

Small program for total balance of body and mind

I want to share with you, give you this program that has the ability to help you reach for the fulfillment of your potential. But before you begin to read it, I want for you to keep in mind that if you are a younger person the physical aspects of this program and the time you dedicate to the physical aspects is normal to be much higher for you as a younger person (14 and up) than for example a person that has over 50 years of age... On the other hand, if you the reader, have over 50 years of age your priorities and the times that you invest in the physical aspects of this program will be smaller.

Basically, this total program will benefit everybody... But you have to use common sense when you begin it. Mostly, if your life has been sedentary up until now, or is sedentary right now. Please begin slowly with only 10-20-30% of the weekly exercises that I recommend to/for you. In order to try to reach 50-80% of the quantities of exercises recommend weekly in 12 to 15 weeks (about three months plus) if you are a healthy person.

If you are not a healthy person and if you have some health problems, please consult your doctor before beginning any exercise program. So if you are sick do not do these exercises unless your doctor sees it and recommends to you to do it.

For all the healthy people that want to get in better shape and have a more fulfilling personal life, and a student or professional life, they must begin with the morning exercises (when you wake up) and little by little build yourself on up. You can become 2-3 times stronger and more resistant by doing these exercises 12 months (1 year). So 2-3 times stronger than a normal sedentary person of a similar sex, age, height, build, etc. with you. It is doable. I have chosen exercises for you that will help you to get in a good overall shape that makes you stronger, faster, more resistant and that increases/fortifies your health in a general way.

So, these exercises will not make you like a body builder/power lifter type... it will actually help you/make you more like an ancient warrior/hunter... If you respect the program. You will get more athletic overall... and you will have better superior abilities in everything that you do (from work/study... inclusive your virility and libido... exercise is the best antidepressant and aphrodisiac). In conclusion your whole life quality will increase. Then later if you decide, you can change from athletic to bulky... but bulky is not the best shape that you can be in. Do you understand?

Without further do, please study and read the program, but remember the results will be directly proportional to your thinking/concentration/effort (real physical action), dedication, and understanding of the program that you will do.

Practice makes perfect... Do it.

1. Stretching/flexibility (5-10 minutes first) and burpees 100-300 reps daily, or almost daily, with minimum one day a week off (invest 15 to 30 minutes in this activity, in the morning, it will change your life). Preferably in the first 10-20 to max. 45 minutes after you first wake up. The sooner you do them after you wake up, the better, and if possible open your window or do them outside in fresh air. Those exercises will start and prepare your body for all the activities of the rest of your day in an alert/focused type of way (circulate your blood, oxygenate your brain/body, and stimulate and balance your hormones, give you more energy, etc.). When you wake up, do this morning routine before you eat. So, whatever you do, don't eat before your morning/wake up exercises... After this you can shower, eat, etc., do whatever you need to, or want to do.

All the other activities on this list are for you to find the time and dedication to do. If you want to. But if you don't do them, don't expect to be too happy with your life... because the reality is simply this... Nature/evolution/creation (if you like it or not) has already built the recipe/requirements for success or failure inside of us/you. In the last few millions (billions???) of years... I hope that now, you will begin to understand one of the greatest secrets of life/Nature (Guiding Force, GOD..., that goes beyond what you want to believe or do not want to believe)...The secret is this, the reward and punishment is directly build into you and everything that exist around you (the people, the system, Nature, planet, etc.)... You will receive rewards and/or punishments (almost automatically, 90% plus... of the time) for everything that you do (right/wrong) and for everything that you don't do (right/wrong).

Nothing is free, everything has a price...

Read more of my articles, and you will see/find more info on this. For now, do your best to be your best (man or woman) that you can be... as much as you desire to.

Free will? Choice? You decide...

Please read on and you will find most of the things that you must try to do if you desire to become happy and to be/feel fulfilled in your life. But keep in mind that I didn't cover ethics (too much), morals, politics, democracy, human rights and other

necessary things of lets say, an intellectual/spiritual nature at all in this program... But if you will read some of my other articles I will cover/explain some of my opinions on those subjects if you are interested to grow/evolve.

2. Squats 1000-2000 reps divided in two or three sessions per week.
3. Height adjustable (try progressively for maximal height) step jumps 600-1000 reps divided in 3-5 sessions per week.
4. Pull ups 600-1000 reps divided in 3-5 sessions per week.
5. Push ups 600-1000 reps divided in 3-5 sessions per week.
6. Abdominal exercises 300-600 x3 sessions per week (900-1800 total reps).
7. Running/ cycling, (speed & resistance) minimum 3 sessions a week preferably.
8. Swimming/ boat rowing, playing by/in the water, (speed & resistance) minimum 3 sessions a week preferably. If possible???
9. Normal sex life, 2-3 hours/times a week for maintenance, love and health...
10. Study, meditation, contemplation, and [prayers] (for those that are believers in God) as much as possible, at least 6 hours a week. If you do not believe... don't pray.
11. Spend/invest time and energy for your family life, in peace and love, in harmony.
12. Defense – the art of war, study and train (spiritual, mental, physical).If you do martial arts/self defense you can do many of the other exercises mentioned above in your work outs...Combine/mix them with dedication and creativity.
13. Work/provide (or study) for yourself and for your family (learn, practice your work/profession/skills, become better, etc.) without hurting other people or yourself.
14. Entertainment/ fun time; dance, music, party, arts, read, talk, make fun, climb mountains, whatever, etc.,without hurting other people or yourself.
15. Time off, rest, relax... sleep, dream... heal your self. Wake up fresh and strong.
16. Being and becoming, feeling whole (non-fragmentary or without duality/lies in your life), be and feel alive... love the life energy within and without your self and nature/ life/ God. Love all life... Appreciate the wonder of the Nature/Universe/Cosmos, All Life.

For best results do all the exercises in a natural way with positive thinking, effort, action, good sleep, good food, etc. and whatever you do, don't take chemical, artificial, industrial food supplements, or steroids... Keep your body clean and don't allow anybody to modify you genetically... Your body and your family bodies are sacred... Fight for your rights... For your family rights and for all those that you love.

Don't do anything in a mechanical type of way... Try to think and study everything... Feel and think everything... through and through. Push yourself... If you are younger, under 30-40 years of age, do more physical/ intellectual stuff and if you are older concentrate more on the family/ children, intellectual/spiritual life. You can do even 25-30% of the physical program... But young or old, you must do all of it, body and mind or

mind and body together... Age will create different priorities, that's all... Don't be lazy... Be brave... And live your life 100%. Understand? Accept reality and fight for what you believe. If you have to... struggle and fight in order to survive, be free (with responsibilities/ honesty/ duties) and happy (fulfilled in your life in a healthy/ correct/ honest/ positive way) for your self, for your family, for your friends, for your community and so on...All the way up, to more then just your selfish/egotistic needs... Rise your self... above "The Abyss..."

"The Abyss"... What is it??? You may ask... Here is my answer..."The Fall of Man"... from a high HUMAN state to a lower materialistic/ animalistic/ Satanic state... Now you know.

Oh! I almost forgot to tell you one of the most important information that can take you from a small person to a great person... From small happiness to a lot of personal clean/ healthy satisfaction/ happiness. What is it?

This is the fulfillment/ happiness that comes when you know deep inside of yourself that you have done something good for somebody else... Or a good cause, greater than your self...

It comes from generosity, charity, it comes from giving. It comes from overcoming your own selfishness (ego/ greed). It is a victory.. of good versus evil. So, at the highest level of goodness is your own generosity/ empathy... It can be by offering your time/ work/ creation in a voluntary way or by giving charity/ money.

I do have a warning for you even when you want to do good... Be careful there are out there people and organizations that manipulate and exploit good people for their own interests. Sometimes their own interest can be the exact opposite of the high moral standard that they claim. Usually they do this for two main reasons:

- 1) One of the reasons is to get your money and prevent you from giving it to a true worthy cause, which usually is not in their own interest.
- 2) By doing this they neutralize you and your resources, by keeping you busy and using your resources against your best interest.

Remember that everything that is done against true democracy and against universal human rights is done with the money/ resources taken from the people and used against their own interest. Remember this, and never forget it.

But if you chose carefully, with intelligence, you will find ways to honestly help worthy/ needy people and/ or worthy causes. So, if it is possible for you, I do recommend that you do help based on your own believes and life experience in trying to make the world a more humane, better place. Good luck to you...

When you get the chance/time read 15+1 GUIDE LINES OF MAN/ WOMAN (by me)... then you will understand even more of reality/ life.

Until next time, with respect Robert Freemann.

For more information, please visit our website www.robert14689freemann.com

My E-mail address: robert14689freemann@gmx.de
robert14689freemann@web.de
robert14689freemann@yahoo.com

Some people read and fall asleep.

Some people read and wake up.