



TRUTH ABOUT FITNESS



INTRODUCTION.

WELCOME TO THIS TRUTH ABOUT FITNESS COMPLETE WORKOUT AND NUTRITION GUIDE (FOR MEN & WOMEN). THIS DOCUMENT PROVIDES YOU WITH DEFINITE PLANS ACCORDING TO YOUR UNIQUE FITNESS GOALS - SOMETHING YOU CAN STICK TO, TRACK YOUR PROGRESS AND IMPROVE WEEK IN AND WEEK OUT. WHAT GETS MEASURED GETS MANAGED. IF YOU STICK TO THIS PLAN, YOU WILL BE HAPPY WITH THE RESULTS. IF YOU HAVE TROUBLE “STICKING TO THINGS” THIS WILL HELP YOU STICK TO YOUR PLAN.

HERE'S WHAT WE COVER...

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MINDSET



Commit to reading this mindset section multiple times.

Thoughts lead to feelings, feelings lead to actions, and actions lead to results. Everything begins with our thoughts which are produced by our mind. Our mind is the basis for our life and most of us have no idea how to change our thoughts. If you intend to have your dream body, you must understand and believe this immediately. This Mindset section is the most essential key to getting into the shape you dream of.

If you skip this section, you will not achieve any results in fitness and purchasing this plan will have been a complete waste of your money.

Before you begin the training sessions outlined in this document, you must adopt the mindset of a fit and successful person.

WHY YOU ARE NOT HAPPY WITH YOUR CURRENT SHAPE...

There are 2 reasons...

- 1. YOU HAVE NO DEFINITE PLAN:** You don't have a definite idea or goal you are aiming toward. This is the same as getting in an uber without a destination. Your uber driver won't know where to go so will just sit in front of your house and bring you nowhere.
- 2. ENTROPY IS A LAW OF NATURE:** Maybe you do go to the gym, but you do not understand entropy. In order to maintain or improve your fitness, you must understand that the nature of reality is to decay unless pushed forward. You must always be improving your mind and thus your actions in order to maintain or improve your results.
- 3. YOUR MIND IS WORKING AGAINST YOU:** You are not using your mind correctly. Maxi will teach you to use your mind, this is the fun part.

THE FIT PERSON'S MINDSET



Review:

- a. Your thoughts lead to feelings, which influences your actions, and thus your results.

Thoughts → Feelings → Actions → Results

- b. You are currently either failing to control your thoughts or failing to do.

Now you are going to learn how to change your thoughts, and thus change your reality.

STEP 1. Copy, Paste

Below I have listed the characteristics of a successful and fit person. Think of any successful person you know and they will embody these character traits.

Notice as you read these that they apply to the overall character of the person being described. The specific fitness affirmations come as you go further down. An important key about mindset is that your overall mindset will affect all areas of your life beyond just your fitness. You must have a definite goal for everything in your life in order to attain it.

Copy and Paste these traits into a new note into your Master Vision under the question which asks you “who you would like to become like?”

Copy from here ↓

[Your First Name Here] is getting in better shape every single day.

[Your First Name Here] pushes him/herself in the gym.



[Your First Name Here] has set definite fitness goals and is determined to attain them.

[Your First Name Here] has amazing energy and focus as a result of his increasingly challenging and healthy workout routine.

[Your First Name Here] is developing and following an increasingly healthy diet according to his/her fitness needs.

[Your First Name Here] trains and eats like **(insert your favorite athlete or celebrity here)**.

[Your First Name Here] has the mind of an increasingly fit person. **[Your First Name Here]** has a healthy sleep routine.

[Your First Name Here] has friends who enjoy improving their fitness.

By **[Insert Date here]**, **[Your First Name Here]** will be able to do X, Y, and Z. (*X Y Z refer to your definite fitness goals for example, 10 mile run, 30 pullups, and 225 bench press*).

[Your First Name Here] has chosen a definite fitness plan and commits to following it no matter what. (*describe your plan in detail here*).

[Your First Name Here] is well balanced, expanding and improving in all other areas of his/her life - physically, mentally, socially, and financially.

Copy ends here ↑

Once you have copied these character traits of the fit mindset, paste them into the Maxi Master Vision, put your name in & edit your pronouns.



Ready? Good... Move on to Step 2.

STEP 2. Select All, Speak

Watch the video in the Maxi welcome members area to learn how to dictate your master vision to you when you go to bed.

Approximately 5-6 nights before you go to bed, select all of these notes and press speak. Fall asleep to your subconscious reprogramming. Over time, this habit will gradually change your thoughts, feelings, actions, and reality. You will begin to notice results almost immediately.

READ THIS AGAIN

DO THIS 5 - 6 NIGHTS A WEEK!

I CAN'T STRESS THIS ENOUGH!

DO IT!

DO IT!

DO IT!

HERE IT IS AGAIN...

Approximately 5-6 nights before you go to bed, select all of these notes and press speak. Fall asleep to your subconscious reprogramming. Over time, this habit will gradually change your thoughts, feelings, actions, and reality. You will begin to notice results almost immediately.



AND IN RED

Approximately 5-6 nights before you go to bed, select all of these notes and press speak. Fall asleep to your subconscious reprogramming. Over time, this habit will gradually change your thoughts, feelings, actions, and reality. You will begin to notice results almost immediately.

DO I HAVE TO MAKE THIS UGLY!? I WANT TO MAKE IT SO IF YOU ARE SCROLLING FAST, YOU GO BACK AND FOLLOW THESE DIRECTIONS!!!!

Ok. Good? Good.

No, we're not good.

Go back and read the Mindset Section again.

Do it now.

Ok. Now move on to Step 3: Confirming.

STEP 3. Confirming

As you listen to your affirmations before bed or throughout your day. Look how your life is changing. Notice how much more motivated you are to go to the gym. Notice your fitness results actually happening in front of you. As each line is spoken to you when you listen, confirm in your mind how it is coming true for you. You are becoming more and more fit every day.

BONUS. (very important bonus*)**



I would highly recommend adding to this list character traits and goals for other areas of your life. Work goals, friends and family, love, and beyond. Write your goals as if you are describing yourself in a newspaper of how you want your life to be. Your thoughts will gradually change, influence your feelings, your actions and soon you will be living the life you type out in your notes app. It's really pretty cool.

NOW LET'S BEGIN YOUR TRAINING.

SLEEP

This one is simple. Sleep 8 Hours. Don't think you need sleep? Try not sleeping for a day, then try to operate in your day. Then the next night, get a good 8 hours and compare. Rest your body. Sleep. If you have trouble sleeping, read Nick Littlehales book about sleep. He coaches the world's top athletes how to sleep to perform better (such as Cristiano Ronaldo).



Highly recommend purchasing an Oura Ring. Google it.

THE CLOSEST THING TO A FITNESS *SHORT CUT*

1. First off, there are no shortcuts. But this is the closest thing to one.
2. Fitness is all creating habits
3. The hardest part about creating a consistent workout routine is actually ***starting***. Gym procrastination and failure to create a routine for yourself is your biggest enemy.
4. How to Solve “Gym Procrastination”
 - a. Schedule 3-5 times each week to go to the gym in your calendar on your phone. Set a reminder or notification, “Gym time!”
 - b. Your only goal to start is to show up to the gym 3-5 days a week and to workout for *10 minutes* each time. That’s it.
 - c. You might be thinking, how will I get in shape if I only go for 10 minutes? Well, here’s the funny thing that happens. You will easily crush 10 minutes of working out. Then, if you are tired or had a tough day, just end the workout there and go home. However, the chances are that you will start to feel really good and you will continue your workout. You will already have momentum in the gym and will actually feel inspired for more.
 - d. Giving yourself easily achievable goals helps to build momentum and start creating real change.
 - e. Do this now.

TOOLS TO PUSH YOURSELF TO EAT HEALTHY

- A. Ever since we were kids, society has ingrained in our minds that healthy foods taste bad and are *not cool*.
- B. We grow up developing an addiction to unhealthy eating habits that make us feel good in the moment (sugar, alcohol, fats), that ultimately take us down and keep us from living a life we dream. I mean it when I say, there is no business



book that will make you successful in life if you eat like a shit. You might make money, but you'll be unhealthy, and when we are unhealthy, we are less happy and suffer in other areas of our life. If you truly want to thrive in life, you need to consume foods that make you thrive.

C. The Key to eating healthy is to shift your attention, not to the immediate sensation of taste, but to the long term effects of what you put into your body.

a. ***Try this:*** Go an entire day without junk food or sugar. Eat greens, lean protein, and healthy fats. Don't think about the taste, think about how good you are going to feel after.

b. Here's an example of a day you could run.

- i. Breakfast: Eggs with spinach, chopped onion, lemon, olive oil
- ii. Lunch: Turkey wrap on spinach wrap with lettuce
- iii. Day Snacks: bananas, low sugar peanut butter, almonds, apples, pears, raspberries (>15+ grams of protein, < 6 grams of sugar)
- iv. Dinner: Chicken, steak, salmon with Broccoli
- v. Night Snack: Low sugar greek yogurt

D. The next key to fitness happens in the grocery store. If you buy foods that are healthy and that's all you have in your house, then that's all you will eat.

Discipline happens in the grocery store.



GROCERY LIST

- ❑ PLANTS: Spinach, Kale, Broccoli, Carrots, Beets, Asparagus, Lettuce
- ❑ FRUITS: Pears, apples, bananas, peaches, green apples
- ❑ MEATS: Chicken breast, steak, salmon
- ❑ PROTEINS: Almonds, Raw Brazil Nuts, Peanut Butter, plant based mykonos cream cheese, Eggs, hummus, chickpeas, beans, raw almonds, raw cashews
- ❑ CARBS: Gluten free bread, bagels and english muffins, black bean Pasta, fennel pasta, chickpea pasta
- ❑ FATS: Avocados - I buy 4 at a time
- ❑ SMOOTHIE: Oats, PB, frozen blueberries, ancient nutrition bone broth vanilla protein powder, coconut milk, almond milk, ashwagandha powder, cacao powder, amazing grass green superfood mix, beet elite powder
- ❑ OTHER: Pasta sauce, Onion, minced Garlic, Lemon, Salt and Pepper, Turmeric, ginger, parsley and lemon go well together, cumin - garlic - mint go well together, oil and vinegar
- ❑ SWEETS: plant based Dark Chocolate

* Many people believe in Vegan/Vegetarianism. I myself DO eat meat, but ever since I realized that eating more plants gives you a more sustainable source of energy than meat, I have begun to eat a TON more plants. Plants are easier to digest and thus expend less energy from our tanks during digestion. Meats are complex and difficult to break down. Plants also get their energy through photosynthesis directly from the sun. Whereas eating meat usually means we are eating the meat of animals that got their energy from eating plants. At the end of the day, the most nutrients and energy source for our bodies comes from the sun, so eating more plants is something to keep in mind. *



WORKOUT PLANS FOR MEN & WOMEN

*[CLICK HERE for TONING WORKOUT FOR WOMEN](#)

*[CLICK HERE for MUSCLE GAIN WORKOUT FOR MEN](#)

*[CLICK HERE for 20-MINUTE HIIT WORKOUT](#)

BONUS: ADVANCED ATHLETES WORKOUT:

This is a sample advanced workout from my trainers at Vital Performance One and Athletic Performance Training in Cape Cod. I am able to do this workout because I have been approved by trainers through stages along the way that develop my form and condition me to lift heavy weights. I encourage you to try out a personal athletic trainer. They are expensive, but training with one for a summer can give you an athletic education that can last a lifetime.

A. At the gym, I carry with me my beats wireless headphones, my phone, and a bottle of water.

B. 3 sets of 5 breaths:

- a. I start by breathing. I place a foam roller in between my knees and put my feet on the wall in a stretching or yoga area. I squeeze the foam roller as I breathe in and fill my stomach with air. I pause at the top for 2 or 3 seconds and then exhale all the way out as if I'm blowing through a small straw.

C. Activation exercises: 1 set of each.

- a. Alternating shoulder touches: Go into a pushup position with your legs spread apart and your hands under your shoulders. Lift up one of your hands and touch the opposition shoulder. Touch each shoulder 8 times.
- b. Around the clock lunges. Stand straight up, eyes forward. Lunge forward leading with your right foot to 12 o'clock and then back to



center. Then lunge to 1 o'clock. Go all the way down to 6, and back up.
Repeat for your left leg.

- c. Hip CARs: Get on your hands and knees. Now, lift up your right leg and begin to draw wide slow circles with your knee. You should feel this strongly in the hip.

D. Quick Warm-up:

- a. 3 sets
 - i. 5 quick - ups (find a sturdy wall, go down into a lunge position, drive your knee up and place your hands on the wall stopping yourself. Retreat back to starting position, 5 left and 5 right)
 - ii. 5 pushups
 - iii. 5 lunges (5 right, 5 left)
 - iv. 5 med ball chest slams (4-10 lb med ball: squeeze med ball tight to chest, bend knees, drive the ball into the wall)

E. 2 minute jog. One lap around the track should suffice. Get the heart rate up.

F. Plyometrics:

- a. 4 sets
 - i. 8 Med ball slams (4-10 lbs)
 - ii. Push up to springs (alternating by leading with right leg and then leading with left leg)
 - iii. 6 Box jumps

G. Main Lift A: Choose one of the following ()

- a. Hex-bar deadlift
 - i. Reps: 6, 6, 4, 4
- b. Squat
 - i. Reps: 6, 6, 6, 6

H. Main Lift B:

- a. 3 sets
 - i. Bent over rows (6, 6, 6)
 - ii. Weighted push-ups
 - iii. Front plank, side plank, side plank (25, 25, 25 - 5 seconds rest in between)



I. Cardio:

- a. Bike
 - i. 2 minute warmup
 - ii. 25 seconds full sprint
 - iii. 50 seconds half speed rest
 - iv. Repeat steps ii. & iii. 6 times
 - v. 2 minute cool down

J. Meditation:

- a. 10 minute meditation

Best of luck,

- Arlin



BONUS

No gym membership?

Scroll Down for 4 Bodyweight Only Workouts

Would you like an online trainer?

Contact my friend @Jay_Azeltine and tell him I sent you.

Bodyweight #1 Upper Body

Warm Up

Shoulder Circles 2 x 20 forward/backward

Band Pull Aparts 2 x 20

Push Ups <> Lateral Raises (use chairs.. Or gallon jugs .. or anything that's 10-20lbs total)

5 x 15 each

Chair Dips (hand on chair .. legs straight extended out in front of you.. Nice & controlled. Big tricep squeeze)

125 reps in as few sets as possible

Upright Rows (bookbag full of weight would be good) <> Front Raises (chairs, jugs, books OR bands)

4 x 20 each

Planks

3 x 1 min



Bodyweight #2 Lower Body

Warm Up

Side Leg Raises (w/ band IF possible .. if no bands, that's okay)

3 x 15-20 each side (if using band, 10-15 reps) (<https://bit.ly/33u17hY>)

Bodyweight Squats

3 x 15

Crunches (OR ab wheels if possible)

3 x 30 (or 3 x 10-15)

Jump Squats

20 seconds on .. 10 seconds off .. 3-4 min total

Reverse Lunges (1 min rest between sets)

5 x 8 each leg (slow & controlled reps .. focus on squeezing glute tight @ top of each rep.. IF you have a bookbag, fill it up w/ weight of some sort & keep that on .. forcing you to keep that core nice & tight)

Step Ups on a chair <> Single Leg Hip Thrusts

3 x 8 each leg (real nice & slow on these .. focusing on core tightness & tightness throughout entire body) <> 3 x 12 each leg (2 sec squeeze @ top of each rep)

Seated Band Leg Curls (IF POSSIBLE .. choke medium band around a heavy object & sit in chair for these) <> Calf Raises on some sort of elevated surface (stairs)

3 x 30 each



Side Planks

2 x 30 seconds each side

Bodyweight #3 Upper Body

Warm Up

Shoulder Circles 2 x 20 forward/backward

Band Pull Aparts 2 x 20

Plank Pull Throughs (using a heavy book) 2 x 10 each side

Push Ups

150 reps in as few sets as possible

Chair Dips

200 reps in as few sets as possible

Bicep Curls (could use gallon jugs .. stones .. kitchen equipment .. either single arm OR both arms at the same time) <> Overhead Tricep Part Ways (same thing .. heavy books could be good for this. If only have one item, do one arm at a time)

5 x 15-20 (add more reps if weight isn't heavy enough)

Planks

3 x 1 min

Flutter Kicks

1 x 1 min



Bodyweight #4 Lower Body

Warm Up

Side Leg Raises (w/ band IF possible .. if no bands, that's okay)

3 x 15-20 each side (if using band, 10-15 reps)

Lunges

3 x 10 each leg (nice & slow)

Crunches (OR ab wheels if possible)

3 x 30 (or 3 x 10-15)

Bodyweight Squats (add book bag if possible) <> Banded Good Mornings (ideally a heavy band)

5 x 20 each

Single Leg RDL (holding books or some sort of weight in each hand)

3 x 8 each leg (slow)

Standing on 1 leg w/ other leg @ 90 degree w/ knee up

1 x 1 min each side (keeping body squared .. core tight)

High Knees OR jumping jacks

20 seconds on .. 10 seconds off .. 4 min total

Side Planks

2 x 30 seconds each side

