

YOU ARE YOUR OWN GYM

BY MARK LAUREN

YOU'RE HOLDING IN YOUR HAND ALL THE
EXERCISE EQUIPMENT YOU'LL EVER NEED AGAIN.

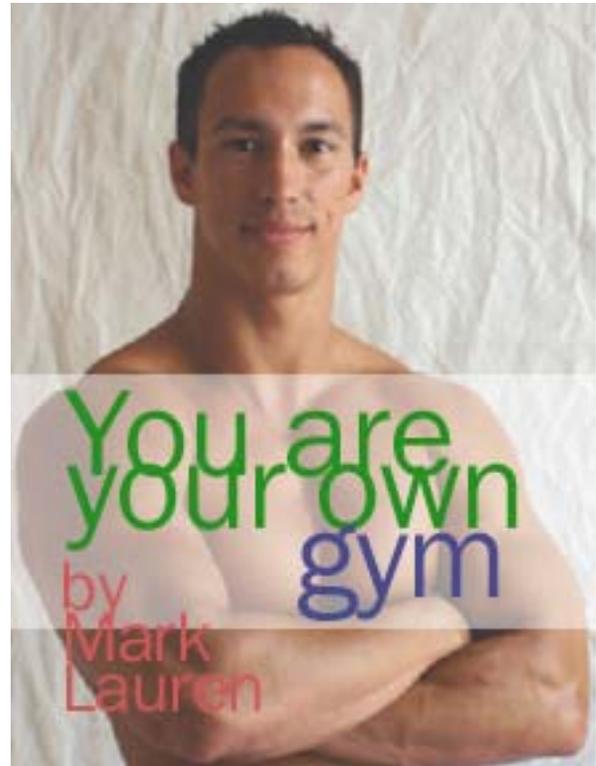
For the first time, the most elite Special Operations fitness exercises
are made available to you, to fit *your* schedule, and *your* wallet.

INTRODUCTION

What if I told you that you already have the
most advanced fitness machine ever
created?

Imagine it: The most effective, efficient and
only equipment you will ever need for
exercise again—a simple program that
requires no gym, no weights, no *nothing*
but your own body.

No book like this exists. Yet for thousands





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of years—from Ancient Greece’s Olympic athletes to tomorrow’s U.S. Special Forces—humanity’s greatest physical specimens haven’t relied on fitness centers in their towns or dumbbells in their homes.

I want you to understand, I do not train movie stars or others whose livelihoods hinge on looking great. I train those whose lives do. For a decade I’ve used simple bodyweight programs to create the leanest, strongest people of our society. I’ve honed these exercises while preparing 700 trainees for the extreme demands of the most elite levels of the Special Operations community. A stellar record has lead the top command to buy into my system. The US military's most advanced forces, from Navy SEALs to Army Green Berets to Air Force Special Tactics Operators use these bodyweight exercises as their backbone to strength training, and now I bring them to you. For the first time, men and women outside SpecOps will have the opportunity to reach the pinnacle of fitness, with an amazingly small sacrifice of their time. These exercises will be brought into your living room, bedroom, office, wherever you like, in a clear, concise, complete manner for people of all athletic ability levels. Our sedentary nation, many of whom not only have no idea what to do in a gym but don’t want to spend the money there, can now workout virtually anywhere they choose. It’s fun, inspiring, and you’ll see rapid results in 30 minutes a day, 4 days a week.



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The real treasure of the book is the 99 exercises themselves, each very clearly demonstrated and explained, which develop every muscle from your neck to your ankles. These exercises will be the ultimate resource to create individual programs that cater to individual goals. But for those who need the direction, I've laid out a specific 10-week program.

The book can replace all other fitness programs in a person's life, or be used as a supplement to their regular program, as a way to change things up from the same old *borrrrrrrring* routine in the gym, or even just to take on the road when you can't find a gym.

I spent a decade honing military units assigned to carry out the most dangerous missions. It's always been my experience that the individual with the best development in all areas of physical ability succeeds the best operationally. Similarly, it is diverse ability that makes us attractive. So, my program develops the entire spectrum of physical skills: Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Power, Coordination, Balance, and Flexibility. It is only by focusing on these seven skills, rather than appearance, that you will make your best gains, in ability, well-being *and* in appearance. The washboard stomachs, big chests, round shoulders, and shirt-sleeve-stretching biceps of my men are testament to that, as are the toned legs, tight triceps and abs of the women I've trained.



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So how are these skills and muscles gained? Through the use of short intense strength training sessions using bodyweight exercises. Even outside of SpecOps, the efficacy of bodyweight exercises has been proven time and again. Take, for example, the USSR's two-time Olympic gold medalist Alexeev—arguably the strongest man in the world in his time—who was the first to clean and jerk 500 pounds; or Dallas Cowboys running back Hershel Walker who gained more yards than anyone in professional football history (and had a body to match); or even Madonna. They, and countless others, used bodyweight exercises to attain ultimate fitness and physique. Yet these exercises have for too long gone largely unnoticed by popular culture.

The majority of equipment, training systems, and fad diets are the result of good marketing, not an attempt to provide a generally inactive society with the simplest and most effective method of reaching and maintaining well-being and higher levels of fitness. Our homes and gyms are cluttered with needless fitness gadgets. Other than running and swimming, most people simply have not been raised to use their body alone for exercise. The popularity of yoga and pilates exemplifies the efficacy of bodyweight movements, although these methods, when used alone, fail to develop all-around fitness. With a good diet, consistency, and the systematic application of bodyweight exercises you have a training method that will reward you with results, challenges, and greater body control

than you ever imagined. You'll become proficient at using the one thing that you are never without: your body.

For a workout to be *functional*, it must resemble the event being trained for as closely as possible. The performance demands of the average person consist mainly of manipulating their own bodyweight throughout the day. *Hmmm...* What better way to improve manipulating your own bodyweight than bodyweight movements? This is one major reason why bodyweight exercises are superior to joint-jarring weight workouts that have little functional value in daily living.

The manly man has been taught to think he should hit the bench press, lat pull down machine, squat rack and other contraptions of bodybuilding—inefficient and less effective exercises that isolate solitary body parts and build less functional and less physically attractive results.

Many women go to the gym with a different focus than men. They're not looking for big chests and arms, but rather to firm and tone their entire body, especially their legs and butts which tend to be the hardest things to maintain as they age. The ironic thing is that they should do exactly the same thing to achieve these goals as men should do to bulk up. Women too often just take their arms along for the ride when they workout. In a nutshell, men and women's muscles are identical, the only difference being in size. It's virtually impossible that a woman

would get bulky, muscular arms from doing upper body exercises. Even steroid-saturated professional female bodybuilders don't have huge upper bodies. What women, at the least the ones I know, continually fail to understand is that if they exercised their upper bodies as much as their lower, their tummies would just be that much flatter. Some do Sit-Ups because they believe that will flatten their tummies (see "The Myth of Spot Reduction"). Again, building and maintaining muscle, alone, is the most effective way to burn fat and calories.

And that doesn't happen with aerobics. Millions of women and men put themselves through long, grueling cardio sessions every day, thinking this is good for their lungs and their belly. The fact is 30 minutes of aerobic exercise boosts your metabolism for the following 40 minutes, whereas strength training elevates your metabolism for as long as *48 hours* afterward. And muscles burn calories all day long, even while you sleep. (While aerobic exercise can burn *muscle*.)

The secret to ridding your tummy of accumulated body fat is regaining your youthful metabolism by regaining your muscle. It's realistic for someone to lose 15 pounds of body fat over the course of one of my 10-week programs. Other benefits will occur deeper inside—increased energy and vitality, while stress will get a dishonorable discharge. Success in your fitness program will inevitably lead to success in the other aspects of your life, both work and play.



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In the 1970s Arnold Schwarzenegger showed the world the gym's potential, and it is said that he launched a thousand of them. Now it's time to harness the body's potential. This is the new fitness revolution.

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TOP TEN THINGS THAT MAKE THIS BOOK GREAT

#11 (*Okay, it was impossible to keep the list down to 10...*) **SAVES TIME.** No packing, traveling, parking and changing at the gym, then doing it all in reverse to get back home. Plus, these workouts only take half an hour, and in between sets you can check your e-mail, clean-up the house, do anything at all.

#10 **SAVES MONEY.** By buying this book, for less than half the price of a typical gym's one-month membership fee, you will never again waste money on dues or home fitness equipment.

#9 **SAVES SPACE.** You only need to temporarily create enough space to lie down in. And there's no need to store whatever latest contraptions are gathering dust in your home.

#8 **YOU CAN DO IT ANYWHERE**—your bedroom, hotel room, a park, roof, your office between meetings. This will be particularly appealing to anyone who travels. Who wants to search for the nearest gym? Airports and corporations with traveling sales forces should jump on this.

#7 **NO GYMBARRASSMENT.** Let's face it, there are plenty of folks out there who know they need to shape up but cringe at the thought of putting themselves on



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display at a fitness center with bodybuilders grunting around them as they wait to use sweat-soaked machines. YOU are the boss now: Crank those tunes up loud or low as you please or watch whatever channel you want. And no gym clothes required. (In fact, no clothes at all are required.)

#6 **IT'S ALWAYS OPEN**—early in the morning, late at night, Christmas, New Year's, snowstorms, you name it.

#5 **IT'S SAFER**. Did you know as many as 50% of people who try aerobics hurt themselves even if it's "low-impact"? As well, by using motions that are natural for your body, these exercises keep you safe from the myriad chronic and acute injuries like joint problems associated with weightlifting.

#4 **YOU WILL NOT STOP SEEING RESULTS. EVER**. This is not some short-term fix or fad, but a fun program that will never stop working for you. Variety is the spice of life. Mark provides seemingly infinite ways to vary these exercises so you won't get stuck in a rut. Instead they'll remain enjoyable, and never stop increasing your fitness. Keeping your muscles guessing is how you keep them growing.

#3 **BUILDS MUSCLE BETTER THAN WEIGHTLIFTING**. Most weight training exercises only isolate certain muscles, requiring a fairly small portion of your body's total muscle mass, unlike these that incorporate many at once. Even



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Mark's most focused exercises not only emphasize your "targeted" muscle groups, but, unlike using those fancy machines in the gym, they will develop your stabilizer muscles that surround the targeted area as well, and do a far better job of that than using free weights either. This creates more muscle, and more muscle.....

#2 **BURNS MORE FAT.** These exercises will crank your body's metabolism far above using weights or aerobics.

And the #1 selling point of this book... **IT SIMPLY WORKS.**