over quickly from one direction to the other, much of the energy built up in the muscle/tendon dissipates like heat escaping through a valve and, with it, the power of the movement. The faster you reverse muscles/tendons, the less energy dissipates and the more it can be tapped for a powerful movement.

created by moving in one direction, and upon stopping, transfer the energy into your muscle and tendon. This energy is then available to make a more forceful move in the opposite direction. The more energy gathered and the more quickly the reversing occurs, the more powerful the change of direction. This unleashing of power is key to most sports.

### Resistance

To use the element of resistance in a workout, you need to use weight or engage your muscles in a state of holding. To meet or overcome resistance or weight requires strength. There are many kinds of strength, and not just the kind that allows you to lift a heavy object. There is the strength to lift objects quickly, or lift objects often, or lift objects in a variety of directions; to toss an object powerfully; to accelerate, move fast, or move for a long time.

The key to resistance training with ProBodX is *not* necessarily *how much* weight is used, but *how* the weight is used. The best way to use weights is not by themselves, but in combination with the elements of instability, multiple planes, and reversing. And the best ones to use are hollowed-out weights with shifting sand, water, or metal shavings inside. As you move the weight, you tax your body on multiple planes or in reversing direction, and it is kept off balance by the shifting weight.

*When working out with ProBodX, being off balance in different places (instability), in varied ways, and from different positions (multiple planes), and changing directions quickly (reversing) while using resistance, exponentially improves your level of fitness.*

### **Progressing the Essential Elements**

With most fitness programs, the body reaches a plateau and gains are incremental, if at all. The body has stopped learning and the nervous system is on autopilot. To keep improving fitness with ProBodX, you increase the difficulty, or “progress” each element. In this way, the nervous system stays alert and the musculoskeletal system continues to make gains.

- You progress instability by making the exercise surface more unstable.
- You progress multiple planes by increasing the complexity of the movements and varying the positions in a greater number of planes.
- You progress reversing through *rapidity*, incrementally increasing the speed at which you can reverse while still exercising properly.
- You progress resistance by simply adding the weight load, but *only* in conjunction with the other elements.

And as you progress each of the elements alone and in conjunction with each other, you create a powerful synergistic effect, challenging both the nervous and musculoskeletal systems while exponentially improving the dialogue between them.

### **The “Ripple Effect”**

When all the essential elements that make up ProBodX are employed in a specially sequenced set of exercises and with an increasing level of difficulty, the impact on the body is unrivaled. A variety of systems and muscles in your body that don’t get much attention elsewhere get awakened. As each part of your body comes to life and begins working as it was designed to work, the benefits grow exponentially, creating a positive “ripple effect.”

When most people think of a ripple effect, they conjure up a well-sculpted body with well-defined muscles that flex and ripple as they move. In fact, the word “muscle” comes from the Latin, *musculus*, which means little mouse. The Greeks thought the movement of muscles flexing looked like a mouse scampering, “rippling,” under the skin.

With ProBodX you not only get this ripple effect, the beautiful sculpted muscles so coveted, but also the other ripple effect that has deeper and more meaningful implications for the entire body.

### **The Power of Information**

When thinking about movement, muscle comes to mind. But it takes more than muscle to create movement in daily life or in sport. Yet many people train muscle without

regard to the system that signals it to move. Anyone who wants to be on the path to true fitness must get up the nerve to accept that nervous system training is essential.

There are basically three aspects of nervous system function that can be improved: processing more information, processing more information faster, or processing more information faster to and from the brain. In some cases, the information can circumvent going to the brain altogether and move to and from the spinal cord, making the processing of information even faster yet.

To make these improvements, the nervous system must, among other things, gather up information about body posture, position, movement, tension, changes in equilibrium, to name a few. Your awareness of where your body or parts of your body are in time and space is called "proprioception." Certain types of sensory nerves, proprioceptors, which are located throughout the body, including in the eyes, middle ears, and skin as well as in muscles, ligaments, tendons, and joints, are responsible for collecting the information.

When the nervous system is trained properly, more sensory nerves, including proprioceptors, are engaged. The more proprioceptors that are working, the more information flows from your environment through your eyes, middle ears, and skin to your brain about your body's position and the more information it has about where your body is in time and space.

Once the brain has amassed the information, it then communicates an order for movement to the muscles. As the muscles move, proprioceptors in the muscles, ligaments, tendons, and joints relay back new information about the body's changing position to the brain, which sends out new orders to fine-tune the movement. The more refined the proprioceptors, the better the information and the more efficient the process.

A good way to visualize this is to imagine you're walking through a dark forest and your proprioceptors are little halogen flashlights all over your body. The more honed your proprioceptors are, the brighter the light. Theoretically, the brighter the light, the better you will be able to see what's around you. The better you can see, the better you can respond to your environment. Day or night, proprioceptors illuminate where you are in time and space and provide information so you can best move through your world.

The *more accurate information* the brain has, the *more accurately* it can tell the musculoskeletal system to accomplish a task *more efficiently*. This allows you to improve your reaction time. A reaction is made up of sensing time and decision time—the time it takes you to sense the need to move and the time it takes actually to make the move.



The better the proprioception, the faster the sensing time. The more accurate the circuits or nerve pathways that are used, the quicker the decision time. The quickest decision time uses the reflex arc. This means, instead of information taking a longer route from the nerves to the spinal cord to the brain and back again, it will circumvent going to the brain and go from the nerves to the spinal cord and back again. Cutting out the travel time to the brain trims down decision time, making movements even quicker. Put another way, the nervous system has been highly trained to react as quickly as if it were a reflex.

Training the nervous system so that information travels along the appropriate circuits is not only critical in life-or-death situations, but is extremely important in athletics. An athlete who has fast sensing time and the quickest decision time vastly better his reaction time and ultimately improves his performance.

And conversely, without good sensing or decision timing, no matter how big your muscles are, your brain will lack the information you need to react quickly. And, in turn, your muscles won't move as fast or accurately to best meet the demands of a task. There is no way around the neuromuscular connection: Without your nervous system working well, your muscles won't.

### **Muscle's Bound**

ProBodX focuses on conditioning muscles collectively, greatly impacting the body's ability to work, and to work well.

ProBodX will effect change in your abs, pecs, glutes, and delts, but won't build them at the expense of other muscles that were designed to help these larger muscles work. Small, often unseen, muscles are just as important. And that's one of the powerful secrets of ProBodX. It fires up the smaller muscles assisting the larger muscles in tasks.

When this occurs, more muscles work together, not to mention optimally working tendons, ligaments, and joints. Training all muscles as an *interactive unit* makes the muscles collectively stronger, which ultimately makes work easier.

If one muscle is overbuilt, it sometimes interferes with other muscles trying to do their job, working overtime, and taking over tasks they weren't meant to do. This makes them more vulnerable to injury. On other fitness programs, if this situation happens, it is called the "negative" ripple effect.

Some of the symptoms caused by a negative ripple effect may be bad gait; poor posture; leg, shoulder, neck, and back pain; and, with time, chronic injuries.

By training most, if not *all*, muscles (not just the large ones), ProBodX repairs the

## MUSCLE FRAGMENTATION

**O** THER PROGRAMS ATTEMPT TO isolate a muscle to be worked out, not that isolation could ever be accomplished completely. Programs like traditional weight training nonetheless keep at it and get very close. They do a disservice to your body's functionality by compromising muscular cooperation. Attempting to isolate and overbuild muscle leads to fragmentation, a term used to describe the breakdown of muscular cooperation. The muscle groups, or "teams," are no longer working as a unit; rather some muscles are doing their own thing without regard to what the "team" should be doing. A fitness program that fragments muscles diminishes fitness and invites injury.

negative ripple effect by reinstituting muscular cooperation, thereby building up a strong musculoskeletal system in a balanced way.

While on the path to true fitness, ProBodX helps restore your musculoskeletal system, which may not work optimally and hasn't for years. This is why you will begin to feel different within days of starting ProBodX.

### **Adored, Not Ignored**

Proper body exercise trains some muscles that other fitness programs ignore. ProBodX won't focus on these overlooked muscles by attempting to isolate them. You will read about individual muscles or muscle groups, including the intrinsic, micro, antigravity, anterior serratus, pyramidalis, lower rectus abdominal, and abdominal obliques. Though named and discussed in isolation from other muscles, they are never worked out this way in ProBodX. Muscles, large and small, will be conditioned together, contributing greatly to the positive ripple effect you will experience.

### **Feet First**

Your feet are your body's first line of resistance to the earth and are the foundation upon which you stand, literally and figuratively. The feet are crucial to the support of the lower and upper body. The feet were made, toes and all, to navigate the ground on which you walk. When they go awry, your whole relationship to gravity is out of kilter. This in turn throws off knee and hip positions, which negatively impact your pos-

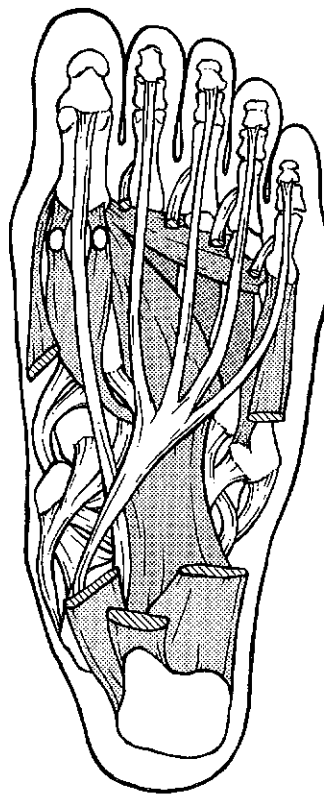
ture, alignment, gait, and balance. There's a saying, "As the feet go, so goes the body."

Each foot—19 muscles, 33 joints, 107 ligaments, and 26 bones—takes a daily beating, moving you from one place to another. That means you take nearly ten thousand steps a day—equivalent to circling the world four times in an average life span—and the force of each step when you're running is nearly four times your body weight. For the average person, that comes to somewhere between 500 to 700 pounds of force on each foot. And yet your feet can last a hundred years or more without being replaced. What pair of high-tech shoes can last even a year these days?

Your feet do more than get you around. There is a plethora of sensory nerves in your feet that are sensitive to changes in the environment and, in particular, pressure. One of the more important jobs your foot is supposed to do is to provide proprioceptive feedback to the brain about where your body is in time and space. Your feet help orient you to where you want to be going and how best to get you there. ProBodX activates and improves proprioception in your feet.

Additionally, your feet are one of your primary shock absorbers. If your feet are weak, your body or some part of it, like your sacroiliac joint or your neck, absorbs the brunt of the impact rather than your feet. And since these other parts of your body weren't made to be shock absorbers, you're likely to find yourself suffering compression, pain, or injury. By working the feet with ProBodX, you will better absorb shock and diminish the risk of injury to other parts of your body.

When the nerves and muscles of your feet are underutilized through lack of proper training or lack of use, other parts of your body must overcompensate, putting added stress on these other areas and increasing the likelihood of injury. Hip problems, knee problems, lower back pain, even neck problems and shin splints, not to mention fallen arches, stress fractures, and Achilles tendinitis, plantar fasciitis, and bone spurs, may all stem from feet that are not fully doing the job they are designed



**A sampling of foot muscles affected by ProBodX**

## BRACED FOR FAILURE

CAROLYN HAD STAKED HER future on a collegiate sports scholarship, but her career in volleyball was on a downward spiral. Fearing she was too short to play the game, she tried everything to strengthen her feet and legs so she could jump higher.

The coaches made her wear ankle braces during practice and games. But the more she wore the braces, the worse her game got. So many athletes suffer at the hands of traditional coaching methods, which turn potential greatness into mediocrity or disaster. Carolyn was one of them. By the time she tried ProBodX, she was walking like a duck, dead on her heels, and she couldn't jump—even over a credit card, let alone play a game of volleyball. She and her coaches were unaware that the muscles, joints, ligaments, and tendons of the feet were not being properly exercised. Encumbering her feet left her nervous system and musculoskeletal system unchallenged. And over a long period of time the results were devastating. Ankle braces all but destroyed her feet and ankles.

On ProBodX, the first thing she did was get rid of the ankle braces. Then she took off her shoes. "After two weeks, there were changes in the way I was walking," commented Carolyn. "About a week later and I could feel I was jumping differently. My hips and abs got stronger, as did my upper body and core muscles, which all contributed to making my jump higher. What was amazing to me was that it wasn't just my feet and legs that made my jumping better, but my whole body working together."

ProBodX not only trained Carolyn's body to be truly fit, but in doing so reversed the terrible effects of improper training, lack of use of certain muscles, and even chronic foot problems.

Carolyn stayed with ProBodX, and fifteen major colleges recruited her. She ended up at the University of Oklahoma, where she became captain and one of the school's best volleyball players.

to do. ProBodX gets your feet working properly again, helping to avoid future problems.

Many people today are unaware that the way they protect their feet by adding layers of support, orthotics, cushioning, and arch supports may actually impede the foot from

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Carolyn stayed with ProBodX, and fifteen major colleges recruited her. She ended up at the University of Oklahoma, where she became captain and one of the school's best volleyball players.

to do. ProBodX gets your feet working properly again, helping to avoid future problems.

Many people today are unaware that the way they protect their feet by adding layers of support, orthotics, cushioning, and arch supports may actually impede the foot from

exercising properly. This in turn hinders the ability of the feet to do their many jobs, rendering them weaker and making other parts of the body vulnerable to injury.

In sports, your feet need protection, but when you train or condition your body, the protection often stops the feet from being worked out properly. With ProBodX, the feet are, for the most part, exercised barefooted.

When you exercise barefooted, the nervous and musculoskeletal systems are more likely to be engaged than if your feet were sleeping comfortably in high-tech shoes. The cushy padding shields the sensory nerves in your feet from receiving accurate information of where you are in time and space. These sensory nerves are hindered from doing their job. And the less they do their job, the more they are lulled into inaction. And the more they are lulled into inaction, the less effective they become over time.

Working out barefooted will improve your abilities in sports, such as running faster, jumping higher, leaping farther, landing better, taking off from a standstill more quickly, or changing direction.

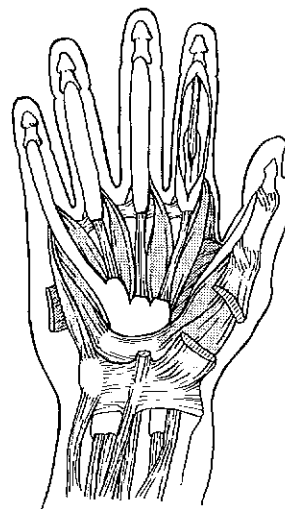
The improvements to your feet from ProBodX go beyond sports; they dramatically impact the quality of your daily life. You'll walk easier, be able to right yourself more easily, stand longer, and overall experience less fatigue. ProBodX may restore fallen arches, eliminate undue stress on heels, prevent bunions, and save the fat pad under metatarsals. It's not just your feet that will be happy, but your body will be happier.

## Hands

Hands also get taken for granted. In traditional workouts, they are used to hold weights, grab bars, push pads, and grasp handles. Yet your hands, like your feet, play an extremely important role. Besides the sense of touch and the manipulation of objects, hands are relied upon for a variety of other jobs.

The hands are used for *shock absorption*. In daily life, your hands absorb shock to break a fall, push open a door, or sustain a wild round of applause. In sports, the hands absorb shock when you catch a ball, use a racket, push off against the floor, or block or strike a blow in boxing.

The delicate workings of your hand also allow you to sense *changes in pressure* in and on different parts of the hand, quite



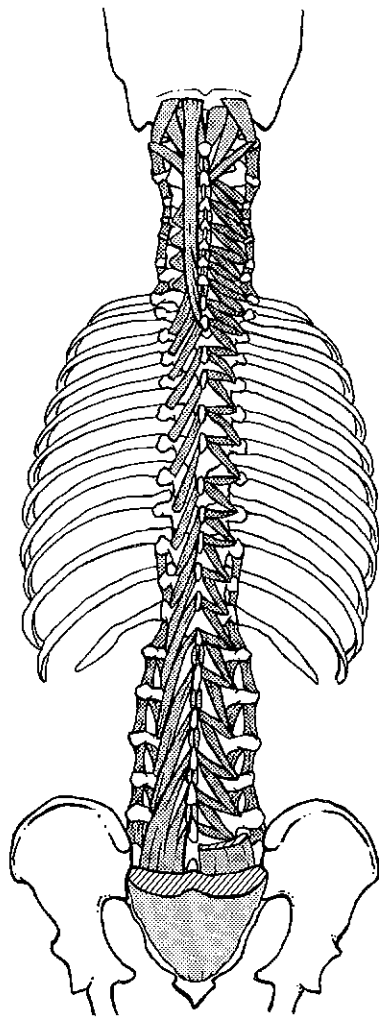
A sampling of hand muscles affected by ProBodX

useful for manipulating objects and increasing skill in sports such as billiards, gymnastics, football, basketball, baseball, and volleyball.

Why then aren't the hands given more attention in workouts? They're not insubstantial. A pair of hands has a total of forty intrinsic muscles. And many chronic problems could be avoided if the intrinsic muscles of your hands were better trained. When your hands are weak and uninvolved, other areas of your body suffer, making them

more vulnerable to injury. You're more likely to experience carpal tunnel syndrome, tennis elbow, rotator cuff problems, and herniated disks in the neck. If you are an athlete, an injury to the hand can mean the difference between playing and bench warming.

ProBodX trains the hands, not only to work better themselves, but once they do, they communicate better with the forearms, upper arms, shoulder, and neck, helping those areas to work more efficiently.



**A sampling of micromuscles along the spine affected by ProBodX**

### **Micromuscles**

There are more than a hundred overlooked but extremely important small muscles that run along the length of your spine. ProBodX calls them the "micromuscles." In training these smaller muscles of the body, ProBodX ensures that they are ready and able to assist with or direct the larger muscles when the muscle or muscle groups are called upon to work.

You may not be wowed when you flex your micromuscle prowess, but perhaps the next time you react quickly or throw a perfect curve ball, others will take notice.

Few programs train the micromuscles. And certainly no program trains them for how they were best meant to work. What then do micromuscles do? Given their location, one of their more

obvious roles is to help stabilize the spine, keeping the vertebrae stacked up correctly and the disks in proper position. This helps your body stay aligned and in balance. The micromuscles also help the spine move in various directions—bending, extending or rotating, forward, backward or side to side—making you more mobile.

The role of micromuscles is not relegated to the spine alone. They help the larger muscles throughout the body to execute a movement. There are some training programs that recognize the importance of what are called the “core muscles.” Core muscles stabilize the trunk to facilitate movement in other parts of the body and enable the development of increased power, speed, and quickness.

Unfortunately, most core training today generally ignores these tiny muscles along the spine. In most cases, if not all, attention is paid to the large muscles of the trunk to the exclusion of the micromuscles. What most people don't understand is that these smaller muscles assist the larger muscles in doing their jobs. Without training these small muscles, true core stabilization is unlikely. ProBodX trains the core muscles from the inside out, from the smallest to the largest.

Micromuscles have more sensory input than other muscles in the body. This means that as part of their job the micromuscles sense positional changes in your body. Proprioception! The better trained the micromuscles are, the more quickly they can sense positional changes and give the information to the brain. The more information the brain gets, the more accurate and quickly the brain can issue new orders to make any necessary adjustments in a muscle or group of muscles. This greatly influences how smoothly a limb moves. This, in turn, allows you to make the most efficient movement to accomplish a task. Refined micromuscles can also play an important part in aiding your balance, speed, power, and precision of movement, and they promote better eye-hand and eye-foot coordination. In sports, that translates to being able to jump higher, hit or kick harder, swing a bat or racket better or meet the ball better.

## STANDING TALL

For thirty years Sheila was severely stooped over and in constant agony. She spent most of her waking hours looking at the ground rather than straight ahead. She could no longer reach the cupboards in her kitchen or sit comfortably in a chair.

Sheila had attempted numerous therapies to relieve the pain and walk normally again, without success. But after doing ProBodX for eight weeks, many muscles, including the micromuscles that had been overlooked, began to work again.

“For the first time in twenty years, I could finally stand up straight with ease and free of pain,” Sheila said with great joy.



When micromuscles are underutilized, not only will your balance and coordination be off, but your gait and posture will be off, too. This means that you'll likely fatigue more easily when you're walking or running or suffer back and shoulder pain.

### **Antigravity Muscles**

Another series of muscles often overlooked but critical to efficient movement ProBodX calls "antigravity muscles." Some of them are the levatores costarum, intercostales, and posterior serratus, and are located in the torso, either anchored to the spine and running to the ribs or running from rib to rib.

Antigravity muscles in particular raise the torso, which is constantly being pulled down by gravity. The more you train these muscles with ProBodX, the less likely you will slouch and the more likely you will stand for the better part of the day without feeling tired or your back aching. And the more likely you'll reduce neck tension and reverse some spinal problems, such as abnormal curvatures of the spine.

## **COLLISION OF IDEAS**

**B**ESIDES CREATING BETTER RESPIRATION, better lift, and a better look, the antigravity muscles also help the body to absorb shock better. Amy, a contender for the Olympic Games, was in a terrible car accident, where she was rear-ended by a speeding vehicle just weeks before the 2000 Olympic trials. She had been training with ProBodX for months, and her antigravity muscles, which had never been addressed in her previous training, had finally gotten the attention they needed.

"I am convinced that the reason I could perform well enough to make the Olympic team after the accident," says Amy, "was that my antigravity muscles had absorbed the impact of the crash."

Most people who have been in a car accident similar to Amy's would have spent weeks receiving physical therapy, chiropractic treatment, or pain medication just to go about their daily routine, let alone high jump in a national competition.

Amy is sure that part of the reason she bounced back so quickly was due to all the work she did with ProBodX before *and* after her accident. Her truly fit body was better able to stave off the damaging effects of a sudden, forceful impact.

The antigravity muscles, running rib to rib, help you breathe better. They maintain the elasticity between the ribs, which assist the diaphragm. In turn, the chest cavity expands and contracts more efficiently. This allows you to pull in more oxygen and expel more carbon dioxide with each breath.

These muscles not only help increase the supply of oxygen, they also enhance the lift of the torso. For example, it will be easier to catch a ball sailing overhead or better ace a tennis serve. The way ProBodX trains the antigravity muscles helps assist the body in making more powerful movements.

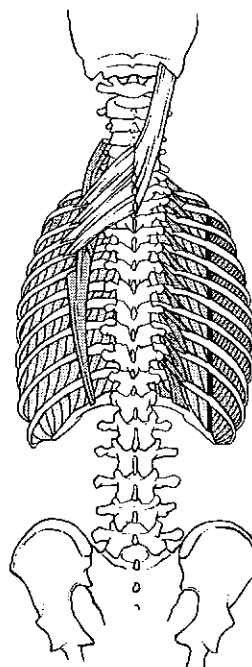
Developing antigravity muscles can help aesthetically, too. Many people say they bodybuild to get a wide and raised chest. What they don't realize is that to get that "look" they are building muscles to be tight, which for athletes contributes to a decrease in performance.

With ProBodX you can achieve that same wide and raised-chest look, but without the tension and tightness, where range of motion and strength are not compromised but enhanced.

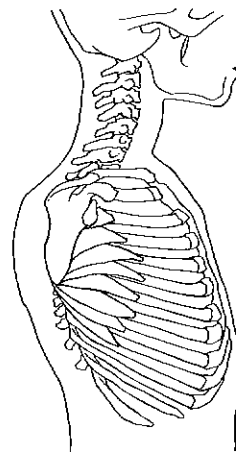
### **Anterior Serratus**

Another group of muscles that are overlooked in most conventional training programs but are thoroughly addressed with ProBodX are the anterior serratus muscles. These muscles attach at the ribs and run to the shoulder blade. They move the shoulder blade, or scapula, as well as anchoring it to the torso.

The anterior serratus muscles optimize arm movement, which means that they aid in making the movement easier and more fluid in such daily activities as lifting groceries, raking leaves, or vacuuming the house. In sports, training of the anterior serratus muscles is



**A sampling of antigravity muscles affected by ProBodX**



**A sampling of anterior serratus muscles affected by ProBodX**

essential to establish the proper foundation for throwing, rowing, and swinging a bat or racket.

Most trainers and coaches condition for upper body power by building up the lats, deltoids, rhomboids, and upper trapezius. When this happens, the shoulder blade is *too well* anchored to the torso, nearly immobilizing it, which in turn makes arm movements less powerful. Many people, as they age, complain about limited arm and shoulder movement. More often than not, the anterior serratus has been neglected.

The anterior serratus being ignored from lack of use or improper training is a perfect case of not all the right muscles working together to complete a task. Chances are if you haven't trained the anterior serratus, you're not using your arms efficiently and your range of motion is likely more restricted.

### **Abdominal Muscles**

Another muscle group often incorrectly trained by most fitness programs, but extensively trained correctly as a part of ProBodX, are the abdominals, in particular the abdominal obliques and the lower abs, which include the pyramidalis and lower rectus abdominals.

### **DEEP PACKS, NOT JUST SIX PACKS**

**E**ACH YEAR AMERICANS SPEND more than 250 million dollars on ab machines. And most end up being disappointed as the machines by themselves won't produce a flat stomach. That only happens when diet accompanies the workout. Orthopedic physical therapist Carol Hamilton calculated it would take about 7½ hours straight on an ab machine doing more than 4,500 repetitions to lose 1 pound of fat.

Ab machines or "crunches" build the upper and middle abs, creating that "ripped," "chiseled," "cut," "washboard," or "shredded" six-pack effect. ProBodX builds the abs, creating a "deep pack," working the lower abdominals, which are all but ignored by traditional ab workouts and, for the most part, are not visible to the naked eye.

When these muscles are overlooked, your gait is affected, your athleticism depreciates, and you're more prone to injury. Stop thinking just "six pack" and start thinking "deep pack."

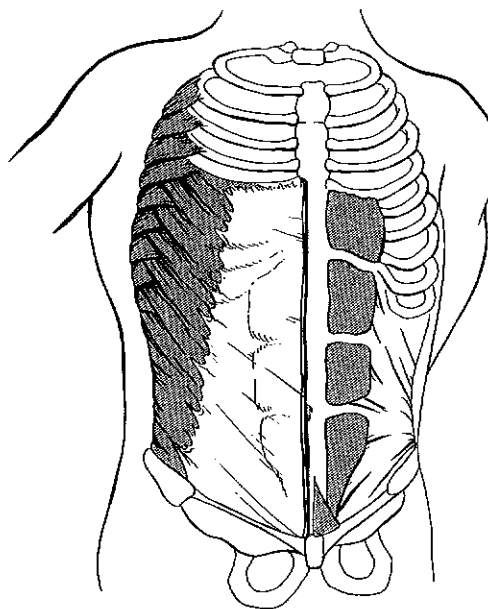
The abdominal oblique muscles wrap around the midsection of the body from the side to front. They help the body twist and turn, aiding it in making powerful rotational movements such as throwing a fastball, hitting a home run, spiking a volleyball, or hitting a long drive in golf. A diver who jumps off a board into the air and doesn't use the abdominal obliques cannot twist his body before entering the water.

Unfortunately, most training programs work the abdominal obliques by themselves, *not in relationship to the other muscles*. Without a good working relationship between the abdominal obliques and the muscles they were designed to assist, such as the anterior serratus, power is diminished. When the body exerts a powerful movement without the abdominal obliques working well with other muscles, you are inviting injury.

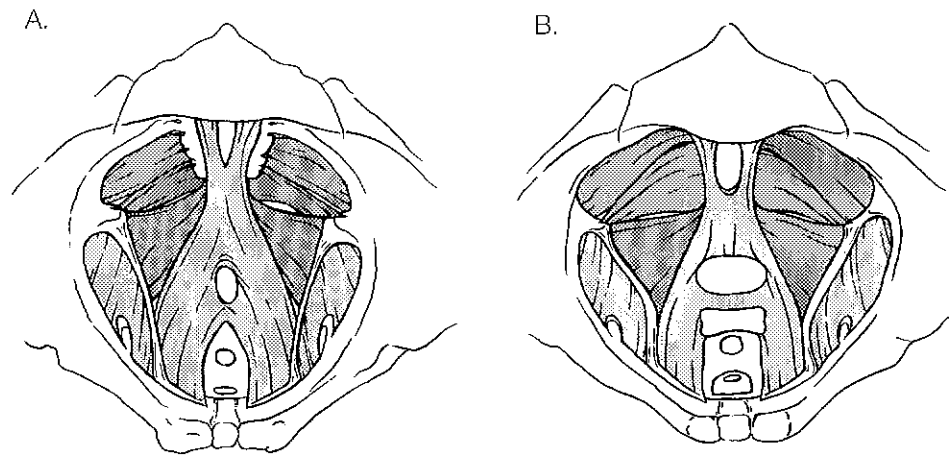
Some common ailments—bursitis, tendinitis, frozen shoulders, tennis elbow, blown-out shoulder joints, lower back or neck pain, and rotator cuff strains, which can lead to tears—can be minimized through properly exercising the abdominal obliques and the anterior serratus.

The lower abdominals provide an anchor for other abdominal muscles. They stabilize the pelvis and coordinate movement between the front and the back of the trunk by way of the pelvic floor muscles. The lowest abdominals in relationship to the pelvic floor muscles are rarely trained, and if they don't work properly, power and speed are compromised. Much movement is dependent on these muscles: acceleration, changing directions, going from sitting to standing or lying down to sitting up, reaching for something, and bending over, to name but a few.

When the lower abdominals are working well, the chances of low back problems are greatly reduced.



**Abdominal muscles and their relationship to one another, specifically the abdominal obliques' interconnection to the anterior serratus, affected by ProBodX**



The pelvic floor muscles affected by ProBodX. Illustration A is male, B is female

### **Fit Happens When You Train Right**

The four essential elements—instability, multiple planes, reversing, and resistance—used in conjunction with one another and continually progressed are instrumental in creating the positive ripple effect of ProBodX. It's both in *how* ProBodX trains and *what* ProBodX trains that makes all the difference. It's a brand-new way of thinking about fitness. Some say it's a radicalization of fitness. Others say it's a return to a time when humans were truly fit. Either way, ProBodX is the path to true fitness.

## CHAPTER 4

# ProBodX for Athletic Success

**I**F YOU'RE AN ATHLETE, fitness enthusiast, or weekend warrior, you will be very pleased and surprised with the boost in your performance as a result of doing ProBodX. At first, you may question how the "easy" and "fun" exercises, combined with a streamlined "fuel" plan, can significantly impact your performance. Give ProBodX a try, and you will see that you can beat your "personal bests" in just three weeks.

And here's why.

With ProBodX, you don't have to engage in a diverse number of programs, or devote even as much time as you've been giving to get the athletic prowess you want. The sequence of exercises synergistically builds on itself, affecting the nervous and musculoskeletal systems and the interaction between them, which in turn delivers improved components of athleticism: precision of movement, endurance, optimal flexibility, strength, and mental stamina. Though you may improve some of these components with other programs, ProBodX improves all of them in a unique way.

Most of you may not realize you could be weak in one, two, or more areas, making you prone to injury and stopping you from reaching your goals. Because ProBodX works the body on so many levels, whatever the weakness, it is addressed and fixed.

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### THE BENEFITS OF PROBODX FOR ATHLETICS

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Each and every one of these components of athleticism, and the benefits associated with them, will positively impact every part of your athletic abilities.

### **Precision of Movement**

With ProBodX, the gains you make in precision of movement—the body's ability to execute a single goal or a directed task with the smallest degree of error or least amount of random movement—are staggering.

ProBodX improves intramuscular coordination and intermuscular coordination, creating superb timing, excellent rhythm, keen proprioception, and first-rate quickness.

- **Intramuscular coordination**

Intramuscular coordination engages the optimal amount of contracting elements within a muscle fiber along with the optimal number of fibers within that muscle for a particular action, creating the appropriate contraction or relaxation within muscle fibers for that action. ProBodX improves intramuscular coordination by making available more of each muscle fiber along with more muscle fibers within each muscle, thus increasing muscular power.

- **Intermuscular coordination**

Intermuscular coordination engages the right muscles or muscle groups, to correctly contract and relax at the right time to execute a particular action, using the appropriate tendons, joints, and ligaments to assist the action. ProBodX improves intermuscular coordination by recruiting more muscles in each exercise, thus making your movements more fluid and smooth.

- **Superb timing**

ProBodX improves timing, the synchronizing of body parts to produce the best possible action, by reeducating body parts to work together more efficiently and with less effort. This allows your body to maximize force, improve speed of movement, and hold a higher level of skill longer.

- **Excellent rhythm**

ProBodX improves rhythm, the repeating of timing at fairly regular intervals, by smoothing out jerky movement caused by training programs that fragment muscles. Excellent rhythm promotes quickness and speed.

- **Keen proprioception**

ProBodX improves proprioception, the ability to perceive position, pattern, and speed of the body or parts of the body in time and space, by gathering more accurate information and delivering that information quickly to the brain. Your reaction time to unpredictable and sudden changes in situations improves. This translates to gains in hand-eye-foot coordination, the proper alternation of muscles tensing and relaxing, technical skills, speed strength, and power.

- **First-rate quickness**

ProBodX improves quickness, the shortest amount of time it takes for information to travel between muscles and the brain, by refining the nervous and musculoskeletal systemic function and the dialogue between the two. ProBodX helps generate faster reactions, which helps you accomplish tasks more speedily. Optimal quickness is when information no longer travels between muscles and the brain, but takes the shortest possible path between muscles and the spinal cord to initiate a reaction. In effect, a reflex. A honed reflex generates first-rate quickness.

## **Endurance**

With ProBodX, the gains you make in your body's ability to counter the various types of fatigue, called endurance, are also astounding.

- **Short-term endurance**

ProBodX improves short-term endurance, the body's ability to tap energy for a matter of seconds to produce explosiveness. By using high-speed training, ProBodX improves explosiveness, your ability to perform an activity of extreme intensity for a very short duration by accessing your energy reserve more easily.

- **Intermediate-term endurance**

ProBodX improves intermediate-term endurance, impacting muscular endurance, which taps energy that is sustained longer than a matter of seconds, but less than a minute, to produce continual explosiveness. It improves your ability to perform an activity of less intensity, but over a slightly longer duration than an activity requiring short-term endurance.



- Long-term endurance

ProBodX improves long-term endurance, sometimes called “cardiovascular endurance,” which taps energy to be doled out over a long period of time during an activity that doesn’t require explosiveness. ProBodX improves your ability to perform a much less intense activity than one requiring intermediate or short-term endurance but over a very long duration.

When long-term endurance is of a higher intensity than usual over a long period of time, such as long-distance running, *or* a lower intensity over a much longer period of time, such as walking, cardiovascular benefit is additionally derived. (To learn more about training endurance, see Chapter 8 and Chapter 9.)

### **Optimal Flexibility**

With ProBodX, the gains you make in your body’s ability to have the joints execute the right range of motion (not too much and not too little), as facilitated by the muscles, tendons, and ligaments, also known as optimal flexibility, are also remarkable. Those who train with ProBodX benefit from a flexibility that is not only optimal but also dynamic. Dynamic flexibility simultaneously strengthens and stretches, increasing joint stabilization and elastic energy in the muscles, tendons, and ligaments, which makes your movements efficient and more powerful throughout the full range of motion.

This optimal dynamic flexibility not only allows your joints to execute the right range of motion needed for a particular task, but does so as your body moves in time and space. Dynamic flexibility engages more of the joint range, which in turn calls upon a greater number of sensory nerves in the joint. Joints are not only more stable, but also absorb shock better, making movement more fluid and decreasing the risk of injury.

### **Strength**

ProBodX improves strength, which is your body’s ability to generate enough force to overcome or meet resistance. When you think of strength, you generally think about how much weight you can lift, push, or carry. The stronger you are, the more weight you can lift, push, or carry. That kind of strength is called “absolute strength.” But there are several other kinds of strengths that are more important in athletics.

These other kinds of strength are associated with three types of speed strength—starting, accelerating, and explosive. Building and having absolute strength doesn’t

help build speed strength. The building of large muscles, which can increase absolute strength, doesn't generally recruit the kind of strength needed to enhance speed. It actually can diminish it. The ability to generate maximum strength and the ability to produce high speeds require different aspects of the nervous system.

If you were a sprinter, you would need a speed strength that would get you out of the starting block fast and help you gain on and outrun your opponent. Yet many programs continue to insist that you build absolute strength to improve performance. Big muscles alone do not correlate to better performance in sprinting, jumping, hitting, throwing, and kicking or other related athletic skills. You may have large leg muscles and be able to squat a heavy weight, but you may not be able to run as fast as someone who can squat less. ProBodX emphasizes speed strength over absolute strength.

That's not to say that muscle mass, which is increased by building absolute strength, doesn't have some advantages in certain sports. In football, a lineman needs mass, but it's only a part of the picture *and not the most important part*. Most athletes are under the false impression that they need more absolute strength than they actually do for their particular sport.

With ProBodX, an athlete is truly strong, not always in the absolute sense, but in his ability to meet tasks with more power, more frequently and more rapidly using the three kinds of speed strength.

- **Starting strength**

ProBodX improves starting strength, your ability to build up tension in your muscles just as they begin to contract, which makes your movement more forceful right from the start.

## **RATE OF FORCE PRODUCTION**

How fast muscle reaches its maximum contraction is called "the rate of force production," in other words, how fast your muscle contracts to produce force. In sports, athletes have fractions of seconds to display force. A sprinter's foot is in contact with the ground for one tenth of a second. A high jumper's foot has two-tenths of a second to have his muscles respond. The key in most sports is to train the muscles to respond with the maximum force in the shortest amount of time. By contrast, most conventional weight lifting takes six- to eight-tenths of a second to achieve maximum contraction. Meaning, those who train with conventional weight training are conditioning their muscles to contract too slowly for sports. ProBodX helps improve the rate of force production by conditioning muscles intensely and rapidly.

## POWER OUTING

Bigger muscles by themselves don't mean that a person is necessarily more powerful. Somehow people have come to confuse strength and power. If power does not equal big muscles, then what does it equal?

Take two people each lifting a 200-pound weight overhead. One can do it in 2 seconds and one can do it in 4 seconds. They are equally strong, in the absolute sense—they both can lift the 200 pounds, but the person who lifted 200 pounds in 2 seconds is more powerful than the one who lifted it in 4 seconds.

Power produces the greatest amount of force in the shortest amount of time. The person who produced more force lifted the 200-pound weight more rapidly, thus making him more powerful. The faster an athlete in a sport or a nonathlete in life accomplishes a task involving strength, the more power he or she has. Those split seconds may not seem like a lot, but for any athlete it could mean getting an edge, the difference between winning or losing.

you use in pulling or stretching the rubber band back, the more powerful the return snap will be.

The force that built up in the rubber band is called "elastic energy." Elastic energy can be built up in your muscles/tendons to help you make your movements more powerful and efficient.

Think of your muscles/tendons as the rubber band being lengthened. This lengthening of the muscle/tendon is called the "eccentric action."

Imagine you are going to leap into a tree. You run fast, building up speed as you prepare to jump. Some of the muscles/tendons in your legs lengthen or are "put on stretch" as you bend your knees. The moment you stop bending your knees and start

### • Accelerating strength

ProBodX improves accelerating strength, your ability to build tension in your muscles after the contraction begins in the muscles, which makes your movement forceful as fast as possible.

### • Explosive strength

ProBodX improves explosive strength in the muscles, your ability to contract your muscles on stretch, which produces greater force for a quick and powerful movement.

## PROBODX AS POWER BROKER

ProBodX trains an important source of power. It trains your body to maximize elastic energy from your muscles/tendons, which can be used as explosive power. Think of your muscle as a rubber band. You use force to pull it or stretch it back. The force that you use to pull it or stretch it back builds up. And when you let go of the rubber band, it shoots forward powerfully. The more force

your jump, some of your muscles/tendons are no longer lengthening on stretch in an eccentric action, but are shortening, which is called the "concentric action."

The more your muscle/tendon is lengthened or put on stretch up to a certain point, just as the rubber band is stretched, the more elastic energy is built up. Obviously you can lengthen or stretch a rubber band only so far before it is overstretched, losing some of its resiliency, or breaks.

The combination of the weight of your body and the velocity of your run increase the "load" on your muscles/tendons as they lengthen. The greater the load, the greater the lengthening. This increase of load exponentially increases the buildup of elastic energy. When the load is small, there is little buildup of elastic energy. Your run might be too slow or you may not be bending your knees to the angle that produces the greatest force.

When you stop bending your knees and start your jump, the energy stored from the eccentric action transfers into the concentric action of your muscle/tendon. And your muscle/tendon, like the rubber band that has been stretched greatly, now snaps back. How forcefully and quickly your muscles/tendons snap back is dependent not only on the amount of stored energy loaded into the muscles/tendons, but also on whether you *actually release* all or most of the available stored energy.

Being able to use most of the available stored energy is dependent on how *quickly* you change over from the eccentric to the concentric action. The more time that elapses between the two actions, the more the elastic energy dissipates. In ProBodX, the element of reversing loads the eccentric action with just the right amount of weight in relation to the concentric action, *and* trains the nervous system to release more quickly. The more rapidly you train reversing, the more quickly the muscles learn to shorten or lengthen to the right degree and at the right time, *and* the more elastic energy is utilized.

In other words, ProBodX trains your muscles/tendons on stretch through quick

## PLYING THE RUSSIANS

There have been exhaustive studies done in Russia where the speed of switching from eccentric to concentric was a part of an extensive training system called "plyometrics." These studies showed that training muscle without also training this reversing element actually depreciates the body's ability to react quickly and forcefully. The better the plyometric training, the more explosive the changeover is and the more powerful movement is. But traditional plyometrics *does not* strengthen and stabilize the torso, joints, and feet or incorporate an instability element, as does ProBodX, which considerably changes the dynamic of plyometrics and its ultimate benefit.

reversing, which improves both the garnering and the release of elastic energy. The more elastic energy is released, the more powerful and efficient your movements become. This helps the athlete produce greater running speed, higher vertical jump, and greater hitting and throwing velocity: slam dunk a basketball; drive a golf ball farther; throw a ball harder.

### **Mental Stamina**

With ProBodX, the gains you make in mental stamina, your body's ability to use willpower to push beyond the point of wanting to quit while at the same time maintaining a high level of performance, is also extraordinary. Writing down objective evidence of advancement in your ProBodX Mental Stamina Journal (see Chapter 9, page 193) and recognizing your improvement in significant areas of imbalance and weakness will promote an unparalleled self-confidence and motivation. You will become a relentless competitor as you raise the bar to push yourself toward greater fitness goals.

If you're an athlete, the benefit of mental stamina makes the difference between pulling it off or falling apart in the clutch. If you have the knowledge that you've pulled it off before and can do it again, you have the edge. And the power of that knowledge is formidable.

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## **BENEFITS IN ATHLETICS: HOW IT ALL FITS TOGETHER**

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As your body becomes truly fit, you will see great improvement in each of the components of athleticism, and the cumulative effect of the components will contribute to an exponential boost in athleticism. Great strides will be experienced in the cornerstone abilities—quickness, speed, power, and mental attitude—needed for stellar athletic performance.

Imagine again that you are a sprinter who has trained with ProBodX. Let's look at how each of these components works together, overlapping and building on one another, to make you a star.

With optimal flexibility, you have the right range of motion, the muscles of your legs are more powerful, producing more force, and your stride is longer. With a longer stride, your body covers more distance in the same time than if your stride were shorter. In effect, your longer stride moves your body weight faster, and the

faster that weight is moved, the greater amount of force is available as elastic energy and the more powerful the stride. The increased elastic energy has made your muscles more efficient.

Another way your power is increased is through speed strength. Speed strength enables you to make those longer, more powerful strides from optimal flexibility more frequently and more rapidly. The more frequent and rapid the stride, the faster you move.

The more precise the movement of those longer, more frequent, and rapid strides, the more efficient they are. And the more efficient the strides—superb timing, excellent rhythm, and keen proprioception helping the body move as a coordinated unit—the more you are able to work with less effort and the less likely to make an error, which frees you up to run your fastest.

With intermediate endurance, you are able to tap the energy supply that ensures that those more precise, longer, more frequent and rapid strides will continue over a period of time. Keeping the same stride length, frequency, and rapidity throughout the race enables you to maintain a level of high-intensity performance.

Your mental stamina prevents your performance from being affected by pressure or discomfort in your body. As an athlete who has trained with ProBodX, you know you have what it takes, physically and mentally, to perform to the best of your ability. And you do so, over and over again.

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## **SPORTS-SPECIFIC SKILLS**

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As ProBodX lays the foundation for true fitness, it improves your ability to learn new physical and sports-specific skills. Top-notch learning ability means the body is so fit that it can easily and quickly learn a new activity.

Athletic skills such as running, jumping, throwing, hitting, or kicking become easier to master. And perfecting the more complex athletic skills, such as high jumping, back flipping on a balance beam, fielding and throwing to first base, or serving an ace in tennis, takes less time. Moreover, these newly learned athletic skills, however complex, are more likely to be retained in the future.

At twenty-seven, Neal was as big, strong, and chiseled as he had ever been. As a catcher he could throw a baseball from home plate to second base in 2 seconds, the required minimum of most catchers in the majors, and yet Neal was let go from a major league baseball team.

Though Neal was depressed and desperate, he threw himself into his conditioning, spending more hours in the gym than ever before, in the hopes of reclaiming his career. He was spinning and doing yoga, martial arts, and body sculpting, but the greatest emphasis was on weight training. He also practiced throwing, hours on end, but failed to throw the ball any faster to second base. At such a young age and as unbelievable as it was to him, he felt that maybe he'd never find his way back to the majors. And then he threw himself into ProBodX.

"Of course I'd heard about resistance training to build muscles," says Neal. "Hell, that's primarily what I did. But I'd never heard about nervous-system training. And I certainly never heard of using instability, multiple planes, and reversing while using resistance. And that's what ProBodX was all about. It was the opposite of all the regimens I had ever done. It was hard to trust. It would mean I would have to unlearn everything."

But trust is what Neal did, even though he was told to stop throwing, stop batting and stop catching, and stop overtraining in unproductive fitness programs. Weight training was inhibiting his body mechanics with regard to skill work. And spinning was diminishing his hip flexibility, which compromised his ability to crouch down in the optimal position as a catcher.

Many like Neal have trouble abandoning, even for a short time, the standard prescription given by most trainers to improve a movement—work on the movement itself or build up the muscles perceived to be needed for it. Stop throwing the baseball? Stop hitting? Sounds like heresy.

The key to improving a fastball, a spike, or a swing is to create a foundation of true fitness and then work on the movement required of the particular sports skill. Most of the time when a skill is problematic for an athlete it has everything to do with the fact that several parts of his body are not working as well as they should be.

Aches, pains, diminished abilities, exhaustion, less mental acuity may also have to do with the fact that the body is not working in balance (and probably hasn't been for a long time) and is attempting to compensate. Just working on the area of the problem usually isn't the answer to solving the problem.

After five weeks of doing ProBodX, Neal let loose in batting practice. The ball exploded off his bat. He hit it that day with more power and consistency than ever before.

"I couldn't believe it. Everything was smoother, easier, and more electric," Neal says. Neal had had chronic shoulder pain, which had limited his ability to throw and

hit. He wasn't able to use his whole body in his sport. To be the kind of player Neal wanted to be, he needed to have his whole body working for him, rather than just a few parts.

"I never knew I wasn't using *all* of my body when throwing or hitting. I'd had a lot of coaches. But no one ever told me that," Neal says. For Neal to learn new skills to be successful in his sport, he had to attain a fundamental level of true fitness. ProBodX ensured that the upper and lower parts of Neal's body were synchronized and working together efficiently. His left and right sides, despite Neal's right dominance, worked equally well, both individually and together. And all his muscles, small to large, fired up in the right order of contracting and relaxing, and at the right time.

After a few months he got a tryout as a free agent for another ball club. He was nervous because he'd thrown a ball only a few times since starting ProBodX. Though the specter of his old regimen of heavy weight lifting pressed heavily on him, it was dispelled the moment he clocked his first throw from home plate to second base at the tryouts—a 1.9 seconds. Balls that followed were 1.87 and 1.82. He had never thrown to second this fast in his entire career.

This improvement may not seem substantial. But the difference between an elite catcher and an average catcher in the majors is the difference between 2.0 and 1.7 seconds. That's a .3 second difference—the difference for Neal between a contract with a major ball club and retirement!

ProBodX will help you attain peak performance and protect your body from injury. ProBodX is not only the path to true fitness, but for the athlete, it is the path to victory.



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### ALL PROGRAMS ARE NOT CREATED EQUAL

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Perhaps you are one of the nearly 33 million gym members, working out in the 18,000 health clubs, wanting to look good, be fit, or improve your performance in sports or in daily life. For all the effort you put into your program, you should be a spectacular example of fitness.

Ideally, there would be a symmetry to your body and grace to your movements. No muscle would be underdeveloped or overdeveloped. You would have elasticity in your movements, not just up and down but side to side and in rotation. You would be free from aching all over after a workout and be able to walk around without chronic pain in your knees, back, hip, and neck. You would be more alert and more able to react quickly to unexpected circumstances. You would be less tired throughout your day. You would not be injured as often as you are. You would feel an overall sense of well-being. And you would be at your perfect weight.

What is the reality? Oftentimes, it's something quite different. And it is not for lack of trying. The problem is the host of fitness programs that you are doing are not giving you what you think they are. They can't possibly. Simply put: The most common fitness programs like traditional weight training, yoga, and aerobics, besides not fully challenging the nervous and musculoskeletal systems, only provide *some* aspect of fitness—strength, flexibility, or endurance—but do not cover *all* the aspects. A program that does not cover all aspects of fitness cannot possibly deliver true fitness. Few know their program is missing the mark; even fewer know what to do about it.

People often ask, "What can I get from ProBodX that I can't get from my program?" The "How ProBodX Stacks Up" chart on the next page answers this question. It looks at some of the most common activities people use for staying in shape. Here's how it works. All activities are scored in various categories that make up a comprehensive fitness program. The benefits listed for each activity are only realized if the activity is *executed with sufficient intensity, duration, and frequency*. For example, playing soccer at a competitive level three to four times a week for most of the game or hiking for 40 to 50 minutes at a brisk monitored pace on a hilly terrain three to four times a week qualifies.

This chart helps you visualize the virtues and shortcomings of your program. It isn't saying that you should give up on a favorite sport or activity. It's simply saying that you must be mindful of its *limitations*. If your program does not deliver all the aspects of fitness, it is unlikely you will be truly fit.

Looking at the chart, it's hard to miss just how much ProBodX does. And how much you may not be getting from your program.

Many people cross-train, trying to augment the inherent drawbacks they sense in their program. Some are getting decent results, but feel they are spending just too much time at it. ProBodX delivers more benefit in less time.

## THE MYTH OF NO PAIN, NO GAIN

Max, a middle-aged ex-athlete and financial consultant, couldn't believe he wasn't getting all he needed from his fitness regimen. "I bike three days a week and twice a week I lift weights. I feel good. Much better than when I didn't take the time to exercise at all." But he wasn't conscious that his program wasn't giving him everything he thought it was. And in Max's case, there were even some negative effects he wasn't aware of.

On closer examination, Max suffered chronic shoulder and back pain. He tolerated it because he said, "No pain, no gain." In fact, he thought the pain was a sign of "fitness in progress."

Needless to say, Max was skeptical as he started ProBodX. Many people are, until they experience it for themselves. Max never would have started ProBodX but for his biking buddy, who was doing it. When Max was told to stop the weight training, it was like pulling away a bottle from a baby. He'd been so dependent on using weights most of his life to keep in shape. And the biking by itself would not make him truly fit. Sure, there were benefits to the body from biking, but not as many as he thought.

ProBodX not only helped Max reach a fundamental level of true fitness, but he also discovered he could ride his bike longer, and with less fatigue. It not only improved his bike riding, but his enjoyment of it. His shoulder and back pain all but went away. And he lost those few extra pounds he couldn't shed no matter how many hours he lifted weights or pedaled his bike. Now Max and his biking buddy were tackling more difficult rides and feeling stronger doing it.

## How ProBodX Stacks Up

### Benefits

- = Full Benefit
- ◐ = Partial Benefit
- ◑ = Some Benefit
- = No Benefit
- ⊗ = Detrimental

#### Program/ Activity

Program/ Activity	<div>● = Full Benefit ◐ = Partial Benefit ◑ = Some Benefit ○ = No Benefit ⊗ = Detrimental</div>																								
	Instability	Multiple Planes	Reversing	Level of Resistance	Proprioception	Timing	Rhythm	Quickness	Inter/Intra Muscular Coord.	Optimal Flexibility	Anaerobic	Aerobic	Absolute	Speed	Mental Stamina	Power	Increase Muscle Mass	Decrease Body Fat	Muscle Tone	Symmetry	Shock Absorption	Injury Reduction	Restorative	Functionality	Stimulated Nervous System
Aerobics/Step	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Baseball	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Basketball	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Concept Rower	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Crew	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Cycling	◐	◐	◐	◐	◐	◐	◐	◐	◐	⊗	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Dancing	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Distance Run	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Football	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Gymnastics	●	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Hiking	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Ice Skating	●	●	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Kick Boxing	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Olympic Lift	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Pilates	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Power Lifting	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Power Walking	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
PROBODX	●	●	●	●	●	●	●	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Skateboarding	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Skiing Downhill	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Soccer	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Spinning	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Surfing	●	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Swimming	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Tai Chi	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Tai Kwon Do	◐	◐	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Tennis/Raquet	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Treadmill	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Versa Climber	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Volleyball	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Water Skiing	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐	◐
Yoga	◐	◐	◐	◐	◐	⊗	◐	⊗	◐	⊗	◐	◐	◐	⊗	⊗	⊗	◐	◐	◐	⊗	◐	◐	◐	◐	◐

### **Strength: The Truth About Weight Training—Muscles are only as impressive as the impressive tasks they do**

Many athletes and fitness enthusiasts use traditional weight training methods in an attempt to gain a foundation of fitness. Despite its popularity, pervasiveness, and long history, traditional weight training often works against improving nervous system function and promoting muscular cooperation. It actually diminishes true fitness.

Most people train with weights to build muscle mass and have strong-looking muscles. They think they will be more powerful. Those big muscles often have limited application to performing daily tasks or to sports, other than perhaps lifting a heavy weight. You may not even realize that the result of heavy weight work may actually diminish other kinds of strength. When other kinds of strength depreciate, power depreciates, too. And power is a cornerstone ability of athleticism.

If you looked at someone who exercises religiously using weight training as his main program, here's what you'd see.

He might look pretty damn strong. But his muscles are tight and his movements robotic. Upon closer examination, his muscles suffer from exaggerated growth, or hypertrophy. Standing there in a pair of designer jeans, he might seem the picture of fitness. Low body fat, sharp contours, hard pecs, washboard abs. But if he needed to quickly shoot a ball from half court, he'd be lucky to throw it with enough power to make it partway to the basket. Or if he were given an unexpected push, he would likely go staggering across the room, unable to make the minute muscular adjustments necessary to keep himself from an uncontrolled, embarrassingly awkward fall. All that well-defined body bulk and he has as little control to right himself gracefully as a top-heavy statue.

Building muscle mass up to a certain point or using weight to build up muscle mass isn't bad in itself and is clearly important as people age and lose muscle. There are studies that indicate that in the elderly an increase in bone density and buildup of muscle mass achieved through the use of weights helped them to get around better. However, if they had built up bone density and muscle mass while improving the functionality of the musculoskeletal system, might they not be able to get around even better? *How you use weights to develop that mass is as important as having it.* In other words, the training itself is what counts. What you use to build muscle mass will determine which tasks you'll be able to do well. It's the difference between creating mass and creating *usable* mass.

Today, coaches, trainers, or fitness gurus decide *which* muscles should be exercised,

and *how much work*—5, 10, 20, or more reps—those muscles should do to build mass. Commonly, about ten areas of the body (with some variation) serve as the basis for any “sound” weight lifting program. You might get the impression that if you do the suggested number of repetitions for each exercise in all the major muscle groups, your muscles will get the workout they need and you’ll be “even” all over. Nothing could be further from the truth.

There are 640 skeletal muscles in the body. Here’s the problem: Your body was meant to function properly with 640 muscles working optimally! Why are there only ten or so muscles designated as “the chosen few” to be worked out in the first place? Perhaps because they are the muscles that can be most readily seen by the naked eye.

Traditional weight training singles out “the chosen few” muscles or muscle groups to be overdeveloped without full consideration of the proper jobs these muscles were supposed to do. The bigger a muscle gets, the more it carries the workload in its muscle group, forcing other muscles less big, which would normally share in the work, to do less. It’s a vicious cycle. The less a muscle does, the less capable it becomes; and the less capable it becomes, the less it can do and the more the overbuilt muscles will be required to do. These few overbuilt muscles are trying to “muscle” the job done. The body’s ability to perform tasks well and in some cases perform tasks altogether will be greatly compromised.

When your muscles or muscle groups are singled out and built up too much, compromising the body’s design of muscular cooperation, your body suffers from fragmentation. The muscle groups or teams are no longer working efficiently as a unit; rather, some muscles are doing their own thing without regard to what the team should be doing.

If you target the major muscle groups—shoulder, chest, abs, back, glutes, biceps, triceps, quads, hamstrings, and calves—and build them up using today’s standard weight machines or free weights, you may not realize you are suffering from muscular fragmentation. This means you are suffering from breakdown of muscular cooperation, called fragmentation.

You may look in the mirror and be pleased with what you see: growing muscles. But you can’t see muscular fragmentation. When this occurs, there is often a feeling of tightness, even when not working out or when relaxing. Perhaps you can no longer reach for a book on the top shelf of your bookcase or be able to scratch that itch in the middle of your back.

When a muscle or muscles stay in a state of contraction, they are hindered from relaxing to the degree they were designed to relax. This state of contraction, called

"nonessential muscle tension," interferes with the dialogue between the nervous and musculoskeletal systems. This is what happens: The nervous system sends messages to specific muscles either to contract or to relax to execute a movement. All exact movements are predicated on intermuscle coordination, the muscles' ability to relax or contract *to the right degree* and *at the right time*.

But when muscles endure nonessential tension, they are already in a contracted state when they receive the message to relax. These contracted muscles are *not* able to relax to the proper degree in order to execute an efficient movement. This in turn inhibits movement—from the smallest task, like picking up a dropped dime, to a larger task, such as running to catch a flyball and throw it to home plate. All tasks, the simple as well as the most complex, are compromised. ProBodX, on the other hand, trains your muscles to relax to the right degree quicker, which enhances rather than compromises movement.

When the muscles stay contracted, optimal flexibility diminishes, too. If muscles are tighter than they should be or if your joints aren't working efficiently, your range of motion decreases. When the range of motion is less than optimal, you can't generate as much force in your movements. For an athlete, that might mean not kicking a ball as far, throwing a ball as fast, or jumping as high. Optimal flexibility is joint and sport specific. ProBodX trains the relaxation of the extended muscles with the contraction of the moving muscles. This not only makes flexibility dynamic, but also optimal.

If muscles are too tight, normal joint and bone alignment is disturbed, making your movement irregular. Muscular coordination is thrown off when muscles can't contract and relax at the right time to the right degree. This leads to less precise movement. The difference between fouling the ball or hitting the ball out of the park. And being *less* quick certainly can affect speed strength—the ability to start, accelerate, and explode.

ProBodX builds up the sculpted, chiseled, cut body you want *without* the detriments. Muscles don't fragment; rather, they learn muscular cooperation and are able to do the

## DOUGHNUT DILEMMA

Trying to improve an athletic skill by using heavy weights, even for a matter of seconds, can prevent the nervous system from functioning optimally for that skill. Take a baseball player who is on deck, warming up. He swings his bat with a weighted doughnut on it, hoping it will give him better control and speed of the bat once the weight is off. If it is the correct amount of weight, it will help. The problem is most coaches have told him the heavier the weighted doughnut, the better. Now he takes off this too heavy doughnut and gets up to bat. The timing of his swing is entirely off. Using too heavy a weight while practicing athletic skills can diminish performance.

## THE LIE IN WEIGHTING

AMY SET THE collegiate record for the high jump.

"I was very athletic as a child. Always running and jumping around barefooted. I felt like a fawn, able to leap into the air with ease. By the time I entered high school I was a very good high jumper. People used to say I was naturally gifted. And despite all the track and field competition, I had never been injured.

"Everyone had high hopes when I went to college, especially me. I was looking forward to reaching my potential with the help of knowledgeable coaches. And the coaches had complete confidence in me. The university's training regimen centered on running, plyometrics, and the traditional Olympic lifting program, including machines and free weights.

"All this was new to me, but I dedicated myself to the proposition that building muscles would make me stronger, and being strong was the key to jumping higher. I was a model student. I worked harder than anyone did to build up my body. I wanted to be the best.

"By the middle of my freshman year, I suffered my first injury, the first injury of my life. I couldn't understand it. I was doing everything I was told to do. I backed off the weight training. After I healed, I threw myself back into it. This began a cycle of training-injury-rest-healing and training again. I began to feel as if the training was pounding me to death. But I accepted it. In time, I learned to go as far as I could without hurting myself.

"I guess I was a success of sorts. I set the collegiate high jump record at six feet six inches. The truth was, it wasn't that much higher than I had jumped when I was in high school, even though I had ten times as much strength in the weight room.

"I couldn't seem to get beyond this plateau until I abandoned the traditional weight lifting program and started ProBodX. My jumping improved immediately. I felt lighter and more joyful, like a fawn again. I now see what those four years of weight training did to my body and my mental attitude. I see the wear and tear on my joints, that my feet had stopped functioning, that the upper body in coordination with the lower body had diminished, and I had less overall muscle power."

Amy unknowingly was a victim of one of the most broadly held tenets of fitness in the twentieth century, that traditional weight training adds to athletic prowess by increasing muscle mass.

Since doing ProBodX, she has three national championships under her belt, is consistently jumping higher, and is in great health, with her eye set on breaking the world record and winning the Olympic gold. With the help of ProBodX, she now has the truly fit and powerful body to do it.

jobs they were meant to do. Muscles are able to fully relax quickly, eliminating the risk of nonessential muscle tension and compromising efficient movement.

Your muscles will not only have tone and definition as they grow larger, but as they do so, they will work well *together* the way they were designed to, thus creating optimal flexibility, precision of movement, and strength. That's why it is important to build your body and build it correctly from the inside out. On the outside your muscles will look impressive, but more important, they will be able to do impressive tasks.

Traditional weight training will always be limited in what it can offer with regard to true fitness. It is weighty in poundage, but lightweight in the essential elements of fitness.

- **Instability.** Whether you're using machines or free weights, traditional weight workouts are rarely, if ever, done on unstable surfaces. Benches don't roll around. Floors don't throw you off balance. These kinds of static surfaces are less challenging to both the nervous and musculoskeletal systems than what is used in ProBodX.

- **Multiple planes.** Traditional weight workouts rarely use multiple planes. Traditional weight training machines generally have been engineered to work on one plane only, even if it moves in two directions, up and down, or backward and forward, or side to side. Traditional machines work the muscle in a limited way. For those of you who don't use machines but use free weights, some benefits of multiple planes can be achieved, but not as thoroughly as when engaged in ProBodX. When you work out your muscles along a unidirectional path, fewer muscles and fewer muscle fibers in each muscle are fired up as opposed to when you work out using multiple planes.

- **Reversing.** Most of the time when you use machines or free weights, the muscle is not being exercised to make quick reverses of direction, which means the body



doesn't build the elastic energy needed for increased power. It is trained to do just the opposite. The slow lifting of weight to build up muscle mass, unlike ProBodX, actually trains the body to move slowly and rarely, if ever, puts the muscle on stretch. It impairs the body's ability to both reverse direction faster or more forcefully, which diminishes power and ultimately athleticism.

- **Resistance.** Though traditional weight training has a resistant element, ProBodX uses the weights quite differently. With ProBodX, resistance is used in conjunction with the other elements, producing greater muscular cooperation. Traditional weight training often fragments muscles, leaving the body more vulnerable to injury.

## LET THE GAMES BEGIN

**M**ANY HIGH SCHOOL, COLLEGIATE, AND professional athletes train using three kinds of weight training; Olympic, power lifting, and bodybuilding.

*Power lifting* movements raise the maximum amount of weight *slowly*. This *neither uses nor builds power*, and it does not improve athleticism at all. When heavy weights are lifted slowly, power is not built and in many cases, it is actually diminished. A power lifter may look strong, but other than in the absolute sense, he really isn't as strong or powerful as he could be.

*Bodybuilding*, the meticulous building of muscle through the lifting of moderate weight with many repetitions, barely increases absolute strength and does little or nothing for speed strength or power. The weight is not lifted quickly enough to achieve either of them.

*Olympic weight training* centers on three particular lifts that require great athleticism, using the maximum amount of weight lifted AND lifting it *quickly* overhead. The combination of the heaviness of the weight *and* the quickness of the movement can improve or train explosive strength or power. Olympic weight training does build explosive strength, but it builds it to the exclusion of starting and accelerating strength. Additionally, it is dangerous, causing back, shoulder, knee, and wrist injuries.

Even though this approach to traditional weight training gives you more benefits than power lifting and bodybuilding, it still falls short of developing all the kinds of strength needed for sport and daily life.

Traditional weight training lacks the essential elements—instability, multiple planes, reversing, and resistance in conjunction with each other—found in ProBodX. And if that weren't enough, traditional weight training works out the upper and lower body separately from each other. So separately that many dedicated weight lifters work out the upper and lower body on separate days! This is not productive for synchronizing your upper and lower movements, necessary for efficient action, creating peak timing, rhythm, and so forth. Traditional weight training generally doesn't train muscle groups as a unit, and the muscles become fragmented.

You're spending a lot of time, energy, and money lifting weights without a whole lot of usable gain, and in many cases tremendous loss. You're getting very little fitness bang for your great effort buck! ProBodX builds a lean, proportional body that has strength in that muscles can accomplish greater tasks with ease and efficiency. As a result, athleticism is improved and injury reduced.

### **Flexibility: The Greatest Stretch Is Not the Perfect Stretch**

Today most people recognize the importance of gaining flexibility. The drive toward becoming flexible stems from the recent discovery that the more flexible your body is, the less prone it is to injury and the more able it is to perform the tasks it is called upon to do. Athletes and nonathletes alike have begun to focus on flexibility. However, most people are not aware there isn't just one kind of flexibility, and most programs don't deliver "optimal flexibility," which builds the most precise and powerful movement. Moreover, flexibility is only one aspect of fitness and alone cannot give you true fitness.

### **Yoga Mania**

Nearly 15 million Americans include some form of yoga as part of their exercise program to garner flexibility. Seventy-five percent of U.S. colleges offer yoga classes. Yoga masters are revered.

Traditional yoga started nearly two thousand years ago in India. Nowadays, though you might think of it as a way to exercise, it is essentially a philosophy of which exercise is only a part. Followers of the eight distinct stages of traditional yoga believe it leads them to a state of concentration and ultimate bliss. However, most people seek out yoga today to improve their flexibility, while making their body strong. They do this by trying to achieve the greatest amount of flexibility while executing a sequence of static holds.

ProBodX works toward optimal flexibility, *not* maximal flexibility, and it builds flexibility dynamically, not statically as is often the case with yoga. Joints, facilitated by the muscles, tendons, and ligaments, execute *not* the "greatest," but the *right* or "optimal range of motion" needed to accomplish a specific task. The right or optimal range of motion is the amount of flexibility the body should have without causing any deleterious effect to the musculoskeletal system.

Many believe that if you push your muscles, tendons, and ligaments as far as they can be pushed or stretched, it's a good thing. And that the body derives some benefit from this greater flexibility. Mistakenly, they think that there is no such thing as too much flexibility. But there is.

The challenge in most types of yoga is to get greater stretch, not necessarily greater *usable* stretch. The problem is, when you stretch the muscles, tendons, and ligaments in a very relaxed state, as in yoga, they can become *overstretched*. When those overstretched parts of the musculoskeletal system are called upon to do a task that requires quick, strong, or powerful movement, the body is less able to respond and meet the challenge.

When tendons, and to a lesser extent, ligaments are overstretched, their ability to build up elastic energy diminishes, which contributes greatly to your losing quickness and power.

Overstretched ligaments can also lose some of the protective qualities that hold the joint in place. This makes the joint less stable, which in turn stresses the attached muscles and can cause a misalignment of the bones. When this occurs, other muscles must be recruited to compensate for the ones that aren't working optimally. Movement becomes less efficient, and again less quick, strong, and powerful. And in some cases, the task at hand can't be completed or an injury occurs while trying to accomplish it.

Faster forms of yoga, such as Ashtanga, sometimes called "Power Yoga," are still yoga. There is still static holding, even though the movements between holds are fast. And for the most part, despite this added fast movement between holds, yoga does not rigorously challenge the nervous system. Any benefit to the nervous system from quicker forms of yoga is undermined by the repetition of movement that use the exact same positions and holds time after time. Remember: The nervous system thrives on novelty.

Yoga also negatively affects the musculoskeletal system's ability to absorb shock. Working the body out in a static situation doesn't ready the musculoskeletal system to

absorb shock. This ill-preparedness will not only unduly stress your body when any impact occurs, but also make you more prone to injury. ProBodX trains dynamically rather than statically, which prepares joints to absorb shock better.

ProBodX trains for dynamic flexibility, which means a flexibility that isn't just about the ability to hold the body in a stretched position, but one that can be translated into helping create power in athletics or daily life. Dynamic flexibility is flexibility that is meant to be used, not held. It is created when both stretching and strengthening occur simultaneously and quickly during movements. With so much activity, the nervous system stays more engaged and stimulated.

By sitting on a gymnastics ball, moving the limbs through an optimal range of motion while holding unstable weights, you are training for dynamic flexibility by mirroring the demands required of a dynamic world.

However, with yoga, you only get static flexibility and not optimal flexibility at that. More important, you do not get *dynamic* flexibility. The muscles have learned too well to relax and contract in a static hold position in which whatever strength has been built is best used when there is no movement. This doesn't translate well in a world of constant movement.

There are some benefits to yoga. It enhances the mind-body connection to produce a sense of calm. Some forms help reduce stress and improve breathing. If done properly, yoga can aid in body alignment.

If you love the feeling of yoga and want to continue, do so, but know the limita-

## THE GREAT POSTURE IMPOSTER

Dr. Edythe's New York office was filled with yoga instructors and practitioners complaining of back, shoulder, and hip pain. Jon was among them. He was one of the most respected teachers of yoga in the city. He came to Dr. Edythe because of chronic back pain.

Dr. Edythe would treat him, but within a few days, his symptoms would recur. They were so severe that he had trouble getting out of bed in the morning, tying his shoes, or picking up something from the floor. He could barely reach for anything that was lower than his waist.

Jon insisted that the only time when he was free of pain, other than when seeing Dr. Edythe, was when he did yoga. Dr. Edythe had to convince him it was masking the real problem: yoga itself. It was only after Jon significantly reduced his class load and stopped doing the most problematic of stretches that he began to mend.

Though Jon significantly improved, he was always vulnerable. By excessively stretching, he had created too much flexibility at the expense of musculoskeletal system functionality. Like a rubber band that is stretched too far, too often, that loses its spring, so too had Jon compromised the elasticity response of various parts of his musculoskeletal system.

## CAN STRETCHING WARM THE BODY UP?

**W**ARMING UP IS IMPORTANT. Its goal is to gradually increase heart rate and the core body temperature in preparation for training or sport. Research has proven that warming up before physical activity prevents injury. When muscles are warmed up, they are more elastic and flexible. The more flexible a muscle, studies show, the less prone it is to injury. Perhaps that is why stretching has become popular. People believe that stretching makes you more flexible and so should be used as a warm-up. But stretching does not warm up the body and can actually be detrimental.

Traditionally, when you stretch, you start with one part of the body, then move to the next until you've covered all the major areas of the body. By the time the whole body is covered, the first muscles stretched are cold, defeating the purpose of a warm-up, actually making your body more vulnerable to injury because you think all your muscles are now more flexible, and so you attack your regimen with vigor. Not only does stretching as a warm-up *not* protect you from injury, it may give you a false sense that your heart rate is raised and your body core temperature is warm enough to go all out. And the kicker is that some of the stretches themselves can actually cause injury even after exercise!

Only a relaxed muscle can be stretched without hurting it, but when the body assumes some stretch positions, muscles are not relaxed. If anything, the very positions of some of the stretches signal the muscle to tighten up for protection.

For those of you die-hard "stretchaholics" who don't feel you've had a proper workout without doing a few stretches, the suggestion here is not to "never stretch again," but to never again consider stretching as a way to warm up. ProBodX promotes proper warming up and raising the heart rate and core body temperature slowly, but not by stretching. The best way to warm up your muscles is to do an activity like jumping rope, which maximizes the number of muscles activated, and makes the muscles warm, elastic, and ready for activity.

tions and possible consequences. Yoga by itself may give you a sense of peace or bliss, greater flexibility, and some strength in the stretch mode. However, the body's journey to true bliss will not be found on a yoga mat, but along the path to true fitness.

### **Endurance: Not the End-all of Fitness**

Awareness and participation in cardiovascular fitness has mushroomed these last twenty-five years. It began primarily, in response to the growing incidence of heart disease, as a way to stave off cardiovascular problems. Any activity that demands the heart to pump hard over a sustained period of time without interruption delivers cardiovascular benefit.

Some of the favorite weapons of choice against heart disease have become jogging, biking, swimming, rowing, cross-country skiing, spinning, aerobic classes, power walking, and regular walking (though lower in intensity, the same benefit can be derived if done for a long period of time). All these activities build long-term endurance, sometimes called "cardiovascular endurance." But is this the kind of endurance you need most for sports or daily life? Hardly. Yes, you will get cardiovascular benefit if you execute an activity with intensity and regularity, but these types of activities alone will not make you truly fit.

## **THE TWO ENERGY SYSTEMS: AEROBIC AND ANAEROBIC**

**T**O DO ANY PHYSICAL activity you need energy. How and where you get that energy from the cells in your body depends on how much energy you need and how long you need it.

Energy for tasks that last no more than a matter of seconds, like swinging a bat, kicking a ball, or jumping a fence, can be obtained within your cells without any increase in the body's supply of oxygen. Because these tasks use short bursts of energy that don't require additional oxygen, they are called "anaerobic," from the Greek for "without air." Training anaerobically builds short-term endurance.

Aerobic activities—from the Greek meaning "with air"—use energy over a longer, sustained period of time. Such activities, which include running or cycling, require oxygen to burn fat for energy. And, depending on the intensity and duration of the activity, lots of oxygen. Better utilization of oxygen reduces fatigue. Training aerobically builds long-term endurance, but not as effectively as a combination of aerobic and anaerobic activity.

### THE HEART IS NOT THE THING

Cardiovascular fitness that is taken up to build up the heart muscle doesn't, as many people mistakenly believe. It does improve the body's ability to better deliver and utilize oxygen that feeds the heart, brain, and other organs via the circulatory system. It may also initiate the growth of extra small vessels, called collateral arteries, around the heart, decrease blood pressure, and slow down hardening of the arteries. In all, these benefits reduce the risk of cardiovascular disease.

In sports and daily life, activities are anaerobic, aerobic, and oftentimes a combination of both. They each train one or more of the three types of endurance—short, intermediate, and long-term. In basketball, driving to the basket by a player, a short-term effort, is anaerobic and requires short-term endurance. Keeping up a full court press during the game is a combination of both anaerobic and aerobic activity and requires both short-term and intermediate-term (muscular) endurance. The long-term effort of staying in for the length of the game

is aerobic activity and requires long-term endurance.

Most sports use a very specific combination of all three types of endurance. Over- or underemphasis on any one type of endurance is often detrimental to being your best athletically.

ProBodX trains your body anaerobically and aerobically to tap your energy needs effi-

### LONELINESS OF A LONG-DISTANCE RUNNER

MANY YEARS AGO, MARV asked himself whether long-distance running, a type of aerobic activity, was all it was promoted to be. It seemed every coach was telling his players to go out and jog a few miles. This was back when the Russians and East Germans were dominating the summer Olympics and were saying they no longer trained with long-distance running. A colleague of Marv's had acquired a smuggled Russian training manual for athletes, in Russian! Once the manual was translated, Marv learned that the Communist Eastern Bloc had substituted sprints for long-distance running in their training of endurance; in fact, even for long-term endurance sports like distance running.

When Marv eliminated long-distance running from his training regimen and replaced it with interval sprint training, scores in explosive strength improved dramatically and so did athleticism.

ciently, regardless of the type of endurance, thus preparing you for any activity.

Though running or other activities that require long-term endurance will give you cardiovascular benefit, they do so at the expense of explosiveness, the ability to explode with power and speed over and over again upon demand, an ability most athletes need to perform well.

That's not to say long-term or cardiovascular endurance is not important. Swimmers and marathoners, for example, certainly need it for their sport, and all athletes should have it as a base. But training for cardiovascular endurance during the season or as the season approaches for all athletes other than those whose sport or position requires it will find their speed, quickness, and power diminished.

Aerobic exercise does build cardiovascular fitness. However, this is only one part of being truly fit. With ProBodX, cardiovascular fitness is achieved while building explosiveness, power, and speed, the cornerstone abilities of athleticism. ProBodX delivers all aspects of fitness, not just cardiovascular fitness. And it does so without detriment to your musculoskeletal system.

ProBodX provides all aspects of fitness, making it the most comprehensive fitness program available today.

## **RUN OR RUIN**

Over the world and throughout history, footracing has been one of the most popular pastimes, whether for competition or fun. Running has become part of many physical fitness regimens. In the U.S. alone, over 10 million people run at least a hundred days per year, essentially to promote cardiovascular fitness. But running as a fitness program has several drawbacks particular to your musculoskeletal system. The effects of running over the long term can result in joints deteriorating, disks compressing, arches dropping, bones bruising and fracturing, cartilage tearing, and the nerves in the lower back, buttocks, legs, and feet becoming inflamed.

If you are a runner who likes to run, feels better after running, and enjoys the endorphins, it's important to understand the drawbacks of running, and the consequential effects on the body. Long-distance running as a training program provides cardiovascular fitness, but little of the other types of fitness and certainly not the essential elements: instability, multiple planes, reversing, and resistance in conjunction with each other. Most important, it will diminish athleticism for all sports that require explosive strength.





PART 2

# Doing ProBodX

**Frequently Asked Questions About the ProBodX Workout****1. What kind of equipment do I need to do ProBodX?**

Though the training equipment for ProBodX may be unfamiliar to you, everything is fairly simple to use and each piece of equipment contributes equally to the synergistic effect that ProBodX creates.

All the equipment is relatively inexpensive and can be bought at a sporting goods store or ordered from a catalog, made from items at a hardware store, or found at your local health club or gym.

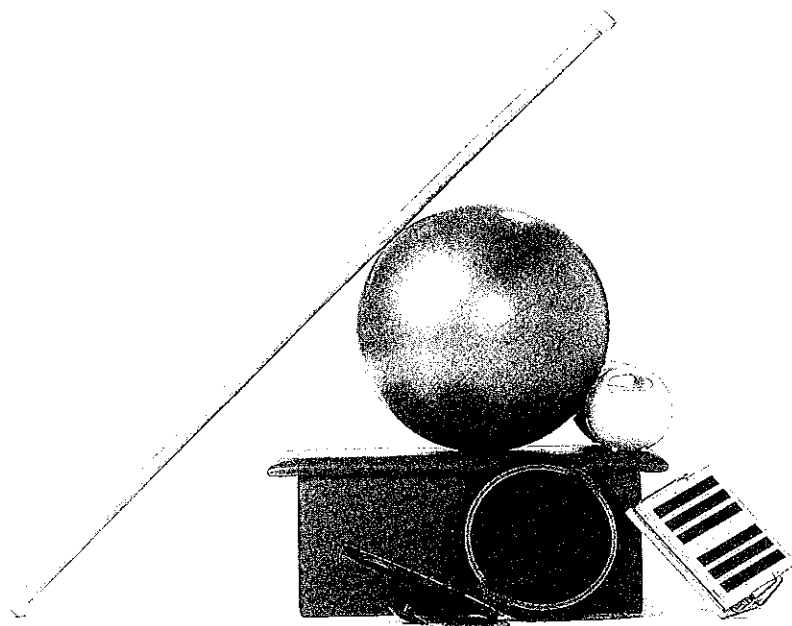
For more information about buying or building a ProBodX home gym, consult the website, [ProBodX.com](http://ProBodX.com).

**A gymnastics ball.**

Gymnastic balls are unstable surfaces used for sitting on, lying on, rolling on, leaning against, or diving across.

**A pair of hollow weights.**

As compared to “dumb” bells, these weights are a smarter way to use resistance. We call them Proper Body Bells, ProBo Bells for short. They are made of a durable rubberized plastic material, and are hollow inside, allowing them to be filled with water, sand, BB shot, or metal shavings to a desired weight. Do not buy prefilled weights.



**A group shot of the ProBodX equipment**

**Slant board.**

A slant board is used to create an unstable surface to work the entire body from the bare feet up. You can increase the slant board's angle to increase difficulty.

**Two balance disks and two poles.**

A balance disk is a very unstable surface on which you stand barefooted with the help of one or two poles to steady yourself during a variety of routines. Generally, you place one foot on each balance disk. The poles are two 6-foot wooden dowels, 1½ inches in diameter. The poles should be tipped with rubber on either end, to prevent scratching the floor and to allow for optimal traction.

**Two PVC pipes (not pictured).**

PVC pipes create an unstable surface on which you stand barefooted while performing a series of exercises that work the feet, knees, legs, and hips. Most hardware stores carry these pipes. (The ends, both inside and out, can be filed down to smooth the edges.)

## ROUND IS SOUND

Gymnastic balls have become popular of late. Generally, they are being used in conjunction with old standards like crunches or leg lifts. Though these exercises are made more effective by the added element of instability, traditional exercises themselves can fall short of working out the body properly. Yes, using gymnastic balls even while doing old standards does recruit more muscles, but often the exercises themselves do not include multiple planes, reversing, or the right kind of resistance. Don't be fooled. Not all programs on the ball give you the same benefits or results as ProBodX.

They need to be at least 4 inches in diameter and 18 inches in length. If your feet are a man's size 11 or greater, you will need to purchase PVC pipes that are 6 inches in diameter.

## Optional Equipment

### Concept II Rower.

This rowing machine is a very efficient but more expensive way to warm up. Many gyms have these machines. The Concept II Rower provides a very easy way to improve and measure your gains in other aspects of fitness, including mental stamina and endurance.

Though this optional piece of equipment is the most costly on the list, it is one of the most powerful tools available in the marketplace and well worth the money spent, especially for the serious athlete.

## SIZE COUNTS

**W**HEN BUYING OR ORDERING a gymnastics ball it is extremely important to make sure the ball size is correct. The size you need is determined by your height. Inflate the gymnastics ball to starting size—firm but with “give.”

When the ball is a correct fit you should be able to sit in the center of the inflated ball, feet planted firmly on the floor, your thighs parallel to the floor, hips at a 90- to 110-degree angle to the thighs, and knees at an angle anywhere from 90- to 110 degrees to the thighs.

A slightly underinflated ball makes for a more stable surface. An overinflated ball makes for a very unstable surface. It's easier to stay on a ball with a little less air in it. A tip: If you are just starting out, wear attire that is fitted or close to the body. Avoid clothing made of nylon.

### **Jump rope.**

There is a series of warm-up exercises that can be done with the jump rope. The way ProBodX uses the jump rope also helps train the nervous system. Most sporting goods stores carry high-quality jump ropes. Buy one in leather or nylon with ball bearings in the handles. Appropriate athletic shoes should be worn when jumping rope.

### 2. Where should I do ProBodX?

Once you have the equipment, all you need to do is pick a place to work out, preferably near a mirror so you can view your form, specifically your posture and alignment. It is beneficial to designate a certain room or spot in a room in which the equipment stays at the ready.

One very important consideration regarding the place you work out is the floor surface. A *thick* carpet will make the gymnastics ball and PVC pipes too stable, but this may be a good way to begin. When on a plush carpet, the gymnastics ball can be inflated more. For PVC pipes you may need to purchase a large, thin mat that can be rolled out over the carpet.

You may want to continue to work out in a health club or gym, as social interaction is motivational and can make the time go by more quickly. However, for some, working out at home provides more privacy, convenience, and flexibility.

### 3. How carefully do I have to stick to the way these exercises are depicted?

Very carefully! How your body moves through the exercise matters. The more specifically the directions are followed, the better the form. *The better the form, the quicker you move along the path to true fitness.*

Mastering the proper form may take some time. But it's time well spent. Even the best of athletes needs to slow down and reorient his or her body to be able to exercise with proper form. Big muscles don't guarantee great form, and they are often too contracted to relax properly, limiting range of motion at first. Weight lifters and body-builders may have more difficulty achieving the proper form.

When beginning, it is helpful to look at yourself in the mirror or have someone else observe, making sure your position and form are correct.

## THE SOLE OF THE GAME

**W**HAT SHOULD YOU BE looking for when your foot is inside of an athletic shoe, regardless of whether it's for jumping rope, walking, running, tennis, or cross-training?

- The weight should be distributed throughout the foot evenly, with no pressure point on the ball of the foot.
- There should be no stress points—no one metatarsal head (ball of the foot) should feel additional weight over another.
- The fabric should minimize heat friction.
- Support should be across the top of the shoe. The foot should be “pulled up” as opposed to “pushed up.” Shoes that “push up” the arches of the feet are more likely to turn off the proprioceptors of the feet.
- Shoes should be not too long or too short. The front of the shoes should be  $\frac{3}{8}$  to  $\frac{1}{2}$  inch from your big toe or your longest toe.
- Shoes should be made as a pair, not separately then packaged together; they should be the same length, width, and height and when worn on a flat surface, should not lean to one side or the other.
- The shoe brands that best meet these standards are Adidas, Asics, and Munzuno.

### 4. Can I skip to the exercises I like best?

No. No. No. *All the exercises should be done and in the order in which they are presented.* ProBodX has been carefully sequenced to enable the nervous system to fire up certain muscles first, in order to get as many muscles working optimally to maximize musculoskeletal cooperation.

Often the very exercise people want to skip is the very exercise they need most. It will be tempting to bypass those exercises you don't do well, that are too difficult at first, or that you just don't like. And if you want to skip them because they're too easy, you're probably not doing them right. Resist the temptation. And reap the rewards. Skipping an exercise is like leaving an ingredient out of a recipe. The dish may come out, but just not as good as hoped!

5. What if I don't have the time to do all the exercises as many times as I need to?

This is a favorite question. It speaks to the importance of the sequence of the exercises and to how adaptable ProBodX is to any lifestyle or schedule. *Do all the exercises in their proper sequence, just do fewer reps of them.* Think of the sequence of these exercises as a baseball team. All the players are fantastic, but the lineup makes a difference in the success of the team.

6. How many reps should I be doing?

The answer to this question surprises people most. There is no fixed, magic number. *You will know the right number of reps to do per exercise by doing each rep well with proper form until the proper form is lost.* When you stop doing each rep well, it's your body's way of letting you know that you've reached your limit. Some will only do 2 or 3 reps at the start before losing good form. And some people might be able to do more reps with some exercises than with others. Generally, most people on average build up to somewhere between 10 and 20 reps before moving on to the next exercise. The more conditioned the body becomes, the more able it is to do more reps with proper intensity while executing good form. *ProBodX values good form over number of reps with bad form.*

7. When do you know when to go on to the next exercise?

Each exercise starts slow to ensure proper form, then quickly builds up to a consistent level of intensity. Intensity means doing the exercise at a quick clip. *Quickly* reversing a 2- to 4-pound weight is more intensely challenging to the nervous system than *slowly* reversing a weight even when it is the same weight or heavier.

Even for the physically fit, building up intensity while maintaining excellent form takes time. *When you can't maintain the intensity with the proper form, stop and go to the next exercise.*

## PROBODX ON THE ROAD

**P**ROBODX EQUIPMENT TRAVELS WELL; that is, all except the poles and disks. If you travel for work or for pleasure, having your own exercise equipment is a bonus. The gymnastics ball can be deflated and fits easily in a suitcase.

When empty, the ProBo Bells weigh less than 2 pounds. If that seems a bit excessive to cart around on a trip, leave them at home. Instead buy bottled water in plastic containers once you reach your destination. The downside to using bottles instead of ProBo Bells is that some of the exercises where the bells are worn on the feet are virtually impossible to do. But in a pinch, water bottles are an effective way to add both the elements of resistance and instability. The weight of the water adds resistance and the water moving and shifting inside provides instability.

A slant board can often be created with a piece of wood leaning against some books, a step, a drawer, or a brick.

### 8. What if I can do an endless number of reps with excellent form and intensity?

Then the exercise has gotten too easy and there is little or no challenge to the nervous and musculoskeletal systems. Once you get to a level of excellence for the exercise with form and intensity, *and* you are doing too many reps, then you need to make the exercise more difficult. In other words, you progress the exercise. Each piece of equipment and each exercise has its own progression.

Some people feel more comfortable actually making a mental note of how many reps are completed, while others totally rely on their body to tell them when they've done too many reps. A general rule of thumb is when 15 to 20 reps have been completed with excellent form and good intensity, the exercise should be progressed. A better way, the ProBodX way, is to let your body dictate the guidelines.

Still, *anytime you lose good form or intensity, whether progressed or not, you move on to the next exercise.*



9. How do I progress the exercises to make them more difficult?

*The fundamental ways to progress ProBodX involve increasing resistance, rapidity, range of motion, and/or instability.*

Many traditional fitness programs add weight to make an exercise more difficult, the goal oftentimes being to increase the weight as much as possible. But with ProBodX, weight is added *very slowly* and the actual amount you work up to is not that heavy. The greatest elite athletes use between 6- and 20-pound weights for most exercises. Just moving great amounts of weight *slowly* has little benefit to the nervous system. Also, it is extremely difficult to maintain excellent form *and* intensity when using heavy weights doing ProBodX. *Without proper form and good intensity, the exercises are less effective.*

One of the reasons it is difficult to use heavy weights with ProBodX is it is easier to move heavy weights slowly than fast. But with ProBodX the goal is to move them quickly. Just moving heavy weights slowly should not be your objective. With ProBodX, you progress the *speed* of moving the weight, also called *rapidity*.

Among other ways to progress an exercise are to increase the range of motion or reverse directions faster or make the surface more unstable. You can further progress difficulty with one or a combination of these ways, increasing the benefits to your body exponentially.

With ProBodX, your body will never get too comfortable in any one pattern. Most fitness programs are the same day after day with perhaps some slight variation. Nothing could be worse for a training program, particularly if you want to develop athleticism. The nervous system learns the pattern and teaches the body to respond in the same way. This kind of training builds toward a ceiling. You plateau, unable to really move beyond a certain point physically.

With ProBodX, unfamiliarity helps the brain thrive, keeping the nervous system awake and learning how to react to a variety of new and increasingly challenging stimuli. *Progressing with all the elements of ProBodX removes the ceiling, making your ability to improve nearly limitless.*

### **BULL GOES A LONG WAY**

Milo, the greatest Olympic wrestler in ancient Greek times, carried a calf on his shoulders daily. As the calf matured into a full-sized bull, it became larger and heavier. This is a cumbersome but effective means of progressing an exercise. No, you're not going to walk around with a calf on your back, but what you are going to do is continually to make the exercise more difficult so that you don't have workout plateaus.

10. If I progress faster will I get more benefits sooner?

That depends on your body. If you've progressed the exercise too much or too soon you won't be able to sustain excellent form for even 1 rep. You then need to back off and build up to that level again using other ways of progressing.

Athletes and fitness enthusiasts are notorious for progressing too fast. They have the false impression that their big muscles mean they can move more weight, move more weight faster, or move more weight faster with a greater range of motion.

Additionally, many fall back on old, traditional ways of thinking about their training, believing that a heavier weight is the best way to challenge their body. Not true. Using weights that are too heavy, even if you think they're not, can compromise good form. It's worth repeating: By using lighter weights but moving them faster, you will make more progress in training the nervous system and developing overall fitness than if you use a heavier weight but move it more slowly.

*The reality is if your body is not ready for the additional weight, intensity or form, or both, it will depreciate.*

The way to challenge your body properly is to start light and build up slowly until a level of intensity is reached. Do not progress too much too soon or use too much weight at the expense of intensity. Don't forget you are trying to retrain your body, so you must retrain the way you think about building fitness. You're trying to engage your nervous and musculoskeletal systems in different ways than before. Each step is an important step. Each improvement, no matter how small, is important and builds upon itself and pushes you along the path to true fitness.

11. How much time should I spend doing ProBodX?

That depends on your schedule. The more time in a day that you run through proper body exercises and do the exercises well, the faster you'll reach a fundamental level of true fitness. *You should do it at least three times a week, 20 to 30 minutes each workout, to be effective. You shouldn't do it more than once a day. And seven days a week is too much.*

The amount of time you need, however, to reach your fitness goals is much less than with most other programs. You are working *with* the body, not *against* it. And you are working it *most efficiently*. Meaning, your body is working the way nature developed it to work. Let your body, schedule, and goals be your guides.

#### 12. What should I do if I feel tired one day?

Trust your body to tell you what you need on a particular day. Some days you'll feel strong and be able to do more, other days you won't. *People get themselves into trouble when for whatever reason, illness or exhaustion, they push their body when they shouldn't.*

#### 13. Do I rest between exercises and for how long?

When trying to reach a fundamental level of true fitness, you should try to keep a good pace, taking *no more than 30 seconds to a minute to rest between exercises.*

For athletes, it depends on what you're trying to accomplish. Given the demands of a particular sport, some athletes will take no breaks between exercises, while others may take short rests of 1 to 1½ minutes (see Chapter 8). Sometimes athletes will utilize both methods, no rest and short rests, during the course of a given week.

#### 14. Can I overtrain doing ProBodX?

*Not if you listen to your body.* This will be a challenge, since most of you aren't used to doing just that. But because ProBodX is so tied to how the body feels, warning signs such as waking up tired, poor appetite, difficulty sleeping, nervousness, depression, and feeling drained between workouts are more difficult to overlook, which might explain why fewer people seem to overtrain doing ProBodX.

#### 15. Do I need to be on a special diet?

Just as proper body exercises are designed to work with the body, so too is proper body eating. The more you eat the way humans were meant to eat, the faster you will move along the path to true fitness and the quicker you will restore, rehabilitate, and repair the ailments that keep you from reaching your potential (see Chapters 11 to 13).

#### **A QUICK CHECKLIST**

#### **GETTING THE BEST OUT OF PROBODX**

- Begin in the right starting position on the equipment.
- Be sure to exercise using the proper form.
- Do all the exercises and in the order presented.
- Do a complete cycle of exercises even if that means fewer repetitions of each exercise because of time constraints.
- Start to count on your own body knowing what's best.
- When excellent form and good intensity depreciate, it's time to stop a particular exercise and move on to the next.
- When form and intensity don't depreciate and the exercise seemingly can go on forever, it's time to make the exercise more difficult through progressing resistance, instability, range of motion, and/or rapidity.
- Don't progress too fast.
- Don't overtrain.
- Rest between exercises according to your goal.
- Your own level of ability and goals determine the amount of time you spend doing ProBodX.
- Use proper body eating to get the most out of ProBodX.
- The more you do ProBodX, and do it well, the faster you move along the path to true fitness.

## CHAPTER 7

# The ProBodX Workout

SOME OF THE PROPER body exercises take some time and focus to learn to do properly. Not because they're difficult, but because you and your muscles aren't used to working in this new way. Your body has more than likely learned bad habits of movement from misuse, overuse, or underuse, and you may not activate the right muscles to accomplish the exercises at first. By focusing on the basic principles of body alignment outlined below you can easily overcome these bad habits and more quickly master ProBodX.

These principles, correctly executed, maximize engagement of the nervous and musculoskeletal systems. Without a good starting position, you can't hope to do the exercises well. Correct positions on the equipment will make the difference between moving along the path to true fitness slowly or quickly. And in some cases, it'll make the difference between succeeding and failing. Look in the mirror frequently to check the accuracy of the starting and moving positions.

Remember: When you lose proper form, stop doing the exercise and move on to the next. You are relying on *how well your body performs an exercise* to tell you how many times you should do a particular exercise. On average, that tends to be five to ten times when beginning, and 15 to 20 reps once your body gets used to this new way of working out.

Some people may experience fatigue 24 to 48 hours after the first few workouts as the nervous system begins to integrate the new information. Wait a day or two before you repeat the program. By the third or fourth workout, there is usually a substantial improvement in balance and form, indicating that your nervous system is applying the principles behind ProBodX.

You know you've attained the right positions and the right "feel" of the workout

## THE SIX PRINCIPLES

- Be actively aware of the downward pull of gravity and purposefully engage your muscles to lift upward. Elongate yourself, as if there were a rope from the top of your head through the center of your body lifting your body toward the ceiling. This sense of lift is key to the "right feel" when doing proper body exercises. Excellent lift ensures that your body will be aligned, open and ready to exercise properly. Do not tighten your muscles in order to force a sense of control.
- Spread each toe. Your feet and all your toes should make contact with the ground or equipment. Excellent foot-to-ground or foot-to-equipment contact more quickly activates the right muscles for stability.
- Keep the feet and kneecaps aligned with one another. Without moving the feet, whether parallel or slightly turned out, move the kneecap left or right until the center of the kneecap is in line with the second toe. This ensures proper alignment of the feet, knees, and hips. Excellent foot-to-kneecap alignment recruits the right muscles.
- Gently tilt the pubic bone up, using the small muscle attached to the top of the pubic bone. Excellent pubic bone tilt helps the spine and low back to rest, inviting the correct torso muscles to activate and engage properly. Do not use the buttocks or a forward thrust to get the tilt.
- Engage the muscles under the shoulder blades and between the ribs to relax your neck, chest, and shoulders. If you tense your chest, neck, and shoulders, you are most likely tensing other muscles as well. An excellent sense of open relaxation helps muscles to relax fully when going through the exercises, thus improving range of motion and increasing the effectiveness of the routine.
- Breathe deeply and fully. Breathe through your nose and think of the air moving down the front of your spine to the floor of the pelvis. Remember to breathe consistently and evenly through the exercises. Proper breathing facilitates concentration, allowing you to get the greatest potential benefit of each exercise.

when after you are finished working out you feel uplifted, energized, vibrant, awake, engaged, relaxed, and more centered than before you started. Many people, unaware of the tightness in their own body, inadvertently tense against the relaxation the workout promotes. Try to give over to the feeling of relaxation rather than fight against it. Give ProBodX some time. Fluidity will return. Your body will remember how to move correctly, like in those early days when you took your first baby steps.

Start with Basic, a 20- to 30-minute workout and then, if you like, you can move on to Basic+, a 50- to 60-minute workout if you have more time and want quicker results. You can do Basic one day and then Basic+ the next. But do all the exercises in the proper order, whichever workout you choose.

Those of you who haven't worked out in a while, or can't do the Basic program at first, should do the Easy version of ProBodX. The duration of the workout depends on your starting ability. Most of the exercises come directly from Basic and Basic+. Some are even the same. Others have been modified to allow your body to stimulate the nervous system and reactivate muscles and muscle groups that have not been working efficiently for some time. All others who are active or have been working out should begin with Basic or Basic+.

## THE EDGE

Tyson, eighteen, was a star basketball player in high school. He dreamed of playing in the pros right out of school. A tall order despite his seven-foot one-inch frame. Most players don't even entertain trying out until the end of college and even then the competition is fierce. Tyson was loaded with talent, but knew he would need an incredible edge to stand out and beat the odds. He was eager to plunge right into advanced ProBodX, thinking he was such a good athlete that's where he should begin. But like everyone else on the program, regardless of talent, skill, or age, he started at the beginning. After doing ProBodX, Tyson hit the court with renowned NBA star Michael Jordan. Tyson held his own. ProBodX helped give Tyson the edge to realize his dream. He was the number two pick in the 2001 NBA draft and now plays for the Chicago Bulls.

### PROBODX AT A GLANCE

PROBODX WORKOUT	EASY VERSION	BASIC 20-30 MIN.	BASIC + 50-60 MIN.
<b>Warm-up</b>	X	X	X
<b>On Your Feet</b>			
Ball or Slant Board Routine	X	X	X
Pipes Routine			X
Disk Routine			X
<b>Hand Over Fist</b>			
Curl-ups	X	X	X
Maracas			X
Pouring Out			X
Pouring In			X
Figure 8's	X	X	X
Back Curl-ups		X	X
Fingers on Disk			X
<b>Shoulder to Shoulder</b>			
Bells Back	X	X	X
Kneeling Overhead Rock	X	X	X
Kneeling Overhead Lifts		X	X
Kneeling Overhead Twist		X	X
<b>High on the Torso</b>			
The Squat		X	X
Squat and Reach	Modified	X	X
Overhead Disk Squat			X
<b>On Your Side</b>			
Hip Twist			X
Side Lift	Modified	X	X



PROBODX WORKOUT	EASY VERSION	BASIC 20-30 MIN.	BASIC + 50-60 MIN.
<b>On Your Back</b>			
Sword Pull	Modified	X	X
Angle Bell Lifts	X	X	X
Overhead Bell Lifts	X	X	X
Crossover Fly	Modified		X
Pull-overs			X
<b>Out of Arm's Way</b>			
Single Arm Circles		X	X
Swimmer	Modified	X	X
<b>On Your Stomach</b>			
Forward Bell Lifts		X	X
Elbows to Ceiling			X
Back Bell Lifts			X
<b>Bottoms Up and Down</b>			
Knees to Chest		X	X
Knees to Shoulder			X
Side to Side		X	X
Inchworm	X		
<b>A Leg Up</b>			
Scissors		X	X
Leg Circles	Modified	X	X
Side Kicks	Modified	X	X
Kick Backs		X	X
Open Leg Lifts		X	X
Foot In and Out			X
Single Leg Lunges	Modified		X
Back to the Wall	Modified		X
Squat and Reach (REPEAT)	Modified	X	X

# THE PROBODX WORKOUT

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## THE WARM-UP

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There are three ways to warm up on ProBodX: On the Ball, with a Jump Rope, or on a Concept II Rower. Choose one way and warm up for 5 minutes. There is no need to go all out. This is a warm-up, not a competition.

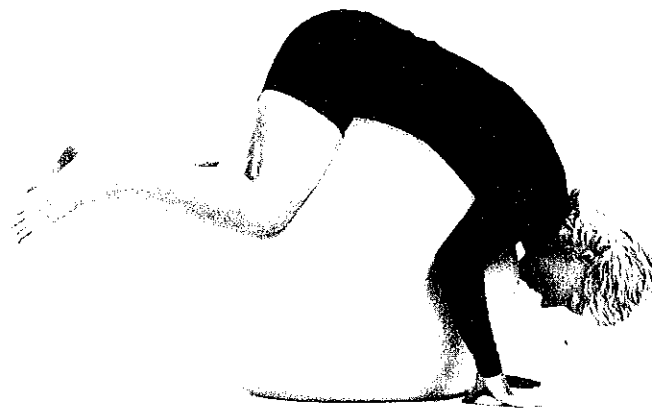
### **On the Ball**

You should begin with Frog Rocking and work up to The Dive, especially if you haven't been working out regularly. If you have been working out prior to starting ProBodX, you may want to start with The Dive immediately.

## FROG ROCKING



**Frog Rocking position**



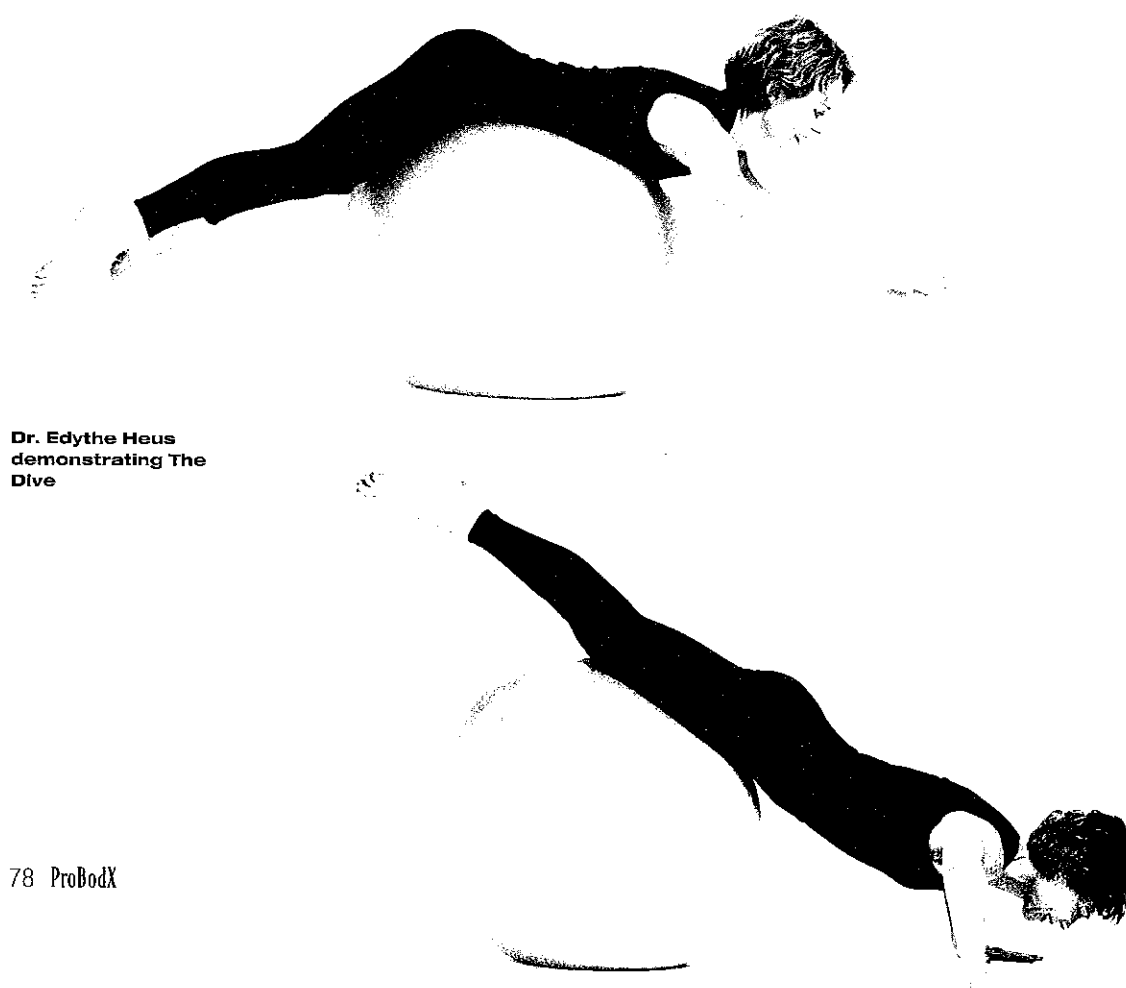
**Frog Rocking, both pushing off and landing**

**STARTING POSITION:** Squat down behind the gymnastics ball, knees apart. Your heels will rise off the ground while the balls of your feet stay firmly planted. Roll the ball into your body, drape your arms around the ball, and place your chin on the ball. Your neck stays relaxed.

Push off your feet, rolling forward. Stop the forward motion by planting your hands on the floor, about shoulder width apart, trying not to let the center of your palms touch, and bend your elbows, getting your head as close to the floor as possible. (This is a smooth braking motion, first using the muscles around the shoulder blades, then elbows, followed by wrists.) Push off with the hands and roll back to the balls of the feet. Your pubic area remains on the gymnastics ball throughout the entire routine. Repeat for the duration of the warm-up.

## THE DIVE

**STARTING POSITION:** From the Frog Rocking starting position, push off your feet, straightening your legs and pointing your toes as they lift off the floor. The ball rolls under your body to the lower abdomen and upper thighs as your arms are held straight out in front, the hands wider than shoulder width apart. Stop the forward motion by planting your hands on the floor, trying not to let the center of your palms touch, and bend your elbows, nearly kissing the floor between your hands. (This is a smooth braking motion, first using the muscles around the shoulder blades, then elbows, followed by wrists.) Spring back off the hands, using the muscles around your shoulder blades, until your legs bend back into a squat and the balls of your feet touch the ground again. Do not land flat on your feet. Keep repeating for the duration of the warm-up.



**Dr. Edythe Heus  
demonstrating The  
Dive**

**TIP:** The shoulders should come down as close to the back of the hands as possible. Keep your neck relaxed. Push off both feet with equal force. Do *not* land with straight legs and arms. If your back arches, the form is not correct.

**PROGRESS:** Increase the speed of the dive AND/OR increase the forward distance you dive.

### **Jump Rope**

**STARTING POSITION:** Keep your forearms forward, bent at the elbows 90 degrees to the upper arms. Initiate the movement with your wrists, keeping them relaxed, shoulders down, knees slightly bent, and push off the toes, your feet barely clearing the floor when jumping. The landing should be "quiet," on the toes and balls of the feet, but never on the heels.

Jump using both feet, then jump side to side, about 3 to 4 inches from the center. Jump front to back. Jump clockwise, as if jumping in the four corners of a box. Then jump counterclockwise, as if jumping in the four corners of a box.

**TIP:** Vary the tempo through slow, medium, and fast as much as possible. Always elongate your torso and keep the shoulders relaxed.

**PROGRESS:** Repeat, using one foot at a time. Be careful not to raise the nonjumping foot too high and throw your body off balance. Raise it just enough to clear the rope.

### **The Concept II Rower**

On the machine itself is an illustration of the proper body position and mechanics of rowing. In general, keep your back straight as much as possible. As you push off the balls of your feet and drive with your legs, keep your arms as straight as possible. Before you get to full extension on the machine, pull the handle until it touches your navel and then lean back slightly. On the return, initiate the movement with your feet, drawing your body back to the starting position. Do not row all out, do a gentle warm-up.

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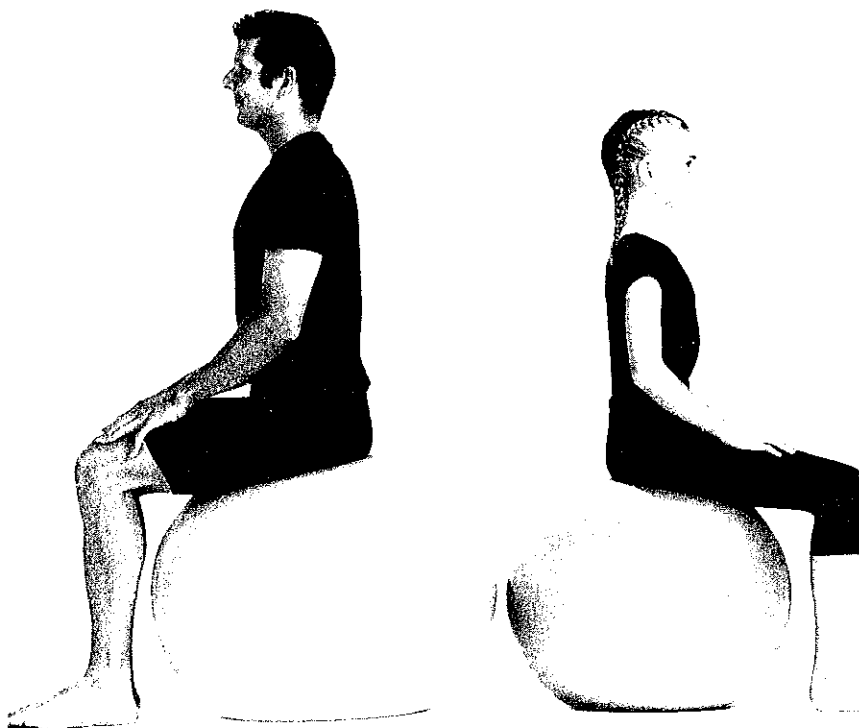
## ON YOUR FEET

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### BALL ROUTINE

Easy/Basic/Basic +

**STARTING POSITION:** Seated on the Ball. Sit down on the front of the ball, not in the center or falling off the ball, but enough to allow space between your legs and the ball. Gently tilt up the pubic bone, engaging the abdominals and relaxing the lower back. Point your feet and knees straight ahead, hip width apart. Your thighs should be par-

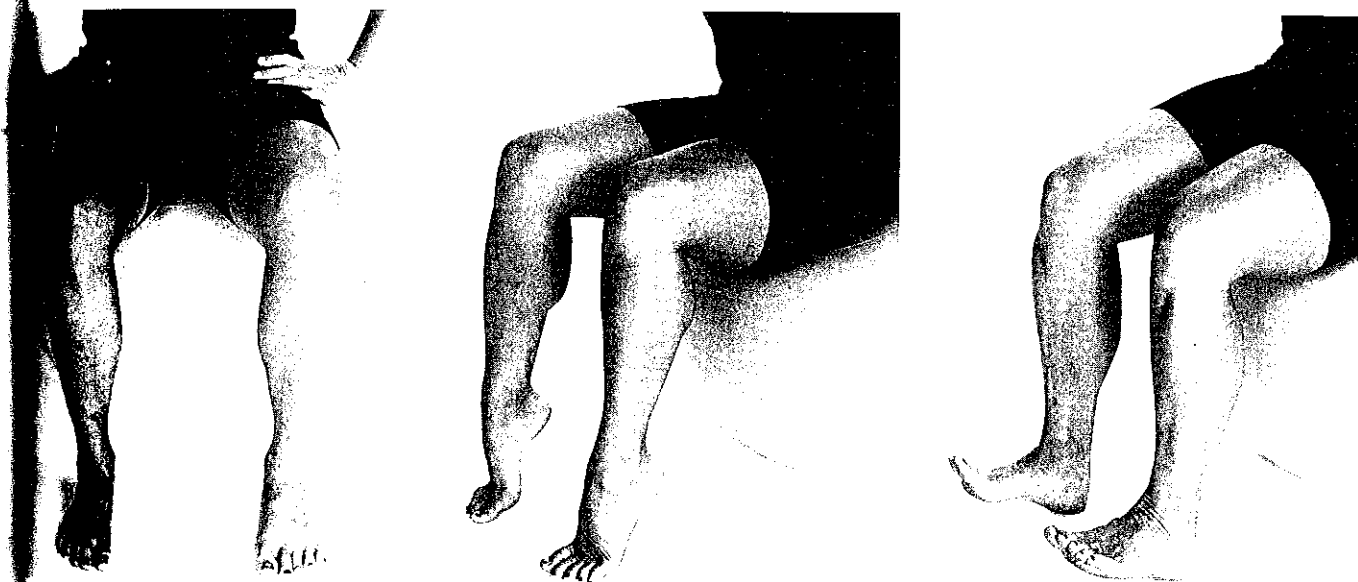


Durdam, a U.S. decathlete, and Kristine, a Gold Club soccer player and National Club champion, sit correctly on the gymnastics ball

allel to the ground, your legs bent at the knee 90 degrees to the thigh. Keep your head erect and looking forward.

## BALL ROUTINE: FORWARD AND BACK

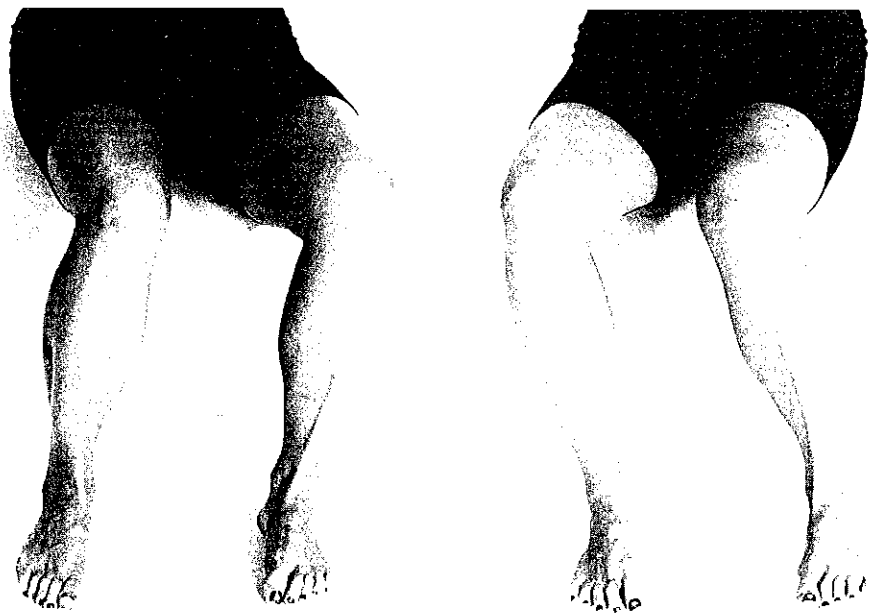
Rock from toes to heels, really stretching your Achilles when going back on your heels, then go way up on all your toes when going forward. Your knees stay aligned with your feet. Don't roll the knees in or out, or let your heel roll in or out as your toes contact the floor.



**Forward and Back**

## BALL ROUTINE: SIDE TO SIDE

Roll your feet to the left, rolling onto the outside of the left foot and the inside of the right foot. Maintain as much toe contact as possible and generate side-to-side movement with your feet and ankles, not your hips, which is best accomplished by keeping your knees facing forward.



**Side to Side**

## BALL ROUTINE: CIRCLES

Circles are a combination of Forward and Back and Side to Side. Circle once clockwise, immediately followed by a counterclockwise circle. Repeat the circles.



## SLANT BOARD ROUTINE

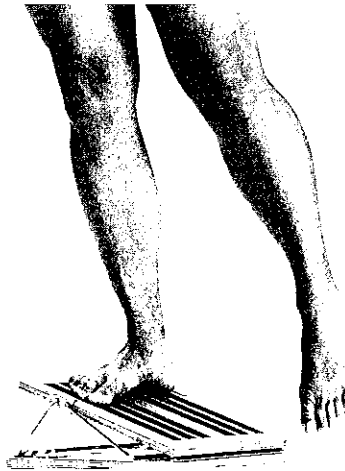
Easy/Basic/Basic +

**STARTING POSITION:** Adjust the slant board to the easiest (least steep) angle setting. Exercise one foot at a time, starting with the dominant foot (the one you kick a ball with), first and then the other foot. There are three positions for the feet: arch uphill, arch downhill, and toes uphill.

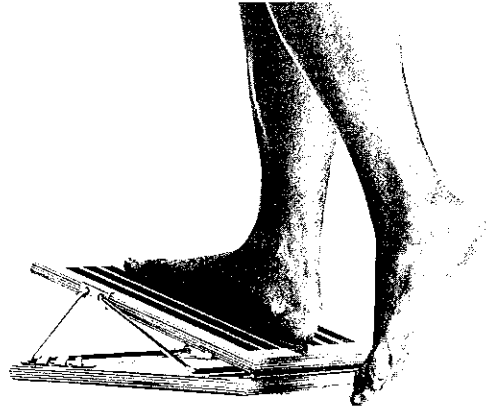
Distribute and balance your weight evenly over the foot. Your toes should be spread as far apart as possible to maximize foot usage and grip. Align the center of your heel between the second and third toes. If you haven't done this correctly, your heel will be farther down or up on the incline than the second or third toe. People often feel as though they are standing pigeon-toed. Balance on your foot, making sure it doesn't turn in or turn out. (Use poles if necessary to keep your balance.) Keep the center of your kneecap in line with the second toe. Your other leg dangles without touching the floor or the slant board. Keep your hips level and facing forward.



Arch uphill



Arch downhill



Toes uphill

## SLANT BOARD ROUTINE: KNEE BENDS



Knee Bends with ProBo Bell

In the arch uphill position, bend your knee as far down as possible while maintaining the pelvic tilt and not exceeding 120 degrees. Repeat in arch downhill and toes uphill position.

**TIP:** Push your toes onto the board, particularly the big toe. Avoid hips shifting, pubic bone dropping, back arching, knees rolling in, arches dropping, big or little toes lifting up.

**PROGRESS:** Place a ProBo Bell in the opposite hand from the leg on the board. Raise your arm straight and keep it close to your ear, lifting your arm toward the ceiling from the bottom of your shoulder blade, and keep your shoulders relaxed, AND/OR increase the angle of the slant board, AND/OR slowly increase the weight of the ProBo Bell. Be sure to alternate hands as the legs are changed AND/OR bounce a ball against a wall and catch it (only after the proper form is mastered).

## PVC PIPES ROUTINE

**Basic +**

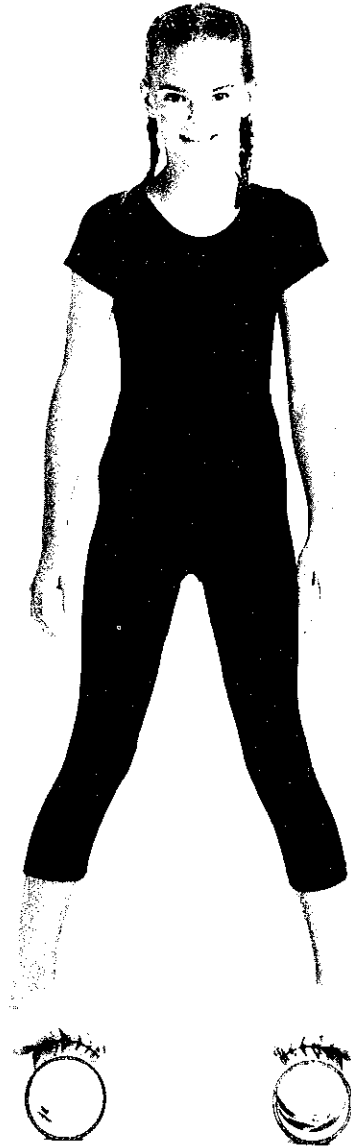
**STARTING POSITION:** Place the pipes hip distance apart, parallel to each other. Just as in skiing, put the two poles on the outside of each pipe to help keep your balance and step on the pipes. Your grip on the poles should be as light as possible. *Or* if you don't need poles, use your hands to stabilize the pipes when you get on them.



**Getting on the pipes using your hands**

## PVC PIPES ROUTINE: TOES POINTING IN

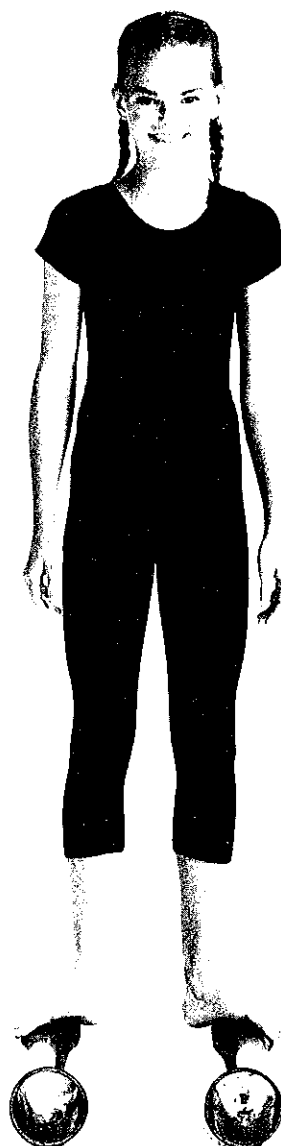
Wrap your feet around the pipes, toes pointing inward. Slowly roll your feet on the pipes in and out as far as possible while your toes and the inside of your heels maintain contact with the pipes. Keep repeating.



**Toes Pointing In**

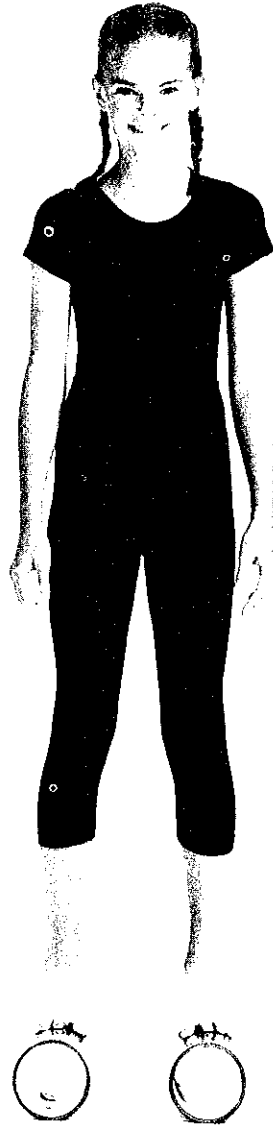
## PVC PIPES ROUTINE: TOES POINTING OUT

Wrap your feet around the pipes, toes pointing outward. Slowly roll your feet on the pipes in and out as far as possible while maintaining toe contact with the pipes. Keep repeating.



**Toes Pointing Out**

## PVC PIPES ROUTINE: HEELS UP



**Heels Up**

Position your feet straight on the pipes. Spread your toes apart and slightly inward, equal spacing between the toes. Raise your heels off the pipes, balancing on the balls of your feet and toes. Stay there as long as possible, then lower your feet. (Tendons will be noticeably visible.) Repeat if necessary.

**TIP:** Don't lean forward. Try to get rid of using the poles as soon as possible.

**PROGRESS:** With your heels up, try to move the pipes forward and backward, as if walking.

## BALANCE DISK ROUTINE

Basic +

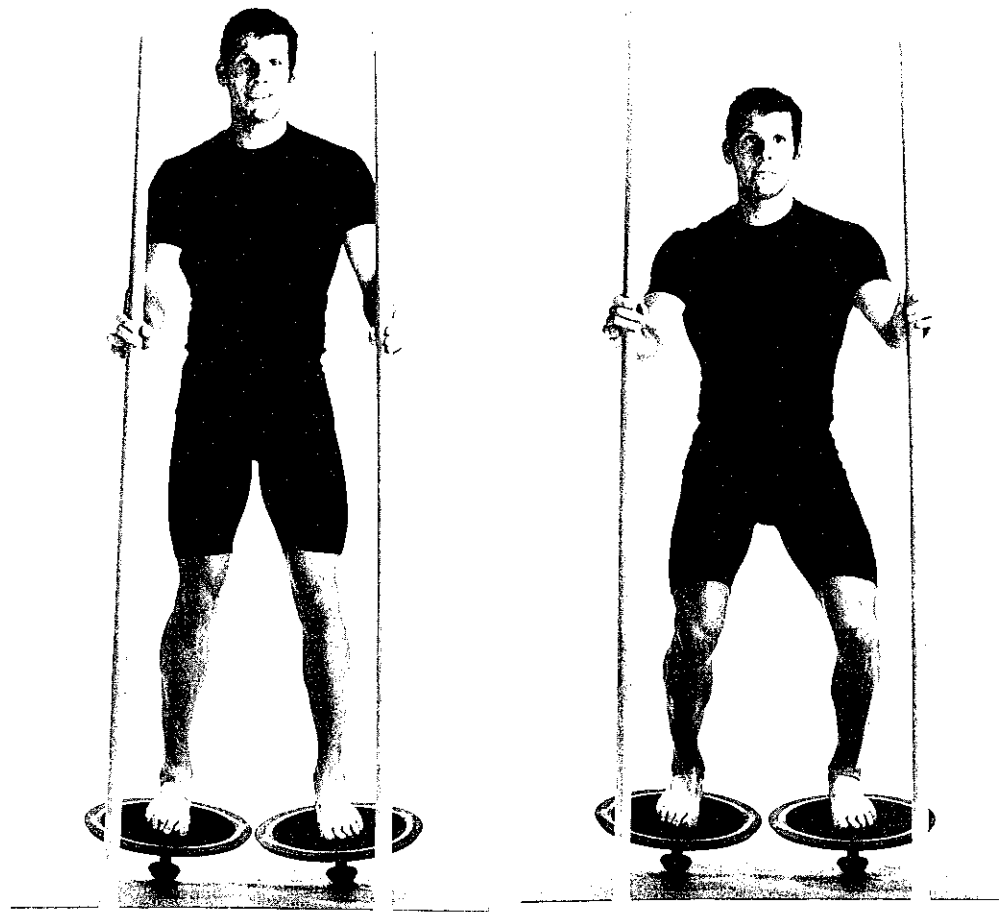
**STARTING POSITION:** Place the disks on the floor close together and tilted toward you, but without touching or overlapping. Hold one of the poles in front of each of the disks, just beyond shoulder distance apart. Place the center of each foot in the middle of each disk and tilt until the disks are balanced. Keep your toes spread out as much as possible and distribute your weight evenly throughout the feet. Maintain the pelvic tilt.



Getting on the disks

## BALANCE DISK ROUTINE: SQUATS

Squat down only as far as possible while maintaining the pelvic position, your torso upright and your heels on the disk. Work up to stopping three times along the way, from standing straight up to the fullest knee bend you can do. Keep repeating.

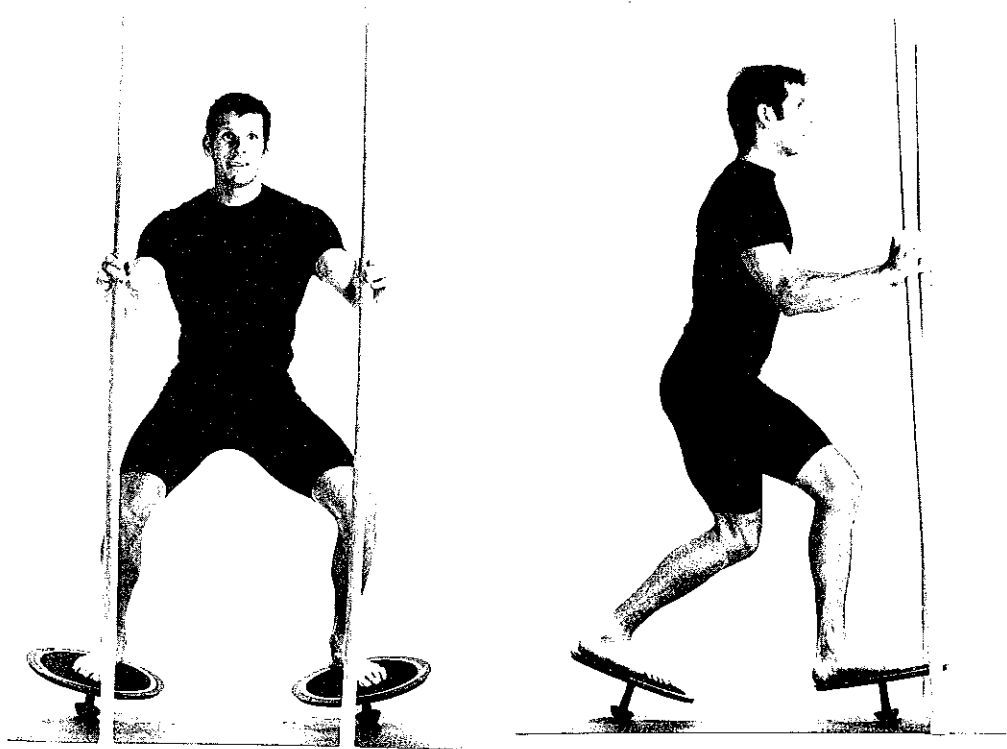


Squats



## BALANCE DISK ROUTINE: SQUAT AND ROTATE

Widen the disks as far as possible. Gently squat down as far as you can and hold the squat while pressing your feet down into the disks as much as possible. Keeping your back straight, initiate from your hips and rotate to the left so that your torso follows your hips. Walk the poles to keep balanced as you move. Then rotate through the center and to the right. Try to keep the disk parallel to the floor. Keep repeating.

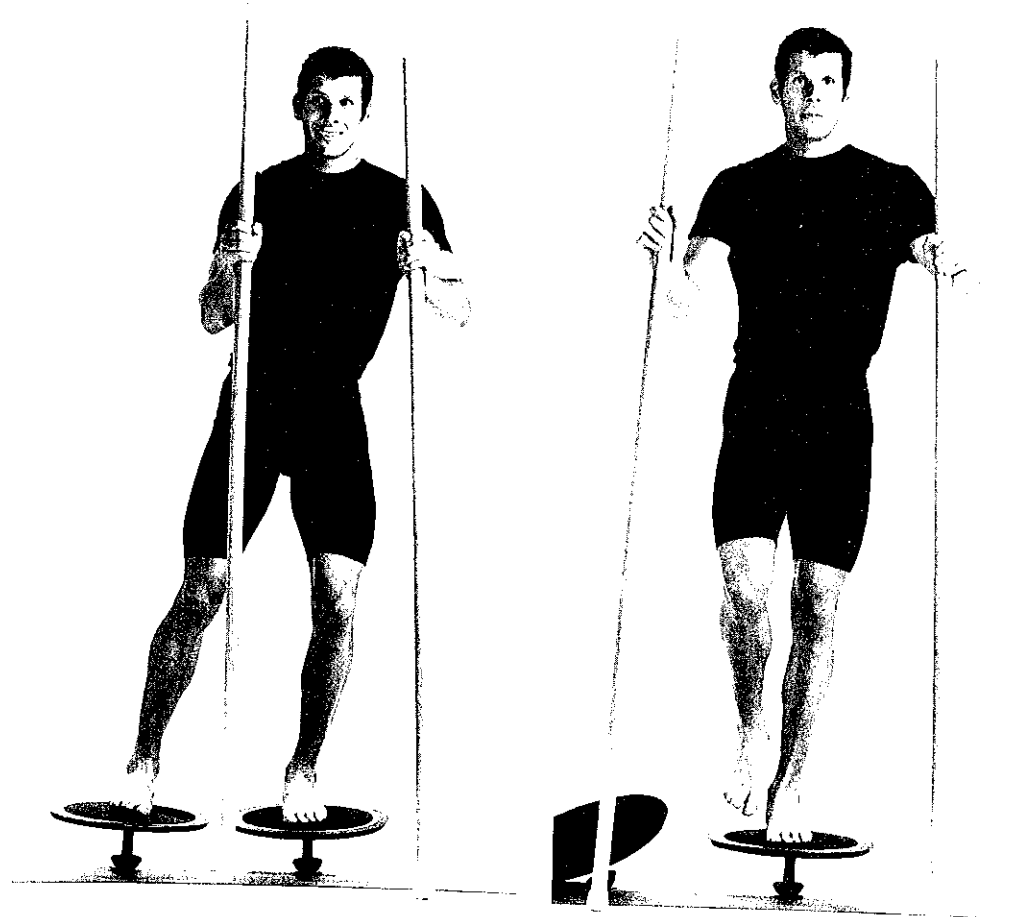


**Squat and Rotate**

**PROGRESS:** Use a ProBo Bell raised overhead, keeping your arm straight at the ear. Keep balanced using one pole.

## BALANCE DISK ROUTINE: ON ONE FOOT

Shift the weight off your right foot, balancing on your left foot and bringing your right foot directly under your hip. Place your right foot into the center of the disk. Find your balance. Shift your weight off the left foot onto your right foot. Place your left foot back into the center of the disk, shifting your weight back to that foot. Keep repeating.



On One Foot

## BALANCE DISK ROUTINE: HEELS UP



Heels Up

Reposition your foot so that the balls of the feet are in the center of the disks. Lift your heels off the disks balancing on the balls of your feet and toes, and hold as long as possible. Lower your heels. Repeat if desired.

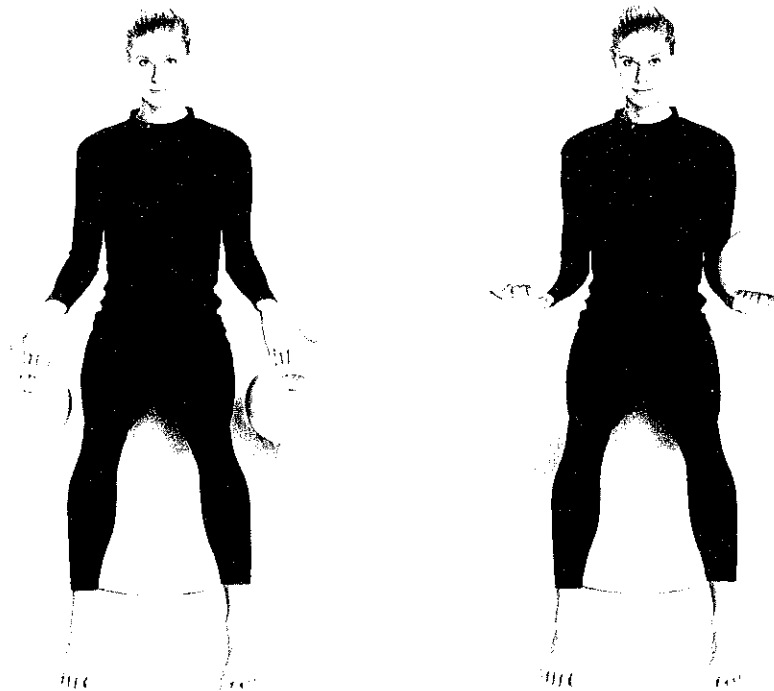
**PROGRESS:** Execute the balance disk routine balancing with one pole while using a ProBo Bell raised overhead, keeping your arm straight at the ear, AND/OR execute the balance disk routine while balancing on the balls of your feet.

## HAND OVER FIST

## CURL-UPS

Easy/Basic/Basic +

**STARTING POSITION:** Seated on the Ball. Your fingertips hold the ProBo Bell grip, palms away from your body. Bend your arms at a 90-degree angle at the elbows. Elbows at your sides. Start with the tips of your fingers curling up, through every joint, bringing the ProBo Bells up to the wrists. Reverse the motion, allowing the ProBo Bells to flip back (but with control), stretching your fingers open and back. Repeat.



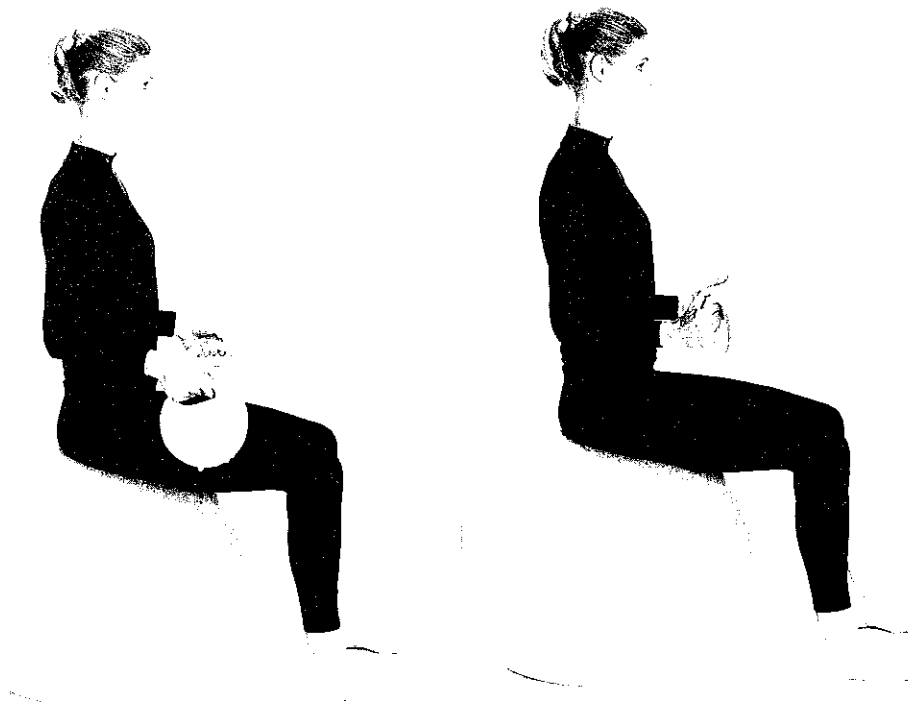
Amy, three-time national high jump champion and Olympian, demonstrates Curl-ups

**TIP:** Do no work using the biceps.

# MARACAS

**Basic +**

**STARTING POSITION:** Seated on the Ball. Grip the ProBo Bells overhand, with your thumbs on top of the bells and your palms facing each other. Bend your arms at a 90-degree angle at the elbows. Elbows at your sides. Shake the ProBo Bells as if shaking maracas but with a greater range of motion. Only use the top part of the wrist to do the movement.



**Maracas**

## POURING OUT

Basic +

**STARTING POSITION:** Seated on the Ball. Grip the ProBo Bells overhand, palms facing down, thumbs through the handles. Bend your arms at a 90-degree angle at the elbows. Elbows at your sides. Initiate the movement with the wrists, leading with your thumbs and ending with the top of your hands facing down. Bring your hands back to the starting position and repeat.



Pouring Out

## POURING IN

Basic +

**STARTING POSITION:** Seated on the Ball. Grip the ProBo Bells overhand, palms facing up, fingers through the handles. Bend your arms at a 90-degree angle at the elbows. Elbows at your sides. Initiate the movement with the wrists, leading with your thumbs and ending with the top of your hands facing up. Bring your hands back to the starting position and repeat.



Pouring In

## FIGURE 8's

Easy/Basic/Basic +

**STARTING POSITION:** Seated on the Ball. Grip the ProBo Bells overhand, palms facing down. Bend your arms at a 90-degree angle at the elbows. Elbows at your sides, but they will move out and in with the movement of the hands. Initiate the movement with your wrists, leading with your thumbs to make a sideways figure 8. (When first starting out, it may be easier to execute the motion one hand at a time.) Keep repeating.

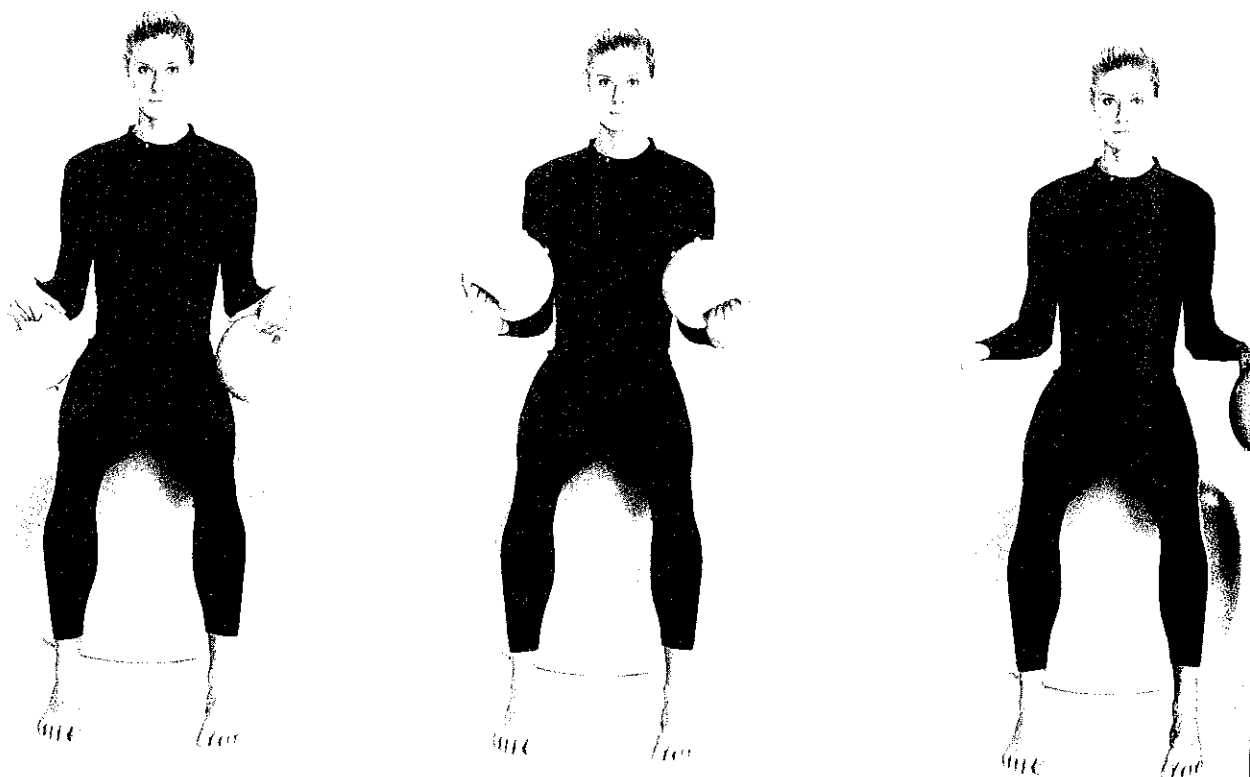


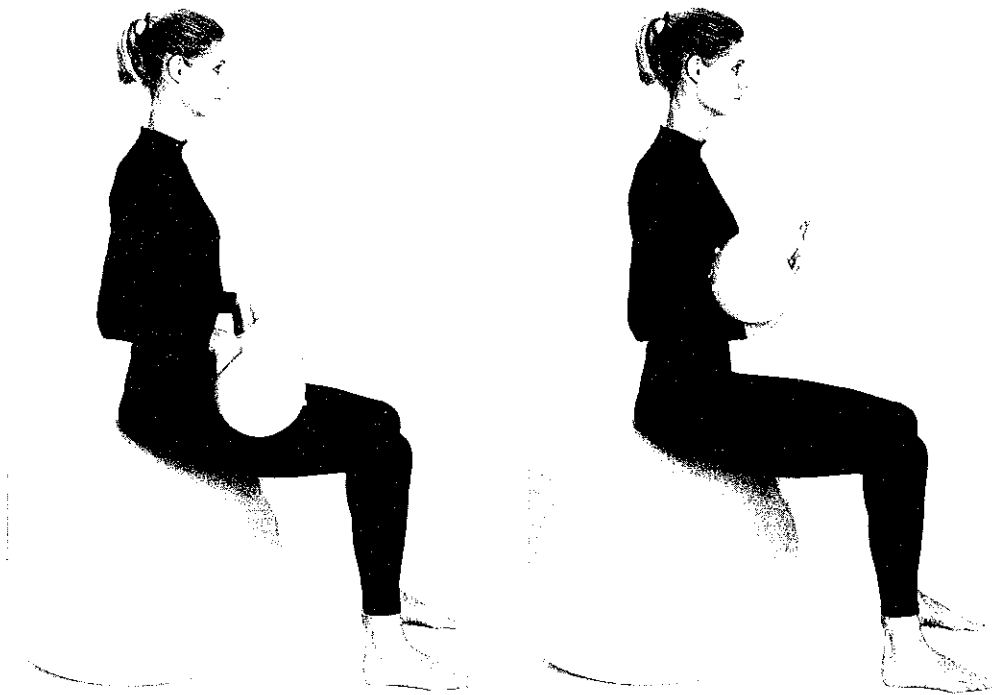
Figure 8's



## BACK CURL-UPS

Basic/Basic +

**STARTING POSITION:** Seated on the Ball. Palms down, slip your fingers through the grips with the bells on top of your hands. Fingers straight, raise and lower your hands, initiating from your wrists. Keep repeating.

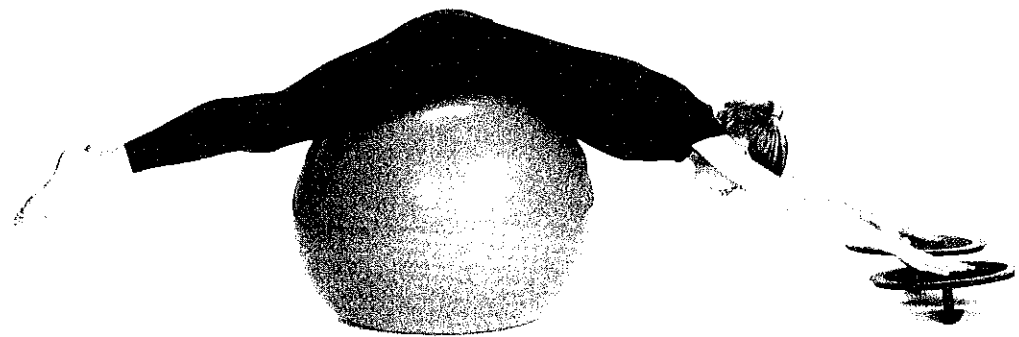


Back Curl-ups

## FINGERS ON DISK

**Basic +**

**STARTING POSITION:** Lie across the gymnastics ball so that it rests under the pelvic region, your feet straight out behind and off the floor. The balance disk should be positioned arm's length away from the ball. Place your fingertips on top of the disk, keeping your arms straight and elongated from your shoulder blades, and attempt to balance yourself by distributing your weight between your fingertips, your shoulder blades, and your pelvic area. Balance as long as possible.



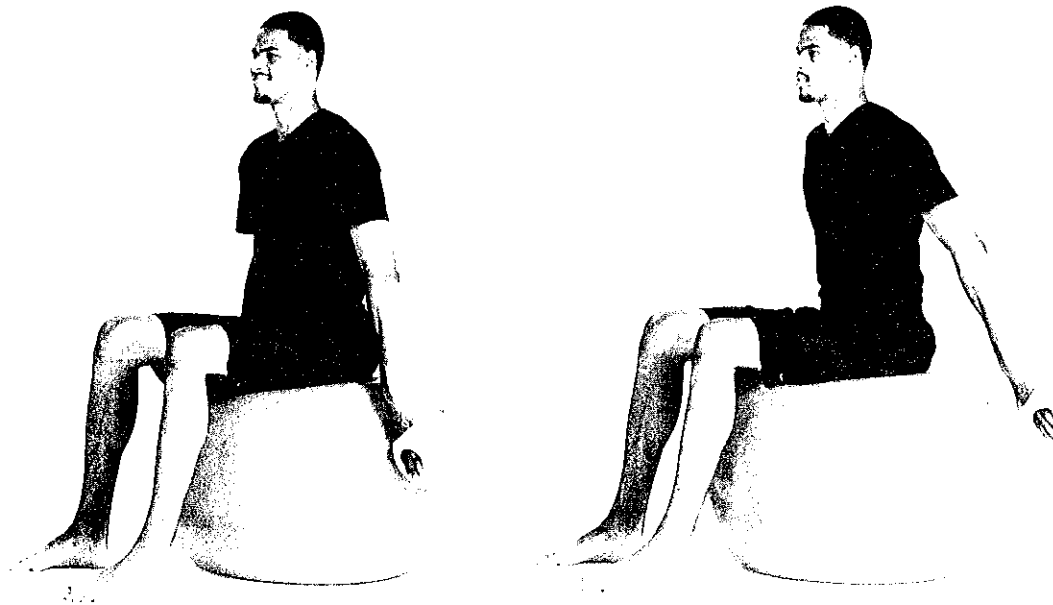
**Fingers on disk**

## SHOULDER TO SHOULDER

### BELLS BACK

Easy/Basic/Basic +

**STARTING POSITION:** Seated on the Ball. Slide your hands through the ProBo Bell grips and rest the bells on your palms. Place the bells down to the side of the gymnastics ball, your palms back. Without compromising your posture, use the muscles under your shoulder blades to lift your arms backward as far as possible. Return to the starting position. Repeat.



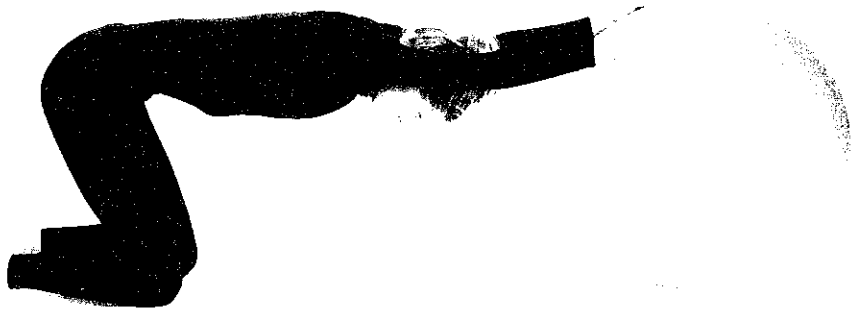
Tyson, 2001 number two NBA draft pick and Chicago Bull, demonstrates Bells Back

**TIP:** Do not arch back or collapse inward. Keep your back straight and your spine long.

## KNEELING OVERHEAD ROCK

**Easy/Basic/Basic +**

**STARTING POSITION: Kneeling Overhead.** Kneel down, putting the top of your feet on the floor. Extend your arms straight out, shoulder width apart, and put your hands on top of the gymnastics ball. Keep your upper shoulders and neck relaxed, back flat, and torso parallel with the floor. Stretch upward toward the head and backward toward the tailbone, elongating the body. You may need to maintain the position by driving your chest toward the floor. Keep your back flat. Rock slightly forward and back, keeping your body elongated. Keep repeating.



**Kneeling Overhead Rock**

**TIP:** Feel the sides of your abdomen stretching and contracting inward toward the spine. Go for this feeling throughout the exercise. The more you lengthen, the stronger the feeling.

## KNEELING OVERHEAD LIFTS

Basic/Basic +

**STARTING POSITION:** Kneeling Overhead. Sit back on your heels. Initiate with the lower part of your shoulder blades and push up, and then pull down. The gymnastics ball will move slightly forward and back. The buttocks remain on the heels and the torso remains in a fixed position. Arms are straight. Only your shoulder blades move up and down. Do not rock. Repeat.



**Kneeling Overhead Lifts**

## KNEELING OVERHEAD TWIST

**Basic/Basic +**

**STARTING POSITION: Kneeling Overhead.** Sit back on your heels. Rotate the ball to the left, stabilizing with your right hip. Rotate the ball to the right, stabilizing with your left hip and reaching with your fingers away from your body to increase the stretch. Keep repeating.



**Kneeling Overhead  
Twists**



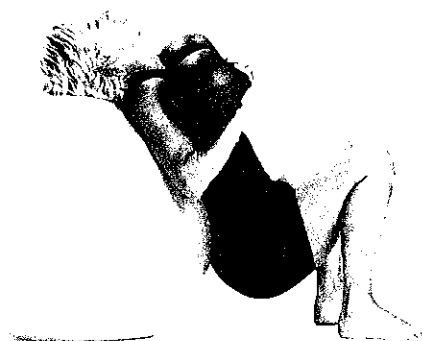
**TIP:** Don't compress. Elongate on the side of your body the ball is moving toward.

## HIGH ON THE TORSO

### THE SQUAT

Basic/Basic +

**STARTING POSITION: The Squat.** Sit on the gymnastics ball. Walk your feet forward while lifting up your pubic bone toward the ceiling and pressing your belly button to your spine. Your spine follows the ball as it resists against it. Keep your heels flat on the floor, feet slightly turned out and in alignment with your knees. If your lower back isn't pressing against the ball, slide your thighs into your hip socket. Keep your



Squat position

knees apart as far as is comfortably possible, stretching your hips, and keeping your knees and feet aligned. Your toes are touching down and your arches are high at all times. Lie back on the ball, your head and neck relaxed and supported by the ball.

Hold two ProBo Bells in an overhand grip at your shoulder, elbows bent. Your legs initiate the movement. Straighten out and then bend your legs. Repeat, trying to get your hips to open up.

**TIP:** Keep your arches high. The ball should comfortably support the head and neck. However, if your head is not on the ball, place a towel under your head or neck for support. You may also need to move your feet farther from the ball to keep them on the floor. You may not be able to straighten your knees while keeping your feet on the floor. So straighten them as far as possible, but keep foot contact with the floor.

## SQUAT AND REACH

### Basic/Basic +

**STARTING POSITION: The Squat.** Hold two ProBo Bells in an overhand grip at the shoulder, your elbows bent at your sides. Your legs initiate the movement. Straighten out your legs and arms simultaneously, keeping the bells close to your torso and face while moving to the fully extended position. Don't arch, *reach*. Keep your feet flat on the ground. Inhale while straightening your arms and legs. Once fully straightened, hold for a count of three, and exhale during return to the starting position. Keep repeating.



**Squat and Reach**

**TIP:** Distribute your weight to both feet and both legs. If done correctly, you will feel a pull in both directions emanating from the belly button.

## MODIFIED SQUAT AND REACH

### Easy

Same as Squat and Reach, except put a towel under your head and neck. Hold a single ProBo Bell in your hand by your belly button. Push off with your feet, stretching out your legs and arms until nearly straight. Sink back into the squat position.

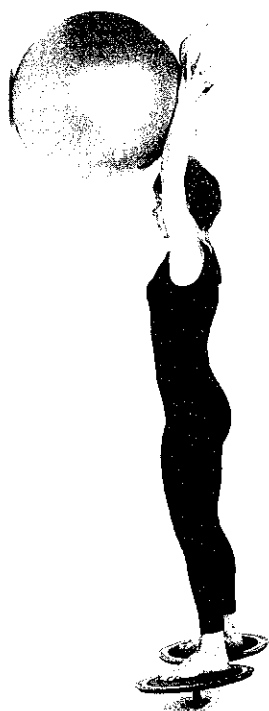


## OVERHEAD DISK SQUAT

Basic +

**STARTING POSITION:** Balance on two disks facing a wall, no less than the width of the gymnastics ball away from the wall. Grab the ProBo Bell and roll the gymnastics ball up the wall. Your arms should be straight overhead, wrists to forearms in the center of the side of the gymnastics ball, and your hands holding the ProBo Bell above your head.

Squat. The ball moves up and down along the forearms. This exercise will be felt all along the spine. Keep repeating.



Overhead Disk Squat starting position



Overhead Disk Squat

**TIP:** Reach your hands toward the ceiling through the entire exercise, keep your neck relaxed, and look straight ahead.

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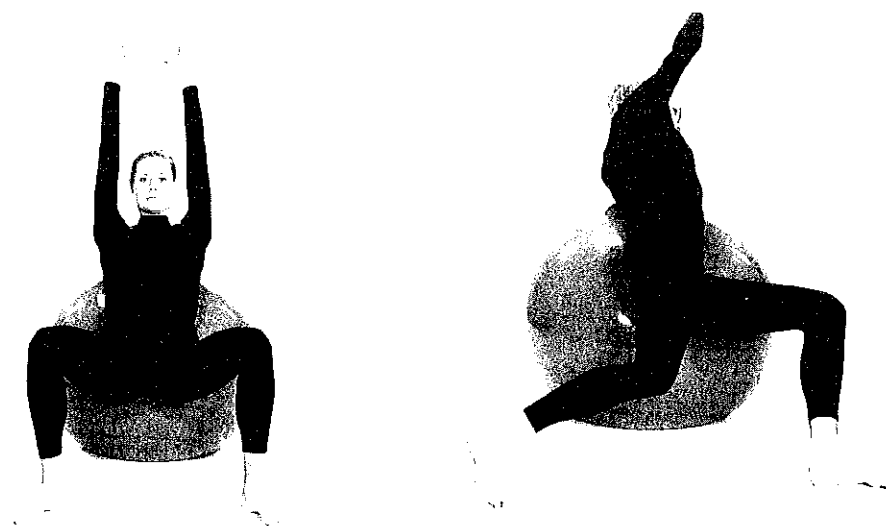
## ON YOUR SIDE

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### HIP TWIST

#### Basic +

**STARTING POSITION:** The Squat. Push up, moving along the ball 6 to 8 inches. Lift your shoulders and head off the ball. Hold the ProBo Bell straight overhead, your arms at your ears. Initiate with your hips, keeping the torso straight and pulled upward, and your body will follow to the left. The left hip pushes into the ball as the right hip rotates over and off the ball. Your left foot faces straight ahead while the right heel rises off the floor. Return to the starting position. Repeat, turning your body to the right. Your right foot faces straight ahead while the left heel rises off the floor. Keep repeating.

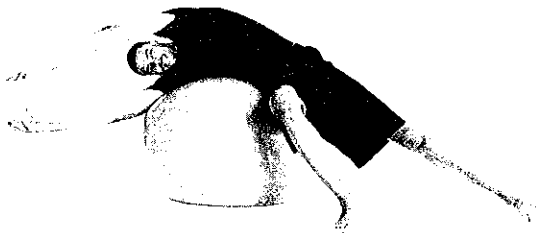


**Hip Twist**

**TIP:** Keep your body and arms straight like a board. The body rolls on the ball at the level of the lower shoulder blades.

## SIDE LIFT

Basic/Basic +



On the Side position



Side Lift

**STARTING POSITION:** On the Side. Put your right hip into the side of the ball. Bend your right knee at a 90-degree angle, your foot facing forward. Your foot is flat, arches high and toes engaged. Straighten your left leg in perfect alignment with your torso, your foot facing forward, flat on the ground (as much as possible) and toes engaged. Your armpit is just past the top of the ball. Your legs, torso, and arms should be aligned.

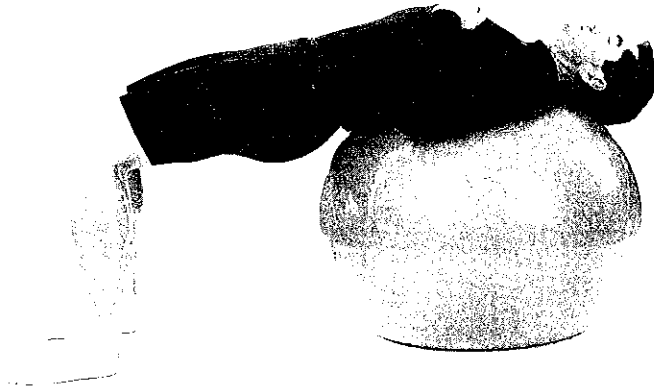
Put your arms straight overhead, next to your ears, holding a ProBo Bell in both hands. Lift the bells to the ceiling, arching the side of your body, using the muscles between the ribs. Do not rotate your body or use abdominal or low back muscles. Repeat on the other side. Keep repeating.

## MODIFIED SIDE LIFT

Easy

Same as Side Lift, except sit on a "low to the ground" stepstool with a gymnastics ball at your side. Without using ProBo Bells, reach and lean over on the ball and lift back up. Keep repeating.

**TIP:** To prevent slipping while doing the side lift, brace your straightened leg against the wall. Stop your feet from rolling by keeping them flat. Try to wean yourself away from using the wall as soon as possible. Feel the movement between your ribs from your waist into your armpits.



**Chris, third baseman for the World Champion Diamondbacks, demonstrates The Bridge**

## ON YOUR BACK

**STARTING POSITION:** The Bridge. Sit on the ball. Inch your feet forward, rounding your back, relax your chin in the direction of your chest and engage your abdominals until the ball rolls under your buttocks and along the curvature of your spine. You should end up with your head, neck, and shoulders and upper three-quarters of your spine resting on the ball, being fully supported. Do not raise your neck or

round your shoulders. (The ball is now just above the base of the rib cage, and the low back is off the ball, being lifted up by the pelvic muscles, which must also be engaged.) Keep your hips up. Do not sink your buttocks or arch your back. Imagine balancing fine china on your abdomen. Your buttocks and thighs are engaged and parallel to the floor. Your feet, arches high, are facing straight ahead and about hip distance apart, your knees over the ankle, creating a 90-degree angle.

**TIP:** Think of your lower abdomen being engaged, gently lifting your pubic bone toward your head, allowing your tailbone to be directed between your legs. This results in the lower abdomen being flat.

**PROGRESS:** Work your legs pressed together *or* put a ball between your knees *or* balance on one foot.

## SWORD PULL

Basic/Basic +

**STARTING POSITION: The Bridge.** Grip the ProBo Bells overhand with your palms up. Your right hand, holding a bell, rolls over the pelvic region to your left hip, ending with your palm up and your arm diagonal across your body. Keeping your right arm straight, "pull the sword out of the sheath" at a diagonal across your body, raising your right arm above your head and to the side. Circle around the side and back down to the starting position. Repeat, using your left hand. Work up until the motions are moving simultaneously. Keep repeating.

**TIP:** Don't circle the ProBo Bell; rather, cut it across your body diagonally and make half circles.

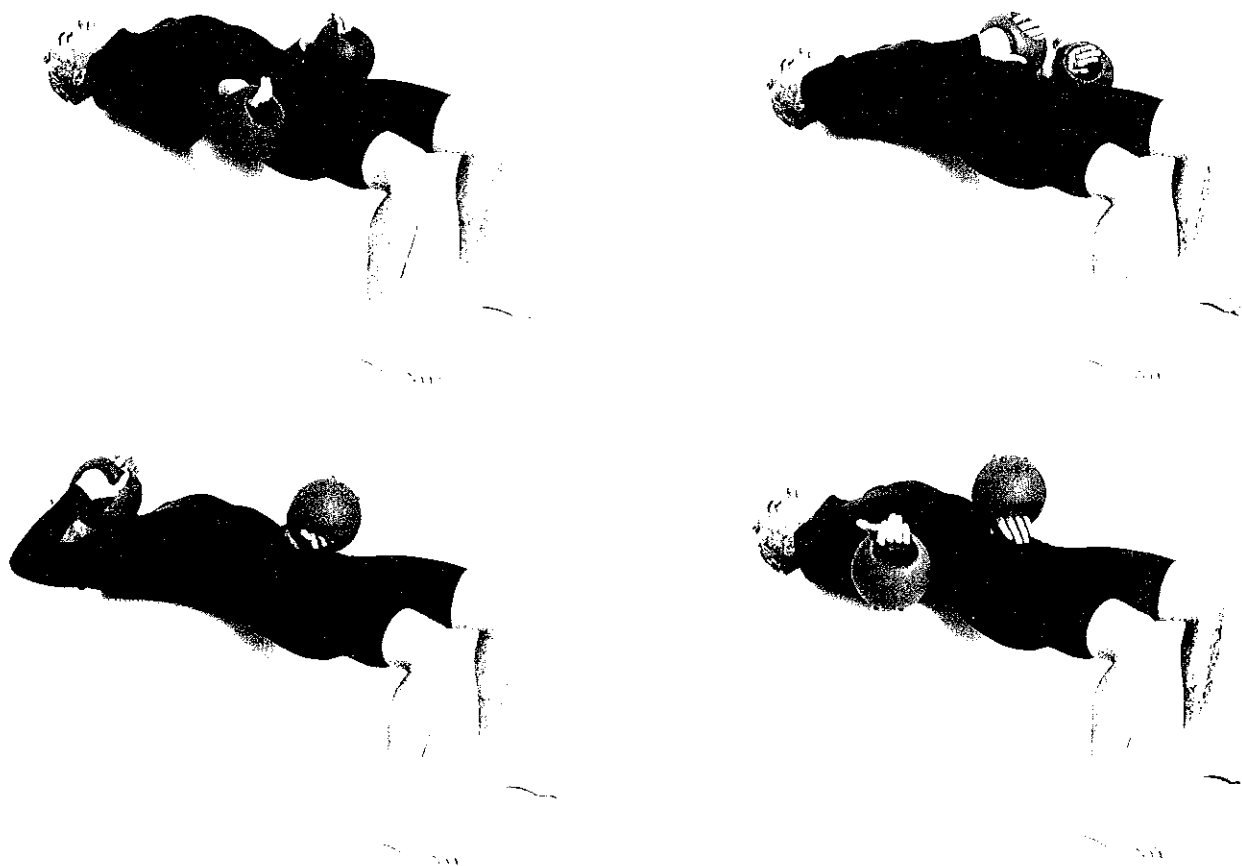


Sword Pull

## MODIFIED SWORD PULL

### Easy

Same as Sword Pull, except with your elbows bent. Pull the bells across your body to the opposite shoulder and in a short arc, return to your beginning hip, and then start over with your other arm. Keep repeating.

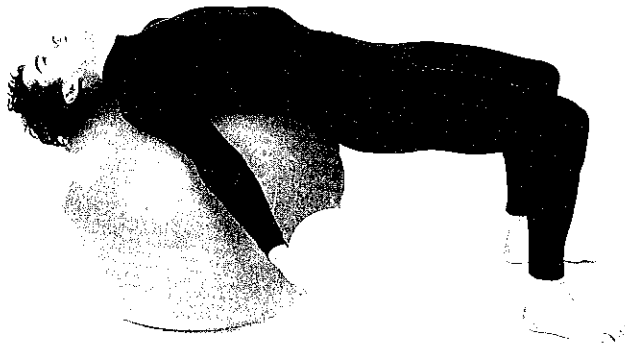


Modified Sword Pull

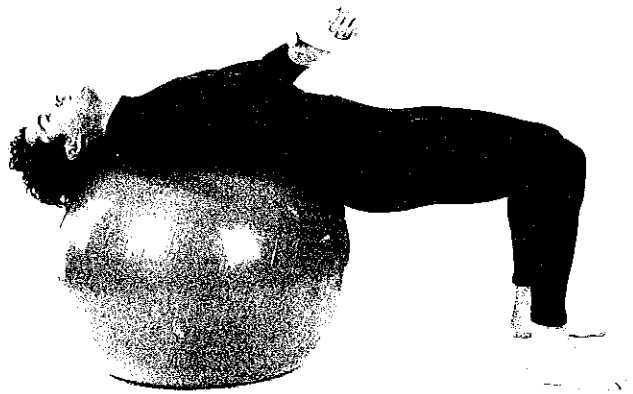
## ANGLE BELL LIFTS

Easy/Basic/Basic +

**STARTING POSITION: The Bridge.** Put your hands through the grip of the ProBo Bells, palms up and ProBo Bells in your palms. Keep your arms straight, at a 45-degree angle out from your body. Raise the bells up 12 inches and then lower to the starting position. Keep repeating.



**Steve, outfielder for the World  
Champion Diamondbacks,  
demonstrates Angle Bell Lifts**



## OVERHEAD BELL LIFTS

Easy/Basic/Basic +

**STARTING POSITION:** The Bridge, but walk your feet toward the ball 2 inches, allowing your head to roll even farther back on the ball. Your shoulders will open slightly. Position your arms straight overhead, palms up, ProBo Bells in your palms. With your arms as straight as possible, lower them toward the floor as if throwing the bell and spring the bell up no farther than the level of your face. Keep repeating.



Overhead  
Bell Lifts





## CROSSOVER FLY

Basic +

**STARTING POSITION: The Bridge.** Again walk your feet toward the ball another inch or two, allowing your head to roll even farther back on the ball, your chin pointing toward the ceiling. Hold the ProBo Bells loosely in the underhand grip. Cross your arms right underneath your chin. Then uncross your arms, palms facing the ceiling and into a position where your wrist, elbow, and shoulder are in alignment and where the elbow remains at a 90-degree angle throughout the exercise. Continue to cross and open, alternating the arm closest to your chin.

**TIP:** When your arms are crossed, feel the stretch in your back. When your arms are open, feel the stretch across your chest and the front of the shoulders. Do not grip the bells tightly. Keep them loose.



Crossover Fly



## MODIFIED CROSSOVER FLY

Easy



Same as Crossover Fly, except don't roll back as far on the ball. Cross your arms at your shoulders and open your arms, elbows bent 6 inches from the side of your torso, retaining the upright palm position. Keep repeating.

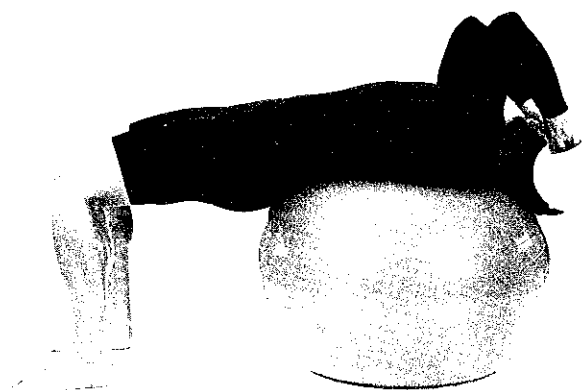
**Modified Crossover Fly**



## PULL-OVERS

Basic +

**STARTING POSITION: The Bridge.** Dangle the ProBo Bells from your fingertips. Keep the bells as close to your ears as possible, elbows bent and facing the ceiling. Palms facing away from the gymnastics ball, lower the bells down alongside the ball, trying to touch the floor. Keep repeating.



Pull-overs

**TIP:** Don't pull from the triceps. You might need to have your head back farther on the ball. Relax from your elbow to your fingertips. The difficulty in this exercise is maintaining your palms facing away from the gymnastics ball, keeping your elbows at your ears and the bells as close to the gymnastics ball as possible. The movement is initiated by the muscles of the lower shoulder blades.



## OUT OF ARM'S WAY

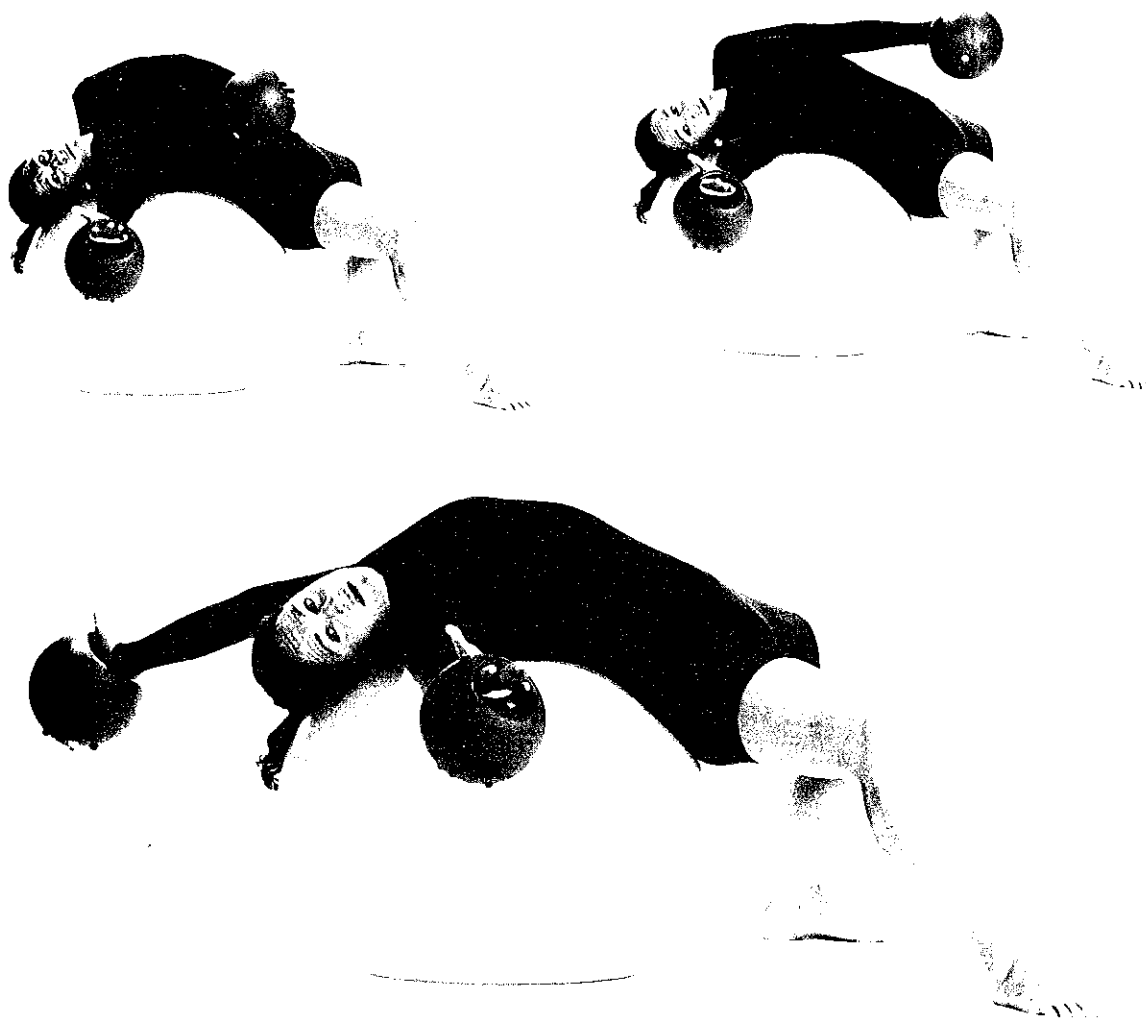
### SINGLE ARM CIRCLES

#### Basic/Basic +

**STARTING POSITION:** The Bridge. From The Bridge open your legs farther, keeping your knees bent at a 90-degree angle, and rotate your knees to the right, pointing the right foot to the right and the left foot partially to the right. Shift your body until your right hip rests on the ball. Your back and head remain on the ball. Make sure your right foot stays flat on the floor, arches strong, toes gripping. Your left foot may need to be on the ball of your foot initially. Work toward keeping the entire foot on the floor.

Loosely grip the ProBo Bells underhand. Start with your right arm reaching straight out to the side, palm up. Circle your left arm around, in a large circle. Reach out as much as possible. Repeat. Reverse the direction of the bell. Repeat. Change to your left hip. The left foot points to the left and the right foot straight ahead. Repeat, circling the bells in both directions.

**TIP:** There should be no knee stress. Use your thighs and hips to stabilize your balance on the ball. When this positioning depreciates, you often tighten your upper body. Don't drop your straight arm down, allowing it to rest on the floor, unless experiencing shoulder problems. In that case, don't use a ProBo Bell, but continue to reach as if you were using one.



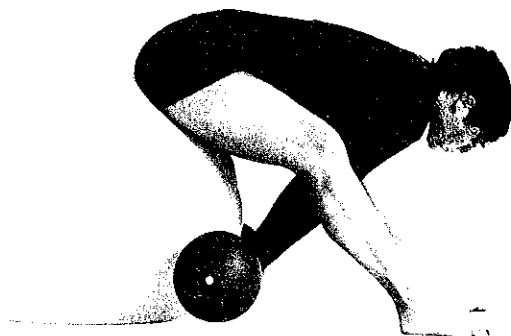
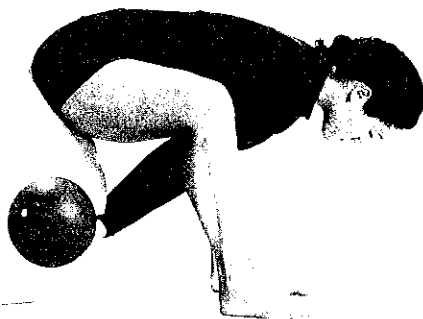
Single Arm Circles

# SWIMMER

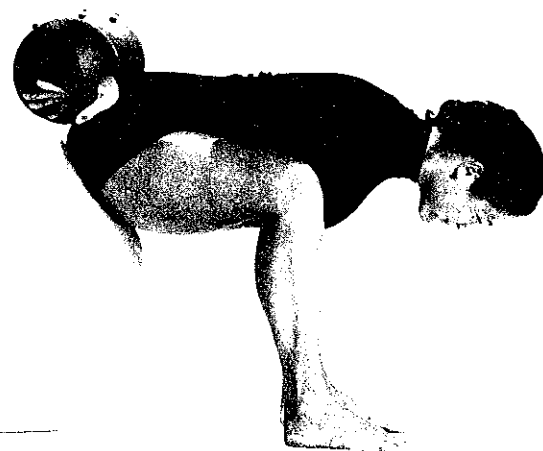
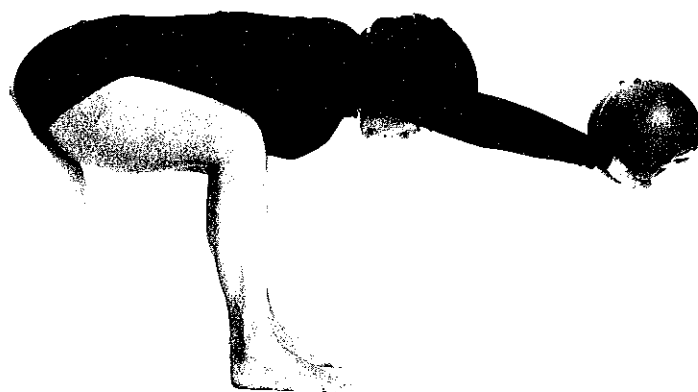
## Basic/Basic +

**STARTING POSITION:** Seated on the Ball, but toward the edge. Open your legs as far as possible without straining, your feet straight ahead or slightly turned out. Keep your arches high, toes firmly on the floor. Bend your upper body at the hips, bringing your torso parallel with the floor and between your legs. Keep your back flat, lengthening the spine.

Grip the ProBo Bells overhand. Bend your arms at the elbows and reach the bells under your thighs and behind the knees, then straighten your arms. Straighten your knees as much as you can, keeping your low back flat. Bend your knees back to 90 degrees, bend your elbows and pull the ProBo Bells back through and reach out forward, keeping your arms straight as if diving. Always keep your eyes on the floor. With your arms straight, circle your arms around and reach back to slightly above your lower back. Circle back around and reach out forward, keeping your arms straight as if diving. Bend your elbows, and start over. Keep repeating.



Swimmer



**Swimmer**

**TIP:** During the dive portion, reach far forward with the ProBo Bells while extending your tailbone back toward the ball and beyond, feeling the full stretch. Do not tense your shoulders or round your back.

## MODIFIED SWIMMER

### Easy

Same as Swimmer, except your knees are 12 inches apart and at a 90-degree angle. Rest your torso on your thighs or as close to your thighs as possible. Keep your arms relaxed, dangling down outside your legs. Straighten and bend your knees repetitively. As your legs straighten, stretch your tailbone back. If necessary, support your hands on your thighs to help keep your torso straight. Advance by reaching your arms out in front of you, with your knees bent and bring them in as you straighten your legs.



Modified Swimmer

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## ON YOUR STOMACH

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**STARTING POSITION: Chest Down.** Lie face down on the gymnastics ball so it supports your body from chest to hips. Relax your chin down on the ball. Legs are straight and slightly wider than hip distance apart. Your toes and the balls of your feet stabilize your body.

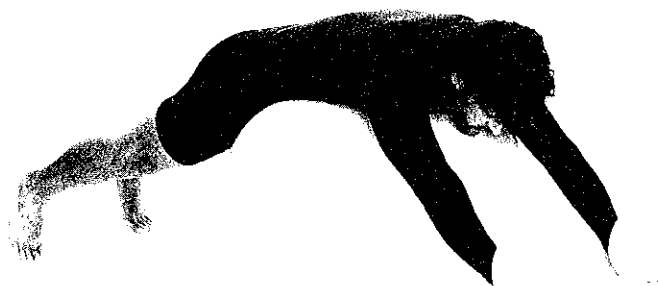


## FORWARD BELL LIFTS

Basic/Basic +

**STARTING POSITION: Chest Down.** Slip your hands through the bell grips, palms face down, putting the ProBo Bells on the backs of your hands. Keep your arms straight, shoulder width apart, and raise your arms as if throwing the bells upward, trying to get the bells as high as possible. Lower the bells, then raise them. Keep repeating.

**TIP:** Try not to hit the ground as the bells swing back down. Keep your back straight, do not arch. Lift from the lower shoulder blade and midback. Keep your legs straight. Use the momentum of the bells to gain height.

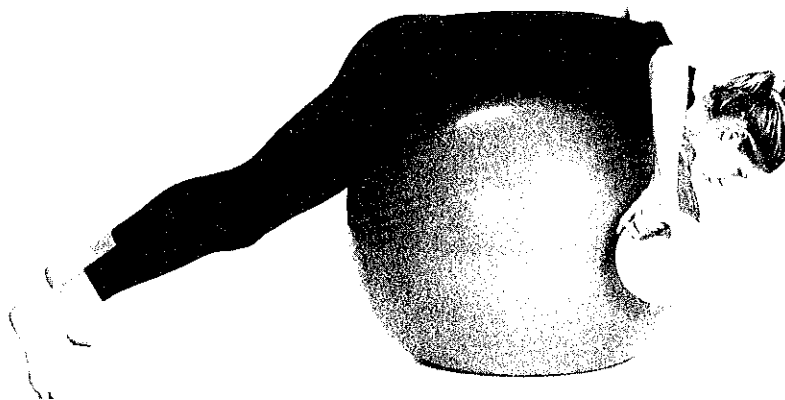


Forward Bell Lifts

## ELBOWS TO CEILING

### Basic +

**STARTING POSITION:** Chest Down. Loosely grip the bells in the overhand position, dangling them from your fingertips, palms facing outward. Keep your wrists, elbows, and shoulders in alignment as the elbows lift up to the ceiling and back down. Keep repeating.



**Elbows to Ceiling**

**TIP:** Keep the forearms and wrists relaxed.

## BACK BELL LIFTS

**Basic +**

**STARTING POSITION: Chest Down.** Slip your hands through the ProBo Bell grips. Rest the bells in your palms, which are pointing toward the ceiling. Start with the ProBo Bells at your sides, next to your hips. Lift the bells up toward the ceiling and back down to the hips. The front of the shoulder remains off the gymnastics ball. Keep repeating.

**TIP:** Keep stretching the bells in the direction of the feet.



**Back Bell Lifts**

## BOTTOMS UP AND DOWN

**STARTING POSITION:** Forward Prone. Squat behind the gymnastics ball. Push off your feet until your hands are on the floor in front of you, approximately shoulder width apart. Walk your hands forward until the ball rests on your thighs just above the knees. Your arms should be straight, shoulder width apart and perpendicular to the floor, with your wrists directly under your shoulders. Initially some people need to have their hands slightly wider apart. Your feet are in the air. Keep your head parallel with the floor, neck engaged but not strained.



**Forward Prone position**

## KNEES TO CHEST

Basic/Basic +

### STARTING POSITION: Forward Prone.

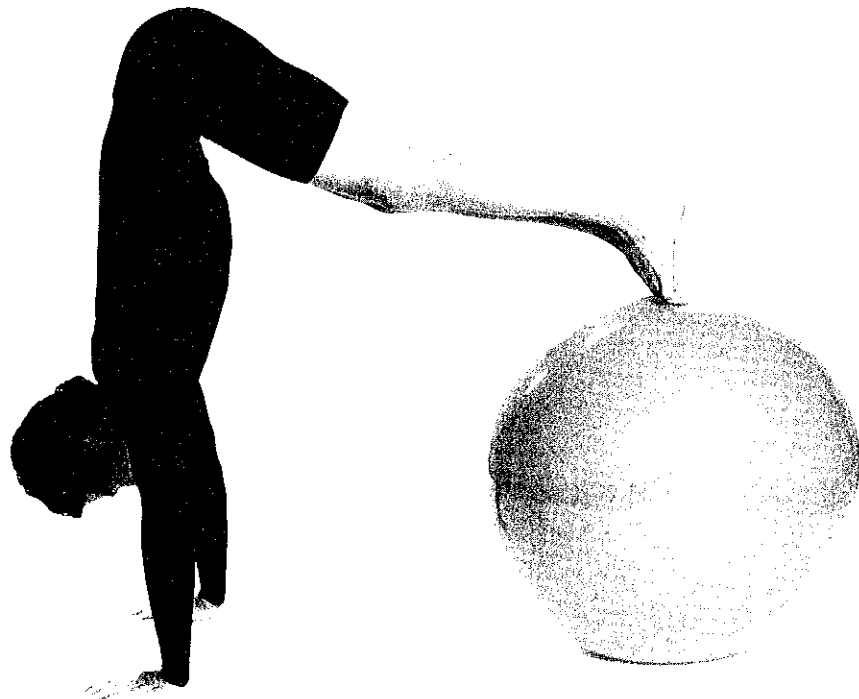
Initiate the movement by contracting your lower abdominals, generating a pelvic tilt and bringing your knees to the chest or as close as possible. The ball will roll toward your body. Your buttocks lift up toward the ceiling; this in turn lifts your torso, putting less pressure on your hands. Your knees, in the center of the ball, stabilize the ball. Now move as if returning to the starting position, but on the way down stop briefly one-quarter, one-half, and three-quarters of the way down, then return your knees to your chest. Your upper body remains strong and constant as your legs move in and out. Keep repeating.

**TIP:** A common mistake is to place the ball too high up under your body. The ball should be placed on the thighs, just above the knees. If the ball is too high up under your body when you try to bring your knees to your chest, the ball will hit the arms before the buttocks are fully up toward the ceiling. Don't lift your head or arch your back. It is perfectly normal to feel some strain on your wrists, but as you develop the torso muscles and lift more, you will feel less pressure on your wrists and, in time, no pressure at all.



Knees to Chest

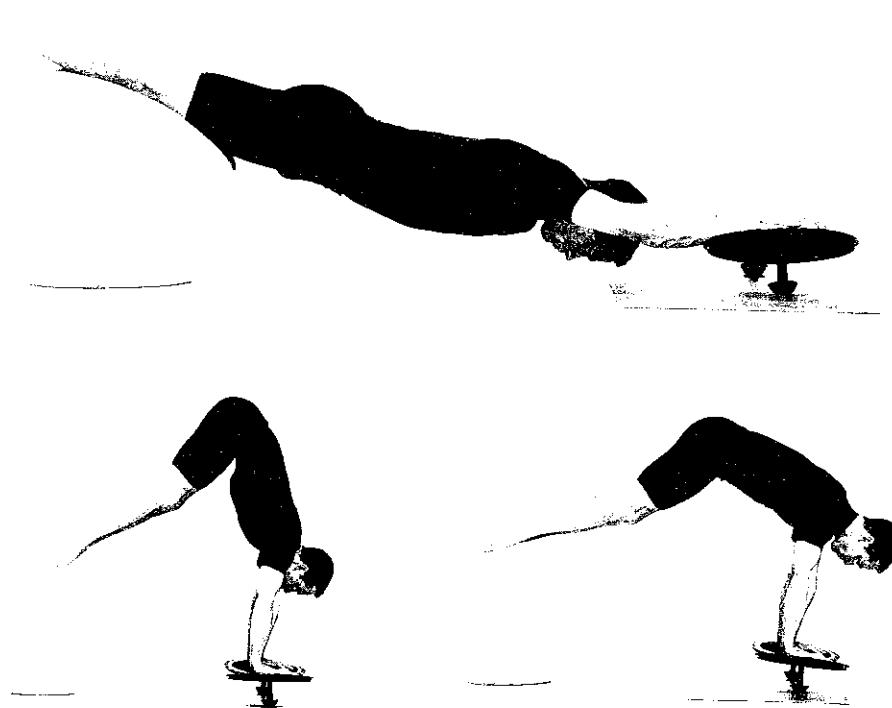
**PROGRESS: V-Ups.** Begin in the Forward Prone position. Walk your hands forward until your ankles or the top of your feet are centered on top of the ball. Your shoulders should be directly over your hands. Pull your hips up toward the ceiling; your face looks at the floor. Legs are straight. Your body forms a V. Your toes are now on the top of the ball, stabilizing your body. Repeat several times. Additionally, you can make little circles clockwise and counterclockwise using your feet.



**V-Ups**

**TIP:** Try to get the ball as close to your body as possible.

**PROGRESS: The Ultimate V-Up Challenge.** Reposition yourself so that your thighs are on top of the gymnastics ball. Place your fingertips on two disks. Contract your abdominals and bring your knees to your chest while balancing your fingertips on the disk. Return to the starting position and repeat.



**The Ultimate Challenge Progression**

## KNEES TO SHOULDER

**Basic +**

**STARTING POSITION: Forward Prone.** Initiate the movement with your knees, leading with both knees to your left shoulder. Move your knees back about 10 inches and pull them back into your left shoulder. Keep repeating. Repeat with your right shoulder.

**PROGRESS:** Do not go back to the starting position; rather, keep your knees bent and alternate bringing them to each shoulder.

## SIDE TO SIDE

### Basic/Basic +

**STARTING POSITION:** Forward Prone. Keep your knees together and close to your chest. Initiate the movement with your knees and rotate them to the left side. The ball will follow. As the ball rolls, your hips fall and your right thigh briefly rests on the ball. Lift your hips back up and with your knees, roll the ball to the right side. As the ball rolls, your hips fall and your left thigh briefly rests on the ball. Keep repeating.

**TIP:** Do not put too much pressure on your knees; rather, lift through your torso, taking pressure off your knees and hands. Sometimes early on, it's difficult to bring the hips back up. If necessary, have someone help you.

**PROGRESS:** Rest your hip longer on the ball before rotating to the other side, AND/OR do not rest on the hip, rather move your knees rapidly side to side AND/OR use the knees to make small, then larger (not too large) circles clockwise, then counterclockwise.



Side to Side



# INCHWORM

Easy

**STARTING POSITION:** Lie on your back, hands out to the side, the heels of your feet on top of the ball. Make a tiny pelvic tilt. The abdominals sink in, belly button to the spine; don't push them out. The buttocks rise off the ground and your spine rolls off the floor one vertebra at a time until the middle of your back is off the floor. Stabilize with your hamstring muscles.

Using the abs, push your spine back down to the floor one vertebra at a time, beginning from the top. As you are pushing down, slowly release the tension in your hamstrings until your lower back is all the way down. Relax for a few seconds. Repeat.



Inchworm

**TIP:** Keep in mind these are very small controlled movements.

**PROGRESS:** After relaxing, drive your thighs into your hip socket to make the pelvic area rotate to create an arch in your back. Your back muscles should not contract but relax. Do a pelvic tilt again. Flatten out and start the exercise again.

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## A LEG UP

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During the "Leg Up" exercises a ProBo Bell can be slipped or strapped on to your foot.

## SCISSORS

**Basic/Basic +**

**STARTING POSITION:** Forward Prone with the gymnastics ball higher up on the thighs. Bend your left knee, making a 90-degree angle, and bring your left foot up to the ceiling as far as you can. Point your left toe and allow the foot to fall over your right leg, keeping your knee up in the air as high as possible. Your body will twist to the left. Your right elbow bends slightly and your face is looking to the left. Your left toe should stretch toward the right elbow, getting as close to your elbow as possible. Lift your left thigh back and put it on the ball. Repeat using your right leg. Keep repeating back and forth with each leg.



**Scissors**

**TIP:** You should feel the stretch from your toes to the opposite arm.

## LEG CIRCLES

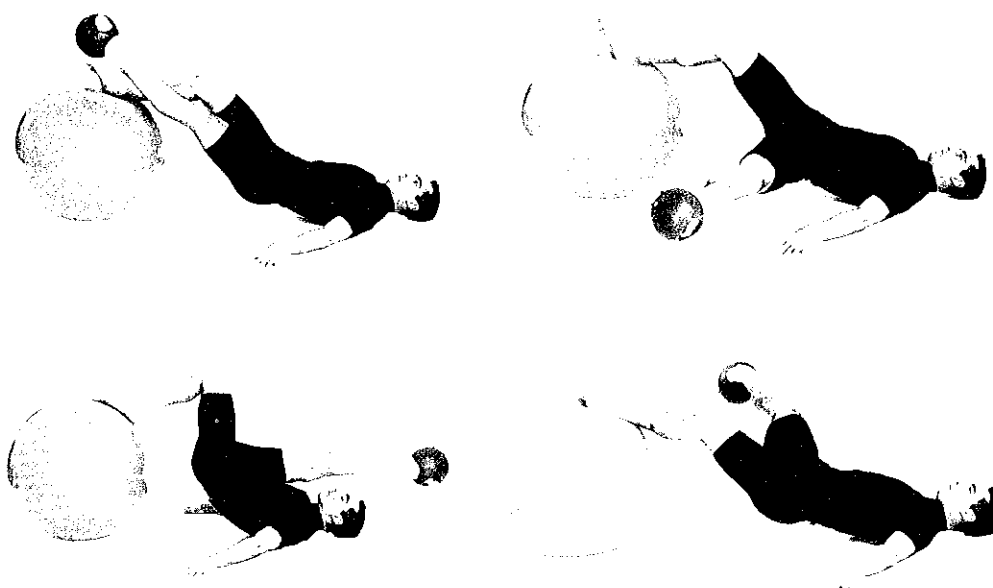
Basic/Basic +

**STARTING POSITION: Flat on Your Back.** Sit down on the floor. Slip a ProBo Bell onto your foot. Lie flat on your back, arms out straight, palms flat on the floor. Place your heels on top of the gymnastics ball, legs slightly bent at the knee.

Lift your buttocks off the ground as your left leg lifts straight up off the ball and points to the ceiling. It should feel as if your left leg is suspended from the ceiling. Make small circles clockwise, then counterclockwise. Make large clockwise circles, trying to bring the circling leg as close to the floor as possible. This requires that the right stabilizing leg manipulates the ball to allow for optimal circling. Make large counterclockwise circles. Repeat, using the other leg.



**Small Leg Circles**



**Large Leg Circles**

**TIP:** At first, the large circles will not be close to the ground. Work up to bringing your foot as close to the ground as possible, then work up to keeping your leg as straight as possible.

## MODIFIED LEG CIRCLES

### **Easy**

Same as Leg Circles, except place your hands at the base of your spine. Place your right foot and calf on the gymnastics ball. Make small circles with your left leg. Then repeat, using the other leg.

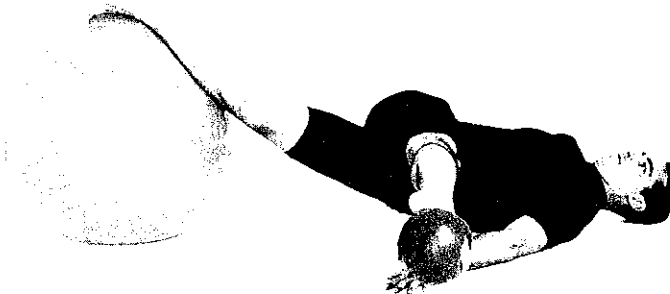
## SIDE KICKS

Basic/Basic +

**STARTING POSITION:** Flat on Your Back. Lift your right leg straight up toward the ceiling, and then drop it over to the left leg. Your right hip will be pointing to the ceiling while your left knee is slightly bent and pointing to the left. Lower the bell toward the floor and lift back up. Reach your right arm out away from your body, keeping your right shoulder on the floor, feeling a stretch on the front of the shoulder. Keep repeating. Repeat with the other leg.

**TIP:** Use the momentum to get a better stretch and to load the muscle.

**PROGRESS:** Increase the range of the lift AND/OR turn the toes in AND/OR turn the toes out.



Side Kicks

## MODIFIED SIDE KICKS

Easy



Modified Side Kicks

Same as Side Kicks, except place a towel under your head and your hands under the small of your back. Place your left foot and calf on the gymnastics ball. Lift your right leg toward the ceiling. Repeatedly move your leg to the left and to the midline. Then repeat, using the other leg.

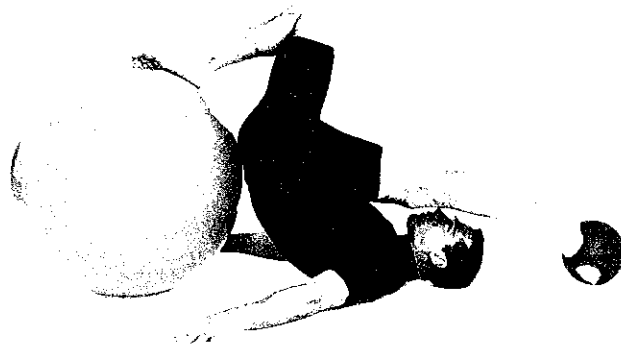
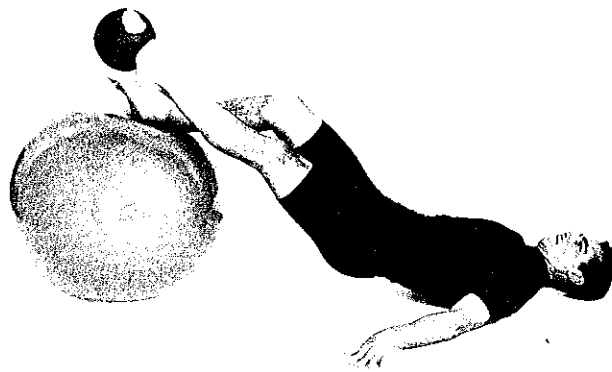


## KICK BACKS

Basic/Basic +

**STARTING POSITION: Flat on Your Back.** Your right leg is slightly bent at the knee. Kick your left leg as far back as possible over the left shoulder. The buttocks remain off the floor throughout the exercise. Your right leg bends and your right foot pulls the gymnastics ball close to the buttocks. Return your left leg to the ball. Now kick your left leg far back over the right shoulder. Keep kicking, alternating shoulders. Repeat, using the right leg.

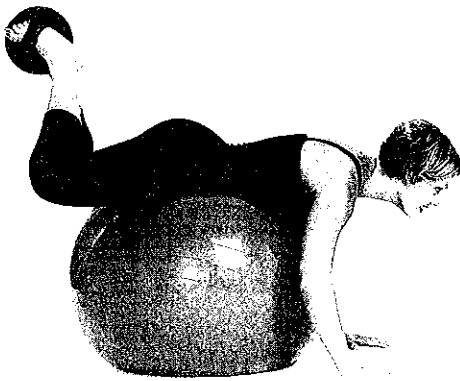
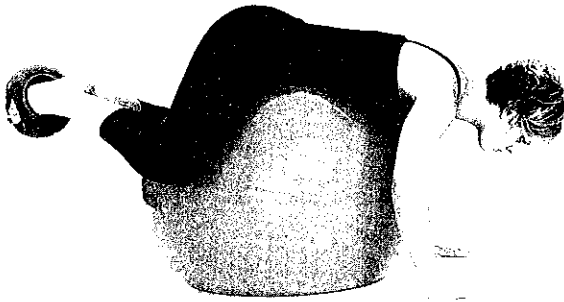
**TIP:** Try to control the ball and kick your leg as far back over your shoulder as possible. At first, your range of motion may be limited. Work up to the point of being able to raise your spine off the floor to the upper back and shoulders, and the ball hits the floor behind you.



Kick Backs

## OPEN LEG LIFTS

Basic/Basic +



**Erika, the youngest water polo player to score in international competition for the senior national team, demonstrates Open Leg Lifts**

**STARTING POSITION:** Forward Prone with the top of the ball at the belly button and one bell on one foot. Put the soles of your feet together, holding the bell between them. Your knees are out as far as possible. Keep your knees as far out as possible, press the soles of your feet together, and using your buttocks, raise the ProBo Bell toward the ceiling. Do not arch or use your lower back to raise the bell. Bring the bell back to the starting position, with the inside of your thighs straddling the gymnastics ball. Keep repeating.

**TIP:** Maintain the pressure on the bell while raising it.

**PROGRESS:** Don't put your foot in the handle of the ProBo Bell AND/OR move farther forward on the ball, still not arching or using the lower back AND/OR rotate slightly to the right, initiating the lift with the right buttock. Repeat on the left side.

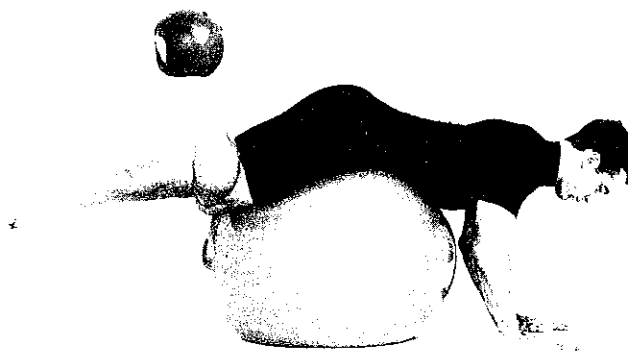


## FOOT IN AND OUT

Basic +

**STARTING POSITION:** Forward Prone. Bend and maintain your right leg at a 90-degree angle. Slip your feet through the ProBo Bell grips and balance the bell on the sole of your foot. Your thighs rest on the ball throughout the entire exercise. Let your right foot drop to the right, then move it across your left leg as far as it can go. Move your right leg back and forth quickly. Repeat, using your left leg.

**TIP:** Sometimes this exercise is executed with one foot on the ground to help you stabilize. If you do this, you must move a few inches forward on the ball. Make sure not to arch your back.



Foot In and Out

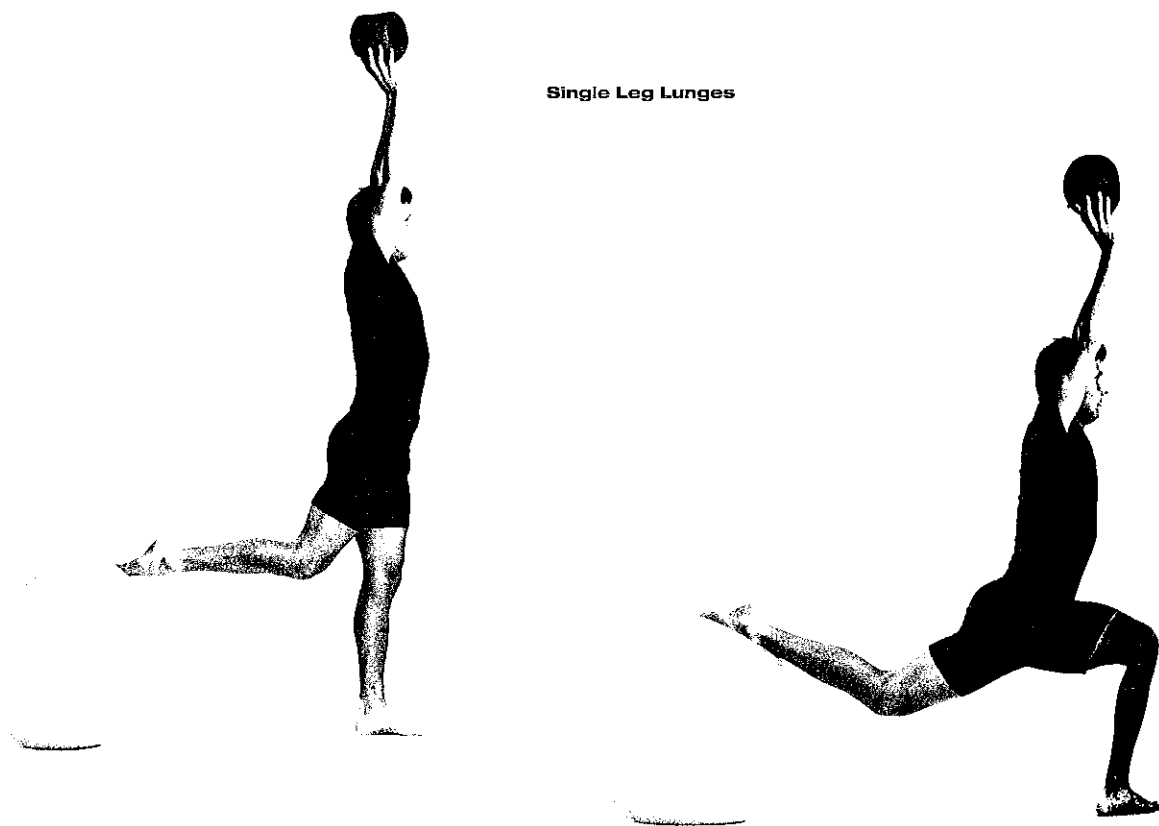
## SINGLE LEG LUNGES

### Basic +

**STARTING POSITION: The Lunge.** Place the gymnastics ball behind you. Bend your right knee and place the tops of your right toes above the equator of the gymnastics ball.

Straighten the right leg, pushing the ball behind you and causing your left leg to bend. Keep your entire torso straight while lowering your body. Rise up, keeping your right leg straight behind you. Keep repeating. Repeat using your left leg.

Single Leg Lunges



**TIP:** If the ball spins out, use poles to stabilize AND/OR position the ball along a wall.

**PROGRESS:** Place bells in your hands at your sides *or* hold one bell overhead AND/OR place your front foot on a disk AND/OR put your front foot on the slant board, arch up, then arch down.

## MODIFIED SINGLE LEG LUNGES

**Easy**

Same as Single Leg Lunges, except position the gymnastics ball along the wall. If need be, use poles to stabilize. Bend your right knee and place your right lower leg and top of your foot on the ball. Bend the left knee. Keep your entire torso straight while lowering your body. Then repeat, using the other leg. Keep repeating.

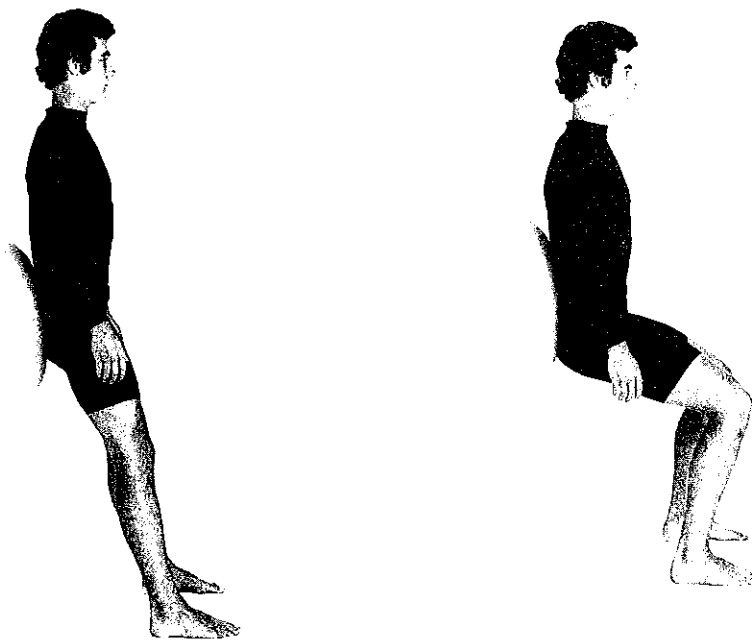
## BACK TO THE WALL

### Basic +

**STARTING POSITION:** Stand straight, placing the gymnastics ball between the wall and the base of your spine. Your feet should be slightly wider than hip distance apart, toes pointing straight ahead, and in front of your torso so that when in the squat position, your heels are on the floor. Lean back into the ball.

While leaning into the gymnastics ball, lower your body, bending the knees. Do not roll your knees in or out. Lower yourself as far as possible, keeping your chest open, shoulders back and down. Stand up. Keep repeating.

**PROGRESS:** Hold the ProBo Bells at your side *or* at your shoulder, *or* hold a single bell overhead with your arms straight AND/OR turn your toes slightly in or slightly out AND/OR stand on balance disks with your knees straight ahead. For the elite athlete, try using a single leg while holding a bell overhead.



Back to the Wall with feet parallel

## MODIFIED BACK TO THE WALL

**Easy**

Same as Back to the Wall, except use your hands on your thighs to assist the movement.

## SQUAT AND REACH

**Easy/Basic/Basic +**

Repeat this exercise to finish the workout. Modify it if you are doing the Easy version.

### WHAT'S NEXT?

If you feel you have mastered the ProBodX workout and are a serious competitor and want to push your sports skill level even higher, then try Advancing ProBodX, described in the next chapter. For those of you who are happy with the results you are experiencing, continue to progress the basic programs in the ProBodX workout, and build upon or maintain your newly fit, your truly fit body.

## CHAPTER 8

# Advancing ProBodX for the Serious Competitor

**A**DVANCING PROBODX UTILIZES ELITE training techniques to step up nervous system engagement as well as muscular development and cooperation. And it does this without the use of machines. The impact on athletic performance and sport skills is dramatic and immediate. If you are a serious competitor, Advancing ProBodX is the key to improving your personal best.

It might be tempting to skip the basics of the ProBodX workout and go right to Advancing ProBodX. Shortchanging the workout will shortchange you and your goals. Before you can attempt Advancing, you must master the basics of the ProBodX workout, ensuring a foundation of fitness upon which to build sports skills.

With Advancing, you will continue to experience improvements in all components of athleticism. Whatever other fitness program you utilize, your body will eventually become complacent and your nervous system will stop being challenged. With Advancing ProBodX, you can tailor your program to build greater muscle mass, muscular endurance, or absolute strength if that is your goal. However, Advancing ProBodX focuses on two aspects of strength that are critical to excelling in most sports; maximum strength recruitment, which trains the body to engage more motor units, a combination of a single motor nerve and the muscle fibers that it innervates; and speed strength, comprised of starting, accelerating, and explosive strength. Together these aspects of strength conditioning will make you quicker, faster, and more powerful, and will give you a clear-cut advantage.

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## HERE'S HOW ADVANCING PROBODX WORKS

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A few of the exercises can be done alone, but most require a training partner. A training partner should be someone of similar physical condition. Both people will be getting an intense workout.

Advancing ProBodX begins with the usual warm-up, and then proceeds through two sets of ProBodX. The first set is the Basic or Basic+ ProBodX workout. It's important not to push too hard in this first set, but keep a steady pace. The second set is the Advancing exercises, most of which are from the ProBodX workout and intensified with a training partner. A training partner helps progress the exercises beyond where you are in your basic routine, advancing the conditioning.

You still do the exercises in the same order, but your partner intensifies the exercises by providing ballistic loading, which gives you quick increases in resistance. But unlike most other programs, Advancing ProBodX offers resistance in more than one direction. Your partner barks a series of commands, and you execute those orders quickly, precisely, and forcefully. The unpredictability of the order, number, and timing of the commands, which are given at the discretion of your partner, provides a more extreme challenge to the nervous system. Your nervous system is on high alert as it waits to get the command, and then responds as quickly and accurately as possible. This approach is critical in preventing the nervous system stagnation often seen in training programs for athletes.

As you attempt to accomplish the exercise, your partner puts his or her hands on the ProBo Bells or a part of your body and uses his own weight and strength to compound resistance. For quicker work, your partner continues to push the ProBo Bells up, down, or away as you complete the path of movement. At other times your partner will hold the ProBo Bell or a part of your body to offer a more steadfast resistance.

Remember you are doing the same ProBodX exercise routine you are already used to, but now you are responding to the commands. For example, if your partner gives you the command "short," he may push the ProBo Bell away and you execute the exercise by reducing the path of movement and returning to the starting point of the exercise quicker. Your partner may immediately follow this with the command "left," and you respond by just using your left limb while doing the exercise. The order and timing of the commands are at your partner's discretion.

Once a week, "sticking points," a method of applying isometric holds during the

## BETTER THE SECOND TIME AROUND

Eric's basketball and volleyball playing in high school landed him a USC scholarship as a four-year starter. After college he played professional volleyball in Austria for two years before chronic knee and shoulder problems forced an early retirement at the age of twenty-six. Every time he jumped for the ball he felt a sharp pain in his knee. Diagnosed with acute patella tendinitis caused by too much jumping in practice and in games, and suffering from a shoulder hyperextension injury, he took a year off to heal when he heard about ProBodX.

Once on the program, he stabilized his upper torso and took the pressure off his shoulder, thereby eliminating his pain. His kneecap was better aligned as he progressively developed eccentric strength in the muscles of his leg to support the joint. Well on his way to full recovery from the old injuries, he started Advancing ProBodX. When he returned to the game as a middle blocker, he suddenly found himself pounding the ball back with great force.

According to Eric, "I no longer had to practice as much as I used to. I was faster getting to the ball and returning it better. I had never been more explosive on the court. I could do so much more with much less effort. I couldn't believe the improvement in my overall performance and specific sports skills."

Eric returned to Europe, and at his first team tryout, he surpassed his own record for vertical jump and soon after was hired by an Italian team. "Here I was at twenty-seven," Eric remembers. "I was at the top of my game and playing in the country that dominates the sport worldwide. I owe much of my good fortune to the ProBodX. Ciao!"

eccentric and concentric command and response, increase the challenges to your body and add greater stimulation to your effort. The advantage of sticking points is that they further enlist maximum muscle recruitment. They "shock" or "surprise" the nervous system. As a result, more motor nerves and the corresponding muscle fibers they innervate are engaged, which produces more force from the muscle. As the nervous system works harder, it improves. So, too, do the muscles.

Here's how sticking points work. You and your partner decide that the workout will include maximum muscular recruitment. While doing each exercise, use all the commands as usual, but save the concentric and eccentric commands for the end of each exercise. During the eccentric and concentric commands, sticking points stop the path of movement briefly and intermittently during your upward thrust and downward yielding. This requires you to apply greater force at those sticking points. Sticking points should be varied at different places along the movement path.

On the concentric command, your partner stops your upward movement. Your goal is to push through the stop until complete extension (the straightening of your limb) for the given exercise is accomplished. Sometimes more than one



sticking point (at the discretion of the nonexercising partner) is applied along the same path of movement.

On the eccentric command, your partner says, "Stop." Your goal is stop the movement and briefly hold off the resistance while he or she continues to push downward on the ProBo Bells or a part of your body. In essence, the exercising partner provides his own sticking points in response to the "stop" command.

Let's look at one example: In the Elbows to Ceiling exercise, you've already completed repetitions of partner commands—"short," "deep," "left," "alternate," etc. Now it's time to apply the sticking points to the concentric and eccentric commands. Your arms are already extended down. As you bring your elbows up, your partner suddenly applies greater resistance and briefly stops your movement. You push through the resistance, but your partner is a formidable opponent and he soon stops your upward movement once again. You push through it again until your elbows are raised as far up as possible. On the way down (eccentric), your partner says, "Stop," and you stop the movement, trying to resist against the greater downward force being applied by your partner.

This is repeated three to five times or until you can't do it anymore.

What's the rationale behind these commands and varying them within an exercise? Most programs available today allow your body to get used to the workout. As a result, you are more likely to plateau, meaning, your training inhibits advancement. You put in hours of sweat, without making much progress. Coaches and trainers, well intended as they are, tell you to work harder. But no matter how hard or long you

## A QUICK GUIDE TO TRAINING SPEED STRENGTH

Advancing ProBodX trains the muscles to make faster muscular contractions, which significantly improves all three aspects of speed strength. The goal is to produce as much speed as is possible in the shortest amount of time.

- To train starting strength, use approximately 20 percent of the maximum weight you can lift in a particular position or movement during a specific exercise.

Move this *light* weight to produce as much force as quickly as you can while maintaining an even tempo.

- To train accelerating strength, use approximately 40 percent of the maximum weight you can lift in a particular position or movement during a specific exercise. You move this *intermediate* weight to produce as much force as quickly as you can while maintaining an even tempo. You will notice the heavier the weight, the less quickly you can move it.

- To train explosive strength, use approximately 80 percent of the maximum weight you can lift in a particular position or movement during a specific exercise. Move this *heavy* weight to produce as much force as quickly as you can while maintaining an even tempo.

#### ADVANCING PROBODX COMMANDS

PARTNER COMMANDS	YOUR MOVEMENTS
Short	The range of movement is shorter, but quicker.
Medium	The range of movement is halfway down.
Deep	The range of movement is longer and as quick as possible.
Faster	The range of movement is faster with lighter resistance. Heavy resistance is slower, but you do it as fast as possible.
Heavy	Push up against very heavy resistance and let it down very slowly in a controlled movement.
Eccentric	Actively resist your partner's downward movement.
Concentric	Push against your partner's greater resistance on the upward movement.
Stop	Stop the movement and briefly hold off the resistance.
Alternate	Alternate between a left and right limb.
Reverse up and down	Small up-and-down movements against your partner's constant resistance until you reach full extension (straightening of a limb) at the top of your stroke.
Left	Use the left limb only.
Right	Use the right limb only.
Together	Use both limbs simultaneously.

work out, the gains are negligible, if at all. You feel frustrated and defeated. You've hit the wall. Here's a novel idea. It's not you who has reached the limit, it's your program that has reached its limit, in what it can do for you. Your program may be stopping you from achieving your physical potential.

Not so with Advancing ProBodX. It will take you further than any other program out there. Unlike other methods, Advancing ProBodX varies several types of muscular work so that the body is continually and optimally challenged. This allows you to improve rather than plateau.

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## DOING ADVANCING PROBODX

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The majority of the Advancing exercises you've already seen and mastered in Basic/Basic+ ProBodX. The only difference is that your partner will intensify your efforts by creating a change of position, varied ranges of motion, and fluctuations in

### MAXIMUM MUSCLE RECRUITMENT

USING ALL THREE TYPES of muscular work—concentric, eccentric, and isometric—in each exercise keeps your neuromuscular response from being lulled into complacency.

- The concentric command builds muscles and muscle fibers as muscles shorten during contraction while you overcome resistance. As you move the ProBo Bell upward, your partner loads the resistance maximally so that you can barely achieve full extension during the exercise.

- The eccentric command builds muscle and muscle fibers as muscles lengthen during contraction while you resist against your partner's downward force. Most people get little or no eccentric workout and certainly not optimal eccentric. When your partner adds 40 percent more resistance than the concentric movement, the eccentric is being worked properly.

- The isometric command builds strength and muscle fibers as muscles hold their position. When your partner applies sticking points throughout the range of motion, isometric intensification is accomplished.

## **BUILDING MUSCLE MASS, MUSCULAR ENDURANCE, OR ABSOLUTE STRENGTH**

**F**OR THOSE OF YOU who want to focus on building greater muscle mass definition, increasing absolute strength, or training for more muscular endurance, here's how to do it using Advancing ProBodX. Rather than increase the weight of the ProBo Bells, follow the guidelines below.

- **Muscle Mass:** Complete two to three sets of 15 to 20 reps per exercise while your partner uses his or her body weight and strength to load 50 to 60 percent of the maximum weight you can lift for that movement. Rest no longer than 2 minutes between sets.

- **Absolute Strength:** Complete two to three sets of 3 to 5 reps per movement while your partner uses his or her body weight and strength to load 85 to 95 percent of the maximum weight you can lift for that movement. Rest no longer than 2 minutes between sets.

- **Muscular Endurance:** Complete two to three sets at a rate of 60 to 120 reps per minute for as long as you can while your partner uses his or her body weight and strength to load 25 to 50 percent of the maximum weight you can lift for that movement. Rest no longer than 3 minutes between sets.

tempo velocity and emphasis. Both the nervous and musculoskeletal systems are further challenged above and beyond Basic or Basic+ ProBodX.

An additional piece of important equipment is suggested: a sturdy wooden box, measuring about 2 feet by 4 feet. A footstool or ottoman can be used as well.

## ADVANCING PROBODX AT A GLANCE

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### Hand Over Fist

Back Curl-ups

Maracas

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### High on the Torso

Overhead Disk Squat

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### On Your Side

Side Lift

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### On Your Back

Overhead Bell Lifts

Crossover Fly

Pull-overs

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### On Your Stomach

Diagonals\*

To the Side\*

Elbows to Ceiling

Back Bell Lifts

Bells to Shoulder\*

Pull-ups\*

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### Bottoms Up and Down

Knee Circles\*

Knees to Chest/ Knees to Shoulder/Side-to-Side Combination

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### A Leg Up

Scissors

Side Kicks

Kick Backs

Side Leg Lifts\*

Foot Lift-ups\*

Foot In and Out

Single Leg Lunges

(\*Exercise not in Basic or Basic+)

## BACK CURL-UPS WITH ARM VARIATIONS—OVERHEAD

**STARTING POSITION:** Grip the ProBo Bells overhand. Place your arms overhead, slightly bent at the elbows. Initiate with the wrists, moving the ProBo Bells back and forth. Your partner stands behind and pushes forward on the ProBo Bells.



**Back Curl-ups with Arm Variations—Overhead with partner**

## MARACAS—OVERHEAD

**STARTING POSITION:** Place your arms overhead, slightly bent at the elbows. Your partner stands behind you and pushes the bells forward AND/OR your partner can stand in front and push the bells backward.



**Maracas—Overhead with partner**

## OVERHEAD DISK SQUAT

Your partner stands behind you and grasps the top of your shoulders, pushing down as you lower into the squat AND rise back up. Repeat several times.



Overhead Disk Squat with partner



## SIDE LIFT

Your partner kneels or stands and pushes the ProBo Bells downward.



**Side Lift with partner**

## ANGLE BELL LIFTS

Your partner stands straddled between your legs, hovering above the ProBo Bells, and pushes down.



**Angle Bell Lifts with partner**

## OVERHEAD BELL LIFTS

Your partner kneels or stands above your head and pushes the ProBo Bells downward.



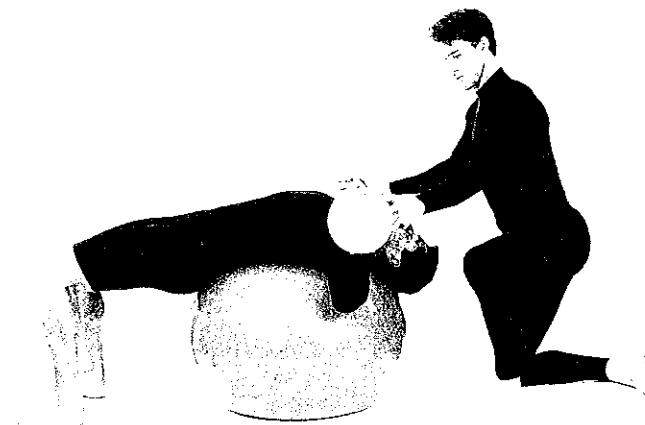
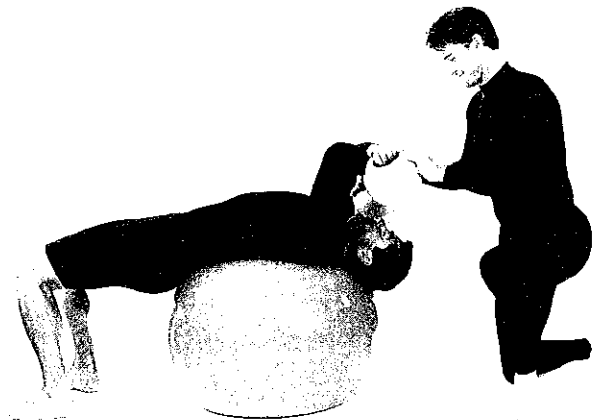
**Overhead Bell Lifts with partner**

## CROSSOVER FLY

This exercise is divided into two parts. The first part: Cross your left arm over your right at your neck, palms up. Your partner kneels above your head and grips the sides of the handles. As you raise the ProBo Bells, your partner resists against the motion. Repeat, using the right arm crossed over your left arm.

The second part: Put your arms out to the side, elbows bent, palms to the ceiling. Your partner kneels above your head and grips the sides of the ProBo Bell handles. As you raise the ProBo Bells, your partner resists against the motion. Keep repeating.

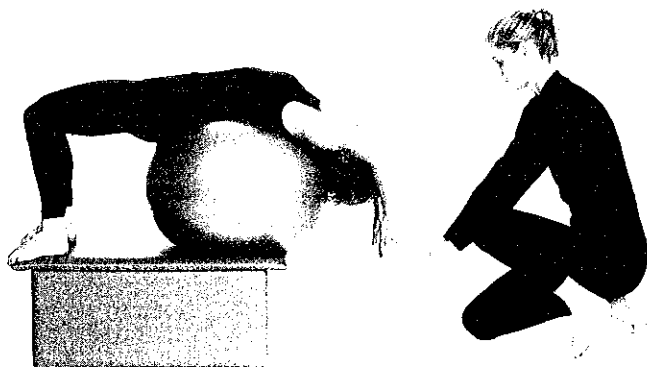
**Crossover Fly with partner**



## PULL-OVERS



Put the gymnastics ball on a wooden box, footstool, ottoman, or low table to raise your body high enough to allow a full range of motion. The ProBo Bells should not touch the floor. Your partner kneels on one leg or sits on a gymnastics ball and puts his or her fingertips on the ProBo Bells and offers resistance for the entire range of motion.



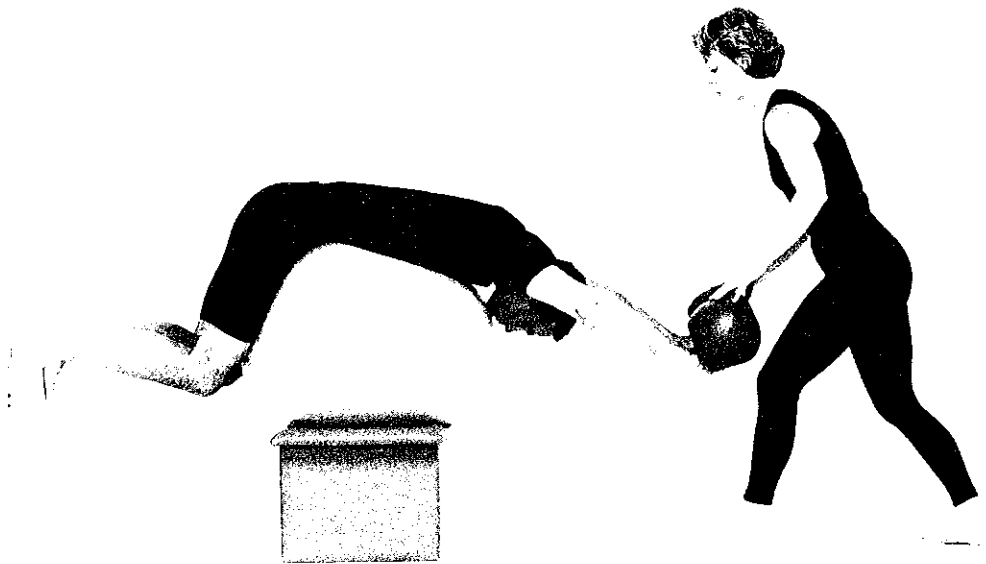
**Pull-overs with partner**

## FORWARD BELL LIFTS

**STARTING POSITION** (used for the next seven exercises): **Elevated on your chest.** Place the gymnastics ball on a wooden box, footstool, ottoman, or low table. You just need to be high enough that the ProBo Bells don't touch the ground during the following exercises. Put the top of the gymnastics ball under your pubic bone. Plant the balls of your feet against a wall. Keep your legs spread hip distance apart; knees and feet are aligned with the hips. The ball rests under you from your pelvis to your neck. Keep your chin on the ball.

Keep your arms straight as if trying to reach outward so that the arms come up as high as possible. Keep your low back, neck, and shoulders relaxed. Bring down the bells, nearly touching the floor.

Your partner stands or kneels. As the bells come up, your partner pushes them down.

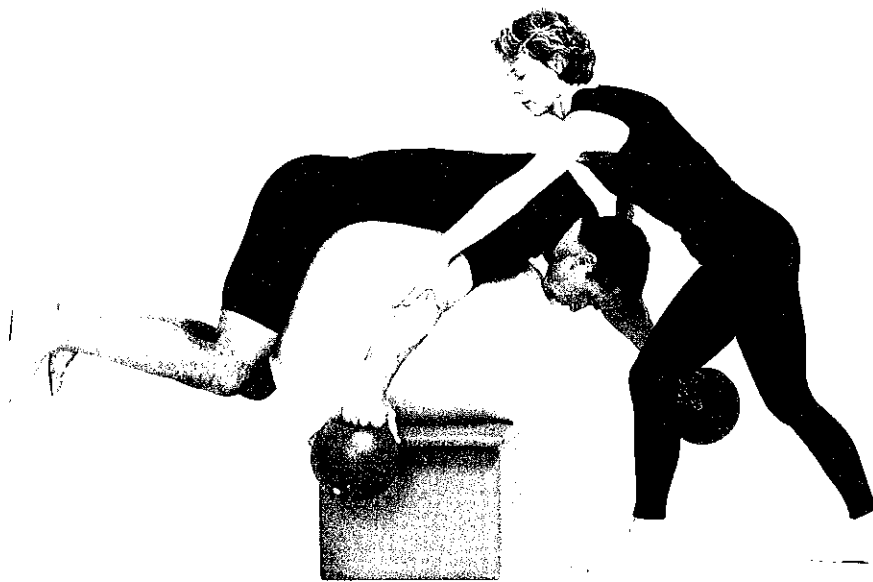


**Forward Bell Lifts with partner**

## DIAGONALS

**STARTING POSITION:** Elevated on your chest. Palms face each other while you raise your arms diagonally at the same time, so that one hand is going forward and the other is going back. Alternate the left hand in front, then the right. Emphasize the forward bell movement.

Your partner stands or kneels and grabs you between the elbows and wrists, offering resistance by keeping his or her hands on your forearms for the entire range of motion.



**Diagonals with partner**

## TO THE SIDE

**STARTING POSITION:** Elevated on your chest. Grip the ProBo Bells, with your palms facing away from each other. Smoothly and with control, raise the ProBo Bells out to the side and then lower them back down again. Repeat with the thumbs facing toward each other. Then repeat with palms facing each other.

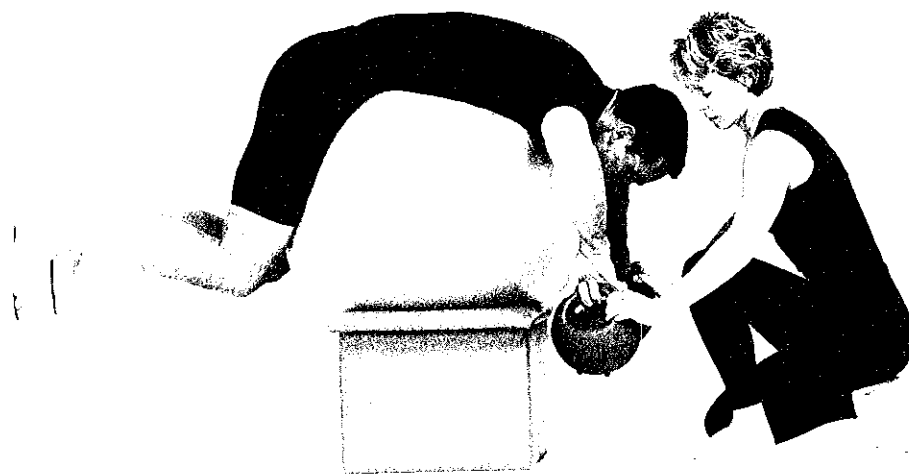
Your partner stands or kneels down and offers resistance by holding your arms for the entire range of motion.



**To the Side—palms facing each other with partner**

## ELBOWS TO CEILING

**STARTING POSITION:** Elevated on your chest. Your partner kneels and places his or her hands on top of the ProBo Bells, offering resistance by holding them for the entire range of motion.



**Elbows to Ceiling with partner**



## BACK BELL LIFTS

**STARTING POSITION:** Elevated on your chest. Your partner stands to one side and pushes the ProBo Bells downward.

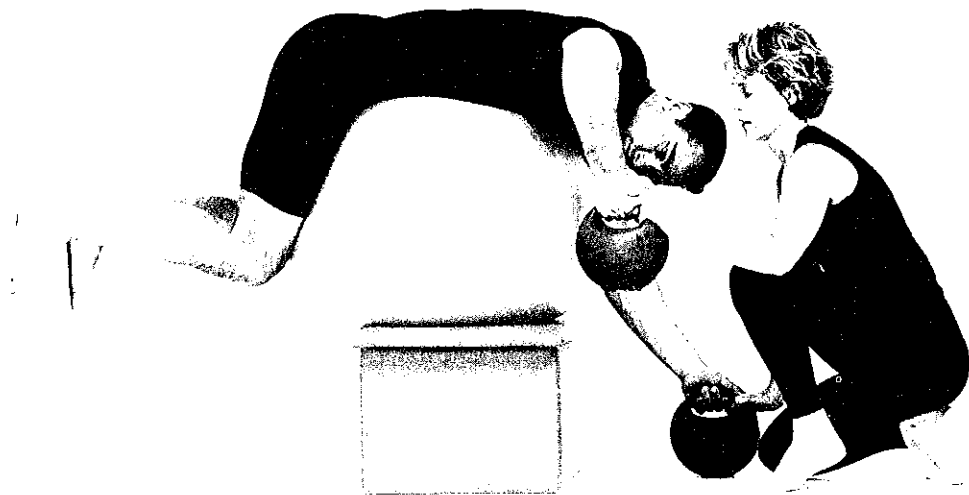


**Back Bell Lifts with partner**

## BELLS TO SHOULDER—PALMS INWARD

**STARTING POSITION:** Elevated on your chest. Use the overhand grip, palms facing each other. Initiate the movement from the elbow, raising the elbow up to the ceiling and keeping the rest of the arm relaxed. Alternate one arm at a time, lifting the ProBo Bell up to the front of the shoulder. Your head follows the bell, and your torso rotates, giving you a nice stretch.

Your partner kneels and puts his or her hands on top of the ProBo Bells and adds resistance for the entire range of motion.

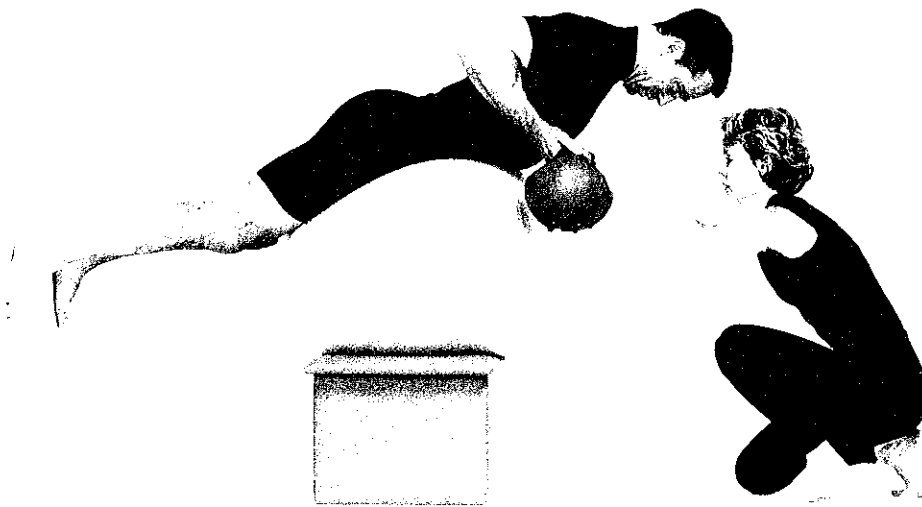


**Bells to Shoulder—palms inward with partner**

**TIP:** Always wait until the arm is fully extended before raising the alternate arm.

## PULL-UPS

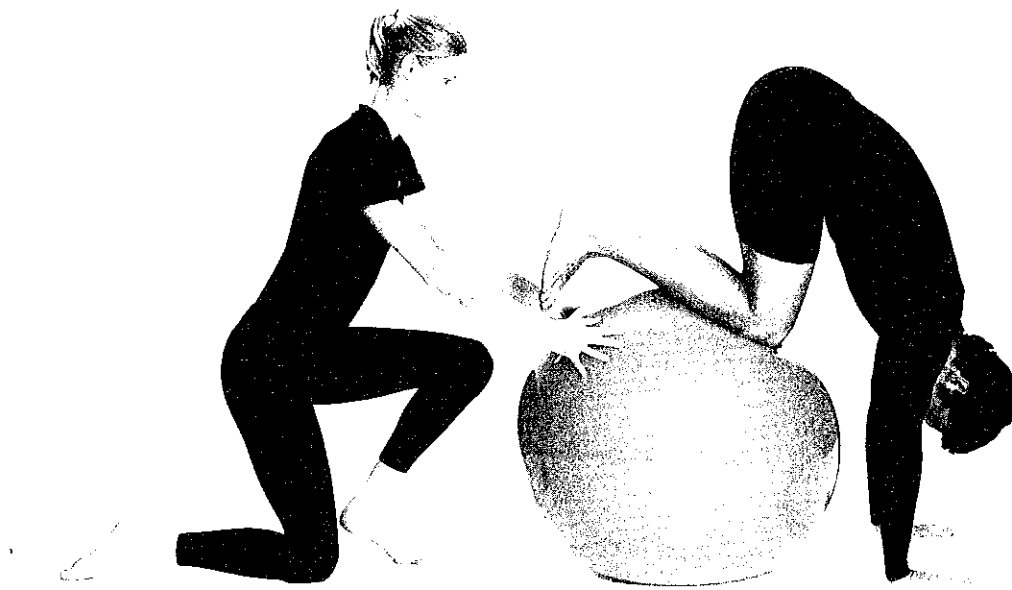
**STARTING POSITION:** Elevated on your chest. Except roll forward a little on the ball and straighten your legs slightly. Grip the ProBo Bells underhand, palms facing away from you. Lift your chest off the ball and straighten your back. Initiating with the elbows, bring the ProBo Bells to the bottom of your rib cage. Your partner kneels and places his or her hands on top of the ProBo Bells and adds resistance for the entire range of motion.



**Pull-ups with partner**

## KNEES TO CHEST

Your partner places his or her hands on either side of the ball, offering resistance to the ball movement.



**Knees to Chest with partner**

**PROGRESS:** Add ankle weights AND/OR place each hand on a disk. Work up to both hands on one disk.

## KNEE CIRCLES

Pull your knees to your chest and make small knee circles clockwise, then counter-clockwise. Your partner places his or her hands on either side of the ball, offering resistance to the ball movement.

**PROGRESS:** Add ankle weights AND/OR place each hand on a disk. Work up to both hands on one disk.

## KNEES TO CHEST—KNEES TO SHOULDER— SIDE-TO-SIDE COMBINATION

In this exercise, you move fluidly from your knees forward and back, to your right and left shoulders, to side to side. The usual commands are given as well as “forward and back,” “right shoulder,” “left shoulder, and “side to side.” These are called out randomly at the discretion of your partner. Your partner places his or her hands on either side of the ball, offering resistance to the ball movement. The idea is to mix up the order and sequencing to challenge your body continually.

## SCISSORS

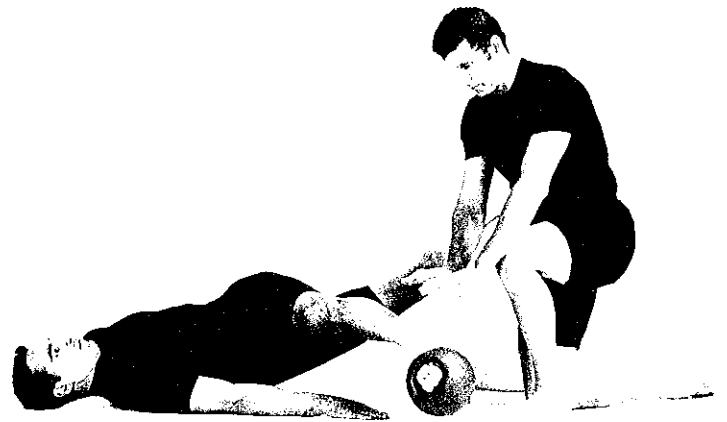
Rotate from the right hip to the left hip. Do it without moving your hands. Add disks and ankle weights.

## SIDE KICKS

Your partner stands or kneels next to you and uses one or both hands to push the ProBo Bells downward.



Side Kicks with partner



## KICK BACKS

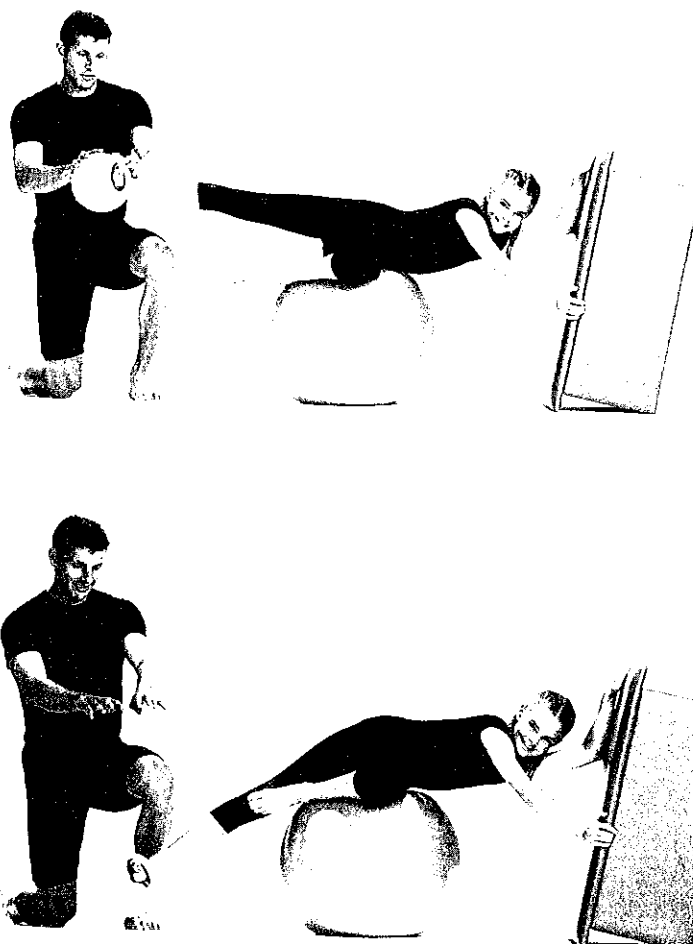
Your partner stands to the side and pushes the ProBo Bell toward the floor, over your head.



**Kick Backs with partner**



## SIDE LEG LIFTS



Side Leg Lifts with partner

Find something you can hold on to that won't move. Some people use a table; others use a door frame. In a gym, there are lots of stable machines to use. You can also use another person. Put your left hip in the center of the gymnastics ball. Your left leg is bent at the knee. Your right leg is straight in line with your torso. Lift your right leg up and down. You can change the position of your toe from straight out, pointing down, or pointing up to work different muscles. Your partner stands or kneels at your feet. Using one or both hands, your partner pushes the ProBo Bell downward.

**TIP:** The hip must not roll as the toe position changes. The hip points straight up to the ceiling.

**PROGRESS:** Put on ankle weights *or* slide your foot through the handle of a ProBo Bell.



## FOOT LIFT-UPS

**STARTING POSITION:** Forward Prone with the ProBo Bells on the soles of the feet. Bend the right leg at a 90-degree angle, balancing the bell on the sole of the foot. Lift the foot toward the ceiling, raising your thigh off the gymnastics ball and extending your leg as straight up as possible while keeping the sole facing the ceiling. Repeat lifting the leg. Repeat on the left leg. Do not overlift the leg. This avoids using the wrong muscles. Sometimes this exercise is executed with one foot on the ground to help stabilize. If you do this, you must move a few inches forward on the ball. Make sure you don't arch your back.

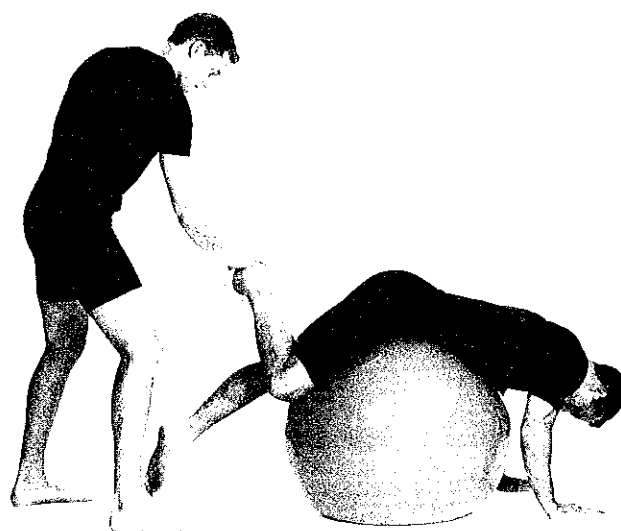
Your partner stands behind you and pushes the ProBo Bell downward.



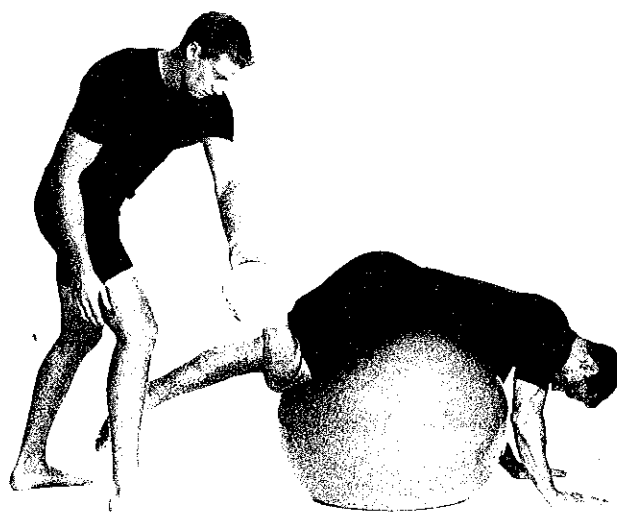
Foot Lift-ups with partner

## FOOT IN AND OUT

Your partner stands behind you and offers resistance to the ankle in one direction, then in the other direction.



**Eric, an international volleyball player, offers resistance to his partner doing Foot In and Out**



## SINGLE LEG LUNGES (ELITE)

Use a disk for the leg that is bending in a lunge.



**Single Leg Lunges with disk**

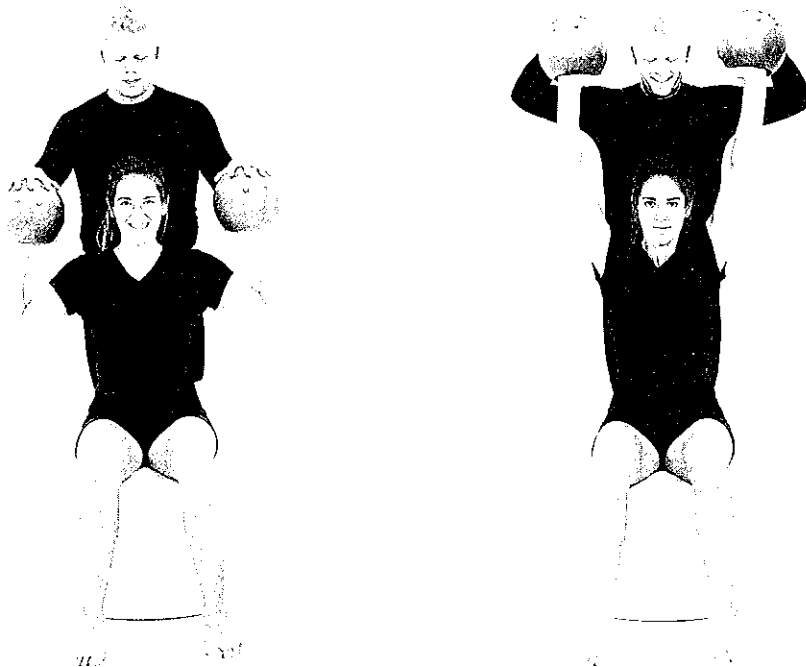
**TIP:** Keep your back straight. Don't stick out your buttocks. Your hips go straight down. The squatting knee stays over the foot and moves slightly forward.

## NEW MEETS OLD

For those of you who don't want to give up some of the old standard weight training exercises, like the shoulder press, chest press, biceps curl, and triceps extension, here's a better way of doing them, applying some of the principles of ProBodX.

## THE PROBODX SHOULDER PRESS

**STARTING POSITION:** Seated on the Ball. Place your hands slightly above your shoulders, palms facing up, ProBo Bells on top of your palms, elbows out to the sides. Your partner stands behind you, placing his or her hands on the ProBo Bells. You raise and lower the ProBo Bells while your partner offers resistance.



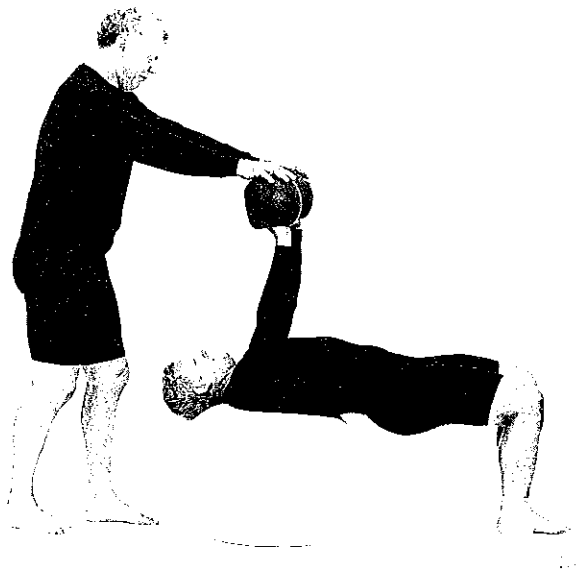
**The ProBodX Shoulder Press**

**PROGRESS:** Move your elbows into your body.

## THE PROBODX CHEST PRESS

**STARTING POSITION: The Bridge.** Place your hands at your shoulders, palms facing up, ProBo Bells on top of your palms, elbows out to the sides. Your partner stands or kneels above your head, placing his or her hands on the ProBo Bells. You raise and lower the ProBo Bells while your partner offers resistance.

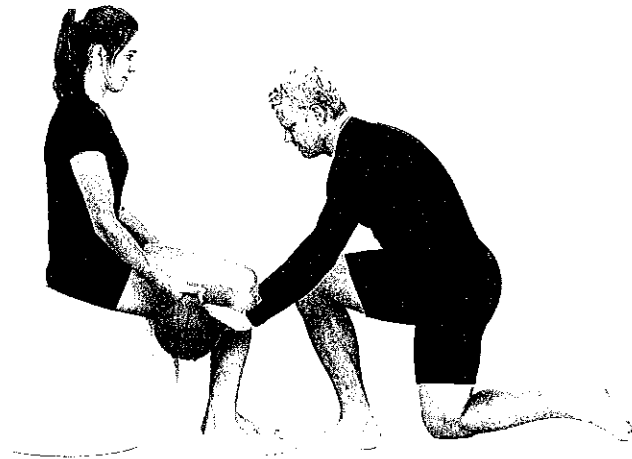
**PROGRESS:** Move your elbows into your body.



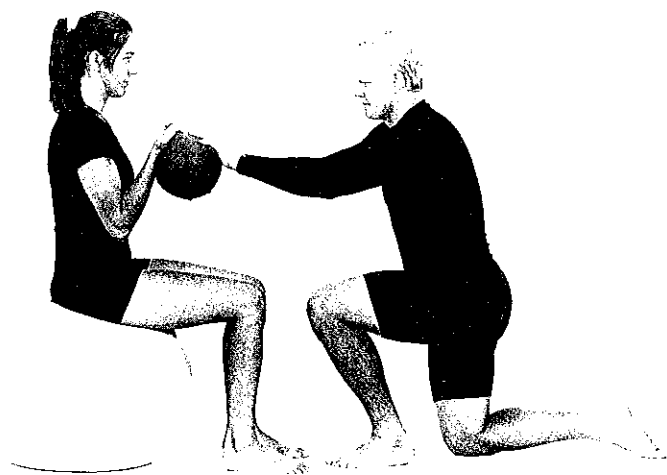
Marv Marinovich offers resistance to his partner doing the ProBoDX Chest Press

## THE PROBODX BICEPS CURL

**STARTING POSITION:** Seated on the Ball. Place your arms at your sides, elbows slightly bent. Grip the handles of the ProBo Bells, palms facing forward. Your partner stands or kneels in front of you, placing his or her hands on the flat surface of the ProBo Bells under your fingers. Keeping your elbows at your sides, raise and lower the ProBo Bells while your partner offers resistance.

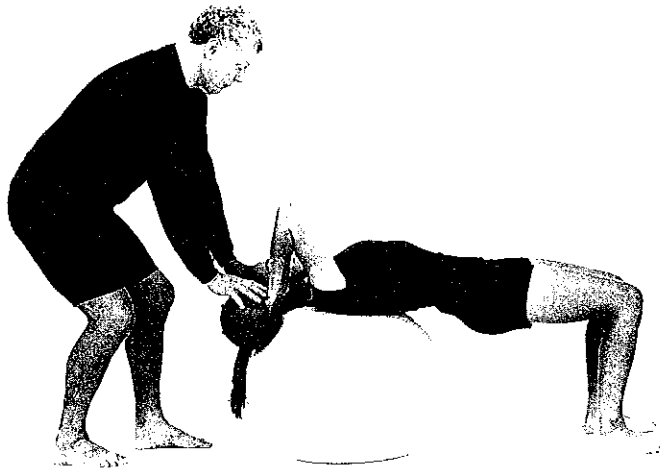


**The ProBodX  
Biceps Curl**

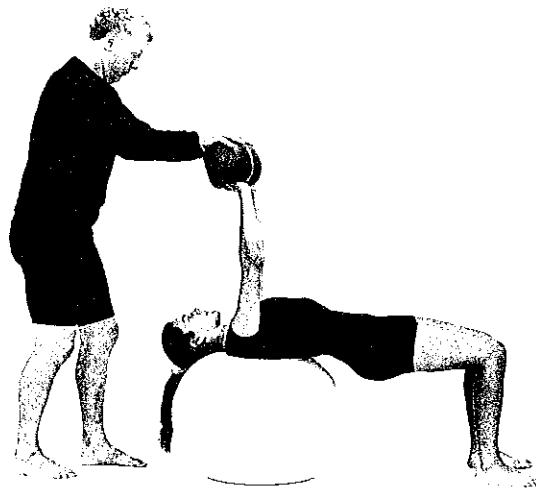


## THE PROBODX TRICEPS EXTENSION

**STARTING POSITION:** The Bridge. Bend your arms and point your elbows toward the ceiling. Don't let your elbows drift outward. Your palms are face up, ProBo Bells on top of your palms. Your partner stands or kneels above your head, placing his or her hands on the ProBo Bells. You raise the ProBo Bells toward the ceiling until your arms are fully extended.



The ProBodX Triceps Extension



## SPORT-SPECIFIC SKILLS

ProBodX lays the foundation for improving sport-specific skills. ProBodX works out the core muscles, such as the micromuscles and lower abdominals like no other program does. A very stable core radically improves precision of movement, and, hence, any muscle weakness in the core will directly affect specific sport skills such as lateral movement and acceleration. For example, the synergy between the stabilizing muscles of the torso and lower abdomen, combined with the mobilizing muscles of the hips and the obliques, affect hip flexion, extension, and rotation essential in running, hitting, throwing, kicking, and jumping. Training these muscles enhances performance of sport specific skills at an extremely rapid rate.

The following chart shows which exercises specifically target a particular skill. This chart is *not* telling you which exercises to do exclusively to improve a certain skill. On the contrary, you should do all the Advancing exercises in their proper order to experience the full benefit of the program. However, feel free to emphasize within the workout those exercises that specifically address the skill work you desire.

### ADVANCING PROBODX: SPORT-SPECIFIC SKILLS

ADVANCING PROBODX	HITTING & THROWING	RUNNING	JUMPING	KICKING	LATERAL MOVEMENT
<b>Hand Over Fist</b>					
Curl-ups	X				
Maracas	X				
<b>High on the Torso</b>					
Overhead Disk Squat	X	X	X	X	
<b>On Your Side</b>					
Side Lift	X	X	X	X	X



### ADVANCING PROBODX: SPORT-SPECIFIC SKILLS (cont.)

ADVANCING PROBODX	HITTING & THROWING	RUNNING	JUMPING	KICKING	LATERAL MOVEMENT
<b>On Your Back</b>					
Overhead Bell Lifts	X	X	X	X	X
Crossover Fly	X				
Pull-overs	X		X		
<b>On Your Stomach</b>					
Diagonals	X				
To the Side	X				
Elbows to Ceiling	X				
Forward Bell Lifts	X				
Back Bell Lifts	X				
Bells to Shoulder	X	X			
Pull-ups	X				
<b>Bottoms Up and Down</b>					
Knee Circles	X	X	X	X	X
Knees to Chest/					
Knees to Shoulder/					
Side-to-Side Combination	X	X	X	X	X
<b>A Leg Up</b>					
Scissors	X	X	X	X	
Side Kicks					X
Kick Backs		X	X	X	
Side Leg Lifts					X
Foot Lift-ups		X	X		
Foot In and Out	X				X
Single Leg Lunges		X	X		

## TRAINING ENDURANCE

**P**roBodX can be used to train various kinds of endurance by simply altering how you do the overall workouts. Before attempting to do a workout that delivers a particular kind of endurance, complete one set of the ProBodX workout as a warm-up.

- To train short-term endurance, use anaerobic exercises such as the partner routines in Advancing ProBodX and taking 1- to 1½-minute rests between exercises, or use the short sprints or the interval rowing found in the chapter on mental stamina.

- To train intermediate-term endurance, intensify the anaerobic exercises in Basic/Basic+ or Advancing, such as the ball work. Do 60 to 120 reps per minute, or as many as you can while adding resistance to the exercise equivalent to 25 to 50 percent of the maximum amount of weight you can lift for that movement.

- To train long-term endurance, turn the Basic/Basic+ ProBodX workout into aerobic exercise. Do more repetitions of each exercise over an extended period of time without breaks. You may also use the various mental stamina options to train long-term endurance.

## THE ELUSIVE EDGE

Some athletes succeed on sheer talent, despite themselves and despite their diet and training regimen. Perhaps, however, they could be performing even better and don't know it. And so they don't make the effort to change.

But if you are like most athletes, you want and need to improve your game. Find a way to better your performance. Hit a hole in one. Ace a serve. Make a 3-point basket with a second left on the shot clock. Score a touchdown from your own 20-yard line. And you want the edge more often than not. You want the confidence and skill to make it happen. Advancing ProBodX is a rigorous program that builds on basic ProBodX to deliver that edge, even when it seems elusive.

ProBodX for Mental  
Stamina

**M**ENTAL STAMINA IS one of the most significant components of effecting success in fitness and athletics, promoting self-confidence, concentration, willpower, the ability to overcome adversity, and the ability to block out pain and discomfort in order to persevere. It is summoning all the necessary elements to focus your training on attaining your goal. It is accomplished by simultaneously quieting the active mind and ignoring distractions while maintaining proper form. It inherently spills over into your daily life at home or at work, even at play. Mental stamina is important for everyone who wants to be truly fit.

Since success breeds success, ProBodX begins with tasks that are easily accomplished to establish a base of success. As the training becomes more challenging, your body is prepared for exercises requiring more intensity and duration, thus creating the knowledge of improvement and a model for further progress.

By keeping a record of your progress in the Mental Stamina Journal, located at the end of this chapter, you will have objective evidence of progress, which helps build the confidence necessary to raise the bar and set new fitness goals.

Mental stamina is not merely about sweating and getting tired. It is not merely about hard work, but hard work in relation to all the fitness components. When all the aspects of mental stamina are working synergistically, you know it and will meet life's challenges.

There have been many books written about the mental game. There are many points of view, psychological and physiological, of just how best to train and test it. Every athlete, no matter what the sport, finds himself at a certain point where his body experiences discomfort or exhaustion. Many people at work or at home experience the same thing. A battle between two parts of the mind rages within the part

## OUTER LIMITS

Rob was a high school kid who trained with ProBodX. He went on to play football at the University of New Mexico. The school had just hired a new coach who had something to prove to his players. He was determined to show them how weak they really were and how much they needed him.

It was a dog day in August. The coach sent the team out in the sweltering heat to run.

Rob remembers, "The coach wanted to push us to the limit. Either to the point where we passed out or threw up. He got what he wanted. So many of my teammates threw up. I just kept going, even though others started to fall one by one. Some were bending over in pain. Some were lying down in agony, while others rested on one knee trying to breathe. At a certain point I looked around and noticed every player had quit."

Everyone except one: Rob. He was still running, and running well, to the dismay of his coach and the astonishment of his teammates.

Rob, having trained with ProBodX, had reached his previous limit many times before, and he knew he could punch through it and survive. Rob was able to keep his calm, and draw from resources ProBodX had given him: improved mental will, motivation, attitude, work ethic, confidence, concentration, aggression, and discipline. Rob had great mental stamina. No matter what the new coach threw at him, he had built up his confidence over time and knew he could stay the course. This confidence gave Rob an edge in competition.

"I knew no one could physically keep up with me," Rob remarked. "That's an awesome quality to know you have. No matter who was against me, I knew I would not quit."

that is in pain and wants it to stop, and the part that wants to go on and feel the exhilaration of victory. The only way to stop this infighting and overcome the pain is to empower "the will" by training for mental stamina.

Many coaches and trainers today believe the best way to empower the will is by getting the athlete used to a lot of training. Many coaches mistakenly think that if they run athletes hard enough and often enough, mental stamina will improve. They think that overtraining and running athletes into the ground builds mental stamina. Yes, some hardship builds an internal discipline, but some just builds exhaustion. And exhaustion can keep a player from reaching his or her fullest potential. The proper alternation and variation of intensity, physical and mental effort coupled with rest and relaxation, will give the athlete an edge in mental stamina.

Anyone, no matter how talented, can succumb to overtraining. It is easy to be sucked into it. The pressure is enormous, the rewards for success, great. And very few coaches or trainers stop an athlete from doing more, even when doing more is actually detrimental to athletic performance.

You can avoid being pulled into a training practice that is not in your best interest by avoiding the people who drain the energy out of you, the negative

## STARGAZING

MARV REMEMBERS A SCOUTING trip for the Raiders in the 1970s. The Cornhuskers of the University of Nebraska worked out in a state-of-the-art weight room, the envy of every other college in America. Despite their massive bodies and their obvious weight-lifting abilities, virtually all the Cornhuskers scored lower than expected on the components of athleticism when tested by Marv.

Most surprising, the Nebraska players scored especially low on mental stamina. These athletes had simply burned out from the intense weight lifting they had done all summer and fall. They had overtrained. Overtraining was already laying a foundation for a less stellar future. Those who continued to overtrain with heavy weights less often reached their full potential in the pros, where those with speed, power, quickness, skill, and mental stamina dominate.

thinkers: Training partners who are always competing, pushing themselves and their partners each and every workout in each and every exercise. The coach who pushes too hard during the season, concentrating on it in practice rather than saving it up for competition. The taskmaster relentlessly putting his body through its paces without any or enough rests.

When people are told to stop pushing themselves so hard, they invariably wonder if they are undermining what they have come to believe is proper training for mental stamina.

Many athletes and coaches alike are under the illusion that if a game and a workout schedule are tough, and the athlete can persevere, mental stamina is being built. More often than not, though, the stage is being set for overtraining. Beating the body into submission through overtraining doesn't attain better mental stamina. Kick back now and then. Socialize more. Hit the books more. Cultivate a sense of humor. And do not try to win every drill in practice or beat out every teammate in the weight room.

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## **SIGNS OF OVERTRAINING**

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- Wake up tired
- Have a poor appetite
- Don't sleep well
- Have difficulty improving performance
- Being unusually nervous
- Experience sudden bouts of depression
- Feel drained between workouts
- Lose lean mass
- Become sullen and unsociable
- Feel sluggish throughout the day
- More susceptible to injury and illness
- Depleted of energy

Get "out of your head" and start taking cues from your body. Mental stamina is not built by overtraining. It's built by systematically challenging your body to improve some aspect in your program every day. The ultimate effect of those challenges over time builds mental stamina.

You have to learn *when* to push, in order to build mental stamina. As new limits are set and met, self-confidence builds and mental stamina increases. The ProBodX program lays it all out for you.

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## **ON THE SEVENTH DAY YOU DIDN'T REST, YOU PUSHED**

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With ProBodX, mental stamina is built by engaging in competitive simulation once in every seven to fourteen workouts. For some, that might mean nearly once a week and for others, once every two to three weeks. It all depends on the number of workouts done each week and your own goals.

To build mental stamina with ProBodX, pick a day to raise the bar of your fitness and let that be the "push" day. This is when mental stamina is worked and measured. Most athletes designate every seventh workout day as the one to push the workout

hard, others, every fourteenth workout day. On that day it isn't about resting, it's about pushing. You not only push, you push as hard as you can (in technical jargon, 85 to 95 percent of your maximal effort, or the greatest amount of effort you can apply physically and mentally).

The only exception is if you wake up that morning and do not feel your best. Simply postpone the push day to the next workout day. Training mental stamina well cannot be accomplished if your body is not well. First and foremost, always listen to your body. Push days should follow a day or two of rest.

One key to building mental stamina is to exert greater effort on each of these push days. Finally, keep track of the push days and what was accomplished in your Mental Stamina Journal. Monitoring your gains is an important aspect of building mental stamina. Seeing your mental stamina grow gives you the additional knowledge and confidence that you can overcome increasing discomfort and survive the workout.

*Do not attempt push days too soon after starting ProBodX.* This applies to *everyone*, the nonathlete and athlete alike. Your body must already be moving along the path to true fitness before a

## **NOTHING BUILDS CONFIDENCE LIKE CONFIDENCE**

"Justin was always picked last when dividing up teams," reports Justin's father about his thirteen-year-old son.

Before Justin started ProBodX he was timid. When he ran he nearly tripped over his own feet. He was terribly uncoordinated. He was anything but an athlete. The PE class at school was not only not helping him, it was hurting him both physically and emotionally. After all, he was working hard at those exercises he learned in gym class. But he wasn't improving his athletic ability and that discouraged him.

After all he had been through, Justin was reluctant to try anything new. But he gave ProBodX a try for six weeks. In that short amount of time, he developed precise movement patterns and increased mental stamina. That encouraged him to keep at it. By doing ProBodX, Justin was transformed. Justin knew he was on to something good. He was no longer picked last for a team.

"Justin started high school and earned a starting spot on the Junior Varsity football team," Justin's father was happy to report. "I was so proud of his hard work. But even better, he was proud of himself!"

Being on the path to true fitness allowed Justin to discover the athlete hiding inside his unfit klutzy body. The more he did, the better he became and the more he wanted. Being on the path did more than put him on the football team, it put him on the fast track to self-confidence. His father never had to worry about Justin's self-esteem again.

push day is attempted. When your body has some dynamic flexibility, precision of movement, and strength, there is a greater likelihood it can endure the rigors of push days without injury.

If you are just starting to work out again, it could take from four to eight weeks before push days should be attempted. And for the athlete or fitness enthusiast, about half that much time. Listen to your body.

Be aware, as you push and build mental stamina, that there will be some discomfort in your body, pain in your muscles, shortness of breath, and the desire to stop and slow down. This is normal and expected. The idea is that you know that on your last push day, you endured and can again. The feeling you experience when you've gone just a bit further than the last time helps to build your confidence. As your confidence builds, so too does your mental stamina.

Again, everyone, athlete and nonathlete alike, should execute the proper body exercise routine *at least* fourteen times BEFORE attempting the first push day. Doing so prepares the body for the rigors of the push workout.

The three basic methods to build mental stamina are:

- The gymnastics ball
- A combination of walking, jogging, slow run, striding, and sprinting
- The Concept II Rower

*Always* warm up first no matter which method you choose. Some people start with measuring mental stamina on the ball or by walking, then move on to running or the Concept Rower as their fitness improves.

### **On the Ball**

If you are just beginning training for mental stamina, the simplest method to use is the gymnastics ball. Warm up as usual. Then go through the ball routine two times, attempting to do it as fast as possible *without losing proper form*.

The level of difficulty has two factors: the fastness of doing the routine without rest between exercises, and the level to which you have progressed the exercises on the ball in your regular ProBodX workout. As your regular workouts become more difficult, so will your push days.



When using the gymnastics ball to improve your mental stamina, you will keep track of the time it takes to work through the routine and the average number of reps you completed for the exercises. Remember to keep a record in your Mental Stamina Journal. On each successive push day, reduce your overall routine time while continuing to progress the exercises.

### **On the Move**

Find a local track or football field. There are three tempos to walking: walk, brisk walk, and **speed walk**. There are four levels to running: jog, run, stride, and sprint. Athletes and fitness enthusiasts who have a higher level of conditioning, and have already completed at least fourteen ProBodX workouts, may skip levels 1 and 2 and go to level 3.

### **Walking**

Many people who are not in shape to run will choose to walk. Walking will gradually condition the body to be ready to train for a higher level of mental stamina. Walking can help build up some mental stamina and some endurance.

#### **Level 1**

1. Walk around the track, building up to 30 minutes. On each successive push day, walk farther in the allotted time.
2. Note the distance completed.
3. Gradually build up to a brisk walk, then to speed walks.

The goal is to walk farther each time in the same amount of time. The more ground you cover, the more you improve. Build up to level 2.

#### **Level 2-A**

1. Stand at the beginning of any turn on the track.
2. Walk the turn.
3. Brisk-walk the straightaways.
4. Complete four laps total.
5. Note the distance completed and the time.
6. Work up to eight laps.

**Level 2-B**

1. Stand at the beginning of any turn on the track.
2. Brisk-walk the turns.
3. Speed-walk the straightaways.
4. Complete four laps total.
5. Note the distance completed and the time.
6. Work up to eight laps. When completed, move up to running if desired.

**Running**

Most people think there is only one way to run—heel to toe—no matter the pace. It's important how the foot meets the ground, and that is dependent on the pace you choose. In walking, jogging, and distance running, run heel to the ball of the foot to the toes. But with striding and sprinting, run from the ball of the foot to the toes.

Some of other tips to make running productive are:

- The hands and shoulders should be relaxed.
- The elbows are close to the side and at a 90-degree angle.
- The head remains straight; don't tilt it side to side or up or down.
- The eyes remain level, looking straight ahead.
- The foot is planted under the body's center of gravity, and the stride is not elongated.
- The faster the arms go, the faster the legs can go.
- The heels whip up toward the buttocks.

**Level 3-A**

1. Stand at the beginning of any turn on the track.
2. Jog the turns.
3. Slow-run the straightaways.
4. Complete four laps total.
5. Note the distance completed and the time.
6. Work up to eight laps.

**Level 3-B**

1. Stand at the beginning of any turn on the track.
2. Jog the turns.
3. Stride the straightaways.

4. Complete four laps total.
5. Note the distance completed and the time.
6. Work up to eight laps.

#### **Level 3-C**

1. Stand at the beginning of any turn on the track.
2. Jog the turns.
3. Sprint the straightaways.
4. Complete four laps total.
5. Note the distance completed and the time.
6. Work up to ten laps.

If you can easily do eight laps at levels 3-A and 3-B or 10 laps at level 3-C, move up to sprint work.

#### **Sprint Work**

This work is for more advanced mental stamina.

#### **Level 4-A: Builds intermediate and long-term endurance**

1. Stand at the end of a football field.
2. Sprint 110 yards.
3. Jog back 110 yards.
4. The *total time* should be 75 seconds for men and 90 seconds for women. If the sprinting is too slow, the jogging will need to be faster in order to come in at 75 seconds or 90 seconds.
5. Repeat sprint-jog routine four times.
6. Build up to ten times.

#### **Level 4-B: Builds short-term endurance**

1. Sprint 20 yards. Walk back with full recovery. Then . . .
2. Sprint 30 yards. Walk back with full recovery. Then . . .
3. Sprint 40 yards. Walk back with full recovery. Then . . .
4. Sprint 50 yards. Walk back with full recovery. Then . . .
5. Sprint 60 yards. Walk back with full recovery. Full recovery means you have rested long enough to execute the next sprint with the same degree of quality.

When the quality of the sprint depreciates, stop. Eventually, you may want to jog back or start with the 60-yard sprint and work back down to the 20-yard sprint. When this routine is easily accomplished, repeat, leaving a 10-minute rest between sets. Work up to doing two sets in a row with a 10-minute rest followed by another two sets. This is the ultimate workout.

#### **Level 4-C: Builds intermediate endurance**

1. Sprint for 17 seconds, trying to reach as close to 150 yards as possible for men, and as close to 120 yards as possible for women. Drop a towel or shirt at the spot reached. Measure and record *the actual distance* sprinted in the 17 seconds. The sprint should be as relaxed as possible, 90 percent of maximal effort.
2. Walk back the distance just sprinted. Take 3 to 4 minutes to walk back and rest.
3. Sprint again. Mark the distance. Build up to repeating six times. Only keep repeating if the distance sprinted is equal to or better than the previous sprint. When the quality of the sprint depreciates, meaning you didn't make it to or beyond the towel or shirt, stop.

#### **On the Machine**

The Concept II Rower is yet another and extremely effective way to build mental stamina—for everyone. It's important to row with proper form, which can be taught by a qualified trainer or a Concept II Rower instruction manual. The rower measures strokes per minute; stroke output, which is the force of each stroke (or how hard you pull); meters (the distance rowed); and calories burned. Time and calories burned or meters and reps should be tracked when monitoring progress in your Mental Stamina Journal. Again, remember to warm up first before rowing.

#### **Level 1**

Work up to 5 minutes while increasing stroke output and calories burned.

#### **Level 2**

Work up to 10 minutes while increasing stroke output and calories burned. You must learn to overcome discomfort, lack of breath, and pain. Know that others have gotten to this point and forged ahead.

### **Level 3**

Work up to 20 minutes while increasing stroke output and calories burned. You must learn to handle greater discomfort, lack of breath, and greater pain. Focus on breath and rhythm rather than physical condition.

### **Level 4: Speed Play**

1. Row for 30 seconds at 1,200-stroke output for men and 900-stroke output for women. Then row for 1 minute at 800-stroke output for men and 600-stroke output for women.
2. Continue alternating between the 30-second and 1-minute row while repeating for 10 minutes. Work up to 20 minutes. Only repeat the speed play as long as the quality of the effort continues. When the 30-second stroke output drops, stop the speed play.
3. Each following push day, bump the higher and lower stroke output numbers up. Must also see an increase in calories burned.
4. Progress slowly both stroke output and calories burned as well as duration of session. (These stroke-output numbers are for average-sized men and women.)

### **Level 5: Fast Play**

1. Warm up for 5 minutes.
2. Exert 80 to 95 percent of maximal effort for 30 seconds.
3. Rest for 1 minute.
4. Repeat three to four times, keeping track of the number of meters per repetition.
5. Work up to 6 to 8 repetitions.

### **What Is Good?**

Regardless of the way in which mental stamina is built and trained, monitoring incremental improvement is important. And even a small gain is important. You will see this as you keep a chart of your gains in your Mental Stamina Journal.

Use the chart as a guideline for training your mental stamina on the Concept II Rower. Here's how it works. Row using the proper form and work up to 5 minutes, expending the range of specified calories in your category. Continue to increase the number of minutes you can work out on the rower, while increasing the number of calories burned. If you achieve these levels on the Concept II Rower, your mental stamina

**STANDARDS OF GOOD  
ON THE CONCEPT II ROWER  
MEASURED IN CALORIES BURNED**

	<b>GIRLS 11-14</b>	<b>BOYS 11-14</b>	<b>WOMEN</b>	<b>MEN</b>
5 minutes	75-85	85-100	85-95	112-120
10 minutes	140-160	150-175	150-170	180-220
20 minutes	270-290	285-300	280-300	300-330
20 minutes for athletes			300-330	350-400

ina increases. Know that many men, women, and children, athletes and nonathletes, have achieved these levels. Keep at it and you, too, can reach these standards of good. If you know that what you've accomplished is good, you'll know you have what it takes to compete.

Before testing yourself on the rower, you need to warm up. Some people warm up by rowing lightly for about 3 minutes, while others complete one easy set of all the exercises in the ProBodX Workout before they begin to time themselves on the rower.

People who are much smaller or weigh less will come in 20 to 30 calories less than indicated in the lower part of the range than will someone who is larger or heavier.

Unlike other programs, ProBodX doesn't use overtraining to build mental stamina. ProBodX defines and establishes what is good mental stamina for people of all ages and athletic ability.

For athletes in particular, mental stamina is key to realizing athletic potential. An athlete can have precision of movement, optimal flexibility, endurance, and strength, but unless he has mental stamina he won't have the edge over his competition. Athlete or not, mental stamina invigorates the mind. It is the training of the will. It is the expectation to win. It is dominance.

[illegible]

## CHAPTER 10 | Gain and No Pain: Reducing Aches, Pains, and Chronic Ailments with ProBodX

THE HUMAN BODY HAS been called one of the most remarkable machines of all time. Yet with all its mechanical ingenuity, the truth is, the machine appears to be “sputtering” more these days than it used to—backaches, headaches, carpal tunnel syndrome, tendinitis, stiff joints, fallen arches, shin splits, leg cramps, tennis elbow, stiff necks, chronic fatigue, to name just a few. Drugstore aisles are lined with products to combat or soothe everything that ails you, often opting to temper the condition rather than fixing the underlying cause.

If you treat your body as an interconnected and intricate organism, it's easy to think about your sputterings in a new light. That's exactly what Dr. Edythe did. Time and again, she heard patients complaining about a problem—a sputtering—that was only a symptom, masking a deeper, hidden underlying problem.

Dr. Edythe discovered that the road that leads to the source of a problem is often winding. The diagnostic tool, a kind of mapping if you will, that Dr. Edythe utilizes to find the way to a hidden problem, she calls the “Path to Breakdown.” Let's say you came to her complaining of pain in your hip. The pain is so severe at times that it prevents you from doing things as simple as sitting in a chair for a length of time, sleeping in your favorite position, or even getting out of bed easily in the morning. Using the Path to Breakdown allows Dr. Edythe to work her way back from your current symptom—pain in your hips—to a preceding symptom and so on, back to the initial point where your body began to break down. It's not only about uncovering the layers



of pain and illness, but trying to sift through the various adaptations the body has made to compensate for the problem. The pain in your hip may, for example, be the result of your body's adaptation to an injury to your ankle from years ago.

The Path to Breakdown reaffirms the interconnectedness of the body. Your body can handle one bad habit of movement, weakness, injury, or assault against it and adapt, but with each progressive assault there comes a point over time where adaptation fails. When that happens, some part of your body gives and it manifests as an ailment or pain, in your case, your hip. An injury that won't heal or a chronic problem may in fact be the result of too many adaptations.

When your body is so out of balance, the pain or injury at a particular site can prevent the neighboring areas from functioning properly, which often interferes with work, play, or the routine of daily life. By the time that happens, you may have seen a variety of doctors, endured endless probing and tests without proper diagnosis, and received no answer or understanding of your problem or minimal, if any, sign of relief.

### **Path to Recovery**

If you are working out and suffering from pain, aches, or intermittent injury, you may be thinking to yourself that your body has let you down. In many cases, your body hasn't. It's that you have let down your body. Not intentionally, of course. But you haven't supplied your body with what it needs to operate well—to be fit in the truest sense. And you haven't given your body the best chance to heal itself from an injury or chronic ailment. This is where ProBodX becomes so useful.

Many of you may be aware of your sputterings, but cannot connect them to the original problem. And though you are curious about what that problem may be, it's not essential for recovery. You don't need to figure out your Path to Breakdown by yourself, or even go to Dr. Edythe, because ProBodX retrains your body through proper body exercise to steadily repair not only the sputtering or symptom, but also the underlying cause. Further, it is a maintenance program that generally can correct bad habits of movement, by reactivating and reawakening muscles that have not been working properly. ProBodX is such a powerful maintenance program in part because it treats the body as an interconnected machine—bringing balance, synchronizing everything, using more muscles that cooperate together, delivering increasing accuracy within the nervous system—each part critical to an optimally working whole.

ProBodX also helps you to recover from a sputtering or underlying problem by not fighting your body's design. When your body is engaged in good habits of move-

ment, the rate of recovery is actually speeded up. Exercise in general helps improve the rate of recovery, but ProBodX improves it faster. ProBodX may also help avoid future occurrence of symptoms and make you less prone to injury. With ProBodX, you are utilizing more muscles, which distributes the workload more evenly and makes your body freer to heal. Just putting the body through the right motion restores muscle.

### WATERED-DOWN SOLUTIONS

**E**RIKA, AT SIXTEEN YEARS OLD, was the youngest female water polo player to score in international competition for the senior national team. She was being groomed for the Olympics. When she came to Dr. Edythe and Marv, she had been plagued with a chronic shoulder injury for the previous two years.

After the initial injury, Erika had taken two weeks off and played in the nationals, but her pain got so bad she couldn't move her arm. Doctors put her arm in a sling for five weeks and prescribed physical therapy for another four. Erika felt better, but when she played the high school season, the shoulder pain was back. She took more time off and then played in the California Interscholastic Federation finals. The cycle of more pain, rest, then physical therapy continued. Her shoulder got so bad that she could no longer shoot the water polo ball, let alone turn the wheel of a car. Erika was knocked off the Olympic training team.

Dr. Edythe took Erika's history and, using the Path to Breakdown, tried to find the point of origin of Erika's problem, not assuming the shoulder was the problem as everyone else had. Dr. Edythe asked Erika if she had ever injured her elbow, something no one had asked, nor was it something Erika had ever mentioned. Erika remembered that two months before the pain in her shoulder emerged, she had hyperextended her elbow. And she played after that with her elbow wrapped in duct tape to prevent full extension. Dr. Edythe realized that the inciting problem was not her shoulder, but a medial ligament strain in her elbow. Also, Dr. Edythe determined that Erika's diet and training regimen over the previous two years had leached precious minerals from her ligaments, which made recovery nearly impossible. Her ligaments were trying to play catch-up and they couldn't.

Erika was put on ProBodX and within a few weeks, the pain in her shoulder dissipated, the injury to her elbow was corrected, and her ligaments restored. Erika was back in the water and on her way to being a champion, again.

ProBodX helps you repair, restore, and rebuild your body from the INSIDE OUT. This is not a substitution for seeing a health care professional, but may be a way to solve the problems that have been plaguing you for years.

Healing does not occur overnight. Ailments caused by bad habits of movement overuse, no use, or misuse of muscles; the diminishment of muscular cooperation; a decrease in nervous system function; and injuries have taken, in some cases, decades to develop and will take time to fix. But eating properly and doing the exercises with proper form, and doing them three to four times a week with a level of increasing intensity, will improve a multitude of dysfunctions in your body. After a while, your body will begin steadily to repair problems and restore itself to excellent working condition, so that you feel rejuvenated in a way you haven't in years.

Below is a list of ailments that you can hope to improve by using ProBodX. Do not identify your ailment and then only do those exercises that are specified. To get the full benefit, do the entire workout. However, feel free to emphasize within the workout those exercises that specifically address your problem.

#### On Your Feet

- Restores arches.
- Improves shock-absorbing ability.
- Reduces foot pain.
- Improves ankle, knee, and hip problems.
- Improves posture, which takes stress off the spine.
- Reduces low back problems.
- Reduces neck and base-of-skull pain.
- Helps eliminate shin splits, bone spurs, and leg cramps.
- Decreases fatigue and restores energy.
- Reduces stress fractures.
- Reduces Achilles tendinitis and plantar fasciitis.
- For the elderly, improvement of the feet helps with balance and equilibrium.

#### Hand Over Fist

- Improves carpal tunnel syndrome.
- Reduces stiffness in the joints.
- Reduces tennis elbow.

## **INJURY ON THE RISE**

Sports injuries are on the rise, both in sheer numbers and per capita. More than 3 million sports and fitness enthusiasts had an injury last year. More than 1 million weight lifters were rushed to the emergency room to be treated for strength and training injuries. Over 2 million children between the ages of five and fourteen had sport- and recreation-related injuries to their bones, muscles, and joints at a cost topping over a half-billion dollars.

ProBodX helps ward off the minor injuries, aches, and pains that may keep you off the team, or may inhibit you from reaching your potential. Even if you are a star athlete, old injuries that the body has compensated for or bad habits of movement are making you vulnerable to injury.

- Improves hand and wrist weakness.
- Improves shoulder and neck strain and other shoulder and neck problems.

## **Shoulder to Shoulder**

- Reduces shoulder and spine problems.
- Reduces neck and low back pain.
- Improves posture, which improves alignment of the spine, which impacts entire body. Reduces jaw pain, which reduces headaches.
- Impacts mechanics of breathing, improving circulation and lung capacity.
- Restores the hips, reducing overall body aches.
- Restores shoulder mobility.
- Reduces golf and tennis elbow.
- For the elderly, helps repair forward rolled shoulders, which create stress on lower back.

## **High on the Torso and On Your Side**

- Reduces low back, hip, shoulder, and posture problems.
- Improves energy.
- Improves vital capacity by increased oxygenation.
- Reduces knee stress.
- Improves shock absorption.
- Relieves pain in the mid- and upper back.
- Reduces rotational stress.
- For the elderly, reduces dowager's hump, rounding in the thoracic region, eliminating neck, jaw, and shoulder pain.

## **On Your Back**

- All that you get from doing Shoulder to Shoulder and . . .
- Improves golf and tennis elbow
- Reduces wrist problems.

- Reduces shoulder problems, especially those derived from limited range of motion, such as frozen shoulder or rotator cuff.
- Relieves midback tightness.

#### Out of Arm's Way

- Improves golf and tennis elbow.
- Reduces wrist problems.
- Reduces shoulder problems, especially those derived from limited range of motion, such as frozen shoulder or rotator cuff.
- Relieves midback tightness.
- Improves hip and spinal problems.
- Reduces lower back pain.

#### On Your Stomach

- Improves golf and tennis elbow.
- Reduces wrist problems.
- Reduces shoulder problems, especially those derived from limited range of motion, such as frozen shoulder or rotator cuff.
- Relieves midback tightness.
- Helps alleviate discomfort in the upper thoracic region.
- Relieves tightness in the upper back.
- For the elderly, reduces dowager's hump.

#### Bottoms Up and Down

- Reduces low back and hip pain.
- Alleviates pain associated with fallen arches.
- Reduces cramps in the calf and arches of the feet.
- Improves coordination between front and back of the torso.
- Reduces lower-extremity imbalances, especially with muscle tightness.
- Improves shock absorption.
- Reduces pain associated with groin, hamstring, Achilles, abductor, or quad pulls.

#### PAINFUL STATISTICS

Nearly 20 million people in the United States suffer from depression, and nearly as many women have thinning of the bones, osteoporosis. An estimated half-million find themselves exhausted from chronic fatigue. Eight out of ten adults spend 10 billion dollars a year for treatment of back pain. Thirty-seven million Americans live with some kind of joint or bone discomfort, over a million of these ailments caused by something as simple as repeated motions at desk jobs.

- Improves clavicle problems.
- Reduces pain from low back sprain.

#### **A Leg Up and Back to the Wall**

- Improves problems of the hip, low back, and lower extremities.
- Reduces tightness in the hamstrings and quads.
- Corrects imbalances in the legs.
- Balances the lower body, which in turn aids functionality of the upper body, especially for those who sit much of the day.
- Improves the feet and shock absorption throughout the body.
- Lifts the torso, improving posture.

ProBodX gives all the benefits of healing; it improves the rate of recovery, while at the same time diminishing the risk of injury.

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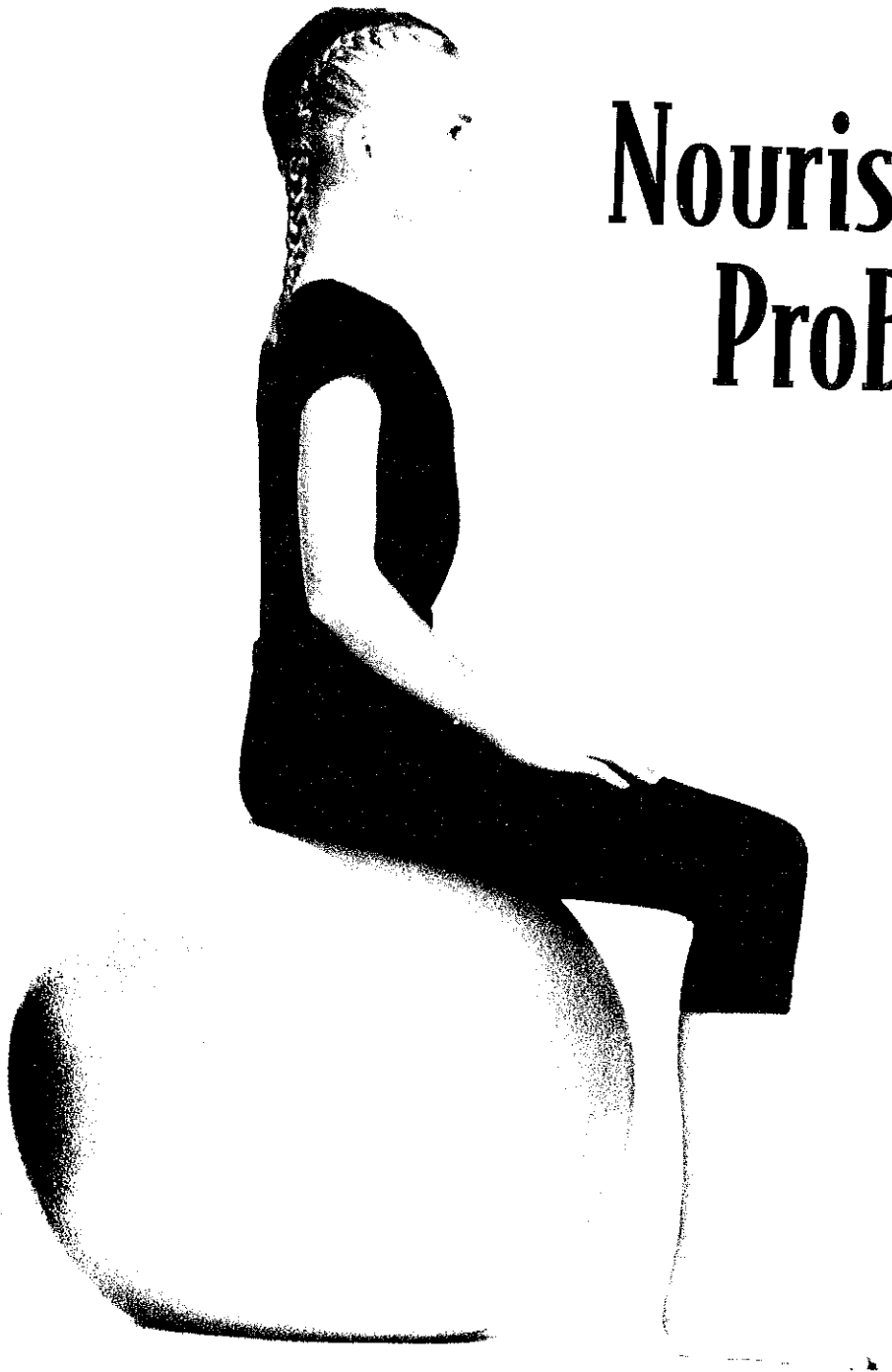
### **THE WEIGHT GAIN STRAIN**

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ProBodX will help you attain and keep your appropriate weight. In America alone, 97 million cite weight as a problem. Over 62 million physician office visits, 39 million missed workdays, and 280,000 deaths are attributed to obesity each year. Clearly, being overweight negatively impacts the economy, your daily life, and your body in many ways. Losing those extra pounds of fat and reaching your appropriate body weight has a positive "ripple" effect on the entire body. ProBodX helps you attain and keep your appropriate body weight. Most people only think of the benefits associated with the aesthetic component, but weight loss with ProBodX also helps reduce aches, pains, and chronic ailments. The ProBodX workout will help you lose weight quickly and safely. You should see and feel the results in as little as four weeks.

PART 3

# Nourishing ProBodX



THERE'S AN EXCESS OF information out there about what to eat to be healthy. Proper body eating, like proper body exercise, takes its cue from the body's design. Eating properly is simple: The body was made to work most efficiently when you eat a certain way. Though there is some variation among individual cultures, there is a range of macronutrients on which the body thrives. You *don't* need to eat perfectly. What you do most of the time is more important than what you do occasionally! However, the more closely you follow the ProBodX food plan, the more likely you will feel a difference within days. Why? Because proper body eating is a way of nourishing your body deeply from cell to cell, helping to pave the path to true fitness with good, healthy food.

Not everyone doing ProBodX is an elite athlete, nor wants to be. And the good news is that the benefits of ProBodX are as powerful for the non-athlete as for the athlete. Those who have changed their way of eating while doing proper body exercise:

- lose weight in the form of fat
- increase lean muscle mass
- decrease pain by controlling hormone-mediated pain responses
- show lessened propensity for injury
- recover from injury more quickly
- eliminate mood swings
- increase overall energy
- enhance mental clarity
- improve a sense of overall well-being



Unlike other food plans that can make you feel tired, hungry, or out of sorts, proper body eating makes you feel energized, satisfied, and even-tempered. Your body will perform better and you'll respond faster to the ProBodX exercises if you follow the food guidelines more closely.

### **Proper Body Eating**

Here's how it works. Every time you put food into your mouth, you should eat 40 percent carbohydrates, 30 percent protein, and 30 percent fat. This ratio of macronutrients will keep your energy even, making physical and mental activity efficient. You will notice that much of this program parallels Dr. Barry Sears's *The Zone* diet. This is because much of the plan is based on Dr. Sears's breakthrough work. Marv met Dr. Sears in the early nineties, and he used Marv's athletes to help substantiate *The Zone* diet. Marv has eaten in the Zone and requires his athletes to do so, too. Dr. Edythe also has been following the Zone since its development and has put all her patients on it. Marv and Dr. Edythe have made some simple modifications to the Zone diet. These modifications enhance concentration and make performance gains quicker.

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## **PROPER BODY FOOD GUIDELINES**

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1. *Not just carbohydrates, but the good ones* (40 percent of each meal or snack). Carbohydrates are primarily providers of energy. Consume mostly fruits and vegetables.

Though carbohydrates are an important food to energize, some grains and foods made from grains have the opposite effect. When was the last time you ate a big plate of pasta for lunch and weren't ready for a snooze an hour later?

High consumption of grains is a relative newcomer to man's food intake, starting around fourteen thousand years ago. That means, for tens of thousands of years, man ate much fewer grains, and they certainly weren't the main diet staple they are today. Perhaps the digestive tract is still adapting to this consumption, which may explain in part the many gastric problems currently suffered by the masses.

Proper body eating tries to reduce grains and looks to better sources of "carbos" to fulfill the proportional carbohydrate requirement.

2. *Not simply protein, but good protein* (30 percent of each meal or snack). Proteins are the building blocks of cells and the enzymes that keep you going. Lean meats, poultry, and fish are good sources of protein. Meat is a great source of vitamin B<sub>12</sub>, which affects

## A WORD ABOUT WEIGHT LOSS

**W** EIGHT LOSS IS ONE of the top reasons people cite for picking up a fitness regimen. Part of having a fit body is having a body without excess fat. A natural by-product of eating properly is weight loss. People on ProBodX lose excess weight—that extra fat—and lose it quickly. And they keep the extra weight off. It ceases to be an issue. For those who want to use ProBodX for a weight-loss program, it works.

appetite and helps stem the deterioration of nerve fibers as you age, causing loss of balance, muscle weakness, incontinence, depression, and even dementia.

As grains are a relative newcomer to man's diet, so are dairy foods. Only about eight thousand years ago, when cows became domesticated, did man start widely drinking and eating foods derived from cow's milk.

For many of the same reasons that you reduce grains as a source of carbohydrates (because they can cause lethargy, gastric problems, or allergies), you also reduce dairy products as sources of protein/carbohydrate and look to better sources.

3. *Not just fat, but good fat* (30 percent of each meal or snack). Fats are important in building cellular membranes. Fats come from both animals and plants.

Early man hunted animals in the wild, such as deer, bison, and mammoths. Those animals weren't fat like the cattle, sheep, and pigs you eat today, which are constantly bulked up and lack physical activity. They weren't domesticated for tender meat. They were as free-range as free-range gets.

According to a study in the medical journal *Lancet*, meat from animals in the wild contains more polyunsaturated fat per gram than is found in domesticated animals, five times more. According to a study in the *Biochem Journal*, the much-coveted essential fatty acids that help reduce heart disease are rarely found in domestic beef, but do exist in animals in the wild that primarily graze on grass.

If you can't get quality fat from your meats, you need to look to other sources that are more readily available today and that closely emulate these good fats that the body needs, especially for the brain's sake.

One of the best, if not the best "good" fat source today is olive oil. The olive from which the oil is extracted is high in phytonutrients. The word "phytonutrients" is from the Greek for "plant nutrients." These nutrients protect plants, and perhaps

humans, against threats from the environment, bacteria, and oxidation. Not surprisingly, foods rich in phytonutrients have been shown to reduce heart disease, cancer, and other chronic illnesses. Other good fats are nuts and avocados.

4. *Eat organic whenever possible.* For eons, people ate proteins, fats, and carbohydrates from foods that were not processed in any way. Since the industrial revolution, the modern diet has comprised food containing unnatural elements, some which can be toxic to the body.

Who can forget DDT, red dye #2, and saccharin? And what of the long-term effects of other pesticides and chemicals that you don't even know the names of? Your body has a finely tuned chemistry, which is adversely affected by chemicals added to it.

It's reasonable to assume that your body's set chemical reactions, like metabolism, are likely to be impacted, if not immediately, then certainly over time, by chemicals in or on food.

Crops most likely to be heavily contaminated by chemical or pesticide residue are apples, apricots, beans, bell peppers, button mushrooms (cultivated), cantaloupes (Mexican-winter), celery, cherries, corn, cucumbers, grapes (Chilean-winter and Mexican), green beans, oranges, peaches, soy, spinach, strawberries, and wheat.

This might explain in part why your current diet has been associated with a diminished sense of well-being and an increase in disease. Conversely, it's possible that organic foods can contribute to disease prevention. And if your body is free of disease, the better chance it has to perform optimally, both physically and mentally.

5. *Drink water.* It seems 75 percent of the population is chronically dehydrated. Yes, water is one answer to your thirst. Most people have been told they should drink eight or more glasses of water a day. This idea, however, is getting a lot of bad press, as recent studies indicate that water should come from the foods we eat. With ProBodX, you are eating properly and are deriving much of your fluids from the foods you consume. A bonus is that you'll experience less thirst and almost no dehydration.

### **The Un-Sugar-coated Truth**

Carbohydrates are the body's major source of energy, particularly for the brain. Carbohydrates are broken down during digestion into simple sugar. That sugar is delivered

### **FOOD FOR THOUGHT**

The brain is 60 percent fat. In fact, the command center is the fattiest organ in the body. Fats also aid hormones that signal the brain that you are satiated after a meal. Certain bad fats, however, are detrimental to brain function, causing loss of memory, focus, and learning ability.

## HORMONE HELL

**C**ONSUMING MACRONUTRIENTS, CARBOHYDRATES, PROTEINS, and fats in the ratio of 40 to 30 to 30 slows down the speed at which simple sugar from food enters the bloodstream, which in turn minimizes the triggering of too much insulin.

If the amount of sugar in the bloodstream is above the normal level, the body alerts the insulin warehouse—the pancreas—to rush insulin into the blood to yank out sugar. Oftentimes insulin yanks out too much sugar, causing a sugar shortage. This might cause you to feel hungry, have the shakes, or be agitated. You eat to quell your symptoms, and a vicious cycle begins as other hormones counter that drop and push up sugar levels.

When insulin has yanked out too much sugar from your bloodstream or your sugar level is depleted because you are in the habit of skipping meals, your sugar supply isn't enough to meet the energy demand of your body. First-stage alert. Now the rush is on to find a fuel (energy source) somewhere else in the body that can be dumped into the bloodstream to feed the brain. One of the backup systems where your body finds immediate energy is the adrenal gland.

The adrenal glands come to the rescue and release the hormone cortisol into the bloodstream to give the body an energy boost. The only problem is, hormones from the adrenals are meant to give the body a boost specifically in flight-or-fight mode, not as an afternoon pick-me-up resulting from skipping a meal.

When people talk about pumping adrenaline, they're talking about the body giving them energy to either run away or fight. When they don't eat properly and are lacking the fuel they need, their body becomes stressed, just as in flight-or-fight, and they respond with a cortisol rush.

Cortisol among other things pushes *up* the level of sugar in the blood. However, the adrenals were primarily designed for emergencies, not as a substitute for lack of nutrition. On an ongoing basis, the body is under too much strain when in a faux flight-or-fight mode. The amount of daily cortisol excreted into the bloodstream to meet this demand is far in excess of what is normal to meet the simple stresses of life. And your adrenal glands pay a price.

An excess of cortisol over time can be deleterious to your nervous system.

This hormone, once in the blood, can negatively impact brain function—and it doesn't end there. It affects the musculoskeletal system as well. Cortisol most likely leaches vital minerals from ligaments.

A variety of other physical ailments, including diminished immune function, sleep deprivation, fat accumulation around the waist, brain fog, edema, and osteoporosis, are associated with overactive adrenals.

throughout the body via the bloodstream. The body tries to keep sugar levels on an even keel in the blood so that the flow of fuel remains constant, which helps the body to perform its functions well. But when there is no even keel, hormones come into play. Certain hormones regulate an increase or decrease of sugar in the blood until the sugar level is once again on an even keel.

During waking hours the trick is to keep an even and ample supply of sugar in the bloodstream until you need to refuel, every 2½ to 4 hours, with a meal. When you wake up, be sure to eat the first meal within 30 minutes to avoid a major blood sugar drop at the start of the day. In general, you will need to eat three meals and two to three snacks a day, depending on when your day begins. Let's look at a typical day.

Eating through the day (assuming you awake at 7:00 A.M.):

Breakfast at 7:30

Snack at 10:00

Lunch at 1:00

Snack at 4:00

Dinner at 7:00

Snack at 10:00

You may look at six meals or snacks a day and think you're at the threshold of gastronomical nirvana, and at first, it might seem like a recipe for gaining weight. But it's not. Not as long as the amount and kind of food eaten at each meal are in the right ratio. Eating frequently and on a schedule helps reset your internal mechanism that keeps your hormonal response to food in balance. Over time, when your body has adapted, the frequency of eating can be reduced. The reason most people skip meals, besides not finding the time, is to lose weight.

If you have a pattern of skipping meals to cut down on the amount of food eaten, you may be surprised that reducing food intake this way may actually do the opposite of what you are trying to achieve. This irregular eating creates a vicious cycle for metabolic and hormonal responses. The body goes into famine mode and metabolism slows down. Net result: You end up gaining weight.

### **Letting Nature Take Its Course**

The ProBodX plan for proper eating gets the body back on track, working the way it is supposed to work. With the proper kind of eating and the proper kind of exercise, you can reap the benefits of being truly fit. You'll feel mentally alert, vital, and strong. Whether the goal is to feel younger than your years, get through the day without exhaustion or pain, or be a star athlete, it's all possible through ProBodX.

Proper Body Eating:  
Getting Started

FOR MOST OF YOU, dieting doesn't work. Statistics indicate that 95 percent of people who go on diets regain the weight they've lost. With proper body eating, you can be one of the lucky 5 percent. Most diets tell you what you *can't* eat. ProBodX is a program that's all about what you *can* eat and, though it is a subtle difference, it's a powerful one. No one likes to feel deprived and you don't when you eat properly. That's why ProBodX focuses on "food as fuel." It's not sexy or glamorous, but it can result in your feeling sexy and glamorous. Health usually does. And proper body eating promotes health.

The best way to ensure success with proper body eating is to adhere to the following suggestions.

First, *start now, not later*. Life's too short not to live it well! Stop making excuses and start now.

Second, *start in the kitchen*. The best way to avoid setbacks is to have only food on hand in the kitchen that supports proper body eating. If that's not feasible for whatever reason, set aside shelves in the cupboard, refrigerator, and freezer that are wholly dedicated to proper body eating. The important thing is to reduce the temptation that undermines success and reduce it now. Bottom-line goal: *Stock your kitchen with food on the ProBodX program*.

The sooner you clear the kitchen of the gastronomical land mines, the more likely you'll find yourself safely on the path to true fitness. You'll feel good about yourself. You've taken action. You've started.

Below is a list of foods considered optimal choices for proper body eating: food heartily recommended having on hand, to stock your shelves with, and to chill in your refrigerator or freezer. Assume if the food is *not* on this list, it should be cleared out!

# A GOOD CUPBOARD OF FOODS

PROTEINS	CARBOHYDRATES	CARBOHYDRATES	CARBOHYDRATES
<b>Animal Protein</b>	<b>Vegetables</b>	Jicama	<b>Fruits</b>
Beef (lean)	Artichoke	Kale	Apple
Chicken	Arugula	Kohlrabi	Applesauce
Duck	Asparagus	Leeks	Apricots (not dried)
Lamb	Bamboo shoots	Lentils	Asian pear
Pork (no bacon)	Beans—green or wax	Lettuces	Blackberries
Turkey	Beans, black	Mushrooms	Blueberries
Veal	Beans, garbanzo	Mustard greens	Boysenberries
Eggs	Beans, kidney	Okra	Cantaloupe
	Beet greens	Onion	Cherries
<b>Fish Protein</b>	Bok choy	Parsley	Grapefruit
Bass	Broccoli	Peas—snow	Grapes
Bluefish	Brussels sprouts	Peppers	Honeydew
Calemar	Burdock root	Radishes	Kiwi
Clams	Cabbage	Scallions	Lemon
Cod	Carrots	Shallots	Lime
Crabmeat	Cauliflower	Spinach	Mango
Haddock	Celery	Sprouts	Nectarine
Halibut (Alaskan)	Celery root	Swiss chard	Orange
Lobster	Chick peas	Tomato	Papaya
Mackerel	Chives	Turnips	Peach
Salmon	Collard greens	Turnip greens	Pear
Sardine	Cucumber	Watercress	Pineapple
Scallops	Daikon	Yellow squash	Plum
Shrimp	Dandelion greens	Zucchini	Raspberries
Snapper	Eggplant		Strawberries
Sole	Endive		Tangerine
Swordfish	Escarole		Watermelon
Trout	Fennel		
Tuna	Garlic		



FATS	OTHER FOODS
Almonds	Barley
Almond butter	Oat groats
Avocado	Steel-cut oats
Cashews	Soy flour
Macadamia nuts	
Mayonnaise (the real stuff)	Molasses
Olive oil	Fructose
Pecans	
Peanut butter	
Peanuts	
Walnuts	
<b>Dairy</b>	
Low-fat cottage cheese	
Feta	
Mozzarella	
Parmesan	
Ricotta	

## LOSING WEIGHT, NOT ENERGY

Brenda had a chronic weight problem. She had bounced from one diet to another. Sometimes she shed pounds, but she always gained them back. But one thing was for certain—no matter what weight loss program she tried, they all zapped her energy. Whenever she dieted, she felt exhausted. Brenda's choice came down to being fat or being fatigued. That was until Brenda tried the Zone. "It was the first time I didn't feel tired while dieting. I was taking weight off and still felt high energy throughout the day and was more alert and focused than ever. Even more than when I wasn't on a diet," Brenda reported. And to boot, she didn't feel the cravings she often felt that undermined losing weight.

You may need to replace the low-grade fuel currently sitting on your kitchen shelves with high-quality fuel. Whenever possible, buy organic. It's better for your body and the environment. It is better to buy *fresh* fruits and vegetables rather than frozen. Many communities have local farmer's markets, which often have both fresh and organic fruits and vegetables.

When possible, buy meat and poultry that is free-range, hormone free, and organic. The good news is that more health food stores are expanding into neighborhoods all the time. If there aren't any such stores close at hand, an effective way to get good-quality meats and poultry is by making a request to the head of the meat department at your local supermarket. Most supermarkets try to accommodate even the most discerning needs. Some high-quality meats and poultry can be ordered via phone or the Internet for easy delivery.

*Third, be prepared when shopping.* When the time comes to shop, it is important to be prepared. Obviously, none of us would go shopping without money, but many of you do go without a shopping list. You might want to begin thinking of a list the way you think about your money, as a necessity for making a successful trip to the grocery store. Here's why.

Most people eat what they buy. Overbuying leads to overeating, or at least to not eating foods on the recommended list. A well-written and closely followed shopping list is your first line of defense against wavering from proper body eating.

If you're hungry when you go to the market, which has food all around, it takes a Herculean effort not to reach for the food that will satisfy you the quickest. Bad carbos! And they are rarely on the "good foods" list. Solid advice: Never shop hungry! It's better to have a snack (see "Snak Pak" list in Chapter 13) that you can eat prior to going shopping than to risk temptation.

Fourth, *start eliminating pitfalls surrounding cooking.* Ingredients like cheese can be tempting. There are two ways to avoid this potential problem. First, eat a snack before cooking or prior to preparing food, if you're hungry or even if you think you'll be hungry. Second, when an ingredient can easily be turned into an unplanned snack, remove it from storage only when the ingredient is going to be used in the recipe. Then once used, return it immediately to storage.

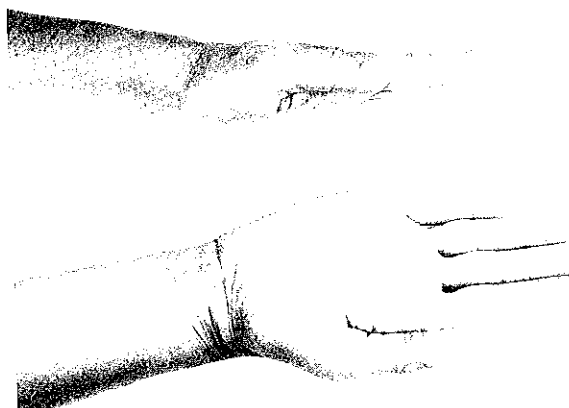
Fifth, *start with the right portions.* The next possible pitfall comes when portioning out the foods onto the plates. Like *The Zone* diet, the ProBodX way of eating follows a plan of eating carbohydrates, proteins, and fats in a 40 to 30 to 30 ratio. Making sure

the proper ratios are maintained is critical to maximizing the benefits of proper body eating.

Because most people don't have time for measuring everything, or want to, there's a fairly easy way to determine how much of each food to eat. Here's how it works. Your hands are like measuring cups used to portion out food. Those who require more food are usually bigger people and usually have larger hands. Those who require less food are usually smaller people and have smaller hands.

### **Proteins**

For protein, use the size of your palm as your guide. For each meal the portion for all meats and poultry should equal the approximate size of your palm in thickness, length, and width. For fish, the portion should be 1½ palms.



**Protein portion**

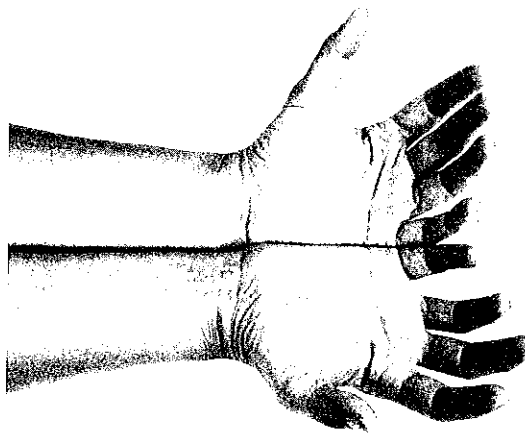
### **Carbohydrates**

For cooked or raw vegetables, which are eaten at most meals, lay your hand flat on a table with your palm up and spread your fingers out as far as possible, then point your fingertips to the ceiling. The vegetables should fill the entire area of your fingers and hand.



**Vegetable portion**

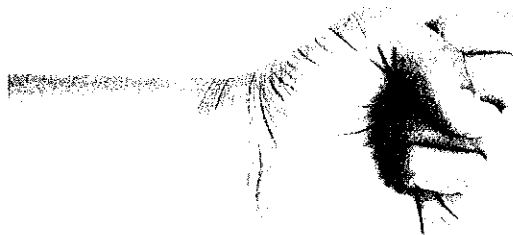
For vegetables in a salad, follow the portioning directions for vegetables and double it. *Salad is a freebie.* It can always be eaten as a side dish with any meal. The danger is the dressing!



**Salad portion**

It is better *not* to eat beans and grains at every meal or every day. The portions are measured by making a fist. This approximates the amount needed to use beans or grains as the carbohydrate portion.

When no grains or beans are eaten at a meal, the portion of vegetables needs to be doubled *and* eaten with a portion of fruit.



**Beans or grains portion**

The portioning system for fruit is even easier. It's measured by the piece. The number of pieces varies with each fruit and is specified in the fuel plans. Fruit intake should be greatly reduced or eliminated when beans or grains are present in a meal or snack.

### **Fat**

Every time food goes into your mouth, you want to have some amount of "good" fat accompanying it. Fat is measured by first laying your hand flat on a table with your palm up and spreading your fingers out as far as possible, then pointing your fingertips to the ceiling. Now notice as the fingertips are pointing to the ceiling, there is a depression that forms near the center of the palm. This is your hand's measuring spoon.



**Fat portion**

Rather than pouring olive oil into your hand every time you need fat, you can determine an exact measurement by substituting water. Fill the depression with water and pour it into a tablespoon or a measuring container. This is a guide for the amount of fat to eat with meals. After a while you won't have to measure each time—you'll have a sense of the right amount.

With nuts, you just need to count. For the average female, usually three nuts is the right number. For the athletic female or the average male, three to six is about right. For the athletic male, five to eight should do the trick.

With an avocado, the average female should consume about a tablespoon; the athletic female or average male, 2 tablespoons; the athletic male, 3 tablespoons.

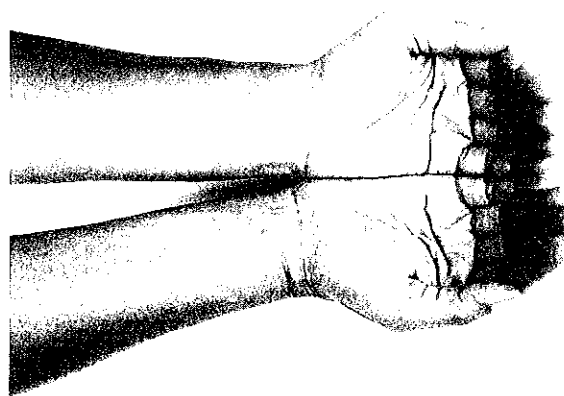
Because you eat a smaller amount of protein and carbohydrates in a snack, less fat is required and the amount should be adjusted downward accordingly.

### **Soup Meals**

The soup meals on the ProBodX Fuel Plan are complete meals with all the necessary protein, carbohydrate, and fat in the right proportions. This is not true for other soups. Put *both* hands flat on the table with the palms facing up. Curve the hands up to form the largest possible bowl. Fill the "hand bowl" with water and dump the water into the 2-cup measuring container. Fill the hand bowl again and dump the water into the same 2-cup measuring container. The amount in a 2-cup

measuring container is the necessary quantity for a soup meal.

At first, measuring food this way seems really strange. But after doing it a few times, it won't be necessary to use your hands quite as much. Fairly quickly you'll get used to the size of the portions on the plate and how everything looks in relation to each other. Still, it's really reassuring to know that no



**Soup meal portion**

matter where you go for a meal, you can always figure out how much of each macronutrient—carbohydrate, protein, or fat—you should eat in relation to one another.

If you prefer to be more precise, there are lots of books on the 40 to 30 to 30 ratio method and how to measure everything using more standard, traditional ways. Be aware that some of the food choices may be different.

Using the hands-on method to measure out portions of food works for most people. However, those who are more athletic will need a greater quantity of food, generally one and half times the average amount. Even then sometimes, additional fat is required.

People who are significantly overweight should eat an additional snack. Eventually, you should eliminate this snack as weight is lost and fitness improves.

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## EATING TIPS TO KEEP YOU ON THE RIGHT PATH

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### **Don't skip meals or snacks.**

Meals or snacks should be eaten every 2½ to 4 hours to keep your body running well. Even if you don't feed your body, it will keep running. If a car runs out of fuel it stops. But the body won't stop when your last meal has been digested and used as fuel. It will tap other sources in your body to fuel itself, even to your detriment.

### **Breakfast: breaking the fast.**

Breakfast is the first meal after 8 to 12 hours of fasting. If you have no appetite in the A.M., eat a small snack, then eat a meal 2 hours later, or sooner, when you are hungry. Eventually, you will wake up with an appetite.

### **Eat protein first in a meal.**

When protein is eaten first, hormones stimulate the release of stored carbohydrates in the liver and keep the brain satisfied, making it easier to control carbohydrate intake. In other words, you will feel full faster.

**Cook with as little oil as possible and use olive oil.**

Frying good oil changes its molecular structure. It reduces its "good fat" component at best and is detrimental to the body at worst. Cook the food and *then* add the oil to it. Oil should be kept at room temperature, no longer than five days and not near anything hot, like the stove or toaster oven. A large bottle or canister of oil can be left in the refrigerator so it doesn't become rancid. For convenience, pour a smaller amount into a stainless steel dispenser that can be left out at room temperature and refilled often. When sautéing, use olive oil, a little water, and stock. When steaming, steam food all the way, then add the olive oil afterward. Roast garlic in olive oil to give added flavor.

**Broil, grill, rotisserie, or bake. Don't fry foods.**

Frying food isn't the healthiest mode of cooking because of how most oils are altered at high temperatures.

**Butter and vegetable oil are out.**

Butter and veggie oils like canola, safflower, sunflower, soy, corn, or any combination of these, should be replaced with extra light olive or extra virgin olive oil.

**The new condiment: dairy.**

Yes, you can still eat dairy. You just need to shift your focus away from thinking of dairy as a main course to thinking of it as a condiment, like ketchup, mustard, relish, or mayonnaise.

**Don't hold the mayo.**

Olive oil can be substituted for mayonnaise in most situations. If not, a good-quality store-bought mayonnaise can be used as your fat on occasion or in a pinch, but dilute it: one part mayonnaise to one part olive oil.

**Use fresh herbs.**

Whenever possible, use fresh herbs. They're healthier than dried herbs, and they make the food taste better.

**Trim fat off meat.**

Always buy the leanest cuts of meat, then cut off any remaining fat.



**All sugar substitutes are not “equal.”**

Never use chemicals. They can interfere with metabolic processes. Replace brown and white sugar with fructose, a healthier sweetener, carried in most health food stores.

**Salt this.**

*The body needs salt*, but the right kind. Look for Celtic salt or high-quality sea salt that is solar-dried and contains no additives. Salt should have traces of natural elements besides sodium.

**Quenching thirst.**

Drink the highest-quality water—such as that from glaciers, rich in minerals—rather than sodas, fruit juices, or “energy boosting” drinks.

**Coffee conflict.**

The debate rages on. To coffee or not to coffee, that is the question. If coffee is absolutely necessary, drink espresso and slowly decrease its strength over time by mixing it with decaf. Coffee raises cortisol levels. If you are a person who is already experiencing problems with ligaments, the sacroiliac joint, ankle, shoulder, or neck, you should think about eliminating coffee from the meal plan. It may help alleviate some of your symptoms. Everyone else should buy organic coffee. And try to drink it minimally.

**Breaking bread.**

Whether you crave bread or just want it, a slice of sourdough can be substituted for the carbohydrate component when absolutely necessary. But as infrequently as possible.

**Cook once, get two meals.**

Double recipes and freeze the leftovers whenever possible. Leftovers make great lunches and snacks. The less time spent in the kitchen the better.

**ProBodX Without Cooking**

When eating out in restaurants:

- Order meat or fish broiled, baked, or grilled.
- Request food cooked without sauce or marinade.

- Order vegetables steamed or lightly sautéed in olive oil.
- Ask for salads without dressing, then dress the salad with olive oil and lemon or vinegar.
- Avoid croutons.
- Order fruit as a dessert.

Italian restaurants are a good bet. Most of them will serve meat or fish with olive oil and steamed vegetables.

Finding prepackaged snacks with the right carbohydrate-to-protein-to-fat ratios can be a challenge. It might be worth keeping some snacks on hand at the office, in the car, or on your person, and not rely on finding the perfect snack when you need to. Snack ideas and recipes can be found on pages 284–86.

When invited to eat at someone's house, eat a small meal before going, if possible. This certainly helps you avoid being stuck with food that you can't eat, especially with sharp hunger pangs urging you on. There is always a delicate balance between eating what is proper for you and insulting your hosts. Generally, there is a salad or soup you can eat, or vegetables and some protein. For example, your host serves you a big bowl of pasta and there is no green in sight. Think of pasta as the grain that is holding the sauce, not the main meal. Eat a small amount of pasta and a big helping of meat sauce. Or if you're served a sandwich, just eat the filling, not the bread.

There are always creative ways to alter the food you've been served.

### **Fine-Tuning Food Ratios**

It might take a while to get the hang of successful portioning for every meal and snack. Until then, you might find yourself getting hungry or foggy-headed between meals. Each of these is a symptom of an improper protein-to-carbohydrate-to-fat ratio. Being aware of your body's state will help you improve your ratios next time around.

More specifically, here's what these different bodily states tell you.

- If you're very hungry between fuel times *and* are scattered, foggy-headed, unable to focus or concentrate, then you've given yourself too many carbohydrates. You need to maintain your protein allotment and *decrease* your carbohydrates.
- If you're very hungry between fuel times *and* have good mental capacity, then you need to maintain your protein allotment and *increase* your carbohydrates.

- If you are not hungry between fuel times *and* have good mental capacity, then you've eaten the correct ratio of protein to carbohydrate to fat.
- If you anticipate an increase in mental activity, you may require an increase in fats *or* a decrease in the time between meals and snacks.
- If you experience an increase in physical activity, you may need an increase in fats or an increase in carbohydrates *or* both. Also, food may need to be ingested soon after the physical activity.
- If you are to keep yourself operating in top form throughout the day, you must consume enough food to ensure a steady intake of fuel.

Many people transition well to eating properly. And why not? It's the way your body was programmed to eat. If you eat food in the right proportions and ratios, you should have minimal withdrawal symptoms, cravings, or feelings of deprivation. Mostly, you'll feel full and satisfied, clear-headed, and full of energy. There will be a significant difference in the way you will feel in three days to three weeks. And you'll experience *major* changes within three to six months.

The closer you stick to proper body eating, the better your body will perform. It is critically important to your health and well-being, for being vital, energetic, and mentally clear.

### **Eating Right Is Only a Meal Away**

No one is perfect and you will not always be able to eat perfect ratios of the right macronutrients at the proper times all the time. Mistakes will happen. Poor food choices will be made even though you've planned well and done your best. Know that you're only one meal away from eating right. Make the next meal a "proper body eating" meal. Every time you choose high-quality fuel over poor fuel you're moving your body further along the path to true fitness.

## CHAPTER 13

# Recipes for True Fitness: A Two-Week Fuel Plan

**W**OLFGANG PUCK, JULIA CHILD, James Beard. Great cooks can take a little of this and a little of that and make a delicious meal. The rest of us need recipes. ProBodX not only provides recipes, but a two-week fuel plan to give you a nutritional kick start.

The weekly menus are designed to serve a family of four at most meals. These recipes can be adjusted to fit any number of people in any household. When leftovers are desired, the amounts to purchase and cook should also be adjusted. Whenever possible, cook enough to have leftovers. Dinner from the night before makes a great lunch or midday snack! Just remember that leftovers should be frozen or consumed within twenty-four hours after the food has been prepared.

Some meals have very short prep time, while others take a bit longer. Sometimes a marinade must be made ahead of time. It is best to look ahead to the recipes on subsequent days. See prep and cooking times for the meals. Also, make a note of any ingredient that is unappealing or a recipe that just doesn't suit your particular taste. Feel free to substitute, but be sure to keep the proper ratio of carbohydrate to protein to fat. Do not substitute beans for meat as your protein. If a particular meal is not to your taste and you make a substitution, be aware that tonight's meal may be tomorrow's lunch.

Snacks are not assigned on the fuel plan. They should be selected according to individual tastes and chosen from the ProBodX "Snak Pak" List. Some people will vary their choice of snacks each day and throughout the days. Others find the one or two they like best and repeat them day after day. Leftovers are superb quick snacks that can be taken right out of the refrigerator and eaten or taken to work for that three or four o'clock pick-me-up. Just remember to greatly reduce the portion size when using a leftover as a snack.

Most recipes can be portioned out using the hands-on method, but some are more difficult to measure using this method. At the end of those recipes is a list of the appropriate portion sizes based on the following general principles:

- Category I     Average Woman
- Category II    Athletic Woman
- Category III   Average Man
- Category IV    Athletic Man

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## **PROBODX MAIN STAPLES SHOPPING LIST**

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(Always have the following staples on hand)

- Canned tomatoes
- Jarred tomatoes, tomato sauce, and marinara sauce
- Olive oil—extra light and extra virgin
- Bottled salad dressing, to add to olive oil
- Capers
- Canned fruit, in juice only
- Nuts/nut butter
- Celtic salt or sea salt
- Chicken, vegetable, and beef broths
- Balsamic or other vinegar
- Mustard, Dijon
- Maple syrup
- Fructose
- Frozen chicken breasts, both cooked and uncooked
- Frozen cooked shrimp
- Canned beans—kidney, garbanzo, black, lentil, and dried French baby lentils

### **Shopping List**

Review the ingredients for each recipe for each week. Devise a shopping list based on the recipes you will be using, adjusting quantities up or down, depending on how

WEEK ONE FUEL PLAN AT A GLANCE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Turkey Sausages Oatmeal Fruit	Pancakes Maple Syrup Fruit	Turkey Patty Avocado Fruit	Veggie Cheese Omelet Fruit	Turkey Sausages Oatmeal Fruit	Beef Patty with BBQ Ketchup Fruit	Turkey Bacon Eggs Oatmeal
Snack							
Lunch	Chili	Orange Chicken Salad	Halibut/ Cod or Tuna Salad Fruit	Fajita Salad Black Beans Gua-camole	Shrimp or Chicken Caesar Salad Apple-sauce	Chicken Waldorf Salad Fruit	Salmon Salad Lentils and Beets Tropical Fruit Salad
Snack							
Dinner	Orange Chicken with Bok Choy Barley Tossed Salad Honey-dew	Halibut/ Cod Garlic Spinach Mashed Celery Root Pear Sauce	BBQ Flank Steak Black Beans Broccoli	Ginger Pork with Apples String Beans Green Salad Sorbet	Roast Chicken Carrot-Squash Puree Asparagus Fruit	Salmon with Dill Sauce Lentils Chard Fruit	Eggplant Lasagna Caesar Salad Honey-dew
Snack							

many people will be eating each meal and how many leftovers are desired. Some people find it easiest to shop for one week, others prefer to shop for half the week. You'll find the complete shopping list for the two-week meal plan on the website, ProBodX.com.

### **Beginning Week One Recipes**

Prepare some of the food on the weekend before starting Day 1 of the recipes on a Monday.

### **Foods to Prep on Sunday**

Grill or broil 12 turkey sausages. And freeze. Make the quick version of chili. Freeze half. Make the turkey patties. And freeze. Cook the black beans. And freeze. Prep BBQ sauce (for Week One, Day 3, Dinner—page 237).

## WEEK ONE RECIPES

### TURKEY SAUSAGES, OATMEAL & FRUIT

#### TURKEY SAUSAGES

*Large nitrate-free sausages, not links*

Grill the sausages on an outdoor grill on medium-high heat until brown, turning once or twice *or* broil in the oven until brown, also turning regularly.

Takes approximately 5 minutes per side. (Can use precooked frozen sausages.)

#### OATMEAL

*Makes 2 cups oatmeal*

*2½ cups water*

*¾ cup ground oats*

*Salt to taste*

*2 teaspoons olive oil*

In a saucepan combine the ingredients. Simmer over medium heat for approximately 20 minutes, stirring occasionally. Add olive oil when done.

**HINT FOR GRINDING OATMEAL:** It is best to get whole oat groats from the health food store in bulk or package. Arrowhead Mills is best. Or if that is unavailable, Irish steel-cut oats are a good alternative. In a coffee grinder, grind the oats until they are coarsely ground, not into flour.



**HINT FOR COOKING OATMEAL:** Always add ground oatmeal to cool or cold water and stir, then heat. The right pan and temperature will enable you to cook the oats with very little stirring or attention, leaving time available to prepare sausage or prep for lunch for the day.

Add extra light olive oil after cooking; it adds richness and enhances the flavor of the oatmeal but with no olive oil taste.

## FRUIT

Portions:

Cat. I = 3 ounces sausage

1 cup oatmeal with  $\frac{1}{2}$  piece of fruit *or*  $1\frac{1}{2}$  cups oatmeal without fruit

Cat. II, III = 4 ounces sausage

1 cup oatmeal with 1 piece of fruit *or*  $1\frac{1}{2}$  cups oatmeal with  $\frac{1}{2}$  piece fruit *or* 2 cups oatmeal and no fruit

Cat. IV = 5 ounces sausage

$1\frac{1}{2}$  cups oatmeal with 1 piece of fruit *or*  $2\frac{1}{2}$  cups oatmeal only

CHILI

## CHILI

### IN A HURRY CHILI

*Serves 6 to 8*

*1 tablespoon extra virgin olive oil*

*$1\frac{1}{2}$  to 2 green/yellow/red bell peppers, cut in  $\frac{1}{2}$ -inch squares*

*1 medium red onion, chopped*

*1 small or medium eggplant, chopped*

*2 portobello mushrooms (or 6 white mushrooms), sliced*

*2 celery stalks, chopped*

*2 medium zucchini, chopped*

*2 medium squash, chopped*

*4 to 6 garlic cloves, sliced*  
*2 large (28 ounces) cans diced tomatoes*  
*26-ounce jar spaghetti sauce (no sugar)*  
*2 pounds lean ground turkey or beef*  
*1 large can (15 ounces) lentils*  
*1 large can (15 ounces) black beans, drained*  
*1 large can (15 ounces) kidney beans, drained*  
*1½ to 2½ tablespoons chili powder to taste*  
*1 tablespoon salt to taste*  
*Freshly ground black pepper to taste*

In a soup pot heat the olive oil and sauté the bell peppers, onion, eggplant, mushrooms, celery, zucchini, and squash until soft. Add the garlic, tomatoes, and sauce. Simmer on medium heat for 10 minutes. Add the beef or turkey, increase the heat to medium high and cook until the meat is done. Then simmer approximately 10 minutes. Add the remaining ingredients and cook another 10 minutes. Add olive oil to each individual bowl when serving.

Jay L. Wiener

## ORANGE CHICKEN, BARLEY, BOK CHOY, TOSSED SALAD & FRUIT

### BARLEY

*(prepare first)*

*2 cups pearl barley*

Bring 3 cups salted water to a boil and add barley. Stir until the water returns to a boil, then reduce the heat to a simmer and cover. Cook 40 minutes, or until soft but chewy. Cooking time will vary with the type of pot.

## ORANGE CHICKEN

*(45 minutes prep)*

*5 whole boneless, skinless chicken breasts (8 to 10 oz each), cut in half*

*½ cup unbleached flour or oat flour (grind your own)*

*Salt and freshly ground black pepper*

*2 tablespoons extra light olive oil*

*2 to 3 scallions, minced, including some of the green tops*

*2½ cups fresh-squeezed orange or tangerine juice*

*2 teaspoons peeled and grated fresh ginger*

*4 teaspoons Dijon mustard*

Flatten the chicken halves to an even thickness with a rolling pin or meat pounder. Salt and pepper each breast, then lightly coat with flour. Sprinkle with salt and pepper. Use a large sauté pan (deep) and heat the oil over medium heat until hot.

Add the chicken and sauté about 5 to 6 minutes on each side, browning the breasts until a fork will penetrate easily. Don't overcook the chicken or it will be tough. While the chicken is browning combine the scallions, orange juice, ginger, and mustard in a bowl, and mix well. Reserve ½ cup of the scallion orange sauce. Remove the chicken from the pan and add the scallion-orange mixture to the sauté pan in which the chicken was cooked and scrape the browned pieces from the bottom of the pan. Cook over medium-low heat and stir the mixture until it is reduced and thickened, approximately 5 to 10 minutes. Return the chicken to the pan to coat with the sauce. Serve over the barley. Pour reserved sauce over.

## BOK CHOY

*1 tablespoon olive oil*

*1 bunch bok choy, cut into ½-inch slices, stems to leaves*

Heat the oil over medium-high heat until hot. Add the bok choy, stir. Add 1 tablespoon water and cover. Steam-sauté for 5 to 7 minutes. Drizzle with extra virgin olive oil and sprinkle with toasted sesame seeds.

TOASTING SESAME SEEDS: Heat the skillet on medium-high heat and coat the bottom with a layer of raw sesame seeds. Stir continuously with a wooden spoon until the seeds are brown, not burned. They will pop when done. When several "pops" are heard, the lot is usually done. Use within the week or the oils in the seeds will become rancid.

## TOSSED SALAD

## HONEYDEW MELON

Portions:

Cat. I = 1 cup honeydew melon

Cat. II, III = 1½ cups honeydew melon

Cat. IV = 2 cups honeydew melon

## PANCAKES, MAPLE SYRUP & FRUIT

### PANCAKES

*Serves 4-6; makes 36 four-inch pancakes*

*4 whole eggs*

*8 egg whites*

*2 cups Eden plain soy milk or regular milk*

*2 cups soy flour*

*1 cup grated unpeeled zucchini*

*¼ to ½ teaspoon salt or to taste*

In a mixing bowl beat or whisk the whole eggs and egg whites. Mix in the milk. Slow mix in the flour and zucchini. Add the salt. Add more milk if the mixture is not the texture of a thin pancake mix (like crepes). Wipe the inside of a sauté pan using a paper towel with extra light olive oil on it so the pan is lightly coated with oil. Heat the pan.

It is hot enough when drops of water bead up on contact with the pan. Pour the batter to make 4-inch pancakes. When the batter has bubbles throughout, the pancakes can be turned over and cooked.

Leftover batter can be frozen or refrigerated to be cooked later for use as a snack. Or cook all of it and refrigerate the pancakes to eat cold or reheated as a snack. Olive oil can be drizzled over pancakes for your fat, or a nut butter can be used.

## FRUIT

Portions:

Cat. I = 6 pancakes with 4 teaspoons real maple syrup or 1 piece of fruit

Cat. II, III = 8 pancakes with 6 teaspoons real maple syrup or 1½ pieces of fruit

Cat. IV = 10 pancakes with 8 teaspoons real maple syrup or 2 pieces of fruit

## ORANGE CHICKEN SALAD

### ORANGE CHICKEN SALAD

*Makes 1 salad*

*Chicken breast (left over from last night), sliced on the diagonal*

*2 open handfuls of lettuce, spring green mix or romaine*

*¼ cup peeled, diced cucumber*

*¼ cup diced red bell pepper*

*¼ cup diced red onion*

*¼ cup bean sprouts*

*¼ cup snow peas, slivered, strings removed, and sliced on the diagonal*

*3 pinches of toasted sesame seeds*

*6 to 10 raw cashews (optional), if you need extra fat*

Mix all the ingredients together. Add Orange Vinaigrette (see page 232) to taste.

## ORANGE VINAIGRETTE

*Makes enough for 4 salads*

*1/3 cup rice vinegar  
1 teaspoon minced garlic  
1/2 teaspoon soy sauce  
1/4 cup water  
1/3 cup extra light olive oil  
1 tablespoon toasted sesame oil  
1/3 cup sauce from Orange Chicken*

Whisk together the vinegar, garlic, soy sauce, water, and orange sauce. Then slowly drizzle in the oils while whisking vigorously.

Portions:

Cat. I = 1/2 cup grapes and 1/2 orange, sectioned and sliced

Cat. II, III = 1 cup grapes and 1/2 orange, sectioned and sliced

Cat. IV = 1 1/2 cups grapes and 1 orange, sectioned and sliced

*10-12 minutes*

## HALIBUT OR COD, GARLIC SPINACH, CELERY ROOT & FRUIT

### CELERY ROOT

Be sure to cook the celery root while preparing the fish. This funny-looking round, brown, rough root vegetable with a delicious flavor is easily prepared. It makes a great bed for saucy fish and stews.

*Two 4-inch-diameter celery roots*

Peel the roots with a knife and cut into 1½-inch chunks.

Gently boil the chunks in water (like a potato) until soft. Don't overcook or the flavor will be lost. Once cooked, drain immediately and with a handheld mixer mash until smooth; small lumps may remain. Add salt and pepper to taste.

## HALIBUT OR COD

*Serves 4*

### Sauce

*1 large or 2 medium tomatoes, seeded and peeled (optional)*

*1 tablespoon olive oil*

*1 small red onion, coarsely chopped*

*2 garlic cloves, chopped*

*1 cup vegetable stock*

*1 tablespoon capers*

*1¼ to 1½ pounds halibut or cod filets*

Dice the tomatoes (can vary type and color). To make the sauce, sauté the onion and garlic until soft. Add the tomatoes, stock, and capers. Simmer on low to medium heat until the tomatoes are soft. Add and poach the fish in the sauce, spooning the sauce over the fish occasionally until it is opaque through the middle, approximately 8 to 10 minutes for halibut and 5 to 7 minutes for cod. Add extra stock in the event that the heat was too high and the tomato sauce thickens too much to poach the fish successfully. Check frequently. Do not overcook. Half a minute can make the difference between good fish and exceptional fish. Eat immediately. Serve on a bed of mashed celery root along with garlic spinach. The sauce can be made ahead of time and frozen, then thawed the day of cooking.

NOTE: To peel tomatoes use a knife to make an X at the bottom of the tomato, then blanch the tomatoes by boiling them in water for 10 seconds. Peel the skin. Squeeze out the seeds.

## SAUTÉED GARLIC SPINACH

*3 garlic cloves, sliced*  
*¼ cup vegetable stock*  
*1½ pounds baby spinach*

Gently sauté the garlic until soft, not brown. Add the stock and spinach. Cover and steam for 3 to 4 minutes. Serve.

## PEAR SAUCE

*2 pounds pears (approximately 4 pears)*  
*½ teaspoon water*  
*½ teaspoon ground cinnamon*

Peel, core, and cut the pears into eighths. Put into a medium saucepan with a secure lid. Add the water. Sprinkle the cinnamon over the fruit. Cook over medium heat until the fruit is soft and saucy, approximately 20 minutes.

Mash with a fork or hand mixer.

Portions:

Cat. I = 4½ ounces fish, ¾ cup celery root, unlimited spinach, ½ piece fruit, or ⅓ cup Pear Sauce

Cat. II, III = 6 ounces fish, 1 cup celery root, unlimited spinach, 1 piece fruit, or ⅔ cup Pear Sauce

Cat. IV = 7½ ounces fish, 1¼ cups celery root, unlimited spinach, 1½ piece fruit, or 1 cup Pear Sauce



## TURKEY PATTY, AVOCADO & FRUIT

### TURKEY PATTIES

*Makes 7 to 10 patties (depending on the size of patty)*

*2 small red and yellow bell peppers  
1/2 medium red onion  
1/2 bunch of cilantro, big stems removed  
3 pounds ground turkey  
1/2 cup toasted sesame seeds*

Chop peppers, onion, and cilantro in salsa maker or by hand. Add the turkey and sesame seeds. Form into patties (make them slightly larger than palm, due to the veggies). Sauté or grill until cooked (when opaque), throughout. Serve with avocado (or guacamole) on top.

#### Portions:

Cat. I = 3 tablespoons avocado

Cat. II, III = 4 tablespoons avocado

Cat. IV = 5 tablespoons avocado

### FRUIT

#### Portions:

Cat. I = 1 1/2 pieces of fruit or 1/2 apple, sliced, with 1/2 grapefruit, sectioned, and 1/2 orange, sectioned

Cat. II, III = 2 pieces of fruit or 1/2 apple, sliced, with 1/2 grapefruit, sectioned, and 1 orange, sectioned

Cat. IV = 2 1/2 pieces of fruit or 1/2 apple, sliced, with 1 grapefruit, sectioned, and 1 orange, sectioned

## HALIBUT OR COD OR TUNA SALAD & FRUIT

### HALIBUT OR COD

Reheat leftover halibut or cod, for approximately 10 minutes in a 350°F oven. Do not overheat. Or reheat in a microwave for 2 minutes on high. Do not overheat. *Or* add a little water in a saucepan and reheat the fish until warm.

If no leftovers remain make:

### TUNA SALAD

*Serves 4 to 5*

*Four 6-ounce cans tuna, packed in water and low sodium*

*3 tablespoons olive oil*

*1 red onion, chopped*

*1 cup chopped celery*

*1 red bell pepper, chopped*

*½ bunch parsley, chopped*

*1 cup red grapes, cut into quarters*

*Mayonnaise to taste*

*Salt and pepper to taste*

Separate the tuna chunks with a fork, then add the olive oil (mixing thoroughly), vegetables, mayonnaise, salt and pepper, and grapes. Serve on a bed of greens.

## FRUIT

### Portions:

Cat. 1 = 2 closed hands portion of tuna salad with  $\frac{1}{2}$  cup grapes,  $\frac{1}{2}$  cup pineapple, and 1 cup strawberries

Cat. II =  $2\frac{1}{2}$  closed hands portion of tuna salad with 1 cup grapes,  $\frac{1}{2}$  cup pineapple, and 1 cup strawberries

Cat. III = 2 closed hands portion of tuna salad with 1 cup grapes,  $\frac{1}{2}$  cup pineapples, and 1 cup strawberries

Cat. IV =  $2\frac{1}{2}$  closed hands portion of tuna salad with 1 cup grapes, 1 cup pineapple, and 1 cup strawberries

## BBQ FLANK STEAK, BLACK BEANS & BROCCOLI

### BBQ FLANK STEAK

This meal is quick to throw together, especially when the sauce is prepped ahead.

### BBQ SAUCE

*Makes approximately 2 cups*

*1½ cups fructose-sweetened ketchup*

*1 cup red wine vinegar or apple cider vinegar*

*¼ cup soy sauce*

*¼ cup Worcestershire sauce*

*½ cup blackstrap molasses*

*⅓ cup fructose*

*4 tablespoons chili powder*  
*2 tablespoons dry mustard*  
*2 garlic cloves, minced, or 1 teaspoon jarred minced/crushed garlic*  
*1 tablespoon fresh grated peeled ginger*  
*3 lemon slices*  
*2 tablespoons extra light olive oil*  
*1½ pounds flank steak*

In a medium saucepan combine all the ingredients, add the oil last. Simmer over medium heat, stirring often, for 8 to 10 minutes. Remove the lemon. This sauce will keep in the refrigerator for 2 weeks. Or freeze and thaw as needed.

Marinate the flank steak in  $\frac{3}{4}$  cup of the BBQ Sauce for at least 1 to 2 hours. Grill or broil the steak for approximately 8 minutes on each side. Let most of the sauce drip off the meat before cooking. Coat with the sauce for the last 3 minutes on each side. The meat is done when it is pink, not bloody, throughout. Slice the meat across the grain and at an angle for optimal tenderness.

If in a rush, marinate the flank steak in the morning and leave it in the refrigerator. Before dinner, open 1 or 2 cans of black beans, add chopped cilantro, and BBQ Sauce to taste.

## BLACK BEANS—SIDE DISH AND/OR SOUP

*Makes 8–10 fist-size servings*

*2 pounds black beans*  
*1 large onion, diced*  
*3 celery stalks, diced*  
*2 carrots, diced*  
*2 medium zucchini, diced*  
*1 medium green pepper, diced*  
*2 tablespoons tomato paste*  
*4 bay leaves*  
*2 sprigs of fresh chopped rosemary (or 4 teaspoons dried)*

*Leaves from 6 sprigs of fresh thyme (or 2 teaspoons dried)*

*1 bunch of chopped cilantro (1 cup)*

*4 cups water*

*Salt and freshly ground pepper to taste*

*3¼ cup Madeira wine (optional)*

*1 pound ground beef or turkey (when making soup)*

Soak the black beans overnight in water: one part beans to three parts water. When ready to cook, drain the beans and rinse well.

To cook the beans: Cover them with plenty of fresh water and bring to a boil. Reduce the heat and simmer for 10 minutes. In a soup pot sauté until soft the onion, celery, carrots, zucchini, and green pepper. Stir in the tomato paste to coat all the veggies. Add the beans, bay leaves, rosemary, thyme, cilantro, and water. Bring to a boil and boil 10 minutes. Lower the heat and simmer, partially covered, for 1 hour. Then add salt and pepper and the Madeira, if using. Cook for another 15 to 30 minutes or until soft. Remove the bay leaves.

Set aside 2 to 3 cups beans to serve as a side dish with the flank steak.

Set aside 2 to 3 cups beans to serve as a side dish with the Fajita Salad (page 241).

To finish the soup to serve for another meal: Brown 1 pound lean beef, cut in ½-inch cubes *or* make eight 1½-inch meatballs of ground turkey or beef.

Add the meat to the beans and cook until the meat is tender, approximately 1 to 1½ hours, 30 minutes for the meatballs.

When serving the beans as soup, add some olive oil after it has been heated and place into a large bowl. Freezes well.

## STEAMED BROCCOLI WITH OLIVE OIL

*Makes 4 servings*

Lightly steam 2 bunches of the broccoli. Sprinkle with toasted garlic. Add salt and drizzle with olive oil when ready to serve.

## VEGGIE CHEESE OMELET & FRUIT

### VEGGIE CHEESE OMELET

*Makes 1 omelet*

*1/3 cup sliced mushrooms  
1 teaspoon olive oil  
1/3 chopped red bell pepper  
1/3 cup chopped onion  
1 cup chopped fresh spinach or unchopped baby spinach  
Eggs and egg whites (see Category list below)  
2 tablespoons water  
Salt and pepper to taste  
1 ounce grated cheese*

**Portions:**

Cat. I = 1 whole egg and 4 egg whites or 6 egg whites

Cat. II, III = 1 whole egg and 6 egg whites or 8 egg whites

Cat. IV = 2 whole eggs and 6 egg whites or 10 egg whites

*(Nulaid egg substitute may be used in place of eggs)*

In an omelet pan or a small sauté pan sauté the mushrooms in the olive oil (or spray the pan with olive oil) until the mushrooms are soft. Add the bell pepper and cook for another 2 minutes. Add the onion and cook until limp or transparent. Add the spinach and cook for 1 minute, remove from the pan and set aside.

Whip the eggs and water together and pour into the pan. Add salt and pepper. Add in the veggies and grated cheese, and put under broiler (with door open) until the cheese melts and the eggs are cooked. Fold into an omelet and serve.

## FRUIT

Portions:

Cat. I =  $\frac{1}{4}$  half cantaloupe with  $\frac{1}{2}$  cup blueberries and 1 kiwi

Cat. II, III =  $\frac{1}{4}$  half cantaloupe with 1 cup blueberries and 1 kiwi

Cat. IV =  $\frac{1}{4}$  half cantaloupe with  $1\frac{1}{2}$  cups blueberries and 1 kiwi

May 2010 Update

## FAJITA SALAD, BLACK BEANS & GUACAMOLE

### FAJITA SALAD

*Makes 1 salad*

*Lettuce*

*Leftover cooked flank steak, measured out and cut in 1-inch pieces*

*1 small seeded ripe tomato, diced*

*$\frac{1}{8}$  cup or small handful of chopped red onions*

*$\frac{1}{8}$  cup or small handful of diced red bell pepper*

*Fist-size portion of Black Beans*

*BBQ Vinaigrette*

*Guacamole*

On a bed of lettuce place the steak, tomato, onions, bell pepper, and black beans. Toss with the vinaigrette. Put a dollop of guacamole on top.

## BBQ VINAIGRETTE

*3 tablespoons BBQ Sauce (page 237)*

*¼ cup olive oil*

*⅓ cup water*

Mix together thoroughly the sauce and oil. Add the water slowly and whisk in.

## BLACK BEANS

Use the leftovers from the night before.

## GUACAMOLE

*Makes 2 servings*

*1 medium ripe avocado, cut in half, peeled, pit removed (save the pit)*

*2 tablespoons chopped onion*

*1 garlic clove, pressed or minced*

*½ to 1 tablespoon jalapeño pepper, finely minced*

*½ to 1 tablespoon finely chopped cilantro*

*Juice of ½ small lime (should yield ½ teaspoon lime juice)*

In a bowl put the avocado, onion, garlic, jalapeño pepper, cilantro, and lime juice. Mash together with a fork until well mixed but still chunky. Add salt to taste and 1 small diced tomato, seeds removed (optional). Store covered, with the pit in the guacamole to retain color, in the refrigerator.



## PORK WITH APPLES, STRING BEANS, SALAD & SORBET

### GINGER PORK WITH APPLES

*Serves 4, with leftovers for lunch*

*4 tablespoons olive oil*

*1 medium sweet onion, diced*

*2 to 4 (1½ to 3 pounds) large Granny Smith apples, peeled, quartered, cored, and thinly sliced*

*1 teaspoon peeled and grated fresh ginger*

*1½ pounds pork tenderloin, sliced into 1½-inch-thick pieces*

*Salt and pepper*

Over medium heat, sauté in 3 tablespoons of the olive oil, the apples, and the onions for approximately 5 minutes.

Add the ginger and mix well. Cook for another 3 to 5 minutes, or until the apples are slightly brown. Cover and cook until the apples are tender but not mushy. If necessary add 1 to 2 tablespoons water.

While cooking the apples, prepare the pork. Gently pound or roll the meat with a rolling pin until the slices are  $\frac{3}{4}$  inch thick. Roll the cut ends toward each other. Salt and pepper the meat to taste. In another sauté pan heat over medium/high heat the remaining 1 tablespoon olive oil. When the oil is hot add the pork slices and sauté until browned on each side and cooked in the middle (no pink). This takes about 8 to 10 minutes. Add the apples and onions to the pork. Add a little water if necessary. Stir the meat pieces off the bottom of the pan, mixing everything together. Serve the pork with the apples and onions on top.

## STRING BEANS

Wash and snap ends off the string beans. Steam the beans until done. Add salt and pepper to taste. Drizzle with olive oil.

## GREEN SALAD

## SORBET

*Makes six ½-cup servings*

*3 cups ruby red grapefruit juice with some pulp*

*Juice of 1 lemon or lime*

*½ cup fructose*

*2 egg whites*

Make the sorbet following the directions on the ice cream maker, adding the egg whites after the juice begins to freeze. If no ice cream maker is available, put the ingredients into a blender with ice and blend until smooth. Eat immediately or store in freezer in another container.

Portions:

Cat. I = ½ cup sorbet with ¼ grapefruit, sectioned

Cat. II, III = ¾ cup sorbet with ½ grapefruit, sectioned

Cat. IV = 1 cup sorbet with ½ grapefruit, sectioned

Day 5: Breakfast

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**TURKEY SAUSAGES, OATMEAL & FRUIT**

See Week One, Day 1 Breakfast.

Day 6: Lunch

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**CAESAR SALAD & FRUIT**

**CAESAR SALAD**

This is very quick to make. Use precooked grilled chicken breasts *or* cooked shrimp.

**Caesar Dressing**

*Makes enough for 4 to 6 salads*

- 1 large egg*
- ½ teaspoon anchovy paste*
- 1 teaspoon Worcestershire sauce*
- Juice of ½ medium lemon (2 tablespoons)*
- 1 medium garlic clove, minced or pressed (1 teaspoon)*
- Salt (approximately ¼ teaspoon) and freshly ground pepper to taste*
- ½ cup extra virgin olive oil*
- 2 large romaine hearts, washed, dried, and torn into 1½-inch pieces*
- Parmesan cheese (optional)*

In a small bowl combine and whisk together the egg, anchovy paste, Worcestershire sauce, lemon juice, garlic, and salt and pepper. When smooth, slowly add the olive oil,

whisking constantly until the dressing is thoroughly blended. Can be made up to 1 day in advance and refrigerated.

Pour over the lettuce and sprinkle with grated Parmesan cheese, if desired.

## APPLESAUCE

*Makes 1½ to 2 cups*

*2 pounds apples (4 medium, Fuji or Gala)*

*1 tablespoon water*

*½ teaspoon ground cinnamon*

Peel, core, and cut the apples into eighths. Put into a soup pot with a secure lid. Add 1 tablespoon water. Sprinkle the cinnamon over the fruit. Cook over medium heat until the fruit is soft and saucy, approximately 20 minutes, drain, and reserve the excess liquid. Mash or use a hand mixer to desired texture; add the reserved liquid as needed.

### Portions:

Cat. I = Palm serving chicken or 9 medium shrimp, 2 open hands salad with 2 teaspoon salad dressing, 1 cup applesauce

Cat. II = Palm serving chicken or 13 medium shrimp, 2½ open hands salad with 3 to 4 teaspoons salad dressing, 1½ cups applesauce

Cat. III = Palm serving chicken or 13 medium shrimp, 2 open hands salad with 3 teaspoons dressing, 1½ cups applesauce

Cat. IV = Palm and ½ serving chicken or 16 medium shrimp, 2½ open hands salad with 4 to 5 teaspoon salad dressing, 1½ cups applesauce

## ROAST CHICKEN, CARROT-SQUASH PUREE, ASPARAGUS & FRUIT

### ROAST CHICKEN

*1 chicken, 3-4 pounds*  
*1 cup chicken stock or water*  
*Olive oil*  
*Dried rosemary or poultry seasoning*

Preheat the oven to 400°F. Wash the chicken, and remove the giblets and discard. Pat the chicken dry. Rub the outside of the chicken with olive oil and season with salt, pepper, and dried rosemary or poultry seasoning. Put a small sweet onion and fresh sprigs of rosemary inside the chicken.

Place the chicken on a rack in a roasting pan. Add the stock or water to the bottom of the pan. Roast the chicken until a meat thermometer reads 170°F in the thickest part of the thigh, or about 20 minutes per pound.

Allow the chicken 10 minutes to sit before cutting and serving.

### CARROT-SQUASH PUREE

*1 bunch carrots*  
*1 medium butternut squash*  
*1 delicata squash*  
*Chicken stock*  
*Olive oil*

Peel, slice, and steam carrots (reserve water); or drizzle olive oil over carrots and roast in a 425°F oven for 40 minutes, for the best flavor.

Cut the squash in half, remove the seeds, then place in a baking dish, cut side down. Bake the squash at 350°F for 45 minutes, or until soft.

Scrape the squash out of the peel. Beat or blend the carrots. Beat or blend the squashes. Add the stock to the desired consistency (or the reserved water from steaming). Mix the blended carrots and squashes together. Before serving, add olive oil.

## GRILLED ASPARAGUS

*1 pound trimmed asparagus (thin spears)*

*1 tablespoon extra virgin olive oil*

*Minced garlic clove*

*Salt and pepper to taste*

On a plate roll the asparagus in the olive oil mixed with the garlic. Grill the asparagus over medium heat for approximately 4 minutes a side. If broiling, spread the asparagus on a deep cookie sheet in a single layer. Broil 4 inches from the broiler on high. Turn once, cooking until tender for 4 to 5 minutes if small, 5 to 7 minutes if thicker. Sprinkle with salt and pepper to taste after cooking. This is also excellent served cold.

## FRUIT

Portions:

Cat. I = ½ piece of apple, orange, peach, or nectarine

Cat. II, III = 1 piece of apple, orange, peach, or nectarine

Cat. IV = 1½ pieces of apple, orange, peach, or nectarine

## BEEF PATTY & FRUIT

### BEEF PATTY WITH BBQ KETCHUP

*Makes 6 patties*

*1 tablespoon BBQ Sauce (left over from flank steak)*

*2 tablespoons ketchup (fructose sweetened)*

*1/4 cup chopped raw red onions*

*1 pound lean ground beef*

Mix BBQ Sauce, ketchup, and onions into the ground beef. Shape the meat into patties and grill or sauté until done.

### FRUIT

Portions:

Cat. I = 1 kiwi, sliced, 1/2 orange, and 1/2 grapefruit, cut into sections

Cat. II, III = 1 kiwi, sliced, 1 orange, and 1/2 grapefruit, cut into sections

Cat. IV = 1 kiwi, sliced, 1 orange, and 1 grapefruit, cut into sections

## CHICKEN WALDORF SALAD & FRUIT

### CHICKEN WALDORF SALAD

*Serves 4 to 5*

*1 pound boneless, skinless chicken breast or 1 1/4 pounds of boned breasts, skin on*  
*1 Granny Smith apple, cut into 1/2-inch pieces*  
*2 celery stalks, diced*  
*1/2 cup chopped onion (1 small onion)*  
*1 cup quartered red grapes*  
*1/2 cup chopped pecans or walnuts*  
*1/3 cup regular mayonnaise*  
*1/4 cup light olive oil*  
*Lettuce (any but Iceberg)*

Drop boneless chicken breasts into simmering water and cook about 15 minutes until tender. You can roast boned breasts in a 400°F oven for 35 minutes until done. Cool the chicken.

Mix together the mayonnaise and oil, and toss with chicken, apple, celery, onion, grapes, and nuts. Serve on a bed of greens.

### FRUIT

Portions:

Cat. I = 1 pear or piece of fruit

Cat. II, III = 1 1/2 pears or pieces of fruit

Cat. IV = 2 pears or pieces of fruit



## SALMON WITH DILL SAUCE, LENTILS, CHARD & FRUIT

### SALMON WITH DILL SAUCE

*Serves 4 with leftovers*

*½ cup dry white wine  
2 chopped tablespoons fresh dill  
6 teaspoons Dijon mustard  
2 tablespoons olive oil  
1½ to 3 pounds salmon*

In a deep skillet combine the wine, dill, and mustard. Simmer for 3 minutes. Add the olive oil and poach the salmon for 10 to 15 minutes until opaque. Serve on a bed of baby lentils.

### BASIC BABY LENTILS

*2 tablespoons olive oil  
1 medium sweet onion, chopped  
2 garlic cloves, chopped  
1 carrot, finely diced  
1 celery stalk, finely diced  
1 bunch of chopped parsley  
1½ cups petit French lentils or brown or green lentils, sorted and rinsed  
Salt and freshly ground pepper  
2 bay leaves*

In olive oil sauté the onion, garlic, carrot, celery, and parsley until soft. Add 3 cups cold water to the sautéed vegetables, then add the lentils, salt and pepper, and bay leaves.

Bring to a boil. Remove any foam that surfaces. Lower the heat and simmer until tender but still a little firm—the lentils shouldn't be mushy—about 15 to 25 minutes, depending on the size of the lentils. Double the recipe to use for tomorrow's lunch.

## CHARD

*1 bunch of chard*

Remove the stems of the chard. Wash thoroughly and slice or chop the chard. In a covered saucepan, steam the chard for 1 to 3 minutes. Drizzle with olive oil. Add salt and pepper to taste.

## WATERMELON

Portions:

Cat. I =  $\frac{1}{2}$  cup lentils with  $\frac{3}{4}$  cup watermelon, cubed

Cat. II, III =  $\frac{3}{4}$  cup lentils with  $\frac{3}{4}$  cup watermelon, cubed

Cat. IV =  $\frac{3}{4}$  cup lentils with  $1\frac{1}{2}$  cups watermelon, cubed

Day 11 Breakfast

## TURKEY BACON, EGGS & OATMEAL

See Week One, Day 1 Breakfast, except substitute turkey bacon for turkey sausage, if desired.

## SALMON SALAD, BABY LENTILS, BEETS & FRUIT COMPOTE

### SALMON SALAD

*Serves 4*

Leftover salmon may be eaten cold on a bed of greens with a vinaigrette, or made into this Salmon Salad, and served with a lentil beet salad.

*Leftover salmon*

*Mayonnaise*

*1/2 medium red onion, chopped*

*1 celery stalk, chopped*

*1/2 red bell pepper, chopped*

*Fresh dill, chopped*

Flake the salmon and mix with the mayonnaise to the desired taste and consistency. Add dill and salt and pepper to taste.

### BABY LENTIL SALAD

*5 beets*

*Leftover Baby Lentils (page 251)*

*1 teaspoon olive oil*

*1/2 cup (2 stalks) finely diced celery*

Toss the beets with oil and bake about 35 minutes at 425°F. Toss every 10 minutes while baking. Or roast the beets the night before, or boil them whole until they are soft. Remove the skins and cut into 1/2-inch cubes. Add the celery to the lentils and beets. Toss with the vinaigrette and add chopped mint to taste.

## BALSAMIC VINAIGRETTE

*1 tablespoon yellow mustard*  
*1 teaspoon stone-ground mustard*  
*½ teaspoon crushed garlic*  
*1 teaspoon fructose, honey, or maple syrup (optional)*  
*2 tablespoons white wine*  
*2 tablespoons (or slightly more) balsamic vinegar*  
*¼ cup olive oil*

Combine the mustards, garlic, fructose (if using), wine, and vinegar. Whisk in the oil.

## TROPICAL FRUIT SALAD

Portions:

Cat. I = ¼ cup mango, ¼ cup papaya, ¼ cup grapes, ½ cup oranges, ¼ cup pineapple

Cat. II, III = ¼ cup mango, ¼ cup papaya, 1 cup orange sections, ½ cup pineapple, ¼ cup grapes

Cat. IV = ⅓ cup mango, ½ cup papaya, ½ cup pineapple, 1 cup orange sections, ½ cup grapes

## EGGPLANT LASAGNA, CAESAR SALAD & FRUIT

### EGGPLANT LASAGNA

This recipe takes a while to make, but it freezes well and makes great leftovers that are more flavorful than on the first day.

- 2 medium eggplants, sliced 1/2 inch thick*
- Olive oil*
- 1 large sweet onion, chopped*
- 1 each red/yellow/green/orange bell pepper, diced*
- 2 medium zucchini, diced*
- 2 yellow squash, diced*
- 2 large cans (28 ounces) diced tomatoes*
- 50-ounce jar of marinara sauce (no sugar)*
- 1 1/4 pounds ground turkey or 1 1/4 pounds extra lean ground beef*
- 1 bag baby spinach (3 cups)*
- 1 pound mozzarella, shredded*
- 2 pounds low-fat ricotta mixed with 1 whole egg*
- Parmesan cheese*

Salt the eggplants and set aside to drain for 15 minutes (optional). Brush with olive oil. Grill or broil the eggplants until soft and light brown on each side. Set aside.

Sauté in olive oil the onion, bell pepper, zucchini, and squash. Add the tomatoes and marinara sauce, and simmer for 15 minutes. Add the turkey and cook, stirring often, until done, approximately 8 to 10 minutes. Then add the spinach.

In a 9 x 14 x 3-inch roasting or lasagna pan place the eggplant, 1 layer thick. Then add some of the tomato-meat sauce, then a thin layer of ricotta cheese just on top of the sauce. Then add a layer of shredded mozzarella. Repeat the layers, ending with the eggplant (the third layer). Add the remaining sauce and sprinkle with Parmesan cheese. Bake at 350°F for 1 hour.

## CAESAR SALAD

See Week One, Day 5 Lunch, but eliminate chicken or shrimp.

## HONEYDEW MELON

Portions:

Cat. I = 1 cup honeydew melon

Cat. II, III = 1½ cups honeydew melon

Cat. IV = 2 cups honeydew melon

**WEEK TWO FUEL PLAN AT A GLANCE**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Pancakes Maple Syrup Fruit	Zucchini Onion Fritters Fruit	Chicken Hash Fruit	Turkey Sausages Oatmeal Fruit	Turkey Patty Avocado Fruit	Veggie Cheese Omelet Fruit	Beef Patty with BBQ Ketchup Fruit
Snack							
Lunch	Chicken Barley Soup	Peanut Sesame Lettuce Wraps Fruit	Stuffed Peppers Berry Fruit Salad	Spinach Salad with Shrimp Peach Nut Muffins Sorbet	Chicken Caesar Salad Fruit	Sesame Chicken Salad	Lamb Lentil Soup Fruit
Snack							
Dinner	South- western Pork Carrots Andy's Salad Vanilla Custard	Stuffed Peppers Tossed Salad Berry Fruit Salad	Curried Chicken Grated Zucchini Red Cabbage Salad Pear Sauce	Chuck Roast Tossed Salad Fruit Tart	Halibut or Sole with Citrus and Cilantro Asparagus Honeydew	Lamb Turkish Salad Ratatouille Hummus Sorbet	Chicken with Lemon Capers Zucchini- Onion Sauté Beets Broccoli Soup
Snack							

## WEEK TWO RECIPES

### PANCAKES, MAPLE SYRUP & FRUIT

See Week One, Day 2 Breakfast.

### CHICKEN BARLEY SOUP

#### CHICKEN BARLEY SOUP

*6 to 8 servings*

*1½ to 4 pounds chicken, washed and dried  
1 large onion, chopped in large pieces  
1 bunch of parsley, coarsely chopped  
2 celery stalks, coarsely sliced  
1 unpeeled carrot, sliced  
1 small onion, chopped  
1 small celery stalk, chopped  
2 unpeeled carrots, sliced  
2 medium zucchini, chopped  
3 large garlic cloves  
Bunch of fresh dill, peeled from stems  
4 teaspoons salt  
¼ teaspoon freshly ground pepper to taste  
Leaves (washed) from 1 head of escarole  
2 cups cooked barley*



In a large soup pot place enough water (3 quarts) to cover the chicken, onion pieces, parsley, celery, and carrots. Bring to a boil, then reduce the heat to medium low and cook until the chicken is tender and the leg bones separate easily from the body, almost fall off, approximately 1 hour and 20 minutes.

Remove the chicken from the pot. Skim off any fat left on top of the water (which is now stock). Add the small chopped onion and the celery slices and dill.

Simmer on medium low heat for 15 minutes, or until veggies are tender. Return the chicken pieces (no bones) to the pot of soup. Then add the escarole and cooked barley. Simmer for 2 to 3 minutes more.

See cooked barley recipe, Week One, Day 1 Dinner.

## **SOUTHWESTERN PORK, CARROTS, ANDY'S RIO SALDO SALAD & CUSTARD**

### **SOUTHWESTERN PORK**

*6 to 8 servings*

*2 pork tenderloins, 12 ounces each*

#### **Marinade**

*3 chipotle chiles in adobo sauce (canned), seeds removed*

*¾ to 1 tablespoon honey or fructose*

*Juice of ½ lime*

*1 tablespoon soy sauce (low sodium)*

*2 teaspoons ground cumin*

*½ cup coarsely chopped cilantro*

In a mini-chopper, chop all ingredients until creamy. Place half the mixture into a large Ziploc bag, along with the 2 tenderloins. Roll up the bag so the tenderloins are well coated and refrigerate for several hours if possible.

Grill the tenderloins (covered) about 4 minutes on each side, brushing on the marinade while turning. The pork is done when it is pale pink in the center. *Or* broil the tenderloins on high 4 to 6 inches from the heat. Slice the meat diagonally and serve. If eating the custard dessert, slightly reduce the amount of pork eaten.

## CARROTS

*4 large carrots or one bunch of carrots*

Cut the carrots diagonally into sticks. Place sticks on lightly oiled deep cookie sheet or in a roasting pan and drizzle with oil. Roast at 425°F for 30 minutes, turning every 10 minutes. Carrots will be brown around the edges. If you don't have two ovens, steam them about 5 minutes or until done. Drizzle with olive oil.

## ANDY'S RIO SALDO SALAD

*4 servings*

*2 cups diced cucumber*

*1 yellow bell pepper, diced*

*2 tomatoes, seeded and chopped*

*½ diced avocado*

*2 pinches of cayenne pepper or ½ teaspoon canned chopped green chile (optional)*

*Olive oil*

*Juice of ½ lemon*

Mix the cucumber, bell pepper, tomatoes, avocado, and cayenne. Drizzle oil and lemon juice onto the salad. Mix well and serve.

## VANILLA CUSTARD

*4 cups whole milk, 2% milk, Lactaid, or Eden Soymilk*  
*8 large egg whites or 16 ounces egg substitute, such as Nulaid*  
*2/3 cup fructose*  
*2 teaspoons vanilla extract*  
*2 teaspoons ground cinnamon*  
*Pinch of salt*

Preheat the oven to 350°F. Heat the milk in a saucepan over medium heat, stirring regularly until steam comes up from milk. Do not boil. In a separate bowl whisk together the egg whites, fructose, vanilla, cinnamon, and salt.

Add the heated milk to the egg-white mixture, whisking gently so it doesn't foam. Pour into a 6 × 9-inch glass baking dish. Place the dish in a roasting pan with hot water that rises to the level of the mixture inside the baking dish. Bake for 45 to 50 minutes, 10 to 20 minutes longer if soymilk is used, or until a knife inserted into the middle comes out clean.

## ZUCCHINI ONION FRITTERS & FRUIT

### ZUCCHINI ONION FRITTERS

*Serves 1*

*Egg whites*  
*1/2 cup grated zucchini*  
*1/2 cup finely chopped onion*  
*1 ounce grated cheese*  
*1 tablespoon flour or oat flour*  
*1/2 teaspoon fresh chopped rosemary*  
*Olive oil*

Mix together the egg whites, zucchini, onion, cheese, flour, and rosemary. To make fritters, drop ¼ cup of mixture into hot oil and cook on both sides until done.

Portions:

Cat. I = 4 egg whites or equivalent amount egg substitute

Cat. II, III = 6 egg whites

Cat. IV = 8 egg whites

## FRUIT

Portions:

Cat. I = 1½ apples

Cat. II = 2 apples

Cat. III = 2½ apples

## PEANUT SESAME LETTUCE WRAPS & FRUIT

### PEANUT SESAME LETTUCE WRAPS

*2 heads of romaine lettuce*

*1 pound raw chicken breasts, sliced*

Select the large and medium leaves from the romaine. Wash, dry, and put aside, keeping them cold.

Marinate the chicken breasts in 2 tablespoons of the sesame marinade for 30 minutes, then grill 5 to 7 minutes a side or bake for 30 to 45 minutes at 350°F. Or mix the Sesame Peanut Sauce with the cooked chicken immediately before serving.

### Sesame Marinade

*1/4 cup sesame oil*  
*3 tablespoons dark sesame oil*  
*1/2 cup low sodium soy sauce*  
*3 tablespoons balsamic vinegar*  
*3 tablespoons fructose*  
*2 teaspoons chili oil*  
*1 tablespoon grated fresh ginger*  
*1 bunch of cilantro, chopped*

Mix all ingredients together.

### Alexander's Sesame Peanut Sauce

*1/2 cup marinade*  
*1/4 cup creamy peanut butter*  
*1/4 cup hot water*

### Vegetables

*1/2 cup snow peas, slivered*  
*1/2 cup water chestnuts, sliced*  
*1/2 cup red bell pepper, diced*  
*1 cup bean sprouts*  
*1/2 cup red onions, chopped*  
*1 garlic clove, pressed or minced*

Sauté the vegetables in 1 tablespoon of the marinade or leave them raw. Spoon the desired amount of chicken and veggies onto the lettuce leaves and drizzle with Sesame Peanut Sauce. Fold each leaf in half with the contents in between.

## FRUIT

Portions:

Cat. I = 1 piece of citrus fruit, such as tangerine, orange, or grapefruit

Cat. II, III = 1½ pieces of citrus fruit, such as tangerine, orange, or grapefruit

Cat. IV = 2 pieces of citrus fruit, such as tangerine, orange, or grapefruit

## STUFFED PEPPERS, TOSSED SALAD & FRUIT SALAD

### STUFFED PEPPERS

*6 servings*

*6 red, green, yellow, or orange bell peppers*

*2 cups pearl barley*

Oil the outside of bell peppers. Roast peppers in the oven at 450°F for 20 minutes, or until soft; they can also be parboiled or steamed until soft but al dente.

Meanwhile, cook the barley. Bring 3 cups salted water to a boil. Add the barley. Stir until the water returns to a boil. Reduce the heat to simmer and cover. Cook for 40 minutes, or until soft but chewy.

### Filling

*1 bunch of Swiss chard (leaves and stems), chopped, or kale (stems removed entire length of leaf) or spinach or other desired greens (with bok choy do not remove stems)*

*Olive oil*

*1 cup and 2 tablespoons of chicken stock*

*1 large onion (red, Vidalia, or Maui), chopped*

*1 jar artichoke hearts, packed in water, drained and chopped*  
*1 1/4 pounds ground turkey or chicken*

Sauté the greens until soft in a little olive oil and 2 tablespoons of the chicken stock. Set aside.

Sauté the onion until clear. Add the artichokes and simmer for 3 minutes to mix flavors. Add to the greens and keep aside.

Brown the turkey until opaque; don't overcook. Add the veggie mixture, 2 cups cooked barley, and 1 cup chicken stock to the turkey. Mix well.

Remove the stems, tops, and seeds from the bell peppers, and stuff with the filling. Bake at 350°F for 30 minutes. Drizzle olive oil over the peppers before serving.

## TOSSED SALAD

## BERRY FRUIT SALAD

*Make double the amount for tomorrow's lunch.*

Portions:

Cat. I = 1/4 cup blackberries, 1/4 cup blueberries, 1/2 cup apples, 1/4 cup raspberries, 1/4 cup strawberries

Cat. II, III = 1/2 cup blackberries, 1/2 cup blueberries, 1/2 cup apples, 3/4 cup raspberries, 3/4 cup strawberries

Cat. IV = 3/4 cup blackberries, 1/2 cup blueberries, 3/4 cup apples, 1 cup raspberries, 1 cup strawberries

## CHICKEN HASH & FRUIT

### CHICKEN HASH

*1 medium red or sweet onion, chopped*  
*1/3 red bell pepper, chopped*  
*1/3 green bell pepper, chopped*  
*1 1/4 pounds ground chicken or turkey*  
*1 1/2 teaspoons poultry seasoning*  
*9 tablespoons salsa*  
*6 egg whites*  
*Salt and freshly ground pepper to taste*

Sauté the onion and bell peppers until soft. Brown the chicken in a small amount of olive oil. Add the poultry seasoning, salsa, and salt and pepper.

In a bowl gently beat the egg whites and add to the chicken mixture, stirring constantly until the whites are cooked. After cooking add appropriate amount of oil.

### FRUIT

Portions:

Cat. I = 1 peach, cut up, and mixed with 1/2 cup strawberries, cut up

Cat. II, III = 1 peach, cut up, and 1 cup strawberries, cut up

Cat. IV = 2 peaches, cut up, and 1 cup of strawberries, cut up



## **STUFFED PEPPERS & FRUIT SALAD**

### **STUFFED PEPPERS**

Microwave the peppers left over from yesterday's dinner for 3 to 5 minutes, *or* bake at 350°F 12 to 15 minutes, *or* steam in a covered pot with a small amount of water.

### **FRUIT SALAD**

(Use the leftover berry fruit salad from last night's dinner)

## **CURRIED CHICKEN, GRATED ZUCCHINI, RED CABBAGE & FRUIT SALAD**

### **CURRIED CHICKEN BREASTS**

*4 boneless, skinless chicken breast halves (approximately 1¼ pounds)*  
*3 tablespoons extra light olive oil*  
*Salt and pepper to taste*  
*1 medium sweet onion, coarsely chopped*  
*3 tablespoons curry powder*  
*½ cup chicken stock*  
*1 cup light coconut milk (canned)*  
*Grated sautéed zucchini*

Cut the fat off the chicken. Wash and dry with paper towels, and slice into 1-inch strips. Sauté in a large sauté pan in 2 tablespoons of the olive oil over medium-high heat until light brown. Remove from the pan and set aside.

To the pan add the remaining olive oil and sauté the onion until soft, about 2 minutes. Add the curry powder and stock and mix thoroughly. Simmer for 6 minutes, scraping chicken pieces off the bottom of the pan.

Add the coconut milk and cook over low heat, stirring frequently, until thickened. Return the chicken to the pan and coat chicken thoroughly with the sauce. Serve on bed of grated zucchini.

#### GRATED SAUTÉED ZUCCHINI

*6 medium zucchini, grated*  
*1 medium yellow onion, diced*  
*Olive oil*

Sauté the zucchini and onion in olive oil until soft. Add salt and pepper to taste.

#### RED CABBAGE SALAD

*2/3 cup mayonnaise*  
*1/4 teaspoon salt*  
*1 teaspoon cumin*  
*1 small red cabbage, shredded (slaw)*  
*1/2 orange, sectioned*

Mix together the mayonnaise, salt, and cumin and add to the red cabbage slaw. Then add orange sections to cabbage slaw and mix thoroughly.

## PEAR SAUCE

See Week One, Day 2 Dinner.

Portions:

Cat. I =  $\frac{2}{3}$  cup pear sauce

Cat. II, III = 1 cup pear sauce

Cat. IV =  $1\frac{1}{3}$  cups pear sauce

Day 1 Breakfast

## TURKEY SAUSAGES, OATMEAL & FRUIT

See Week One, Day 1 Breakfast.

Day 4 Lunch

## SPINACH SALAD WITH SHRIMP, PEACH NUT MUFFINS & SORBET

### SPINACH SALAD WITH SHRIMP

*Makes 4 salads*

*1½ pounds baby spinach, washed and dried*

*1 pound medium shrimp (precooked)*

*1 large mango, cubed, or one orange, cut into sections*

*½ small red onion, thinly sliced*

### Dressing

*2 tablespoon rice wine vinegar*

*2 tablespoon fresh orange juice*

*1 tablespoon fresh grated ginger*  
*¼ cup extra light olive oil*  
*1 tablespoon toasted sesame oil*  
*Salt and pepper to taste*

Assemble the salad: the spinach, shrimp, mango or orange, and onion slices. Whisk together the vinegar, orange juice, and ginger. Add the oils, salt and pepper, and whisk slowly and continuously.

## PEACH NUT MUFFINS

*Makes 11 muffins*

*1 cup soy flour*  
*¼ teaspoon baking powder*  
*1½ tablespoons fructose*  
*¼ cup egg substitute or 4 large egg whites*  
*½ cup milk or Eden soymilk*  
*½ cup extra light olive oil*  
*1 peach, peeled and cut up, or 2 cups blueberries*  
*½ cup chopped walnuts or pecans*

Preheat the oven to 350°F. In a bowl combine: the flour, baking powder, and fructose. In a separate large mixing bowl combine the egg substitute, milk, and olive oil. Fold the dry mixture into the wet mixture, then add the peach and nuts. Fill muffin tins two-thirds of the way and bake for 35 minutes.

## SORBET

See Week One, Day 4 Dinner.

## CHUCK ROAST, TOSSED SALAD & FRUIT TART

### CHUCK ROAST

Prep time for this recipe is very short, but cooking time is approximately 3 hours. This is a good dish to prepare while preparing other meals or foods. Even better, cook it a day or two before it will be served.

- 2 onions, chopped*
- 5 celery stalks, chopped*
- 3 garlic cloves*
- 1/2 bunch of parsley, chopped*
- 1 can (28 ounces) diced tomatoes*
- 1 cup red wine*
- 5 sprigs fresh rosemary and 7 to 10 sprigs of fresh thyme, tied together with string*
- 3 1/2 pounds chuck roast, fat trimmed off (don't cut up)*
- 2 large carrots, sliced*
- 2 medium zucchini, cut up*
- 2 medium yellow squash, cut up*
- Vegetable stock (optional)*

Sauté the onions, celery, garlic, and parsley until tender. Add the tomatoes, wine, and rosemary and simmer over medium heat for 10 minutes. Add the chuck roast to the pot and reduce the heat to low. Cook over low heat for 2 hours. Add the carrots and squashes and cook for 1 more hour until the meat is tender and the veggies are soft. Add vegetable stock, if necessary.

## TOSSED SALAD

## FRUIT TART

*8 servings*

### Nut Crust

*½ cup almonds, pecans, or walnuts, chopped in a mini-chopper until the largest pieces are the size of BBs*  
*¾ cup unbleached white or whole-wheat pastry flour*  
*¼ teaspoon salt*  
*2 tablespoons fructose*  
*5 tablespoons extra light olive oil*  
*½ teaspoon vanilla extract (optional)*

### Filling

*1 egg*  
*⅔ cup sour cream*  
*½ teaspoon vanilla extract*  
*⅛ teaspoon grated nutmeg*  
*3 tablespoons fructose*  
*1 pint strawberries (sliced) or raspberries*

For the crust: Preheat the oven to 350°F and toast the chopped nuts in a tart pan, circular cake pan, or pie pan, checking them frequently so they don't burn. They will brown slightly and smell toasted. It takes approximately 5 to 6 minutes. Let cool, then add the remaining ingredients to the nuts and mix well, using a fork or pastry cutter. When well blended, press the mixture into bottom of the pan so it forms a thin crust about ⅛ inch thick. There may be some left over, depending on the size of the pan.

For the filling: Mix together the egg, sour cream, vanilla, and nutmeg. In a separate bowl gently mix the fructose and berries.

Arrange the fruit on the bottom of the crust. Pour the filling over the fruit. Put the pan on top of a cookie sheet and bake until brown, about 35 minutes. Cool and serve.

For portions, put your thumb and forefingers together at the tips. This forms a kind of wedge, about equal to the right serving size.

Day 3: Lunch

### **TURKEY PATTY, AVOCADO & FRUIT**

See Week One, Day 3 Breakfast.

Day 5: Lunch

### **CHICKEN CAESAR SALAD & FRUIT**

#### **CHICKEN CAESAR SALAD**

See Week One, Day 5 Lunch.

*4 chicken breast halves, approximately 4 to 5 ounces each*  
*Olive oil*

Brush the chicken breasts with olive oil and grill or broil until fork-tender (a fork goes easily into the breast without resistance), about 5 to 6 minutes on each side.

Cool slightly and slice at an angle approximately ½ inch thick, perpendicular to the length of the breast. Add the chicken to the Caesar salad.

#### **FRUIT**

See Week One, Day 2 Lunch.

## HALIBUT OR SOLE WITH CITRUS, ASPARAGUS & FRUIT

### HALIBUT OR SOLE WITH CITRUS AND CILANTRO

*1 1/2 to 2 pounds halibut or sole fillets*  
*1 tablespoon extra light olive oil*  
*1 small sweet onion, chopped*  
*2 large garlic cloves, minced or pressed*  
*1/4 cup chopped cilantro*  
*3/4 cup tangerine or orange juice*  
*Juice of 1/2 lime*

Preheat the oven to 400°F and put the fish in a glass baking dish. Heat the olive oil and sauté the onion and garlic until transparent. Add the cilantro, tangerine and lime juices, and salt and pepper to taste. Pour over the fish and bake, covered, for 20 to 25 minutes for halibut, or until opaque throughout for sole, 8 to 10 minutes. Put the fish on a plate and pour the sauce over the fish.

### ASPARAGUS

See Week One, Day 5 Dinner.

### HONEYDEW MELON

Portions:

Cat. I = 1 cup honeydew melon, cubed

Cat. II, III = 1 1/2 cups honeydew melon, cubed

Cat. IV = 2 cups honeydew melon, cubed



Day 4 Breakfast

## VEGGIE CHEESE OMELET & FRUIT

See Week One, Day 4 Breakfast.

Day 4 Lunch

## SESAME CHICKEN SALAD

### SESAME CHICKEN SALAD

*Serves 4*

*1 pound pound shredded roasted chicken (4½ chicken breasts), marinated in Sesame Marinade (page 263)*

*½ red cabbage, shredded*

*2½ cups fresh string beans, steamed until al dente*

*½ to ¾ cup Sesame Peanut Sauce (page 263)*

In a roasting pan, roast the chicken breasts with skin and bone. Add salt and pepper to taste and drizzle with olive oil. Bake at 350°F until the center of the breast is approximately 160°F. Cook between 20 and 30 minutes.

## LAMB, TURKISH SALAD, RATATOUILLE, HUMMUS & SORBET

### LAMB

*1 boneless leg of lamb, preferably Australian*  
*8 to 10 garlic cloves*  
*4 sprigs of fresh rosemary*

Buy Australian boneless leg of lamb; it is raised without hormones or antibiotics, and is generally wrapped in netting that is oven-safe. With a sharp knife, make eight to ten 1-inch incisions around the lamb, insert the garlic into the incisions. Stuff the rosemary into the folds of the meat.

Preheat the oven to 450°F, then reduce to 350°F. Place the roast on a rack in a roasting pan. Roast for approximately 30 minutes per pound until the internal temperature of the meat is 168° to 172°F when using an instant thermometer.

### TURKISH SALAD

#### Dressing

*¼ cup red wine vinegar*  
*½ cup extra virgin olive oil*  
*1 tablespoon dried oregano*  
*1 tablespoon fresh chopped mint*  
*1 garlic clove, pressed*  
*Salt and pepper to taste*

Mix together all the ingredients and set aside for at least 1 hour.

*4 fresh tomatoes, chopped into 1/2-inch pieces*  
*1 seedless cucumber, peeled and chopped into 1/2-inch pieces*  
*1 green pepper or Anjou pepper, chopped*  
*1 red onion, chopped*

Toss the vegetables in the dressing and let sit another hour.

## RATATOUILLE

*2 medium eggplants*  
*3 bell peppers (red, yellow, and green)*  
*1 tablespoon olive oil*  
*1 large red onion, chopped*  
*3 large garlic cloves, chopped*  
*1 can (14 ounces) diced tomatoes (fire-roasted are best)*

Cook the eggplants and bell peppers on an outdoor grill or broil at 400°F for 20 to 25 minutes. Cover the grill but turn them occasionally. Cook until all are black on the outside, then remove and let cool. Remove the skins, seeds, and stems, then slice the peppers into 1/2-inch slices, top to bottom. If the eggplants are soft enough, no cutting is necessary; if not, cut it into 1-inch chunks.

While the veggies are cooking, sauté the red onion and garlic in olive oil until soft. Add the peppers and eggplant and sauté for 5 minutes more. Add the tomatoes, and simmer for 10 minutes to blend the flavors. The flavor improves with time and the dish is delicious the next day, served cold or reheated.

## HUMMUS

*2 cans garbanzo beans or 3 1/2 cups cooked beans*  
*1/4 cup tahini*  
*2 large garlic cloves or 4 small garlic cloves*  
*Juice of 1 1/2 medium lemons*  
*Salt to taste*

*1/8 to 1/4 teaspoon ground cayenne pepper*

*1/2 teaspoon ground cumin*

*4 tablespoons olive oil*

*1/4 cup minced parsley*

Mash the garbanzo beans and add the tahini, garlic, lemon juice, salt, cayenne, and parsley. Stir until ingredients are well blended and smooth.

## SORBET

See Week One, Day 4 Dinner.

## BEEF PATTY & FRUIT

See Week One, Day 6 Breakfast.

## LAMB LENTIL SOUP & FRUIT

### LAMB LENTIL SOUP

*Serves 4 to 6*

*1 tablespoon olive oil*

*1 chopped onion*

*2 diced carrots*

*2 diced celery stalks with greens*

*1 diced medium zucchini*

*3 chopped garlic cloves*

*8 cups water*

*1 3/4 cups lentils*

*1 pound of leftover roast lamb, cut into 1-inch squares*

In a soup pot heat the oil and sauté the onion, carrots, celery, zucchini, and garlic. When soft add the water and lentils. Bring to a boil, then simmer over low heat until the lentils are almost soft. Add the lamb and cook for another 20 minutes.

## FRUIT

Sec Week One, Day 6 Lunch.

## CHICKEN WITH LEMON CAPERS, BEETS & BROCCOLI SOUP

### CHICKEN WITH LEMON CAPERS

*6 chicken breasts*

*Salt and pepper*

*Flour*

*3 1/2 tablespoons olive oil*

*1 lemon, sliced*

*4 tablespoons capers*

*1/2 cup white wine*

*Onion, chopped*

Pound the chicken breasts to an even thickness, about 1/4 inch. Add salt and pepper to taste. Sprinkle with flour on both sides. In a skillet cook over medium-high heat in 2 tablespoons of the olive oil. Sauté on each side until brown, approximately 4 minutes a

side. Remove to a separate plate. In the skillet mix the lemon slices, capers, white wine, remaining olive oil, and onion. Heat until onion is soft. Return the chicken to the pan, warming for 1 minute on each side. Serve over a bed of steamed spinach.

Make extra. This recipe is wonderful the next day on a bed of lettuce, peppers, cucumbers, and onions.

### ZUCCHINI-ONION SAUTÉ

*2 zucchini, thinly sliced*

*1 onion, thinly sliced*

*Olive oil*

Sauté in the zucchini and onion in the oil until soft. Add salt and pepper to taste.

### BEETS

Roast a bunch of beets at 425°F for about 35 minutes, *or* boil them until the skins come off easily.

### BROCCOLI SOUP

*1 large sweet onion*

*2 large garlic cloves*

*1 large carrot*

*1 small zucchini*

*2 quarts chicken broth*

*Florets from 2 bunches of broccoli*

*1½ cups low- or no-fat sharp cheddar cheese, shredded*

*Salt and pepper to taste*

Chop the vegetables and sauté them in a soup pot until soft (carrots stay harder). Add the chicken broth and broccoli florets and cook over medium heat until broccoli is soft. In a blender process until smooth, then return to the pot. Add the cheese and simmer until cheese is melted. Add salt and pepper.

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## ADDITIONAL RECIPES

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### BALSAMIC VINAIGRETTE 1

*1 tablespoon yellow mustard*  
*1 teaspoon stone-ground mustard*  
*½ teaspoon crushed (pressed) garlic*  
*1 teaspoon honey (optional)*  
*⅛ cup white wine*  
*⅛ cup (or slightly more) balsamic vinegar*  
*¼ cup extra light olive oil*

Combine the mustards, garlic, honey (if using), wine, and balsamic vinegar. Whisk in the olive oil.

### BALSAMIC VINAIGRETTE 2

*1 tablespoon Dijon mustard*  
*¼ teaspoon crushed (pressed) garlic*  
*1 teaspoon maple syrup*  
*⅛ cup balsamic vinegar*  
*⅛ cup white wine vinegar*  
*¼ cup extra virgin olive oil*

Combine the mustard, garlic, syrup, and vinegars. Whisk in the olive oil.

## MAYONNAISE

*Makes 1 cup*

*1 egg and 1 large egg yolk  
1 teaspoon Dijon mustard  
Salt to taste  
2 to 3 teaspoons fresh lemon juice or white wine vinegar  
¾ cup extra light olive oil  
2 tablespoons extra virgin olive oil*

Whisk the egg and egg yolk together until thick. Stir in the mustard, then salt. Add the lemon juice and the light olive oil, drop by drop, until the mixture thickens. Drizzle in the extra virgin olive oil.

This is great served with ¼ cup chopped fresh dill. Additional lemon juice adds a little bit of zing.

## QUICK TOMATO SAUCE

*1 can (28 ounces) diced tomatoes (drained)  
½ red onion, finely diced  
1 to 3 garlic cloves, pressed  
2 to 4 tablespoons olive oil  
1 medium zucchini, finely diced (optional)  
4 large white mushrooms, finely diced (optional)  
Salt and pepper to taste  
1 teaspoon oregano  
½ teaspoon thyme  
1 cup dry red wine*

Sauté the tomatoes, onions, and garlic in 1 tablespoon of the olive oil until the onions and garlic are tender. (If desired, gently sauté the zucchini and the mushrooms in 1



tablespoon of the olive oil, then add the tomato-onion mixture except for the oil, and the salt and pepper.) Simmer the mixture for 20 to 30 minutes, stirring occasionally, then add the remaining oil, stirring. Remove from the heat and puree in a blender. Add the oregano, thyme, and wine. Freeze.

## DESSERT SNACK—FRUIT-TOPPED CHEESECAKE

Preheat the oven to 400°F. Toast  $\frac{1}{2}$  cup coarsely chopped walnuts, pecans, or almonds for 6 minutes, shaking the pan once to turn nuts over. Cut up approximately 3 cups of strawberries or rhubarb or use 3 cups blueberries (frozen fruit works, too) and put in a saucepan with 1 tablespoon water and  $1\frac{1}{2}$  to 2 tablespoons fructose, stir, cover, and cook over medium heat until the fruit begins to soften. Gently shake and stir in 1 envelope of gelatin and cook for another 2 minutes, stirring constantly. Remove from the heat.

Dissolve 3 tablespoons vanilla-egg white protein powder or whey protein powder in  $\frac{1}{2}$  cup cold water. Dissolve 1 envelope of gelatin in  $\frac{2}{3}$  cup boiling water. When both powder and gelatin are dissolved, mix together in a medium mixing bowl.

Add 8 ounces softened Neufchatel or light cream cheese and 2 tablespoons fructose. Mix well with a hand mixer.

Line the bottom of a pie pan with the nuts, making a thin layer. Pour the cheese mixture over the nuts and chill for 30 minutes. Add the fruit mixture on top of the chilled cheese and nuts, and chill for at least 1 hour. Cut into 8 pieces, each one serving as a snack.

### Snack Time

Nearly everyone likes to snack. However, that's when many of us get into trouble most. Many people report they do just fine at meals, but it's the "between the meal munchies" that do them in.

These snacks are tried and true. They fill the belly and are extremely satisfying. They are snacks without guilt. Knowing how to snack successfully will make the difference between success and spiraling out of control!

## PROBODX "SNAK PAK" LIST

### Turkey Roll-up

Turkey (fresh or deli) and one of the following:

1 tablespoon avocado

1 teaspoon mayonnaise

Mayonnaise /Dijon mustard/ honey

Mayonnaise and dill pickle slice or cucumber slice

### Cheese and Nuts

1 piece of string cheese

Four to 6 almonds

½ piece of fruit

### Roast Beef Round-up

Roast beef (fresh or deli) and one of the following:

1 tablespoon avocado

1 teaspoon mayonnaise

### À la Salad—Tuna

1½ ounces tuna salad with olive oil and a little mayonnaise

½ piece of fruit

### À la Salad—Chicken

Chicken salad made with olive oil and a little mayonnaise

½ piece of fruit

### Yogurt Delight

½ cup plain low-fat yogurt with ½ teaspoon olive oil

### Egg Treat

1 hard-boiled egg, *or* the whites only of two hard-boiled eggs, with mayonnaise

3 nuts

½ piece of fruit

### **The Cottage Snack**

Nonfat or low-fat cottage cheese with olive oil

½ piece of fruit

### **Jerky**

1-ounce piece of beef jerky

Nuts

½ piece of fruit

### **Shaken up**

Protein shake with whey protein or protein powder and olive oil

### **Smoked Salmon**

1 ½ ounces smoked salmon

1 tablespoon avocado

3 nuts

### **Shrimp Cocktail**

4 medium shrimp, *or* 2 large shrimp with cocktail sauce or mayonnaise

½ piece of fruit

### **Shrimp K'Cado**

1 ½ ounces shrimp

1 tablespoon avocado

3 nuts

### **Sushi**

1 California roll

### **Chicken**

Chicken sauté

½ piece of fruit

## Afterword

### The Stats of ProBodX: A Validating Study

**W**HAT'S THE LIKELIHOOD THAT a poor young man from a small village in a third world country, who plays a good game of baseball, could get a shot at the majors? Not likely.

But as in a dream come true, nine such men got their shot. It all started when a sports agent gave Marv and Dr. Edythe a call in the dead of winter. He had a wild idea. Could some of the raw talent he had seen on his travels to other countries be turned into competitive professional athletes? Wouldn't it be great if even one of these young men could land a contract with a major league club in the United States?

If they had any chance at all, he thought ProBodX was it.

Nine young men showed up at the ProBodX training facility late spring. They had never been away from home. They were scared and excited.

Marv and Dr. Edythe were excited, too. Here was an opportunity to prove in a scientific way the power of ProBodX. Marv and Dr. Edythe already knew that ProBodX worked. Many people of all ages, some athletes and some not, had improved significantly on the program. But until that summer, all they had were the amazing stories and the hearty thanks of those individuals whose lives were changed for the better. Now they had a chance to conduct a study that could validate all their hard work.

If a study in a controlled setting could validate ProBodX and determine with exactitude how much of a difference ProBodX made, then Marv and Dr. Edythe could finally refute the skeptics who reject ProBodX because it's so different from traditional training programs.

After all, they would have complete control over every morsel these young men

put into their mouths and every exercise their nervous and musculoskeletal system experienced, making the controls for the study optimal.

At the beginning of the twelve weeks, Marv and Dr. Edythe administered a variety of tests to determine the capabilities these baseball hopefuls had at the start of the study.

#### INITIAL TESTS AND MEASUREMENTS

- Weight
- Body fat
- Height
- Precision of movement
- Flexibility
- Speed strength
- Endurance and mental stamina

Marv and Dr. Edythe also explained to the young athletes proper body eating. Though they would be doing all the cooking for their trainees, they thought the young men should understand why they were eating in this new way.

On the second day, Marv and Dr. Edythe began the training, demonstrating proper body exercise. At first, the aspiring ballplayers laughed. They thought the exercises were for sissies. Where were the heavy weights? Where were the baseballs? After all, weren't they there to become pros? Marv and Dr. Edythe could sense their doubt. Had they traveled thousands of miles for what appeared to be fun and games, not the serious training they had read about in American magazines?

However, the "boys of summer" realized, quite quickly, that the only sissies present were themselves when they couldn't do some of the exercises as well as they thought they'd be able to. Suddenly they had a newfound respect for gymnastic balls, balance disks, and PVC pipes, but they were still unsure how using them doing ProBodX would turn them into formidable contenders.

As the days passed, some of them noticed feeling a little different. More energized. By the end of the first week, each and every one of them reported that he felt as though his mind were more alert and focused, his body more able to respond quickly.

One by one, they stopped snickering as they saw improvements in their flexibility, strength, precision of movement, endurance, and mental stamina. They soon realized that ProBodX was having a positive impact on their athleticism in general as well as on sports skills specific to baseball, and wholeheartedly embraced the program.

### **The Right (Food) Stuff**

In the second month, their agent hired a cook to continue the ProBodX nutrition regime. Marv and Dr. Edythe were thrilled about the prospect. It would free them from the kitchen, giving them more time to devote to the training.

After about ten days of the men being fed by the new cook, Marv and Dr. Edythe noticed some irregularities during the training sessions. They observed that in general their wards were less focused, and that their concentration and ability to work long periods of time without getting fatigued had diminished. It wasn't until Marv and Dr. Edythe began to see an increase in injuries, mostly twisted ankles, that they knew with certainty something had gone awry. They soon found out what it was.

Apparently the cook was cutting corners without realizing the ramifications.

He was cooking with ingredients of a lesser quality than Marv and Dr. Edythe had used. Meats were not organic and, worse, had a higher fat content. These young athletes were being fed too many nuts and not enough olive oil. And the oil that they did eat had been heated for long periods of time, thus destroying its nutritive value.

The cook consistently substituted too many beans and barley, for fruits and vegetables, to make up the 40 percent carbohydrate component. He used iceberg lettuce instead of romaine. He prepared food using greater quantities of processed condiments from the supermarket, riddled with hidden sugars, instead of making them from scratch. And he fed them cheese as snacks all the time!

Marv and Dr. Edythe fired the cook on the spot. They returned to the kitchen, once again preparing meals for the players. Within days the guys were back on track. They could do the exercises without fatigue. Their concentration and focus sharpened. And their work ethic was reestablished. The incidence of twisted ankles disappeared.

Many scientific studies have established a link between nutrition, fitness, and well-being. Biology says that proper nutrition is important to fitness because your body must expend energy to do tasks. And that energy depends on what you eat. Research shows: *If nutrition is deficient, it is difficult to improve the level of fitness.*

This experience confirmed for Marv and Dr. Edythe that without proper body eating, athletic performance can falter and the risk of injury may increase. This made perfect sense from a physiological point of view. Nutrition profoundly influences the nervous system, which perhaps explained the players' poor mental focus. It could also affect the musculoskeletal system, particularly in weakening the ligaments and muscles, which, in combination with any depreciation of nervous system function, might set the stage for an increase in injuries.

Once the food problem was resolved, the athletes were back to their old, improving, selves.

### **A Home Run**

As the summer came to an end:

- The players all had increased lean muscle mass.
- They were moving better.
- Their timing, rhythm, and coordination had greatly improved, which meant that they got the bat on the ball more, hitting both for average and power. Both infielders and outfielders could cover a wider range of territory.
- They had a greater range of motion, which allowed them to be more powerful in throwing and running.
- They were stronger and quicker, meaning they were able to get to the ball faster.
- They had better speed and acceleration, allowing them to steal bases more successfully.
- They showed great improvement in their endurance and mental stamina, making them able to maintain their focus and concentration for long stretches during practice.
- They had the energy and confidence to make the plays, as well as play longer and play at a high level of performance, from the first pitch to the last out.

From everything Marv and Dr. Edythe could see, it appeared as if these young men had made significant improvements, even though they were already very talented athletes. The big question that remained was when Marv and Dr. Edythe compared the initial test results with the final test results. Would they show that the difference in performance before and after the program was statistically significant?

Marv and Dr. Edythe tested the athletes again, using the same tests they had administered twelve weeks earlier on the day they started the study. The initial numbers looked promising. Across the board, every test showed signs of improvement, and some appeared to be by a fairly wide margin.

Marv and Dr. Edythe knew that with a sample size that was not large, they needed to apply a more rigorous statistical analysis. If their confidence remained high with a high significance factor, then the results would indeed not be random, but could be repeated again and again rendering the same results. High confidence and high significance are some of the statistical yardsticks for helping to measure the validity of a study.

The statistical test used to analyze the data in this study was a paired t-test, where each of the individual's performance was measured and compared prior to participation in the program and then again after. What you look for to test for significance is something called a "p-value." The lower the p-value, the more likely the results are not a fluke. When the p-value is .05 or less, that means if you repeat the same test or study, there is only a 5 percent chance that the results are from something other than what was done.

According to acceptable standards, when a p-value is less than .05, this means it is highly significant, that the results observed in the study are not by chance, and in this case, are a result of ProBodX. In this study, the p-value refers to the difference in performance before and after using ProBodX.

### **Body Fat Results**

The first comparison Marv and Dr. Edythe examined was the changes in body fat. Each ballplayer decreased his body fat and increased his lean body mass. Eliminating unwanted fat while increasing muscle mass that functions well is critical to achieving athletic potential and true fitness.

BODY FAT—MEASURED IN PERCENTAGES		
SUBJECT	INITIAL	END
1	8	4
2	10	6
3	17	9
4	20	10
5	12	9
6	10	8
7	12	9
8	9	7
9	17	11



When Marv and Dr. Edythe applied the statistical analysis, this is what they found.

There was a phenomenal change in body fat. And it was statistically significant, with a p-value that was less than .001. This suggests strongly that the difference in the body fat could be attributed to ProBodX.

BODY FAT TEST RESULTS (IN PERCENTAGES)			
AVERAGE STARTING SCORE	AVERAGE FINAL SCORE	PERCENT CHANGE OVER 12 WEEKS	STATISTICAL SIGNIFICANCE
12.77	8.11	36%	p <.001

#### **Precision of Movement Results**

The next test administered was one called the "shuttle run," which measures precision of movement. It studies your ability to change direction while maintaining control of your body. Three parallel lines are drawn 5 yards apart. You must start by straddling the centerline. You run to one outside line, then the other, then back across the centerline in the shortest amount of time.

In the initial tests the scores ranged between 4.43 and 5 seconds. The final test ranges were between 4.3 and 4.76 seconds.

As an initial observation, the athletes as a group cut critical hundredths of seconds off their scores. Their ability to control their body movements more *precisely* led them to do the same task in a shorter amount of time. In other words, ProBodX made them *quicker*.

PRECISION OF MOVEMENT TEST RESULTS (IN SECONDS)			
AVERAGE STARTING SCORE	AVERAGE FINAL SCORE	PERCENT CHANGE OVER 12 WEEKS	STATISTICAL SIGNIFICANCE
4.713	4.552	3.4%	p <.003

At first glance, a 3.4 percent change doesn't seem like a lot. But when the entire score clocks in at less than 5 seconds, every small amount has a relatively large impact in performance. When the statistical analysis is applied, the difference, though relatively small, is highly significant. There is only a 3-in-1,000 chance that the program had no effect. Accordingly, there is strong evidence that the performance difference could be attributed to ProBodX.

### Flexibility Results

Marv and Dr. Edythe administered four tests that evaluated optimal flexibility. The tests are designed to study your range of motion in several critical areas: legs, back, and upper body, front and back.

With the hamstring stretch, you stand on a wooden box with your toes on the edge, legs straight, reaching down to your feet. The box edge is considered zero. If you cannot reach the edge, you are given a negative number, representing a score of less than zero. If you can reach beyond the box's edge, you are scored with a positive number.

HAMSTRING FLEXIBILITY TEST RESULTS (IN INCHES)			
AVERAGE STARTING SCORE	AVERAGE FINAL SCORE	PERCENT CHANGE OVER 12 WEEKS	STATISTICAL SIGNIFICANCE
-1.25	4.35	560%	p <.0001

The back flexibility test is executed on the floor, sitting with legs spread as wide apart as possible. You must then put your forehead down toward the floor between your legs. The distance between your forehead and the floor is the measurement.

BACK FLEXIBILITY TEST RESULTS (IN INCHES)			
AVERAGE STARTING SCORE	AVERAGE FINAL SCORE	PERCENT CHANGE OVER 12 WEEKS	STATISTICAL SIGNIFICANCE
15.00	8.75	42%	p <.0001

With the shoulder flexibility test—anterior, you lie face down on the floor. Your arms are stretched straight forward. In your hands, you hold a wooden pole, shoulder-width grip, palms down, and wrists straight. You raise the pole toward the ceiling, keeping all other parts of your body on the floor, including your forehead. The distance between the pole and the floor is the first measurement.

With the shoulder flexibility test—posterior, again you lie face down on the floor. Now the pole is placed across your lower back. Both your hands grip the pole, shoulder width apart, palms up, and wrists straight. You must raise the pole toward the ceiling. The distance between the pole and the base of the spine is the second measurement.

SHOULDER FLEXIBILITY TEST RESULTS—60-YARD DASH (IN INCHES)			
AVERAGE STARTING SCORE	AVERAGE FINAL SCORE	PERCENT CHANGE OVER 12 WEEKS	STATISTICAL SIGNIFICANCE
12.72	18.38	31%	p <.0001 Anterior
16.66	19.88	21%	p <.0001 Posterior

Upon initial observation of the final flexibility results, the tests indicate greater flexibility across all subjects in all critical areas of the body. Some subjects went from an inadequate level of flexibility to an optimal level of flexibility. This translated into gains in power and speed, which in turn led to substantial improvements in performance.

Across the board, the range of motion improved dramatically, indicated by large percent changes for each flexibility test result and supported by the statistical analysis. The difference between the performance before and after the program was statistically significant, suggesting strong evidence that the performance difference can be attributed to ProBodX.

### **Strength Results**

The next tests administered were two that measured different kinds of speed strength. The first speed strength test was a 60-yard dash. This test primarily reflects starting and acceleration strength.

SPEED STRENGTH TEST RESULTS—VERTICAL JUMP (IN SECONDS)			
AVERAGE STARTING SCORE	AVERAGE FINAL SCORE	PERCENT CHANGE OVER 12 WEEKS	STATISTICAL SIGNIFICANCE
7.577	7.144	6%	$p < .0001$

An initial observation results in the conclusion that the athletes as a group cut critical tenths of seconds off their scores. Their ability to start quickly and accelerate led them to do the same task in a shorter amount of time. In other words, they were *faster*.

Though the percent change appears relatively small, the difference in performance before and after the program was statistically significant. If the study were repeated, there would be a 1-in-10,000 chance that the results were random, again strong evidence suggesting that the improvement is attributable to ProBodX.

The second speed strength test was a vertical jump, which essentially measures explosive strength. When testing for vertical jump, a first measurement is taken in which you stand and reach to a point on the wall. Then you take a rocker step, which means you rock and step up to the front foot before jumping up as high as possible, touching another point on the wall. The difference between these two points on the wall is the score for vertical jump.

SPEED STRENGTH TEST RESULTS—VERTICAL JUMP (IN INCHES)			
AVERAGE STARTING SCORE	AVERAGE FINAL SCORE	PERCENT CHANGE OVER 12 WEEKS	STATISTICAL SIGNIFICANCE
30.38	34.38	13%	$p < .0001$

For an athlete, any consistent gain in this important component is critical. To be able to improve an average of 4 inches, or between 10 and 15 percentage points, on vertical jump in twelve weeks can have a far-reaching impact on generating *power*.

Needless to say, the results in the statistical test suggests a high degree of significance. Strong evidence suggests that improvements in vertical jump can be attributed to ProBodX.

#### **Endurance and Mental Stamina Results**

The last test administered measured both endurance and mental stamina, which looks at the athlete's ability to tap energy and stay the course through great discomfort.

Marv and Dr. Edythe used the Concept II Rower to build up endurance over time, and to measure endurance and mental stamina. Initially, the athletes could barely sustain a 3-minute row, while keeping the calorie measurement at appropriate levels. Over time, each athlete built up to an initial score for 10 minutes on the rower. The calorie-per-minute measurement was noted as the initial 10-minute score.

Five weeks later, a final measurement was taken for a 10-minute row. The difference between the initial 10-minute row and the final 10-minute row was used in the calculations.

**ENDURANCE AND MENTAL STAMINA TEST RESULTS FOR A 5-WEEK PERIOD (CALORIES PER MINUTE)**

<b>AVERAGE STARTING SCORE</b>	<b>AVERAGE FINAL SCORE</b>	<b>PERCENT CHANGE OVER 12 WEEKS</b>	<b>STATISTICAL SIGNIFICANCE</b>
152	199	31%	p <.0001

Endurance and mental stamina are critical components for every athlete. Not only is a 31 percent change dramatic, but it is statistically significant. Again, strong evidence suggests that the improvements in endurance and mental stamina can be attributed to ProBodX.

## SUMMARY OF RESULTS

COMPONENT OF ATHLETICISM	STATISTICAL SIGNIFICANCE 2-TAILED
Precision of movement	$p < .003$
Flexibility	$p < .0001$
Strength	$p < .0001$
Endurance	$p < .0001$
Mental stamina	$p < .0001$

## A SUMMARY OF THE RESULTS

There is extremely strong evidence that suggests that the impact of ProBodX on these nine ball players was striking and profound. In every category, improvement was statistically significant, with a high degree of confidence.

As impressive as these results are, measuring and scoring the components separately cannot possibly show the interconnectedness of one component to another or how each component positively impacts another component and ultimately improves fitness. Nor can it show how an increase in flexibility will inevitably influence for the better precision of movement, or how improved precision of movement will positively impact speed strength. For the athlete, all this means quantum leaps in quickness, speed, and power. Better athleticism. Better performance.

In other words, all the components working together have a synergistic ripple effect, exponentially creating even greater improvements. The results of this study are staggering and decisive. Benefits are many. Progress is real. And repeatable. There is a high degree of likelihood that if a person works out with ProBodX, there will be substantial gains, just as it was with these aspiring ballplayers.

One of the nine players did indeed get a shot at the majors. He now plays for the Mariners. Marv and Dr. Edythe were thrilled, not just for this young man whose life would be forever changed, but for ProBodX. The stats validated what they always knew: ProBodX works.

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# Index

- abdominal muscles, 28–29, 29
  - absolute strength, 34–35, 50, 150
  - accelerating strength, 36, 147
  - adrenal glands, 206–7
  - Advancing ProBodX, 144–51
    - exercises in, 151–77
    - partner commands in, 145–49
    - sport-specific skills
      - provided by, 178–80
    - training endurance gained from, 180
  - aerobics, 42, 55–57, 180
  - aging, 11–12
  - ailments, reduced by
    - ProBodX, 197–200
  - alignment, of body, 71–72
  - anaerobics, 55–56, 180
  - ancient Greeks, 5–6, 67
  - Andy's Rio Saldo salad, 260
  - angle bell lifts, 155
  - ankles, 22
  - anterior serratus muscles, 27–28, 27
  - antigravity muscles, 26–27, 27
  - apples, ginger pork with, 243
  - applesauce, 246
  - Out of Arm's Way exercises:
    - modified swimmer, 122
    - single arm circles, 118–19
    - swimmer, 120–21
  - Ashtanga (Power Yoga), 52
  - asparagus, grilled, 248
  - athletes, athletics, xi–xiv, 8, 22, 67, 73, 144, 180
  - advancing ProBodX and, 144–51
  - benefits of ProBodX for, 31–36, 38–39, 44, 290, 297
  - building strength in, 34–36
  - endurance in, 33–34, 39, 55–57, 150, 180
  - flexibility and, 34, 38–39, 47, 51–53
  - mental stamina and, 38–39, 181–92
  - overtraining and, 69, 182–84, 192
  - precision of movement in, 32–33
  - progressing exercises and, 66–68
  - proper eating and, 202–3
  - sport-specific skills and, 39–41, 178–79
  - testing achievement in, 287–97
  - weight training and, 48–50
- avocado:
    - in Andy's Rio Saldo Salad, 260
    - in guacamole, 242

- avocado (*continued*)
  - portion size of, 216
  - on turkey patties, 235
- baby lentils, basic, 251–52, 253
- back bell lifts, 125, 163
- back curl-ups, 99, 152
- back flexibility, 293
- back to the wall, 142
  - modified, 143
- balance, 9
- balance disk routine, 89–93
- balance disks and poles, 61
- ball, gymnastics, 60, 62, 66
- ball routine, 80–82
- balsamic vinaigrette, 281
  - for baby lentil salad, 254
- barley:
  - basic, 228
  - chicken soup, 258–59
  - in stuffed peppers, 264–65
- baseball training, ProBodX
  - and, 287–97
- BBQ:
  - flank steak, 237
  - vinaigrette, for fajita salad, 242
- beans:
  - black, 238–39, 242
  - string, 244
- Beard, James, 222
- beef:
  - BBQ flank steak, 237–38
  - chuck roast, 271
  - patty with BBQ ketchup, 249
  - beef jerky snack, 285
- beets, 280
- bells back, 101
- bells to shoulder, palms
  - inward, 164
- berry fruit salad, 265
- biceps curl, 176
- black beans, 238–39, 242
- body alignment, 71–72
- bodybuilding, 50
- body fat, 9, 12
  - test results of, 291–92
- bok choy, 229–30
- braces, disadvantages of, 22
- bread, 219
- breakfast, importance of, 217
- breathing, 27
- broccoli:
  - with olive oil, steamed, 239
  - soup, 280–81
- Bottoms Up and Down
  - exercises, 126–31
- inchworm, 131
- knees to chest, 127
- knees to shoulder, 129
- side to side, 130
- starting position, 126
- V-Ups, 128–29
- Caesar dressing, 245–46
- Caesar salad, 245–26, 256
- calories, burning of, 190–92
- carbohydrates, 203–6, 210, 213–15
- cardiovascular fitness, 55–57
- carrot(s):
  - roasted, 260
  - squash puree, 247–48
- celery root, 232–33
- chard, 252
- cheese and nuts snack, 284
- cheesecake, fruit-topped, 283
- cheese omelet, veggie, 240
- Chester, Raymond, xiv
- chest press, ProBodX, 175
- chicken:
  - barley soup, 258–59
  - breasts, curried, 267–68
  - Caesar salad, 273
  - ground, in stuffed peppers, 264–65
  - hash, 266
  - with lemon capers, 279–80
  - orange, 229
  - in peanut sesame lettuce wraps, 262–63
  - roast, 247
  - snack, 285
- chicken salad:
  - orange, 231
  - sesame, 275
  - snack, 284
  - Waldorf, 250

- chicken snack, 285
- children, sports injuries in, 198
- chili in a hurry, 227–28
- chronic ailments, reduction of, 194–200
- chuck roast, 271
- circulation, 9
- cod, 233, 236
- coffee, 219
- commands, use of, 145–49
- “concentric action,” 37–38
- concentric commands, 146–49
- Concept II rower, 62, 296
  - calories burned on, 190–92
  - mental stamina and, 190–92
  - warm-up exercise for, 79
- confidence-building, 185–86
- contraction vs. relaxation, 46–47
- coordination, 9, 32
- correct positioning, 71–72
- cortisol, 206–7
- cottage cheese snack, 285
- crossover fly, 115, 157
  - modified, 116
- curls, 94, 99, 152, 176
- curried chicken breasts, 267–68
- custard, vanilla, 261
- dairy products, 218
- dehydration, 205
- dexterity, 10
- diagonals, 160
- dieting, 209, 211
  - see also* weight loss
- dining out, 219–20
- dive, 78
- Dowd, D. L., 6, 6
- dumbbells, vs. ProBo Bells, 60
- dynamic flexibility, 34, 47, 53
- “eccentric action,” 36–37
- eccentric commands, 146–49
- eggplant lasagna, 255
- egg treat snack, 284
- elastic energy, 36–38
- elbows to ceiling, 124, 162
- emotional well-being, 9
- endurance, 150, 180
  - intermediate-term, 33, 39, 56, 189–90
  - long-term, 34, 55–57, 189
  - short-term, 33, 55–56, 189
  - test results, 296
- energy, 9, 15–16
  - and dieting, 211
  - maximizing muscular, 36–38
  - need for, 55–57
- equilibrium, 9
- equipment, for workouts, 60–63, 66
- explosive strength, 34, 36, 57, 147
- fajita salad, 241
- fat, body, 9, 12, 291–92
- fat, dietary, 204–5, 206, 211, 215–16, 218
- fatigue, overtraining and, 69, 71
- feet:
  - exercising barefooted, 23
  - importance and functions of, 20–23
  - muscles of, 21
- figure 8s, 98
- fingers on disk, 100
- Finley, Steve, xi
- fitness:
  - cardiovascular, 55–57
  - essential elements of, 14–16
  - instability and, 14, 49
  - multiple planes and, 15, 49
  - programs, 42–43, 45–57
  - “progressing” elements of, 17, 66–68
  - resistance and, 16, 50, 145–47
  - reversing and, 15–16, 49–50

- fitness (*continued*)
  - and the "ripple effect," 17
  - two-week fuel plan for, 222–86
- flexibility, 34, 38–39, 47, 51–53
  - test results of, 293–94
- following instructions, 63–65
- food plan:
  - benefits of, 202–3, 208
  - eating tips of, 217–21
  - food ratios in, 220–21
  - guidelines of, 203–8
  - hormones and, 205–7
  - meal/snack schedule for, 207
  - portion sizes in, 212–17, 223
  - recommended foods in, 209–11
  - shopping and cooking in, 212
  - skipping meals in, 206–8, 217
- see also specific recipes*
- foods:
  - cupboard of, 210–11
  - fried, 218
  - pesticides on, 205
- foot in and out, 139, 172
- foot lift-ups, 171
- force production, rate of, 35
- forward bell lifts, 123, 159
- fragmentation, of muscle, 20, 32
- fried foods, 218
- fritters, zucchini onion, 261–62
- frog rocking, 77
- fructose, 219
- fruit:
  - in berry salad, 265
  - portion size of, 235
  - tart, 272–73
  - topped cheesecake, 283
  - tropical, salad of, 254
- fuel plan, *see* two-week fuel plan
- gait, 9
- glands, adrenal, 206–7
- grains, 203–4
- Greeks, ancient, 5–6, 67
- guacamole, 242
- gymnastics ball, 60, 62, 66
- halibut, 233, 236
  - with citrus and cilantro, 274
- Hamilton, Carol, 28
- hamstring flexibility, 293
- Hand over Fist exercises:
  - back curl-ups, 99
  - curl-ups, 94
  - figure 8's, 98
  - fingers on disk, 100
- maracas, 95
- pouring in, 97
- pouring out, 96
- hands:
  - importance and functions of, 23–24
  - muscles of, 23
- hash, chicken, 266
- health benefits, of ProBodX, 8–12
- Heus, Edythe, ix, xii, xiv, 53, 194–96, 203, 287–93, 296–97
- high jump, 48
- High on the Torso exercises:
  - modified squat and reach, 106
  - overhead disk squat, 107
  - squat and reach, 106, 143
  - starting position, 105
- hip twist, 108
- hormones, 205–7
- hummus, 277–78
- inchworm, 131
- information, power of, 17–19
- injuries, 21, 24, 29
  - recovery from, 9, 26, 146, 196
- instability, 14, 49
- insulin, produced in pancreas, 206–7

- intermediate-term
  - endurance, 33, 39, 56, 189-90
- isometric commands, 149
- isometric holds, 145-47
  
- joints, 34, 52
- Jones, Horace, xiv
- jump ropes, 63
  
- kick backs, 137
- knee bends, 84
- knee circles, 167
- kneeling overhead lifts, 103
- kneeling overhead rock, 102
- kneeling overhead twist, 104
- knees, injury to, 146
- knees to chest, 127, 166
- knees to chest, knees to shoulder, side-to-side combination, 167
- knees to shoulder, 129
  
- lamb:
  - lentil soup, 278-79
  - roast, 276
- lasagna, eggplant, 255
- lean mass, 9
- leg circles, 133
  - modified, 134
- A Leg Up:
  - back to the wall, 142
  - foot in and out, 139
  - kick backs, 137
  - leg circles, 133-34
  - modified back to the wall, 143
  - modified circles, 134
  - modified side kicks, 136
  - modified single leg lunges, 141
  - open leg lifts, 138
  - scissors, 132, 168
  - side kicks, 135
  - single leg lunges, 140-41
  - squat and reach, 143
- lemon capers, chicken with, 279-80
- lentils:
  - basic baby, 251-52, 253
  - soup, lamb, 278-79
- lettuce wraps, peanut sesame, 262-63
- lifts:
  - angle bell, 113, 155
  - back bell lifts, 125, 163
  - forward bell, 123, 159
  - kneeling overhead, 103
  - open leg, 138
  - overhead bell, 114, 156
  - side leg, 170
- 123, 125, 138, 155, 156, 159, 163, 170
- Long, Howie, xiv
- longevity, fitness and, 4, 12
- long-term endurance, 34, 55-57, 189
  
- macronutrients, 206
- maracas, 95
- Marinovich, Marv, ix-x, xii-xiv, 196, 203, 287-93, 296-97
- marketing, of muscles, 5-7
- mayonnaise, 218, 282
- mental stamina, 38-39, 181-93
  - Concept II rower and, 190-92
  - importance of, 181-83
  - overtraining and, 182-84
  - and picking a "push" day, 184-86
  - running and, 188-89
  - sprinting and, 189-90
  - test results of, 296
  - walking and, 187-88
- Mental Stamina Journal, 193
- menus, weekly, 222, 224, 257
- micromuscles, of spine, 24-25, 24
- Middle Eastern snack, 286

- modified back to the wall, 143
- modified crossover fly, 116
- modified leg circles, 134
- modified side kicks, 136
- modified single leg lunges, 141
- modified swimmer, 122
- modified sword pull, 112
- muffins, peach nut, 270
- multiple planes, 15, 49
- muscle(s):
  - abdominal, 28–29, 29
  - anterior serratus, 27–28, 27
  - antigravity, 26–27, 27
  - contraction vs. relaxation, 46–47
  - coordination and, 9, 32
  - fiber, making the most of, 15
  - fragmentation, 20, 32
  - interactive training of, 19–20
  - mass, building of, 45–46, 150
  - maximizing energy from, 36–38
  - micro-, 24–25, 24
  - misguided marketing of, 5–7
  - musculoskeletal system
    - and, 10–12, 14, 52–53, 289
  - pelvic floor, 29–30, 30
  - recruitment of, maximum, 149
  - tension, nonessential, 47
  - traditional weight
    - training and, 45–47, 49–51, 183
- musculoskeletal system, 10–12, 14, 52–53, 289
- nervous system, 10–12, 14, 18–19, 67, 145–46, 289
- nonessential muscle tension, 47
- “no pain, no gain” myth, 43
- nut crust, for fruit tart, 272
- nuts, portion size of, 216
- Oakland Raiders, xiv
- oatmeal, 226–27
- obesity, 200
- olive oil, 204–5, 218
- Olympic weight training, 50
- omelet, veggie cheese, 240
- onion:
  - zucchini fritters, 261–62
  - zucchini sauté, 280
- On Your Back exercises:
  - angle bell lifts, 113
  - crossover fly, 115
  - modified crossover fly, 116
- modified sword pull, 112
- overhead bell lifts, 114
- pull-overs, 117
- starting position (Bridge), 110, 11
- sword pull, 111
- On Your Feet exercises:
  - balance disk heels up, 93
  - balance disk on one foot, 92
  - balance disk squat and rotate, 91
  - balance disk squats, 90
  - on ball, circles, 82
  - on ball, forward and back, 81
  - on ball, side to side, 82
  - basic balance disk, 89
  - basic ball, 80–81
  - basic PVC pipes, 85
  - basic slant board, 83
  - PVC pipes, heels up, 88
  - PVC pipes, toes pointing in, 86
  - PVC pipes, toes pointing out, 87
  - slant board knee-bends, 84
- On Your Side exercises:
  - hip twist, 108
  - modified side lift, 109–10
  - side lift, 109
- On Your Stomach exercises:
  - back bell lifts, 125
  - elbows to ceiling, 124



- forward bell lifts, 123
- starting position, 122
- open leg lifts, 138
- optimal flexibility, 34, 38–39, 47, 51–53
- orange:
  - chicken, 229
  - chicken salad, 231
  - vinaigrette, for chicken salad, 232
- organic foods, 205, 212
- overhead bell lifts, 156
- overhead disk squat, 154
- overstretching, 52
- overtraining, 69, 182–84, 192
- pain, 9
  - chronic back, xv–xvi, 53
  - myths about, 43
  - recovering from, 11, 40–41, 43, 53, 146
  - reducing chronic ailments and, 194–200
- Paleolithic man, 4
- pancakes, 230–31
- partner commands, 145–49
- Path to Breakdown, 194–95
- Path to Recovery, 195–200
- patties, turkey, 235
- peach nut muffins, 270
- peanut sesame lettuce wraps, 262–63
- pear sauce, 234
- pelvic floor muscles, 29–30, 30
- peppers, stuffed, 264–65
- pesticides, on food crops, 205
- phytonutrients, 204–5
- “plyometrics,” 37
- pork:
  - ginger, with apples, 243
  - southwestern, 259–60
- portion sizes, guide to, 212–17, 223
- posture, 9, 12, 53
- pouring in, 97
- pouring out, 96
- power, sources of, 36–38
- power lifting, 50
- precision of movement, 32–33
- test results of, 292–93
- ProBo Bells, 60, 66
- vs. dumbbells, 60
- ProBodX:
  - ailments helped by, 197–200
  - athletic achievement and, 287–97
  - benefits of, 8–13, 31–36, 38–41, 44, 202–3, 290
  - and flexibility, 34, 38–39, 47, 51–53, 293–94
  - food plan and, 202–8, 209–22
  - increasing power through, 36–38
  - mental stamina and, 38, 181–93
  - origins of, xi
  - reducing pain and chronic ailments with, 194–200
  - sports-specific skills and, 39–41, 178–79
  - testing achievement of, 287–97
  - vs. other fitness programs, 20, 42–57
  - weight-training and, 15–16, 174
  - see also* ProBodX workouts
- ProBodX workouts:
  - advancing, 144–80
  - commands used in, 145–49
  - equipment for, 60–63, 66
  - following instructions for, 63–65
  - healing injuries with, 3, 8, 26
  - muscles affected by, 14–30, 21, 23, 24, 27, 29, 30
  - picking a place for, 63
  - points for, 70
  - progressing exercises in, 17, 66–68
  - repetitions in, 65–66
  - shoes for, 64

- ProBodX workouts
  - (*continued*)
  - time charts for, 74–75
  - time needed for, 68–69
  - warming up for, 76
- progressing exercises, 17, 66–68
- proper body eating, 203, 209–21, 288–90
  - see also* food plan
- proprioception, 18–19, 21, 33
- protein, 203–6, 210, 213, 217
- protein shake snack, 285
- pull-overs, 117, 158
- pull-ups, 165
- “push” day, choosing of, 184–86
- PVC pipes, 61–62
  - routine with, 85–88
- quickness, ProBodX as route to, 33
- ratatouille, 277
- rate of force production, 35
- recipes, *see* two-week fuel plan; *specific recipes*
- red cabbage salad, 268
- repetitions, 65, 66
- resistance, 16, 50, 145–47
- rest, 69
- restaurants, 219–20
- reversing:
  - muscle direction, 49–50
  - workouts, 15–16
- rhythm, in workouts, 32
- roast beef round-up snack, 284
- roast(ed):
  - beef, as snack, 284
  - carrots, 260
  - chicken, 247
  - chuck, 271
  - lamb, 276
- running, 188–89
  - drawbacks of, 57
  - long-distance, 56–57
- Russia, sports training in, 37, 56
- salad(s):
  - Andy’s Rio Saldo, 260
  - baby lentil, 253
  - berry fruit, 265
  - Caesar, 245–46, 256
  - chicken Caesar, 273
  - chicken Waldorf, 250
  - fajita, 241
  - orange chicken, 231
  - red cabbage, 268
  - salmon, 253
  - sesame chicken, 275
- spinach, with shrimp, 269–70
- tropical fruit, 254
- tuna, 236
- Turkish, 276–77
- salmon:
  - with dill sauce, 251
- salad, 253
- salt, in diet, 219
- sauce(s):
  - Alexander’s sesame peanut, lettuce wraps with, 263
  - BBQ, for flank steak, 237–38
  - dill, salmon with, 251
  - for halibut or cod, 233
  - pear, 234
  - quick tomato, 282–83
- sausages, turkey, 226
- scissors, 132, 168
- Sears, Barry, ix–x, xi, 203
- Sehorn, Jason, xi
- sesame:
  - chicken salad, 275
  - peanut lettuce wraps, 262–63
- Shell, Art, xiv
- shock absorption, 21, 23, 26
- shoes, exercise, 64
- shopping and cooking, 212, 223, 225
- short-term endurance, 33, 55–56, 189

- shoulder blade (scapula), 27–28
- Shoulder to Shoulder exercises:
  - bells back, 101
  - kneeling overhead lifts, 103
  - kneeling overhead rock, 102
  - kneeling overhead twist, 104
- shoulder flexibility, 294
- shoulder press, ProBodX, 174
- shoulders, injuries to, 146
- shrimp cocktail snack, 285
- shrimp K'cado snack, 285
- shrimp salad with spinach, 269–70
- to the side, 161
- side kicks, 135, 168
  - modified, 136
- side leg lifts, 170
- side lift, 155
- side to side, 130
- single arm circles, 118–19
- single leg lunges, elite, 140, 173
  - modified, 141
- skipping meals, 206–8, 217
- slant board, 61, 66
  - routine with, 83–84
- Smith, Robert, xiv
- smoked salmon snack, 285
- snacks, snacking, 207, 212, 217, 220, 222, 283–86
  - varieties of, 284–86
- sole with citrus and cilantro, 274
- sorbet, 244
- soup(s):
  - black bean, 238–39
  - broccoli, 280–81
  - chicken barley, 258–59
  - lamb lentil, 278–79
  - meals, portion sizes of, 216–17
- southwestern pork, 259
- speed strength, 35, 39, 147
  - test results, 295–96
- spinach:
  - salad with shrimp, 269–70
  - sautéed garlic, 234
- spine, 9
  - micromuscles of, 24–25, 24
- sports injuries, 198
  - see also* injuries
- sport-specific skills, 39–41, 178–79
- sprinting, 189–90
- squash-carrot puree, 247–48
- squat and reach, 106, 143
- squat(s):
  - balance disk, 90
  - overhead disk, 107, 154
  - and reach, 106, 143
  - and rotate, 91
  - as starting position, 105
- staples (groceries), shopping
  - list of, 223, 225
- starting strength, 35, 147
- steak, BBQ flank, 237–38
- “sticking points,” in ProBodX, 145–47
- strength:
  - absolute, 34–35, 50, 150
  - accelerating, 36, 147
  - conditioning, 144
  - explosive, 34, 36, 57, 147
  - speed and, 35, 39, 147
  - starting, 35, 147
  - test results of, 294–96
- stretching, 16, 51–52
  - elastic energy and, 36–38
  - over-, 52
  - and warming up, 54
- string beans, 244
- stuffed peppers, 264–65
- sugar, 205–7
  - substitutes for, 219
- survival of the “fittest,” 4–5
- sushi snack, 285
- swimmer, 120–21
  - modified, 122
- sword pull, 111
  - modified, 112
- tart, fruit, 272–73
- taste of childhood snacks 1
  - and 2, 286
- testing achievement, 287–97

- thirst, 205, 219
- timing, of body parts, 32
- tomato sauce, quick, 282–83
- training partners, 145–47
- travel, sports equipment
  - and, 66
- triceps extension, 177
- tropical fruit salad, 254
- tuna salad, 236
- tuna snack, 284
- turkey:
  - bacon, 252
  - ground, in stuffed
    - peppers, 264–65
  - hash, 266
  - patties, 235
  - roll-up snack, 284
  - sausages, 226
- Turkish salad, 276–77
- two-week fuel plan, 222–86
  - menus for, 222, 224, 257
  - shopping list for, 223, 225
  - week one recipes for,
    - 226–56
  - week two recipes for,
    - 258–86
- see also* food plan; snacks, snacking; *specific recipes*
- Upshaw, Gene, xiv
- vanilla custard, 261
- veggie cheese omelet, 240
- vertical jump test, 295–96
- vinaigrette:
  - balsamic, for baby lentil salad, 254
  - balsamic, 1 and 2, 281
  - BBQ, for fajita salad, 242
  - orange, 232
- V-ups, 128–29
- walking, 9, 187–88
- warming up, 54, 62–63, 180
  - exercises for, 76–79
- water, drinking of, 205
- weekly menus, 222, 224, 257
- weight gain, 200
- weight loss, 12, 204, 207, 211
- weight training, 35, 42, 45–51
  - disadvantages of, 67, 183
- yoga, 42, 51–55
  - overstretching and, 52
- yogurt delight snack, 284
- Zone Diet, xi, 203
- zucchini:
  - grated sautéed, 268
  - onion fritters, 261–62
  - onion sauté, 280