

“Ultimate Range Of Motion Workout”

NoSweatWorkout.com

(MAKE THIS ROUTINE YOURS! - START OUT SLOWLY!)

--You can print this out or download it.

Here Are Some Tips, Benefits, Things I Forgot, & The Video List, Down Below:



I am Michael the “GuyOfGoodness” and I welcome you here!

Tips, tricks, & hints for a better day, every day:

-After many of the exercises, do a couple of deep breaths, exhale forcefully, & think "Release The Negative Memories & Situations In My Life!" From now on, you can just say: "Release"

-**Meditate daily**-Sit down, close your eyes, relax, do some deep breathing-(see **10 Count Breathing below**), at least 10 to 15 minutes per day- just do it! **How much is a better life worth to you?**

-**10 Count Breathing Technique (2,2,3,3)**: Breathe in 2 counts thru your nose, & in 2 counts thru your mouth, then hold for 3 counts-(this is the healing part), then exhale forcefully for 3 counts-(this is “Releasing the negative cellular memories and situations from your life part). Excellent for meditations, relaxation, stress reduction, a happier life, etc.

-**Exercise every day**-This program is the answer!

-Do more of the exercises where you are weaker, adapt this program to fit your needs.

-**Try to do at least a couple of all of the exercises in the video!**

-I found the right number of repetitions for me,--you will figure out what is best for you.

-AGAIN: DO NOT START OUT TOO FAST! Check with your doctor, if needed.

-Most Baby Boomers are not as fit as they used to be, so caution is better than a hurt.

-Here is an extra tip: as you do it a little more & feel more comfortable, you can do a shortened version of the routine at night--**Yes! Twice a day.**

-10 minutes of Massage daily- (4,3,3)—3 Massages with lotion daily: 4 minutes on your face, 3 minutes on your hands, and 3 minutes on your feet. It's harder than you think!

-A better life starts with a better mental attitude—be more positive & happy!

-Remember: **Your health defines a large part of your life!**

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Some of the benefits include:

-You will look and feel better!

-More flexibility in your body

-Better mental attitude about most things!

-Helps me every day!

-Great stress reducer!

-Powerful positive mind results

-Lose weight, fat, & inches-(I've lost over 50lbs of fat, & added about 10lbs of muscle!)

-When you feel better about yourself, it shows!

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Some of the exercises & information I forgot to include:

-Belly flexes and butt flexes. Stand & flex—that's it! Oh yeah, breathe deep.

-Basic toe touches

-Stand, arch back & bend knees a little, lean back of head against a wall or doorway. Go easy.

-Grip Flick—grip hands tight, then extend fingers straight out

-Fingertip Pushes—put all your fingertips together, almost like praying, push slightly until straight

-Still In Bed Exercises- 1st thing in morning, in bed, hand massage, foot to foot massage, stretches—etc. —Awesome way to start your day!

-Work your legs more—they carry you your whole life.

- Work this program hard and you Will Sweat!
- Use positive mental attitude builders daily.
- If you can, do high knee lifts as you walk up the stairs.
- Drink good filtered water daily.** I use a shower filter also.

-And as always, try to eat better overall.

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- In a nutshell: “Ultimate Range Of Motion Workout”:

You start with a couple minutes warm-up, **30 second hand massage**, arm & leg swings, **other stretches**, then doorway exercises, **back & spine exercises on the floor**, more stretches, **light hand weights & grips**, inversion table exercises- (not necessary but helpful), **more doorway exercises**, & several minutes of cool down.

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“Ultimate Range Of Motion Workout” Video:

START OUT SLOWLY, CHECK WITH YOUR DOCTOR IF NECESSARY.

Take A Couple Deep Breathes After Many Of The Exercises.

Approximate Times in the video:

Start of Video: -- Warm up- several minutes -walk in place, swing arms, lift knees, swing legs, hand massage, etc. -- I use a mini-tramp to help warm up, although it is not necessary

0:20 - Step in place & swing arms slowly - At least 1 minute

0:34 - Minitramp to help warm up - Not necessary, but reasonably priced at Walmart

1:21 - Upper cuts & twist torso

1:48 - Horizontal arm swings - hold hands right in front of your chest, swing arms both ways and twist torso

2:04 - Arm swings over the top of your head

2:25 - Hands on head torso twists

2:33 - Hands on head side bends

2:50 - Full circle arm swings -- right arm -5 forward & 5 backwards -- left arm -5 forward & 5 backwards

Doorway exercises:

3:36 - Grab the top of doorway - (or grab as far up the door frame as you can reach) - Go up on your tiptoes and exhale aggressively

3:45 - Grab the top of doorway - knee lifts- 5 right leg & 5 left leg
4:15 - Grip-Flick-Arm Swings
4:42 - Doorway Leg Swings -- Once again, start out slow
5:15 - Achilles Stretches In Doorway

Floor exercises for back & spine:

5:58 - Squat & Grip Flick Warmup
6:18 - On Back, Lift Knees, Arch Small Of Back Upwards For Several Counts, Then Press Small Of Back Against Floor
6:49 - Twist Legs, Side-To-Side
7:05 - Lift Hips Off Floor, Arch Back, Several Counts, Then Push Small Of Back Onto The Floor
7:31 - Laying Down, Knee Lifts
7:54 - Leg Over Other Leg Mini Foot Massage (both legs & feet)
8:36 - Pull Knee Up To Chest, Hold Leg, Twist Foot Forward & Backward, Switch & Repeat
8:55 - Pull Both Knees Up To Chest
9:12 - Crunches
9:25 - 5 Count Leg Lifts

On Knees:

9:51 - Hands On Head Torso Twist
10:05 - Hands On Head Side Bends
10:18 - Tip: Releasing the negative crap in your life - basically breathe in deeply, exhale forcefully while thinking "release the negative memories, situations, etc..."
10:46 - Lift Hands Above Head, Breathe In, Swing Hands Down To Side Using Grip Flick, As Your Exhale Forcefully Think Release Negativity
11:25 - Bend Forwards, Place Forehead On Floor, Push Arms & Hands Straight Above You, Turn Head To Side As You Exhale More Negativity
12:02 - Cat/Camel - Arch Your Back Like A Cat Hissing, & Then Invert Your Back Like A Camel

Flat On Stomach:

12:28 - Stretch Hands Full Out In Front Of You, Hold, Get Up On Elbows & Flex Butt 5 Times, Stretch Arms Back Out In Front Of You Again
13:14 - Push Up On Your Hands Until Your Arms Are Straight, & Arch Back, Hold For A Few Counts
13:30 - On Knees, Lift Right Arm In Front Of You, And Left Leg Behind You, Then Switch & Repeat
13:49 - Stay Hydrated! Drink Water As Your Work Out

Note: I normally do the doorway exercises again at this point.

14:00 - Knees & Legs Massage
14:41- Hand weights:
14:44 - Hand Grips & Light Weights Exercises (Hand Grips & Dumbbells Available At Walmart):
15:15 - Light Weight Bicept Curl, Turn Your Head To The Side
15:43 - Overhead Tricep Extension
15:58 - Hold Dumbbells At Side, Lift Both Up To Shoulders
16:12 - Weights To Side, Lift Arms Up Above Head, Repeat

In Front Of Green Screen (Or Anywhere):

16:35 - More Uppercuts

16:48 - Standing, Hands On Back Of Head, Torso Twists But Reach Up & Across. Push Left Elbow Overhead To The Right, Reverse & Repeat

17:13 - Hands Behind Head, Side Bends

17:48- 4-Count Knee Lifts, Right & Left

2 Of My Original, Unique Techniques (1 For Your Shoulders & Arms, & The Other Is Back Massages For Back Pain):

18:18 - 8-Shoulder Masssages For Sore Shoulders, Arms, & Elbows

18:40 - Hold hands behind back Massage - Great For All People With Sore Backs

19:05 - For The Beginners Leg Swings (Forward, Sides, Back) & For Advanced People (Side Kicks, Front Kicks, Back Kicks)

19:26 - Back Kicks - Both Legs (Hold Onto Something For Support)

19:48 - Side Kicks - Both Legs (Hold Onto Something For Support)

20:17 - Front Kicks (At A Target)

Inversion Table: -- NOTE: If You Don't Have An Inversion Table, You Can Do All These Exercises On The Floor, Or On Your Bed, & In The Doorway.

20:38 - Going Inverted, Stretch Out & Relax, Breathe Deep

21:25 - Side Bends While Inverted

21:39 - Crunches While Inverted

21:56 - Grab Frame & Twist Torso

22:12 - Relax & Breathe Deep

22:30 - As You're Coming Up From Being Inverted, Stop At Parallel To Ground, Couple Of Deep Breathes To Re-Regulate Blood Oxygen Flow To Your Brain

Warm Down Several Minutes:

22:47 - Uppercuts, Doorway Exercises, & Deep Breathing

Warm Down For Several Minutes:

Uppercuts, Doorway Exercises, start stepping in place & Deep Breathing to cool down.

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Congratulations! You Just Made It Through Your First NoSweatWorkout.com –

"Ultimate Range Of Motion Workout"

Try To Do This Program At least 6 Days A Week. - (I Try To Do This Every day)

Enjoy Your New & Better Life Of Fitness!

Thank you so much! I am Michael the "GuyOfGoodness"

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Here Are Some Of Our Main Sites:

--GuyOfGoodness.com -- My Main Site, With Links To My Other Great Health & Wellness, & Free Info. Sites. Tons of information to help you have a better all-around life.

--NoSweatWorkout.com ---Baby Boomers & All You Health Nuts! Your "Ultimate Range Of Motion Workout" I'm going on 63 years old, I've lost over 50 pounds of fat, added 10 lbs of muscle, do this routine almost every day, & feel lot's better, day after day!

--MikeTheSeeker.com -- Over 100 Original, FREE, Health & Wellness Techniques. We Can Help You Have A Better Day, Every Day! Exercises, meditations, breathing techniques, & better mental power exercises, to name a few.

--BookOfGoodnessSeries.com -- I Am Author & Publisher Of 15 Health & Wellness- Amazon Kindle Books-- Stress, Yoga, Meditation, Personal Finances, Alzheimer's & Dementia, Problems Of The Youth, Going Green, Your Overall Wellness, Learning To Eat Right, and more topics!

--MikeTheGardener.net -- All Things Gardening!

--Totally-Health.com --Products For All Your Health Needs!

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Please join me on my Social Networks: Where I am the "GuyOfGoodness"

-- [Facebook.com/GuyOfGoodness](https://www.facebook.com/GuyOfGoodness) - My Main Facebook Profile- + Many FB Pages

-- [Pinterest.com/GuyOfGoodness](https://www.pinterest.com/GuyOfGoodness) -- My Main Site, check out all my boards--

-- [Twitter.com/GuyOfGoodness](https://twitter.com/GuyOfGoodness) -My Main Twitter Account

-- [Instagram.com/GuyOfGoodness](https://www.instagram.com/GuyOfGoodness) -- My Main Instagram Site--

- My main YouTube Channel-

<https://www.youtube.com/channel/UCPCRUXBTq5YaRZANKpgL6DA>

-- Thank You So Much, Michael The "GuyOfGoodness"

And: NoSweatWorkout.com

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