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The Personal Fitness Advantage

# Ultimate Exercise Guide

76 Best Movements for  
Getting in Shape and Staying in Shape;

A no-holds-barred account of lessons learned in the trenches of fitness. Apply these tips and ideas, maximize the benefits of your training and minimize injury risk.

By Doug Jackson, M.Ed., CSCS

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The Personal Fitness Advantage

# Ultimate Exercise Guide

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## Disclaimer

The *Fitness Now and Forever* program is not intended as a substitute for consultation with a qualified medical practitioner, health practitioner, or fitness professional. Before beginning any diet and exercise program, you should consult a physician. All matters regarding your health require medical supervision. If you have symptoms of any illness, or if exercise-induced injury occurs, it is essential that you see your doctor without delay. You are unique, and your diagnosis and treatment must be individualized for you by your own doctor. This program provides information about exercise and nutrition, but no book can replace the personalized care that you may need. You are encouraged to work closely with your doctor and other health care professionals to achieve optimum health. The publisher, authors, and authors' agents shall not be liable or responsible for injury, loss, or damage occasioned to any person acting or refraining to act as a result of any information or suggestion in this book, whether or not such injury, loss, or damage is due in any way to any negligent act or omission, breach or duty, or default on the part of the publisher, authors, or authors' agents.

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## Notes On Executing Any Exercise

A big part of my job is keeping people moving forward while MINIMIZING the risk of injury. There is always RISK. One of the toughest things about recommending exercises without knowing your specific circumstances is not knowing your specific background and personalized needs.

Here's my number one recommendation for avoiding injury: LISTEN TO YOUR BODY. If something hurts don't do it, even if I think it should be okay for you. Everybody is different. Here's a few recommendations I have for exercise to avoid based on your personal injury history:

### If you have low-back problems

Take extreme caution or avoid completely:

- Romanian Deadlifts
- Anterior Reaches

### If you have shoulder problems

Take extreme caution or avoid completely:

- Shoulder presses
- Dips
- Upright rows

### If you have knee problems

Take extreme caution or avoid completely:

- Stability Ball Squats
- Weighted Squats
- Weighted Lunges
- Leg extensions

## Thank You

Thanks to the exercise models for this manual including Josh Venis, Karen Dolamore, Krista Hardy, and Chris Grillo (yes, I am in some photos as well). The models did a great job and are an inspiration to many for their ability to get the job done! Thanks also to Billy Beck III for allowing the use of his facility, BB3 RESULTS-DRIVEN Training Center for the photos.

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## Personal Fitness Advantage Exercise Manual Stretching (Part 1)



Butterfly Stretch



Mid Back and Outer Hip Stretch



Hip Flexor Stretch



Quadriceps Stretch



Lower Back Stretch



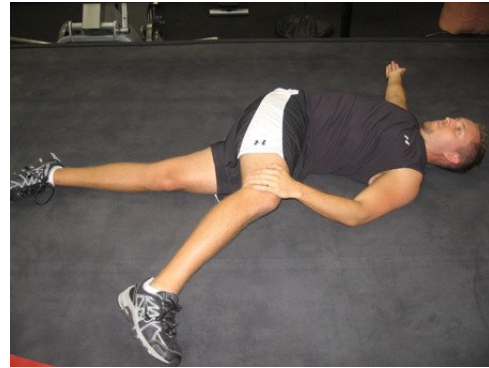
Back Extension

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## Personal Fitness Advantage Exercise Manual Stretching (Part 2)



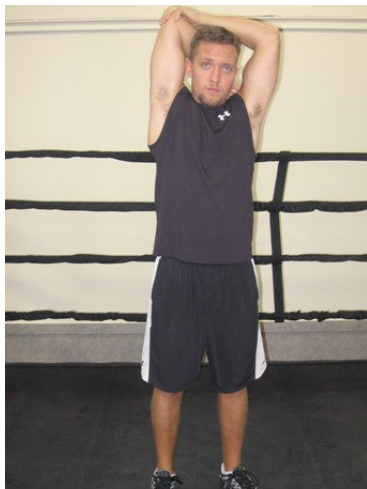
Double Knee to Chest Stretch



Lying Outer Hip/ Glute Stretch



Lying Hamstring Stretch



Overhead Triceps Stretch



Posterior Shoulder Stretch



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## Personal Fitness Advantage Exercise Manual Stretching (Part 3)



Chest and Anterior Shoulder Stretch



Upper Back Stretch

### Notes On Stretching

- Research has generally shown that stretching after strenuous exercise is more effective at increasing long-term ranges of motions than stretching before exercise.
- Research has actually shown that stretching pre-exercise will decrease force production during exercise. When we look at the big picture though, unless someone is an athlete, this probably doesn't matter. In fact, if you have any degenerative changes (ie. Low-back), then it probably makes sense to do slow stretching pre-exercise.
- In general, we recommend increasing your core body temperature through a "general" warmup before stretching. This could include walking or using an elliptical to increase blood flow.
- As a general rule, you don't want to stretch a cold muscle. Think of your muscles as rubber bands. A cold rubber band will break easier than a warm rubber band.
- There is a lot of debate about how long to hold your stretches. Shooting for 20-30 seconds per stretch is a good rule of thumb.

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## Personal Fitness Advantage Exercise Manual Lower Body Strength Training (Part 1)



### Stability Ball Squat

This is a great leg movement for people with low-back problems because it takes the stress off the back. Place ball between mid-back and wall. Feet should be slightly in front of hips and shoulders. Descend to parallel and then return to the starting position. You should feel this primarily in your quads.



### Static Lunge (from bench)

This one is one of my favorites. It can be done with just your bodyweight or with additional dumbbells based on fitness level. Rest the top of one foot on the bench (or anything else of similar height) and hop out with your other foot so that your knee and ankle will line up as you descend until your thigh is parallel to the ground. Return to top. This works the quads and glutes.



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## Personal Fitness Advantage Exercise Manual Lower Body Strength Training (contd.)



### Step-Ups

Stand slightly behind a sturdy box, bench, or step. Ideally, the height of the object you are stepping on is 12"-18" in most cases. Place one foot on top of bench and push through your higher foot into the bench so that you've brought both legs up. Return to start position and do again. These are normally done one leg at a time but can be done with alternating legs between reps as well. Both versions emphasize the quads and glutes.



### Leg Extensions

Adjust machine to comfortable position with legs bent at 90 degrees to start. Extend through your thighs, squeezing your quadriceps to move into position with your legs fully extended. Return to bottom. This isolates the quadriceps.

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## Personal Fitness Advantage Exercise Manual Lower Body Strength Training (contd.)



### Stability Ball Leg Curls

Start by laying on a mat on your back. Rest your heels on a stability ball. Then before you start, raise your hips up off the mat as high as possible. This is your start position and you will remain in this position for the entire set. When you are ready to start, simply pull your heels towards your butt. Once you've bent your knees as much as possible, return to start position. This exercise emphasizes the hamstrings, glutes, and calves.



### Romanian Deadlifts

Stand in a neutral position holding dumbbells in each hand and slightly to the side of the body. You are essentially going to bend over with the weights, but it's VERY important that you DO NOT ROUND YOUR BACK. See how my client and friend, Josh Venis, performs the movement? Look at his back in the second picture. It's flat—practically like a table. That's what you need. In the “flat back” position, you protect the back and shift the emphasis to the glutes and hamstrings. That's the goal. If you round the back, you can cause permanent damage to your lower back. This is a high benefit/moderate-high risk exercise. You shouldn't do this exercise if you have had low-back problems. You can substitute stability ball leg curls for a similar benefit.

## Personal Fitness Advantage Exercise Manual Lower Body Strength Training (contd.)



### Reverse Lunge

Stand in a neutral position. You can do this with bodyweight-only or with additional weights. Instead of stepping forward, as is traditional lunges, step backward instead (as Josh is in the second photo—see his left leg). Descend down so that your knee is slightly above the ground. Return to start position by pressing through the forward leg.



### Anterior Reaches

This is a cool movement that developed out of the athletic realm. It develops balance and stability around your hip, knee, and ankle joints. Thus this is a great movement for athletes and people who are weekend warriors. I've also had good luck with this movement with helping people up into their eighties re-build their balance. Start by balancing on your right leg. Then simply try to reach your left hand towards your right foot and return to start position.. Complete as many reps as possible on left leg. Then repeat for the right leg.



## Personal Fitness Advantage Exercise Manual

### Lower Body Strength Training (contd.)

#### Squats

Squats are a fundamental human movement and I try to incorporate squats into every program. If your knees are bad, you may have to modify squats by not going down as low as traditionally done. Ultimately, you shouldn't do them at all if you have pain with the movement. However, it is one of the best overall movements for lower-body strength, function, and muscular toning.

Start in a neutral position with just your bodyweight or with weights added. In these pictures, we are holding dumbbells. People and athletes who are more advanced should attempt squatting with a barbell on the shoulders. Simply descend down until your thighs are parallel with the floor. Think about keeping your chest out and butt out. If you do this, you'll avoid lumbar flexion (bending at the low-back) which can strain the back. You can squat from various foot positions including: narrow-stance, medium-stance, and wide-stance.



Narrow Stance Squats  
\*Dumbbells outside the thighs



Wide Stance Squats  
\*Dumbbells inside the thighs

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## Personal Fitness Advantage Exercise Manual Lower Body Strength Training (contd.)



### Bodyweight Squats

Bodyweight squats are great for beginners, as well as effective warmups and “finishing” muscle endurance movements for advanced exercisers.

### Isolateral Movements:

Good for balancing strength discrepancies between the right and left sides of the body.



### Isolateral Leg Extensions



### Isolateral Leg Curls

### A Note On Using Isolateral Movements

I like using isolateral movements...especially with the lower body. If you try to do 1-leg leg extensions and one leg curls comparing each side of your body, you may be surprised to find out how much difference there is in strength between your left and right sides. This problem can lead to lingering injuries to the knees and low-back. Although its typical to have some differences in strength, too much of a deficit can lead to long-term problems. For example, if one leg is too much stronger than the other, it will affect your form on squats and deadlifts. This problem can lead to other problems further up the kinetic chain and over time can reap havoc in your low-back, mid-back, neck, and shoulders...eventually working all the way down to your elbows.



## Personal Fitness Advantage Exercise Manual

### Upper Back Vertical Pull Exercises

#### Overhand Assisted Chinups



#### Parallel-Grip Assisted Chinups



#### Notes on Chinups:

Chinups are one of the best movements you can do. If you aren't strong enough to do regular chinups, you can do assisted chinups (as shown above). If you can't do regular chinups and don't have access to an assisted chinup machine, you can do pulldowns (as shown on the next page).

One of my favorite strategies with this movement pattern is to switch the grip positions. The three major grip changes are overhand, underhand, and parallel grip which are detailed on this page and the next. Movement details are discussed on the next page.

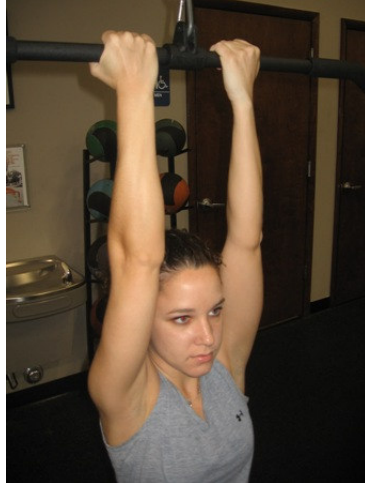
## Personal Fitness Advantage Exercise Manual

### Upper Back Vertical Pull Exercises

#### Overhand Wide Grip Pulldowns



Grip Variations: See Narrow-Grip Underhand Pulldowns on the left and parallel grip pulldowns on the right.



#### Movement Specifications for Pulldowns and Chinups:

Most people make the mistake of pulling with their biceps instead of their upper back muscles on these movements. When you start a pulldown or chinup, you need to really focus on activating your upper back muscles first before activating your biceps. When someone continues to pull with the biceps, rather than the proper muscles for too long a period of time, they can develop elbow tendonitis.

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## Personal Fitness Advantage Exercise Manual

### Upper Back Horizontal Pull Exercises

#### 1-arm dumbbell rows



#### 1-arm cable rows



#### Movement Specifications for rowing movements on this page and the next page:

Rowing movements follow the same rule as chinups and pulldowns. You need to focus on pulling through the upper back before activating the biceps. On two arm movements, this is a little easier because you can think about squeezing the shoulder blades together.



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## Personal Fitness Advantage Exercise Manual

### Upper Back Horizontal Pull Exercises

#### 2-Arm Bent-Over Dumbbell Rows



#### 2-Arm Cable Rows



#### Inverted Bodyweight Rows



## Personal Fitness Advantage Exercise Manual

### Chest-focused Horizontal Push Exercises

#### Flat-Bench Barbell Bench Presses



#### Flat-Bench Dumbbell Bench Presses



#### Notes On Movement Specifications for Chest Presses and Inline Chest Presses:

There's a couple main points to think about when performing chest press movement (flat or incline) with dumbbells or barbells. First, I encourage you not to lower the weights all the way to your chest. Lower to one to two inches from the top of the chest and then press back up. This will protect your shoulders. Second, make sure you are pressing the weight up in a path over your chest, rather than over your neck and face. Once again, this helps you keep the tension on the chest, rather than the shoulders. And lastly, mentally think about activating through the chest muscles rather than the shoulder muscles. I mention all of this because many people tend to bench with their shoulder muscles rather than chest muscles, and this sets them up for long-term shoulder problems.



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## Personal Fitness Advantage Exercise Manual

### Chest-focused Horizontal Push Exercises

#### Incline Barbell Chest Presses



#### Incline Dumbbell Chest Presses



#### Machine Chest Flyes



**A Note on Flyes:** Don't do flyes if they hurt your shoulders. Make sure not to lower the weight too far when doing flyes. In general, "machine" and "cable" flyes are more effective than dumbbell flyes.

## Personal Fitness Advantage Exercise Manual

### Chest-focused Horizontal Push Exercises

#### Regular Pushups



#### Stability Ball Pushups (feet on ball)



#### Stability Ball Pushups (hands on ball)



**Notes on Pushups:** Pushups are one of the best exercises that anyone could do. Here are three of my favorite types (presented in the order of difficulty). The key with pushups is to stabilize the core muscles (don't let your low-back sag) and not going down too low (go down to about 90 degrees and then return to the starting position).



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## Personal Fitness Advantage Exercise Manual

### Shoulder Exercises

#### Sitting Barbell Shoulder Presses



#### Sitting 2-arm Dumbbell Shoulder Presses



Notes on Shoulder Press Movements (featured on this and the next two pages): One of the biggest changes in my exercise beliefs in recent years has to do with shoulder presses. I used to think that shoulder presses should be a staple movement in anyone's exercise program. After talking to enough medical professionals that have seen damaged shoulders, I emphasize shoulder presses a lot less these days. If I do include them in a program, it will typically be done with less weight and higher reps than in the past. And I NEVER do shoulder presses behind the neck because they put a large strain on the cervical spine.

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## Personal Fitness Advantage Exercise Manual

### Shoulder Exercises

#### 1-Arm Sitting Dumbbell Shoulder Presses



#### 1-Arm Standing Dumbbell Shoulder Presses



#### A Note on Standing Shoulder Presses:

When standing and pressing anything overhead, make sure to stabilize the core by tightening your abs. Also make sure not to arch your back and lean back too much to press the weight. Arching your back too much places large amounts of strain on the low-back.



## Personal Fitness Advantage Exercise Manual

### Shoulder Exercises

#### Standing 2-arm Dumbbell Shoulder Presses



#### Sitting 2-Arm Dumbbell Side Raises for the Medial Deltoids



#### Bent-Over Rear-Delt Raises for the Posterior Deltoids





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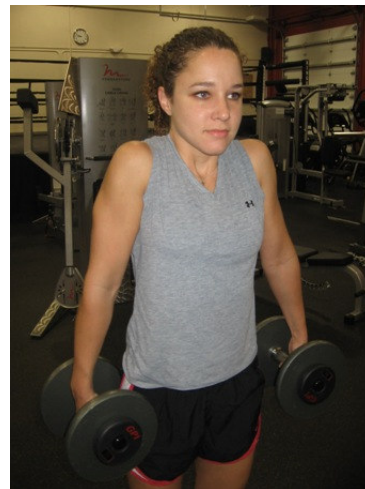
## Personal Fitness Advantage Exercise Manual

### Shoulder Exercises

#### Barbell Shrugs



#### Dumbbell Shrugs



A Note on Shrugs: Shrugs strengthen the neck, shoulders, and trapezius muscles. Key points would be to use a full range of motion. Pick a medium weight, hold the weights allowing the shoulders to stretch, and then pull the weights back up by activating your trapezius. Think about pulling your shoulders to your ears.

## Personal Fitness Advantage Exercise Manual

### Bicep Exercises

#### Barbell Bicep Curls



#### Standing Dumbbell Bicep Curls



#### Notes on Bicep Curls (presented on this page and the next):

I'm not a real big believer that one bicep exercise is better than any other. It's just a matter of challenging the muscles and adding variety through changing up your exercises over time. The big thing to remember with bicep movements is to use a full range of motion (all the way up and then all the way down). If you have elbow pain when performing bicep movements, take a week off and see how the elbows feel after some rest. When you start back, go with lighter weights and higher reps. If it's still hurting, consider getting it checked out.



## Personal Fitness Advantage Exercise Manual

### Bicep Exercises



1-Arm  
Concentration  
Curls



2-Arm Rope  
Cable Curls



2-Arm Cable  
Preacher Curls

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## Personal Fitness Advantage Exercise Manual

### Tricep Exercises

#### Bench Dips



#### Assisted Dips (or bodyweight regular dips)



#### Notes on Dips:

Dips are one of the best upper body movements, but you have to be very careful with them, especially if you have any shoulder problems. Never take the shoulder joints or the elbow joints past 90 degrees when performing dips. If you feel any pain, stop immediately.



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## Personal Fitness Advantage Exercise Manual

### Tricep Exercises

#### Rope Triceps Pressdowns



#### Overhead Cable Triceps Extensions



#### Notes:

With each of these movements, you will start with a 90 degree bend in the elbows and extend your arms out, working the triceps. Once you reach extension, simply return back to the starting point in a controlled manner and repeat the movement again. If you have any pain, stop immediately.



## Personal Fitness Advantage Exercise Manual

### Core Exercises



**Front Plank:** Hold steady while you are propping your body up with your toes and forearms. Hold as long as possible. A good goal is to work up to 60 seconds. If you can already do that, experiment with having someone press down lightly on your low-back for additional challenge.



**Side Plank:** Hold steady while you are propping your body up with the side of your foot and your forearm. Hold as long as possible. A good goal is to work up to at least 30 seconds. If you can already do that, aim for 60 seconds.

### Controlled Leg Lowering



**Leg Lowering Notes:** The way leg raises/leg lowering is traditionally done can hurt the back. Here's the key: Keep the back against the floor. The way it's traditionally done, people arch the back during the movement and that's very tough on the low-back. Here's what you need to do: Focus on the leg lowering. When you start with your feet in the air, note how your low-back is pressed against the floor. Keep it there. As you slowly lower your legs, use your abdominal muscles to keep the low-back pressed into the floor. When you feel like your muscles are about to give out, it's time to raise the legs again. That's one rep. Now repeat.

## Personal Fitness Advantage Exercise Manual

### Core Exercises

#### Legs – Up Medicine Ball Crunch

Note: If you are not strong enough to use a medicine ball with this movement, then simply do the movement without the ball. It's still very effective with bodyweight only. Lay on the ground with your legs up. Extend your arms up in front of you, reaching towards the sky with the medicine ball. Then use your abs to lift your upper torso off the ground, trying to touch your toes with the medicine ball (or your fingers if you are not using a medicine ball). Hold the top position for a split second, and then reverse the movement going back to the start position. Repeat.



#### Stability Ball Crunches

This is another great ab exercise. The mid-part of your back should be right on the top spot of the ball. Allow your spine to extend over the ball. If you'd like, you can bring your hands back and allow your fingers to support the base of your head as you perform the crunch. When doing this, make sure not to pull your neck with your hands. Your hands are there to support your head, not pull. Simply roll your shoulders forward and lift your upper back by activating your core. Hold the top position (fully flexed) at the top and then return to the beginning position to repeat. Note: Don't bend at the hips.



## Personal Fitness Advantage Exercise Manual

### Core Exercises

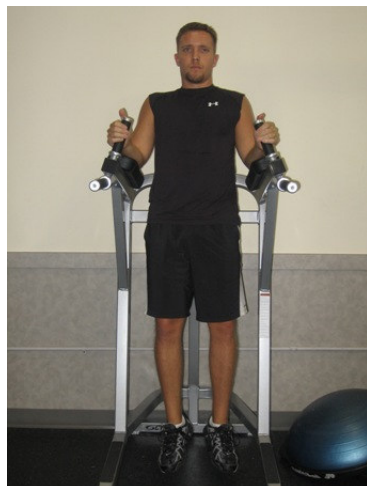
#### Decline Situps

This is an “old school” movement which a lot of the “new school” of thought suggests is not a good movement. I disagree but I do teach the movement differently than traditionally done. My modification of the movement has allowed me to keep the benefit while avoiding the risk. Traditionally, exercisers would lay all the way back against the decline bench when at the bottom of the movement. That places an excess strain on the low-back. Instead, lower to a point slightly higher than parallel with the floor (see the picture on the left). That’s your start position. Then activate your hips and squeeze your abs as you come to the top of the movement.



#### Knee Raises

This one is another “old school” movement and you’ll hear people attack it for the fact that it heavily activates the hip flexors. That’s true, but I believe it’s also effective for the abs, but you really need to focus on tightening the abs as you are lifting your knees. One way to add intensity is to squeeze a medicine ball between your knees as you are performing this movement.





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## Personal Fitness Advantage Exercise Manual

### Core Exercises

#### TRX Trainer Knee Raises

You may not have heard of the TRX Trainer before. And if you have, you probably don't have one, but I still wanted to show this to you as it's one of my favorite ab exercises. This is a knee raise conducted as your feet are suspended and your body is in a horizontal position. When you pull your knees toward your chest, there is much more resistance than in a traditional knee raise. You can order a TRX Trainer or simply read a review of it at [www.DougJacksonRecommends.com](http://www.DougJacksonRecommends.com).



#### Medicine Ball Russian Twists

This is one of my core exercises for both clients and myself. Grab a medicine ball heavy enough to challenge you (an 8 lb ball is a good start and you can work up to 15 lbs or so from there). Sit back and balance on your butt as your feet are a few inches off the ground. From that position, your abs will be activated. From there, rotate back and forth holding the medicine ball. I like touching the medicine ball to the floor on my right side, rotating, and then touching it to the left



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## Personal Fitness Advantage Exercise Manual

### Recovery Exercise Techniques

The Foam Roller and “The Stick” - Two Highly Effective Methods for Improving Muscle Tissue Quality, Enhancing Your Training, and Decreasing Injury Risk.

#### The Foam Roller:

Unless you can afford to get massages two or three times per week, the foam roller is a crucial asset when maximizing results. In the pictures below, I “roll” my IT band and my thoracic spine. Just to give you an example, sometimes the outside side of my right knee will hurt. But it turns out that the pain is due to a tight IT band in the right leg. I simply “roll” over my IT band 10-15 times, the IT band loosens, and the pain is gone. Very cool. You can order at <http://www.DougJacksonRecommends.com> .



#### “The Stick”:

The premise here is the same as foam rolling and it can be just as powerful. Why use both? There are some areas that I prefer to work on with the foam roller and others that I can more effectively work with “The Stick”. For example, I often help clients eliminate painful knots in their shoulders with the stick... something the foam roller can’t do. Once again, you can order at <http://www.DougJacksonRecommends.com> .



## **“Was this manual passed along to you?”**

If so, here are my recommendations:

- 1) Find a good trainer in your area to help you set up your fitness program.
- 2) Get to work! Don't wait.
- 3) If you are interested in working with Doug Jackson as your trainer, request an initial consultation at <http://www.PersonalFitnessAdvantage.com> (Doug works with local clients in South Florida as well as long distance consulting clients).
- 4) If nothing else, make sure to set up a personal profile at: <http://www.GetFitRevolution.com>. This is absolutely the best \$0 cost way to have your own personal fitness support group.
- 5) Pass this manual along to someone else you care about or encourage them to get their own free downloadable copy at:  
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