

**From:** J <jeevacation@gmail.com>

**To:** [REDACTED]

**Subject:** Re: The Routine

**Date:** Mon, 08 Apr 2019 13:04:47 +0000

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sincerely appreciated

On Mon, Apr 8, 2019 at 9:00 AM <[REDACTED]> wrote:

J,

As we squeeze the juice from the day, the **MOST** vital thing that you can do is to take care of your health and your body.

I will share a secret with you.

I have been around bodybuilding for the majority of my years. It started when I went to the JCH on Bay Parkway for the 1<sup>st</sup> time at 14 years old and attempted to bench press 55 lbs.

Unfortunately, I could not.

That was frustrating. I started doing push-ups everyday for 1 week straight. I returned the following week and successfully made the lift.

My life was about to change. I knew that if I really wanted to make real gains I needed to go to a "real gym". Right next to Lafayette H.S. located at 95 Avenue U there was a gym named "Bath Beach Bodybuilding". This gym was **HARDCORE** and it was perfect. Owned by John Barberro, it was the quintessential Brooklyn gym.

I was either there during the week training so I wouldn't get sand kicked in my face, (Charles Atlas) or at a health food store drinking protein shakes owned by a guy named "Vic Boff". Vic was in charge of the Polar Bear club in Coney Island and was an old-school bodybuilder.

I did this for years only to go away to college where my decision to go to a specific school was based upon being able to train at the **MOST HARDCORE** gym in the country run by the **MOST HARDCORE** bodybuilder I've ever met.

The gym was in Farmingdale, Long Island. The gym was called "Mr. Americas" and was owned by the 1972 Mr. America, "Steve Michalik".

If you do some research on Steve, you will see that he was unlike no other. He was featured in the book, "Pumping Iron" and was by far the most cerebral bodybuilder ever. He was a scientist at heart and his body was his laboratory.

The gym attracted the best bodybuilders in the country and if you surround yourself with the best, only good things can happen. He became a good friend and his star pupil became an even dearer friend, even till this day. His name was John DeFendis and John was the best teenage bodybuilder in the country. John retired for many years and then made the best comeback in bodybuilding history when he won the 1988 Mr. USA. Both Steve and John created one of the most controversial bodybuilding training programs ever and it was called "Intensity or Insanity".

It was a crazy amount of exercises, sets and reps. Basically you were training all day and then eating protein and napping. But, when you walked into a room, your physique would be something that people would notice right away. John lived in Florida for many years and ran the gyms that were owned by my training partner, who has met me now for 30 years every morning to do 1 thing and that was to "Pump Iron".

That's why I am sharing this.....

Weight training and bodybuilding has been a focal part of my life and for so many of my patients whom I have treated and watched their transformations for so long.

I have treated so many National and Professional bodybuilders both male and female but the real trophies are the ones that we carry with us 24/7 and that is our own bodies. Even to this day, I still judge Bodybuilding shows with the biggest Pro show (IFBB) coming up in Miami in July.

In all that time, I learned that in the world of weight training and bodybuilding, as long as you do it, it will **always provide positive dividends** for you.

Remarkably, in all those years I can tell you that the absolute worst shape that I was ever in was for a period of 2 years when I was working directly in a health club putting myself thru school.

Yes, when I was going to Chiropractic school

I worked in a fitness center and had the easiest access to equipment ever.

Completely at arms length.

The lesson was simple.

If I did not make the time for it, then shame on me, (Jewish guilt lesson #1).

I let everything else get in front of it and I never forgot it.

So, in other words access was not the key.

**Making the time** and doing the work was.

Which is a gentle reminder to you that I am asking you to invest **30 minutes per day**.

Yes, as the years have progressed and as we shared on Saturday, "Less is More".

I now have become so efficient and so productive by my own **30-minute commitment** each day that now thru trial and error, we have found the **BEST** routine based upon this moment in time.

SO, I am giving you my **exact routine** that both my training partner and I now use.

Each exercise is **simply 2 sets**.

The reps should be in the 12-15 range.

This is only done 3X per week.

#### **THE ROUTINE:**

It includes the following:

Push-ups to start (20).

1-Bench press

2-Tricep pushdowns

3-Lat pulldowns

4-Bicep curls

5-Leg extensions

6-Leg press

7-Shoulder press

That's it.

On the alternate days we do some form of cardio.

This routine will give you the best "Bang for the Buck" and use strict form.

You will get sore and that is good.

Muscle memory is very real and I believe you will feel the difference right away.

I can give you **100+ physiological benefits** as to WHY you need this right now.

You have done so good for so long but we don't look backwards.

We must take advantage of the opportunities **right now** to create a positive health change that you will feel and you will benefit from.

Drink more water thru-out the day.

I will get you the info on the best leg press machine, (best for legs, best for your back).

I will send you the weight loss kit to simply help kick-start you with a dietary regimen that you can live on forever.

This routine will help you feel vibrant.

You have the best clay in the world but we must continually mold it.

"Inch by inch it's a cinch"

It's worth it!!!

P

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please note

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