

# THE ULTIMATE SKIPPING ROUTINES

## AND FITNESS SOLUTION



**FITNESS  
MASTER**

**CATAPULT YOUR BODY  
INTO A FAT TORCHING FURNACE,  
ACHIEVE MAXIMUM BURN,  
RESHAPE YOUR BODY AND  
REACH PEAK FITNESS**

**FITNESS DYNAMO**  
*Double Under Made Easy*

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# INTRODUCTION

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If you're one of those people who has been desperately looking for the secret workout solution to your fat loss and fitness woes, you're certainly not alone. Millions of people the world over have tried and failed with every conceivable workout regimen going. Imagine, though, if the most effective training device ever invented had been staring you in the face ever since you were a kid in pre-school. Imagine further if this training tool was able to burn fat at 5 times the rate of any comparable exercise for the time invested. What about if it was so portable and inexpensive that it could be done anywhere, anytime?

The humble skipping rope is the device that meets all of those requisites. Skipping is, in fact, the best thing that you could ever do to reshape your body and get in peak fitness. In this book you will be introduced to the myriad of benefits that come from the art of skipping. In addition we'll demystify nutrition and exercise to allow you to follow a truly holistic approach to weight management and fitness. Then, we'll introduce you to the most effective skipping workouts that are guaranteed to transform your body into a fat torching furnace, while getting you in the absolute best shape of your life.

Are you ready to skip your way to a new you?

Great, let's go . . .





# 1 WHY SKIPPING IS THE ULTIMATE FITNESS SOLUTION

If you thought that skipping was just for little girls, then you're in for a major surprise . . . it turns out that jumping rope – skipping – is the most effective physical activity that you can engage in to lose fat, improve your cardiovascular fitness and get in the shape of your life.

So, what's so good about skipping? Well, for a start it is one of the top calorie burners on the planet. The calories burned through every minute of jumping rope are on par with a strenuous game of basketball or a six-minute mile run. At 14 calories churned through per minute, skipping is a mega fat burner. But not only that, skipping has been shown to induce the EPOC effect. EPOC stands for excess post exercise energy consumption. It means that you actually burn more calories after your skipping session has finished. So, skip for 20 minutes, and your metabolism rocks into overdrive, transforming your system into a fat burning furnace for the next 24-hours.

Another great plus for skipping is that it is so portable and convenient. Grab your rope and find a four square foot space and you're good to go – anywhere any time. This convenience factor is crucial to the one thing that will make or break your body transformations plans – regularity. With skipping, there are simply no excuses – and, believe me, that's a good thing!

Skipping is a low impact plyometric activity. This makes it a safe alternative for those who have suffered Achilles tendon issues from running or knee complaints from cycling. With skipping, you can get in a killer workout with minimum stress on the body.

Skipping is amazingly time efficient. After all, which would you rather do – run 8 miles in an hour or skip for 10 minutes? Skipping will reap the same benefits, while handing you back 50 minutes to spend on whatever you wish.

Maybe you're into weight training to build your body. Well it just turns out that skipping is the ideal complement to your workout. If you want to really get ripped, showing off your newly built muscle to maximum effect, skip for 30 seconds between sets. You will lean out faster than you ever though possible.

Skipping will get you in the shape – and look – of your life. But, make no mistake – we're not advocating double-dutch here. Fitness skipping will push you to your limits, calling on all of your reserves of energy, determination and endurance. And don't worry if you've convinced yourself that you can't skip. Skipping is not something that you're born with – it's a learned activity. After a week, you'll be well and truly on your way. You don't have to learn to do fancy tricks, either. The basic two-footed jump with a single rope pass at moderate speed is a fantastic exercise. If you never learn any other way to skip, this one move will get you in better shape than 90% of the population.



## 2 SKIPPING FUNDAMENTALS

Skipping is a relatively simple activity – millions of primary school children do it every day. In this chapter, we'll cover the basics to ensure that your form is on point for the workouts to come.

### **Grip**

Hold the handles with a medium grip – not too hard and not too loose - with the rope coming out between your thumb and forefinger. If your grip is too tight, you'll compromise speed and your forearms will give out before the rest of your body does. Do not clench the handles.

### **Swing**

Proper swing comes exclusively from wrist and forearm rotation. Start holding the handles, with the rope behind you at your heels. Swing the rope overhead by twisting the forearms and wrists.

Let the rope come down in front of you and land at your feet. Practice until this movement comes naturally.

## **Body Position**

Proper body positioning is crucial to skipping effectively. Here are the key points to nailing your skipping posture . . .

- Stand upright and look straight ahead.
- Place your feet shoulder width apart.
- Place your weight slightly forward on the balls of your feet.
- Maintain a slight knee bend.
- Actively engage your core, keeping it tight at all times.

## **Jumping**

Initiate your jump by leaning slightly forward with 80% of your weight on your forefoot. Keeping a stable trunk, and with knees slightly bent, simply flick your toes back to push the floor away from you. This will cause you to lift off the floor slightly, completing your jump. Keep your knees slightly bent as you absorb the landing. You should always be landing on the balls of your feet.

## **The Basic Jump**

Assume the starting position as described in Body Position above. Rotate your wrists to swing the rope overhead. Your arms should rotate in small arcs. As the rope comes down toward the floor (it should be some six inches from contact), jump up four to six inches with both feet as you pass the rope under your body. Continue rotating the wrists, swinging the rope in an arc, from back to front.

Work on maintaining lightness on your feet, timing your jumps to coincide with the rotation of the rope.





# 3 10 KEY SKIP TECHNIQUES

Doing the same basic jump over and over will provide you with a very effective workout. But it may also get pretty boring. In this chapter we'll show you how to mix it up with 10 variations that will keep your workout interesting while placing emphasis on different aspects of total fitness.

## The Skier



Assume the starting position with the rope behind you. Rotate the wrists to bring the rope overhead. As the rope comes down toward the front of your feet, jump laterally two to six inches as the rope passes underneath. Your upper body should remain static.

On the next rotation, jump laterally to the opposite side. Continue this back and forth movement with each rope pass through.



## The Bell



Assume the starting position with the rope behind you. This time, as the rope comes overhead jump forward two to six inches. Land on the balls of your feet, bending your knees slightly to cushion the impact.

On the next rotation, jump back to your starting position. Continue this up and down movement with each rope pass through.

## The Ali Step



Assume the starting position with the rope behind you. Rotate your wrists to bring the rope overhead. As the rope comes down toward your feet, hop on your right foot and touch your left heel lightly to the ground in front of you. You should land on the ball of our right foot.

Repeat this process on the other side of the body.

## Scissors



Assume the starting position with the rope behind you. Rotate your wrists to bring the rope overhead. As the rope comes down toward your feet, jump your right foot forward approximately two inches and your left foot back two inches. Make sure to land on the balls of your feet, keeping your knees slightly bent and loose throughout the movement.

As the rope comes down toward your feet, rotate your foot position by jumping forward four inches with your left foot and back four inches with your right foot.

## Alternating Single Step



Assume the starting position with the rope behind you. Now shift all of your weight onto your right foot and lift the left foot off the ground. Rotate your wrists to bring the rope overhead. As the rope comes down towards your feet, jump off your right foot and bring the left foot to the ground. Now, bring your right foot up approximately six inches from the ground.

Continue this rotating leg emphasis with each rotation of the rope.

## Double Under



Assume the starting position with the rope behind you. Rotate your wrists to swing the rope overhead. Your arms should rotate in small arcs. As the rope comes down toward the floor (it should be some six inches from contact), jump up six to eight inches (twice as high on a basic jump). Rotate the wrists to complete two swings before your feet come back to the ground.

## Single Leg Hop



Assume the starting position with the rope behind you. Now shift all of your weight onto your right foot and lift the left foot off the ground. Rotate your wrists to swing the rope overhead. As the rope comes down toward your feet, jump four to six inches straight up.

Continue jumping off the right foot for the prescribed time period and then repeat on the left foot.

## Running Man



Assume the starting position with the rope behind you. Now shift all of your weight onto your right foot and lift the left foot off the ground to about hip height. Rotate your wrists to swing the rope overhead. Rotate your wrists to swing the rope overhead. As the rope comes down toward your feet, jump off your right foot while bringing your left foot to the ground.

Next lift your right foot to hip height. During the next swing, through jump off your left foot, while bringing the right foot to the ground.

## Knee Tuck Single



Assume the starting position with the rope behind you. Rotate your wrists to swing the rope overhead. As the rope comes down toward your feet, jump straight up and bring your knees toward your chest. Continue to jump to at least hip height with each succeeding jump.

## Knee Tuck Double



Assume the starting position with the rope behind you. Rotate your wrists to swing the rope overhead. As the rope comes down toward your feet, jump as high as you can, bringing your knees up to chest level. Rotate your wrists quickly to perform two rotations of the rope before bringing your feet back to the floor.





# 4 THE ULTIMATE SKIPPING ROUTINES

Now that you've nailed a range of skipping moves, it's time to combine them into a series of graduated routines that will take you from fitness newbie to veteran body sculptor. The routines in this chapter combine skipping with bodyweight and plyometric moves to give you the ultimate workout in the minimum amount of time. Descriptions for the non-skipping moves can be found at the end of this chapter.

## Warming Up

It is vital that you warm up before you start skipping. There are 3 primary reasons for this:

1. It guards against injury
2. It thoroughly prepares your body for the demands of the session to come
3. It allows you to skip more efficiently

Your warm up should be for a minimum of five minutes. Start your warm up with some brisk walking. After 3 minutes of this raise the heart rate a little higher with a gentle jog for 30 seconds.

Now that your cardiovascular system is warmed it is time to get your muscles moving with some dynamic stretching.

**Begin with shoulder rotations.** Simply swing your arms windmill fashion with your elbows locked, 5 front and 5 back.

For the chest and upper back, perform **flies** by starting with your arms extended out in front of you with elbows locked. Bring the arms out to the sides until they are perpendicular to your torso. Do 10 of these, focusing on contracting and extending the pecs and lats.

To warm up the muscles of the core, perform **twists**. Start with arms extended in front of you, then twist the body to the right as you bring your arms around to that side. Focus on the movement of the intercostals at the side of your waist. Do five twists to each side.

**Pelvic circles** will thoroughly engage the pelvic area. With hands on hips and feet shoulder width apart, perform exaggerated circles with the hips, going in each direction 5 times. Keep your legs straight throughout this movement.

Perform 5 **Deep Knee Squats** for the quads and glutes. With your arms directly out in front of you, and your back arched, lower yourself into a full squat. Look up throughout this movement.

You are now ready to skip.

## Cooling Down

Cooling down after each skipping is important. It safely returns your heart rate, blood pressure and temperature to your pre exercise condition. It also helps to flush out the waste by products of your exercise session. In addition, it helps to alleviate post-skipping soreness.

You should do some static stretching for the main muscle groups of your legs as follows;

### *Quad Stretch*

Stand up straight, keeping your left supporting leg slightly bent. Bend your right leg and, holding the front of your foot, pull your foot up towards your glutes. Hold for 30 seconds, then repeat with the other leg.

### *Calf Stretch*

Stand with your right leg forward and your left foot a step width behind. With your toes pointing ahead, slightly bend your right knee, keeping your left knee straight and your heels on the floor. Hold for 30 seconds, then repeat with the other leg.

### *Standing Hamstring Stretch*

In a standing position, raise your right leg and place the heel on a rail or bench. Lean forward, keeping your back and legs straight and your shoulders and pelvis facing forward throughout. Hold for 30 seconds, then repeat with the other leg.

## *Standing Glute Stretch*

Stand a foot away from a bench or wall. Holding the bench with your left hand, cross your right ankle over your left thigh and rest it against the bench. Making sure your back is straight, rest your right hand on your right thigh and hold the stretch for 30 seconds, then repeat with the other leg.

## The Skipping Routines

### *Beginner's Programme*

The following routine will introduce your body to the demands of regular skipping, allowing you to progressively ramp up your intensity over the first month of training. You will skip three days per week on alternate days over the course of four weeks.

| Monday                             | Tue         | Wednesday                          | Thurs       | Friday                             |
|------------------------------------|-------------|------------------------------------|-------------|------------------------------------|
| Basic Jump: 30 secs                | <b>REST</b> | Basic Jump: 30 secs                | <b>REST</b> | Basic Jump: 30 secs                |
| Rest: 30 secs                      |             | Rest: 30 secs                      |             | Rest: 30 secs                      |
| Basic Jump: 30 secs                |             | Basic Jump: 30 secs                |             | Basic Jump: 30 secs                |
| Rest: 30 secs                      |             | Rest: 30 secs                      |             | Rest: 30 secs                      |
| Basic Jump: 1 minute               |             | Basic Jump: 1 minute               |             | Basic Jump: 1 minute               |
| Rest: 30 secs                      |             | Rest: 30 secs                      |             | Rest: 30 secs                      |
| Single Leg Hop (30 secs each side) |             | Single Leg Hop (30 secs each side) |             | Single Leg Hop (30 secs each side) |
| Rest: 30 secs                      |             | Rest: 30 secs                      |             | Rest: 30 secs                      |
| Basic Jump: 1 minute               |             | Basic Jump: 1 minute               |             | Basic Jump: 1 minute               |



## Intermediate Program

The intermediate program builds upon the foundation of fitness that you have built up over the past month. The intensity ramps up with more advanced skipping moves and longer skipping intervals. The program incorporates bodyweight and plyometric exercises that complement your skipping.

Again you will be working out on alternate days. Continue this program for four weeks.

| Monday               | Tue         | Wednesday            | Thurs       | Friday               |
|----------------------|-------------|----------------------|-------------|----------------------|
| Basic Jump: 1 minute | <b>REST</b> | Basic Jump: 1 minute | <b>REST</b> | Basic Jump: 1 minute |
| Push Ups x 20        |             | Push Ups x 20        |             | Push Ups x 20        |
| Skier Jump: 1 minute |             | Skier Jump: 1 minute |             | Skier Jump: 1 minute |
| Rest: 30 secs        |             | Rest: 30 secs        |             | Rest: 30 secs        |
| Basic Jump: 1 minute |             | Basic Jump: 1 minute |             | Basic Jump: 1 minute |
| Burpees x 15         |             | Burpees x 15         |             | Burpees x 15         |
| Ali Step: 1 minute   |             | Ali Step: 1 minute   |             | Ali Step: 1 minute   |
| Rest: 30 secs        |             | Rest: 30 secs        |             | Rest: 30 secs        |
| Bell Jump: 2 minutes |             | Bell Jump: 2 minutes |             | Bell Jump: 2 minutes |
| Power Jumps x 20     |             | Power Jumps x 20     |             | Power Jumps x 20     |
| Basic Jump: 1 minute |             | Basic Jump: 1 minute |             | Basic Jump: 1 minute |
| Push Ups x 20        |             | Push Ups x 20        |             | Push Ups x 20        |

## Advanced Program

The advanced program will push you to the limits of your physical ability. This is your all out blitz that will test you like nothing you've done before. In the process it will get you in the absolute best shape of your life. Get psyched because this is tough – you're gonna' love it! As with the previous routines, you should continue this program for four weeks. Make sure to rest every other day – you'll definitely need the recovery time. On bodyweight exercises like push ups and Power jumps, add 5 extra reps every week.

| Monday                         | Tue         | Wednesday                      | Thurs       | Friday                         |
|--------------------------------|-------------|--------------------------------|-------------|--------------------------------|
| Push Ups x 25                  |             | Push Ups x 25                  |             | Push Ups x 25                  |
| Basic Jump: 2 minutes          |             | Basic Jump: 2 minutes          |             | Basic Jump: 2 minutes          |
| Scissor Jump: 1 minute         |             | Scissor Jump: 1 minute         |             | Scissor Jump: 1 minute         |
| Rest: 30 secs                  |             | Rest: 30 secs                  |             | Rest: 30 secs                  |
| Power Jumps x 25               |             | Power Jumps x 25               |             | Power Jumps x 25               |
| Double Under: 1 minute         |             | Double Under: 1 minute         |             | Double Under: 1 minute         |
| Single Leg Hop (30s each side) | <b>REST</b> | Single Leg Hop (30s each side) | <b>REST</b> | Single Leg Hop (30s each side) |
| Rest: 30 secs                  |             | Rest: 30 secs                  |             | Rest: 30 secs                  |
| Basic Jump: 2 minutes          |             | Basic Jump: 2 minutes          |             | Basic Jump: 2 minutes          |
| Burpees x 20                   |             | Burpees x 20                   |             | Burpees x 20                   |
| Running Man x 1                |             | Running Man x 1                |             | Running Man x 1                |
| Rest: 30 secs                  |             | Rest: 30 secs                  |             | Rest: 30 secs                  |
| Knee Tuck                      |             | Knee Tuck                      |             | Knee Tuck                      |
| Double: 2 minutes              |             | Double: 2 minutes              |             | Double: 2 minutes              |
| Basic Jump: 2 minutes          |             | Basic Jump: 2 minutes          |             | Basic Jump: 2 minutes          |

## Non-Skipping Exercise Descriptions

### *Push Ups*

Set yourself on the ground, face down with your hands slightly wider than shoulder width apart. Your feet should be touching. Keeping your body in a straight line, rise up so that your arms are fully extended. Tense your buttocks and tighten your abs to prevent your butt from lifting you into a 'v' position. Look straight ahead rather than down. Now steadily lower yourself until your elbows are at a 90-degree angle. When your chest touches the floor, explode back up to the start position.

### *Burpees*

Stand with your feet shoulder width apart. Crouch down and place your palms on the ground. With your arms supporting your body kick your legs back. Immediately draw your legs back then thrust yourself back up to the start position.

### *Power Jumps*

Stand with feet shoulder width apart. Crouch down into a squat and then explode up into a vertical jump. Bring your knees up as high as possible. Continue in a fluid motion without any rest until the minute is complete.

### *Mountain Climbers*

Starting in the plank position (extended arms on the floor, shoulder width apart, body flat, legs straight and together), as if you were starting a sprint. Now alternate bringing your knees to your chest, going as quickly as possible.

Keep your back flat and but down. Continue for 40 seconds

### ***Body Weight Squats***

With your feet shoulder width apart, your eyes focused on the ceiling and your lower back arched, place your hands on your head. Now lower down to a parallel squat position by pushing your hips back and bending your knees. After a slight pause, and without rounding your back, push through your heels to return to the start position.





# 5

## MINDSET FOR SUCCESS

The most powerful aspect of any fitness loss plan has nothing to do with calories, working out or carbohydrates. Yet, if you don't get this aspect right it won't matter how hard you train, how far you run or how clean your diet is - you will fail. Yet, this aspect is so powerful that, when you learn to get a handle on it, you will be virtually unstoppable in your quest to shed fat and attain the body of your dreams.

### **We're talking about mental training.**

Many people tend to skip this part of a fat loss program because they think that they don't need it. They're eager to get to the meaty part - the workouts and the nutritional plan. Those people will fail. Don't be one of them.

## Power of the Subconscious

We can think of the mind like an iceberg. The part that we are most familiar with is like the part of the iceberg that sticks out of the water. That's the conscious mind - the rational, thinking, analytical part. Every second it is receiving a myriad of messages from our 5 senses and using its power of reason and logic to make decisions.

But there's another part, like the 80% of the iceberg that is under water, that is also at work. We call it the subconscious mind, and it is the real driver of our destiny.

The subconscious does not have the ability to reason or make logical decisions. It is like a robot that accepts every command that is given to it without question. It never questions, never argues, never talks back. It believes every message that it receives and carries out behaviours based upon those messages.

One way to access and control the thoughts that penetrate the subconscious is through spaced repetition. Spaced repetition involves repeated suggestion with emotional content. It means that you have to take control of the programming of your brain, to mold your subconscious to allow it to fulfill their goals.

## Taking Control

Your subconscious mind is under the control of your conscious mind. So, the things that you think about repeatedly are what filter through to it and what control your unthinking actions. Negative self talk, like "I'll always be fat," will be interpreted and acted upon in the form of actions that counter mine your fat loss efforts. You'll cheat on your nutrition plan, skip workouts and do all manner of self defeating actions.

Negative self talk, like “I’ll always be fat,” will be interpreted and acted upon in the form of actions that counter mine your fat loss efforts.

You’ll cheat on your nutrition plan, skip workouts and do all manner of self defeating actions. It will ensure that your brain and nervous system will be like a self guided missile that will propel to the target that your conscious has programmed into the subconscious - either negative or positive.

We can’t be thinking about nothing. And what we think about is either positive or negative. Your job has got to be to banish negative thoughts from your mind. Kick them out Let it be known that they are not welcome and will not be tolerated. Even positive thoughts that are framed negatively are no good. For instance, telling yourself, “I wish I could work out, but I don’t have the time,” is a self defeating statement. By taking control and saying, “I love working out and will always make time to do it,” you’re taking control.

Psychologists tell us that we think up to 60,000 thoughts each day - and 98% of them are negative.

Imagine how that is affecting the subconscious. 22 million negative thoughts a year - it’s a wonder that we ever achieve anything! Yet, the one thing in life that we always have control over is our thoughts.

To finally achieve your fat loss goals, you have simply got to master it - to program your brain for success. Life Coaching guru Zig Ziglar used to refer to ‘stinkin’ thinking’ and your life has no place for it. So, the second you catch yourself in a negative thought, slam on the brakes and get that thought outta’ there. Immediately replace it with a positive thought.

Rewrite it with a positive affirmation that will reinforce rather than ruin your fat loss goals.

Make no mistake about it - this is not psycho babble mumbo jumbo. This is the missing key to your fat loss endeavors, the reason that, up until now, you haven't achieved what you wanted to achieve physically.

The time to take control is now. Here are a half dozen ways to change negative thoughts into positive ones...

*Negative: I have a slow metabolism*

**Positive: My metabolism is getting faster every day**

*Negative: I hate being fat*

**Positive: I'm getting leaner each day**

*Negative: I hate cardio*

**Positive: How great am I going to feel after I finish my workout today?**

*Negative: I'm tired of working out and getting nowhere*

**Positive: I am doing whatever it takes**

*Negative: I don't have the time to work out*

**Positive: I have time for anything I'm committed to**

*Negative: I hate being fat*

**Positive: I love that I'm getting leaner every day**



## Learning to Love Exercise

Exercise is an integral part of a healthy lifestyle. It is a constant that happens week in and week out, regardless of what else is going on.

The exerciser cannot imagine going a week without working out. That's because they love what they do. Learning to love exercise is, in fact, a key to a successful weight management program. It means viewing exercise as an end in itself - a source of pleasure for its own sake - rather than a means to an end.

Those who love exercise for its own sake are able to develop intrinsic motivation to work out. Rather than focusing on the very real but distant benefits of exercise - fat loss, inner health, strength, muscle-tone - they focus on the immediate positive benefits of exercising - the great feeling that comes with a successfully completed workout.

Those who are able to make this switch are going to succeed because they will go to extraordinary lengths to make sure that they get their workout in.

This ensures regularity. And regularity ensures success.

**You need to be an intrinsic exerciser.**

## How To Be An Intrinsic Exerciser

- 1. Find Personal Meaning:** Use exercise to find out who you are in that moment. Expel any negative thoughts from your mind and focus on the positive benefits of what you are doing. Explain to yourself why you are doing what you are doing. Remind yourself of the discipline you are displaying by working out. Visualize yourself having achieved your ultimate goal.

2. **Achieve Mastery:** Set goals that are specific to the next exercise session. This may relate to the number of skips you perform without mucking it up or how long you skip for. Avoid the trap of comparing yourself to someone else. Get focused on you. When you walk into the gym you need to set your focus like a laser on achieving an awesome workout.
3. **Develop Inner Synergy:** Integrate exercise as a special time of your day. Rather than viewing it as a chore that you've got to endure, see it as your personal time - the hour of the day that you are using to sculpt and perfect the package that you present to the world. This is the time where your mind and body are working together to make you better, faster, stronger. There's no one encroaching on your time. This is your daily maintenance - cherish it.
4. **Go with the Flow:** On the way to the gym (or wherever you choose to exercise) clear your mind of any distractions and start mentally rehearsing your work-out. Focus on achieving your mastery goal for that day and then feel the great sense of accomplishment that will follow.

Go through each movement, moving with energy, precision and focus. By the time you get to the workout location, you've already done it in your mind - all you need now is for your body to follow through.

When you're actually doing the movements, learn to develop your mind-muscle connection. Focus on the working muscle. Feel it. Tense it. Isolate it. You will be in tune with your body - and it will feel fantastic.

5. **Focus on the Non-Physical Benefits:** The benefits of exercise start on the inside and radiate outwards. By focusing on the immediate, your intrinsic motivation will be enhanced immediately.

Consider 5 non-physical benefits of working out:

- (1) **It releases feel good chemicals:** When you work out, your body releases endorphins - commonly referred to as 'feel good' chemicals. Endorphins give you a natural high - a sense of euphoria and mood enhancement that just makes you feel good about your life.
- (2) **It reduces stress:** When you work out, the body releases more of a chemical called norepinephrine. This chemical regulates the brain's response to stress. That's why exercise can help you deal with the stresses of your life - both mental and physical.
- (3) **It improves self-confidence:** After just one session, you start feeling more confident, more self-assured, more in control of your destiny. Your self-esteem will receive a huge boost and you will project far more confidently to others. You'll even improve your posture.
- (4) **It alleviates anxiety:** An exercise session can do wonders in terms of calming down a person who is in a state of anxiety. It allows time to get the blood flowing, to take some personal time, to find perspective and peace.
- (5) **It strengthens the connection between mind, body and spirit:** Taking great care of our physical body reflects a deep appreciation for the gift that we have been given. It also sharpens our awareness of the interconnectedness of the aspects that make up our whole being - the mind, body and spirit. For many people there is a spiritual dimension that comes with the endorphin rush that comes with exercise - especially if you're jogging along the beach at sunrise.

## Final Word

Congratulations!

You now have within your power everything that you require to transform your body - and your life. There is no doubt that skipping is the most effective vehicle to catapult you toward the goal of fat loss, cardiovascular fitness and leanness.

You are equipped to unleash the awesome power of your subconscious to transform yourself into a goal seeking cyborg. In the process it will muscle up your mind, making you a more driven, disciplined, goal oriented and productive human being. It, in short, can make you a winner. The unknown factor is this:

### **Will you allow it to?**

Will you begin today to put into action the steps and guidelines that you have read about?

Will you get rid of stinkin' thinkin' and utilize the power of your subconscious mind to supercharge your desires and catapult you toward the attainment of your goals?

Will you begin this week on your new workout schedule?

**Or will you close this book, store all the information away and resort back to the same old same old?**

The choice is yours.