



30 Minute Reboot

Change Your Life in 30 Minutes™

MY GOAL...

The Most Common Barriers...

STRESS



FATIGUE



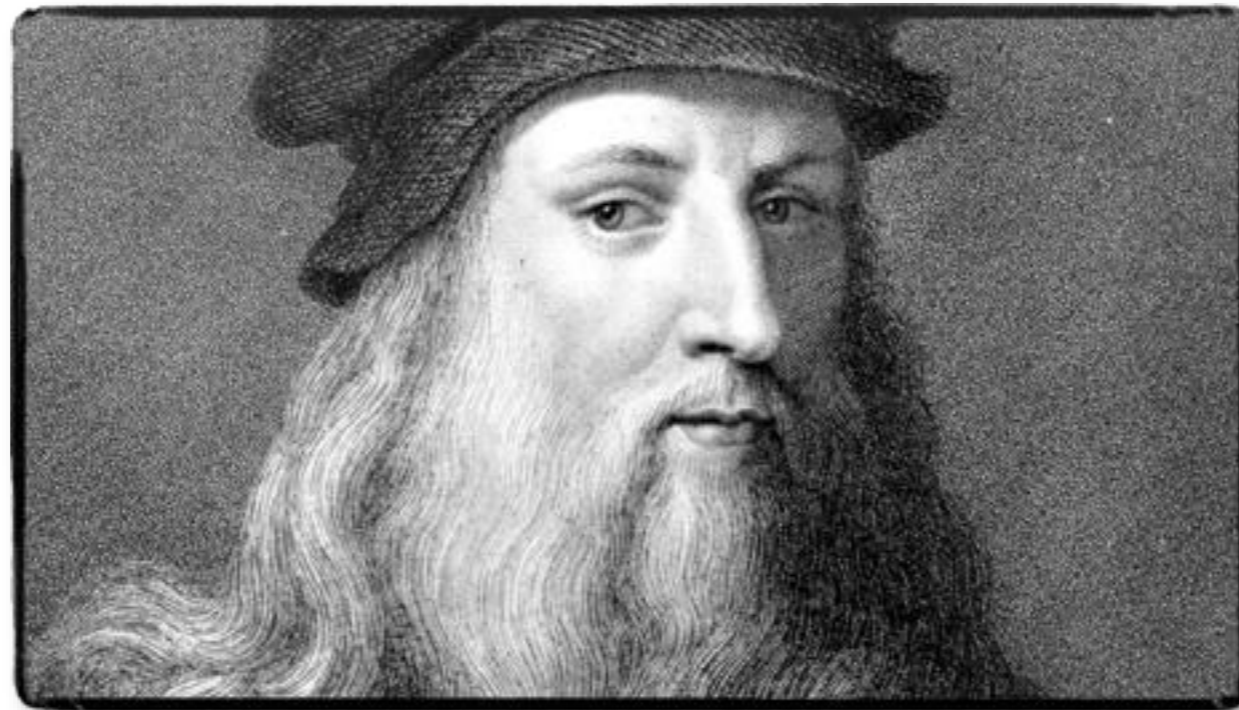
PAIN



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Perato's Law:

Roughly 80% of the effects come from 20% of the causes



“Simplicity is the ultimate sophistication”

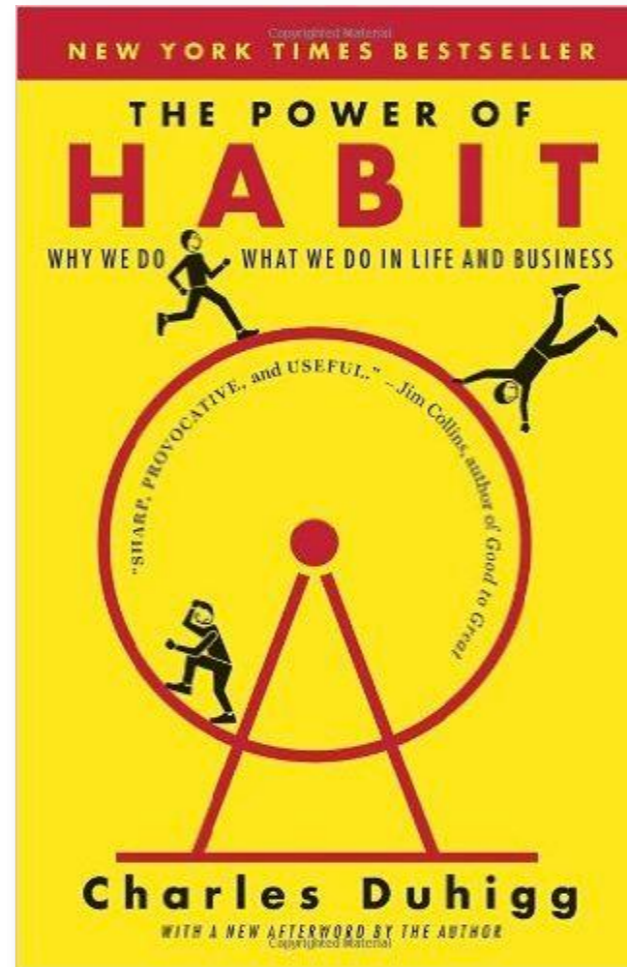
- L e o n a r d o D a V i n c i



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SO WHAT IS THE CRITICAL 20%?

“Keystone Habits”



3 Parts of the 30 Minute Reboot

Fit 15 (EXERCISE)



(MEDITATION) *Zen10*

Fueling 5 (NUTRITION)



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A close-up, low-angle shot of a person's legs in red and white running shoes, captured during a sunset. The person is wearing black leggings. The background is a bright, hazy orange and yellow sky, suggesting a warm, golden hour setting. The ground is a textured, reddish-brown surface, possibly a dirt or gravel path. The overall mood is energetic and inspiring.

FIT 15

15 Minutes of Daily Exercise

For all the skeptics...

That Don't Think 15 Minutes of Exercise is Enough

1. In 2005 a study done at McMaster University was published that showed that just 6 minutes of high intensity exercise was just as effective as an hour of moderate exercise

K.A. Burgomaster, S.C. Hughs, GJF Heigenhauser, S.N. Bradwell, and M.J. Gibala "Six Sessions of Sprint Interval Training Increases Muscle Oxidative Potential and Cycle Endurance Capacity in Humans"
Journal of Applied Physiology 98, no. 6 (June 1, 2005): 1985-90.

2. In another study they compared 15-20 min. of high intensity cycling to 60-120 min. of traditional (moderate intensity) cycling for a period of two weeks. They found that both groups improved the same degree.

M.J. Gibala, J.P. Little, M. van Essen, G.P. Wilken, KA Burgomaster, A. Safdar, S. Raha, M.A. Tarnopolsky "Short Term Sprint Interval Vs. Traditional Exercise Training: Similar Initial Adaptations In Human Skeletal Muscle and Exercise Performance," Journal of Physiology 575 (2006): 901-911

Conclusion: "...These data demonstrate that [H.I.T.] is a time efficient strategy to induce rapid adaptations in skeletal muscle and exercise performance that are comparable to [traditional endurance training]..."



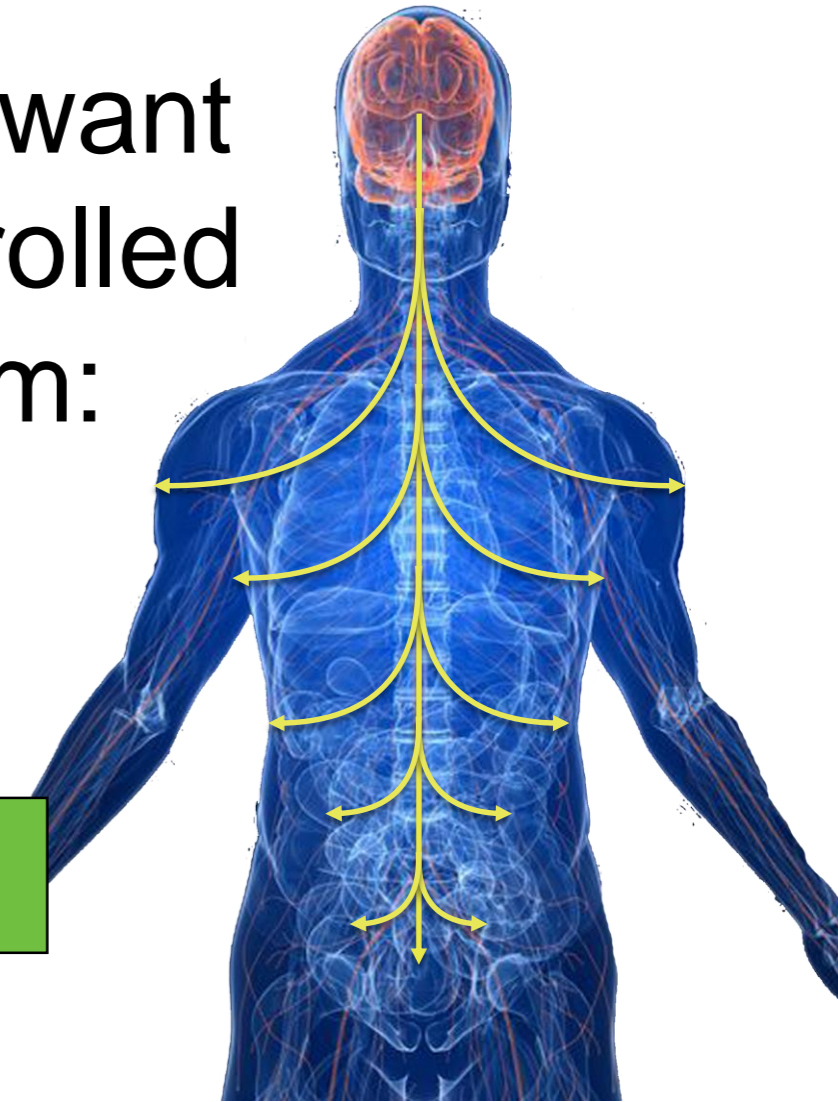
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THE SECRET:

Any positive changes we want with our body are all controlled by the same mechanism:

NERVOUS SYSTEM

EVERY OTHER SYSTEM



Healthy Nervous System Function Determines

EVERYTHING!

(Chiropractors Had This Figured Out Back in the 1800's)



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QUESTION:

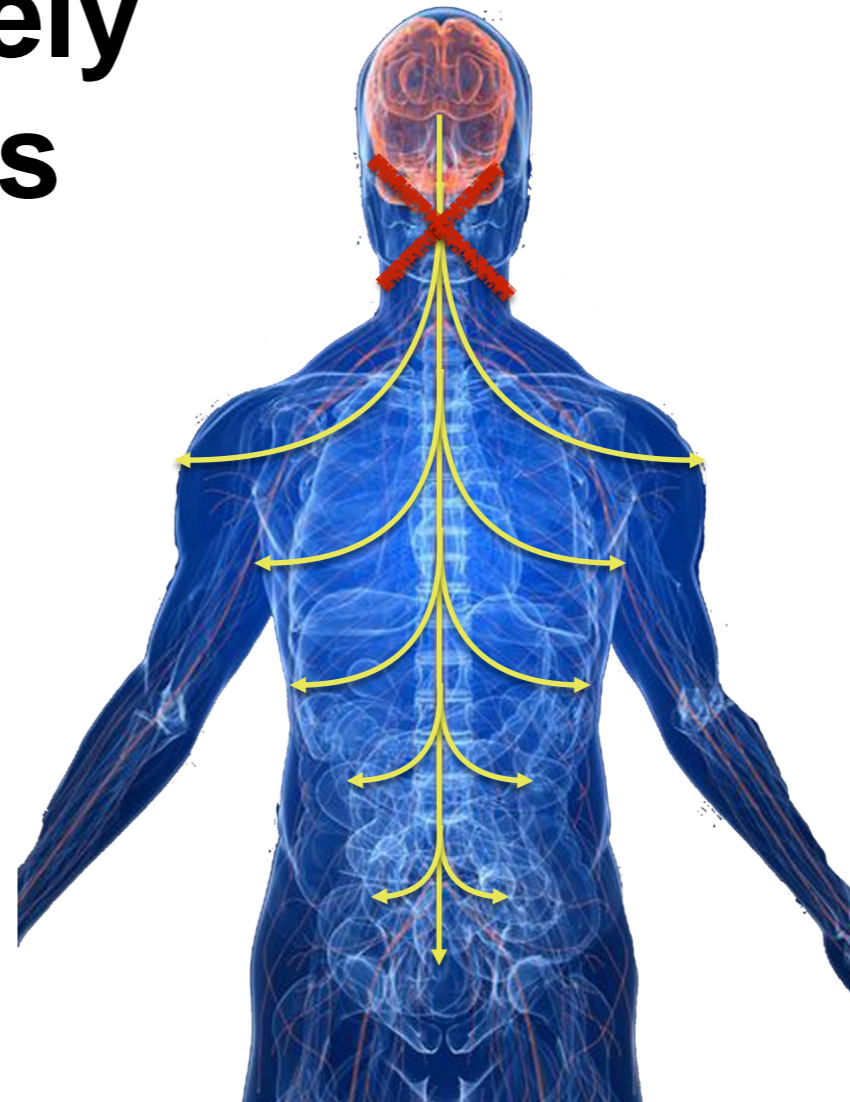
Once water has reached its boiling point, can you boil it more?

Our Nervous System is the SAME!
Once signals have been signaled...
they've been signaled!

THE PROBLEM:

Things That Negatively Impact Our Nervous System Function:

- Poor Posture
- Stress
- Injuries/Trauma
- Poor Nutrition



**PROPER EXERCISE IS JUST ONE CRITICAL
PIECE OF THE PUZZLE TO MAINTAINING
PROPER NERVOUS SYSTEM FUNCTION!**

**IMPORTANT: UNDERLYING PROBLEMS
NEED TO BE DETECTED AND CORRECTED!**

20 Different Exercises

1. Air Squats*
2. Situps*
3. Bridges*
4. Lunges*
5. Side Lunges*
6. Jumping Jacks*
7. Pushups**
8. Chair Dips**
9. Sit Outs**
10. Release Pushups**

11. Mountain Climber**
12. Planks**
13. Wall Sit**
14. Superman**
15. Hollow Rocks**
16. Side Planks***
17. Pull ups***
18. Walk-Out Pushups***
19. Dive Bomber Pushups***
20. Burpees***

10 Minutes of H.I.T. Followed by 5
Minutes of Full Body Mobility with a
Foam Roller

FOAM ROLLING

1. Helps Improve Spinal Mobility
2. Helps Improve Myofascial Function



The Fit 15 Routine Generator

10 Min. H.I.T. Routine

Day 1: Routine Type <input checked="" type="checkbox"/> AMRAP <input checked="" type="checkbox"/> 1 Min. Interval <input type="checkbox"/> 30 sec. Interval							
# of Different Exercises :	2	3	4	5	10	20	Other _____
<input type="checkbox"/> 10 Burpees***	<input checked="" type="checkbox"/> Pushups**	<input type="checkbox"/> Dive Bomber Pushups***	<input checked="" type="checkbox"/> Planks**	<input type="checkbox"/> Side Planks***	<input checked="" type="checkbox"/> Pull ups***	<input type="checkbox"/> 20 Chair Dips**	<input checked="" type="checkbox"/> Jumping Jacks*
<input type="checkbox"/> 15 Air Squats*	<input type="checkbox"/> Release Pushups**	<input type="checkbox"/> Walk-Out Pushups***	<input checked="" type="checkbox"/> Wall Sit**	<input type="checkbox"/> Superman**	<input checked="" type="checkbox"/> Sit Outs**	<input type="checkbox"/> 25 Situps*	<input checked="" type="checkbox"/> Mountain Climber**
<input checked="" type="checkbox"/> Lunges*							<input checked="" type="checkbox"/> Hollow Rocks**
<input type="checkbox"/> Side Lunges*							<input checked="" type="checkbox"/> Bridges*

+

5 Minute Foam Rolling Routine:

1. Low Back
2. Upper Back
3. Gluts (butt)
4. TFL R (right side of leg)
5. TFL L (left side of leg)
6. Hamstrings (back of legs)
7. Calves
8. Quads (front of legs)
9. Inner Thighs
10. Full Spine



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Zen 10

10 Minutes of Daily Meditation



Did You Brush Your Teeth Today?

Did You Shower?

Did You Shave?

Did You Meditate???



MEDITATION 101: HOW TO MEDITATE



Practicality of Meditation

- Improves Focus
 - Increases Self-Discipline
 - Improves Brain Function



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Other Meditation Benefits

- Reduces Stress
- Literally Changes Your DNA
- Decreases Pain & Inflammation
 - Lowers Blood Pressure
 - Improves Leptin Levels
- And Probably Much, Much More
That We Don't Even Realize!

Hormone Molecular Biology and Clinical Investigation. Volume 18, Issue 3, Pages 137–143, ISSN (Online) 1868-1891, ISSN (Print) 1868-1883, DOI: 10.1515/hmbci-2013-0056, May 2014

<http://www.scientificamerican.com/article/changing-our-dna-through-mind-control/>



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FUELING 5

5 Minute Nutrition Fueling

Fueling 5 Building Blocks

FOR UNSTOPPABLE ENERGY, FOCUS & PERFORMANCE

- 1. Protein:** Clean, Grass-Fed or Plant-Based
- 2. Greens:** High in Magnesium & Phytonutrients
- 3. Ceylon (Cinnamon):** Blood Sugar Support
- 4. Organic (real) Vanilla Powder:** Anti-Inflammatory
- 5. Superhero Fuel:** Increased Metabolism



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Start Your Reboot!



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This is a Journey, Not a Destination
(as cliché as that is, it is true)

Get Creative and Have Fun!

Learn to Love Your Morning
Ritual...Make It YOUR OWN!



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One Last Thing...

“Action Expresses Priority”
-Ghandi



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