

## **How to Get Into Shape: My Guide to Fitness and Well-Being**

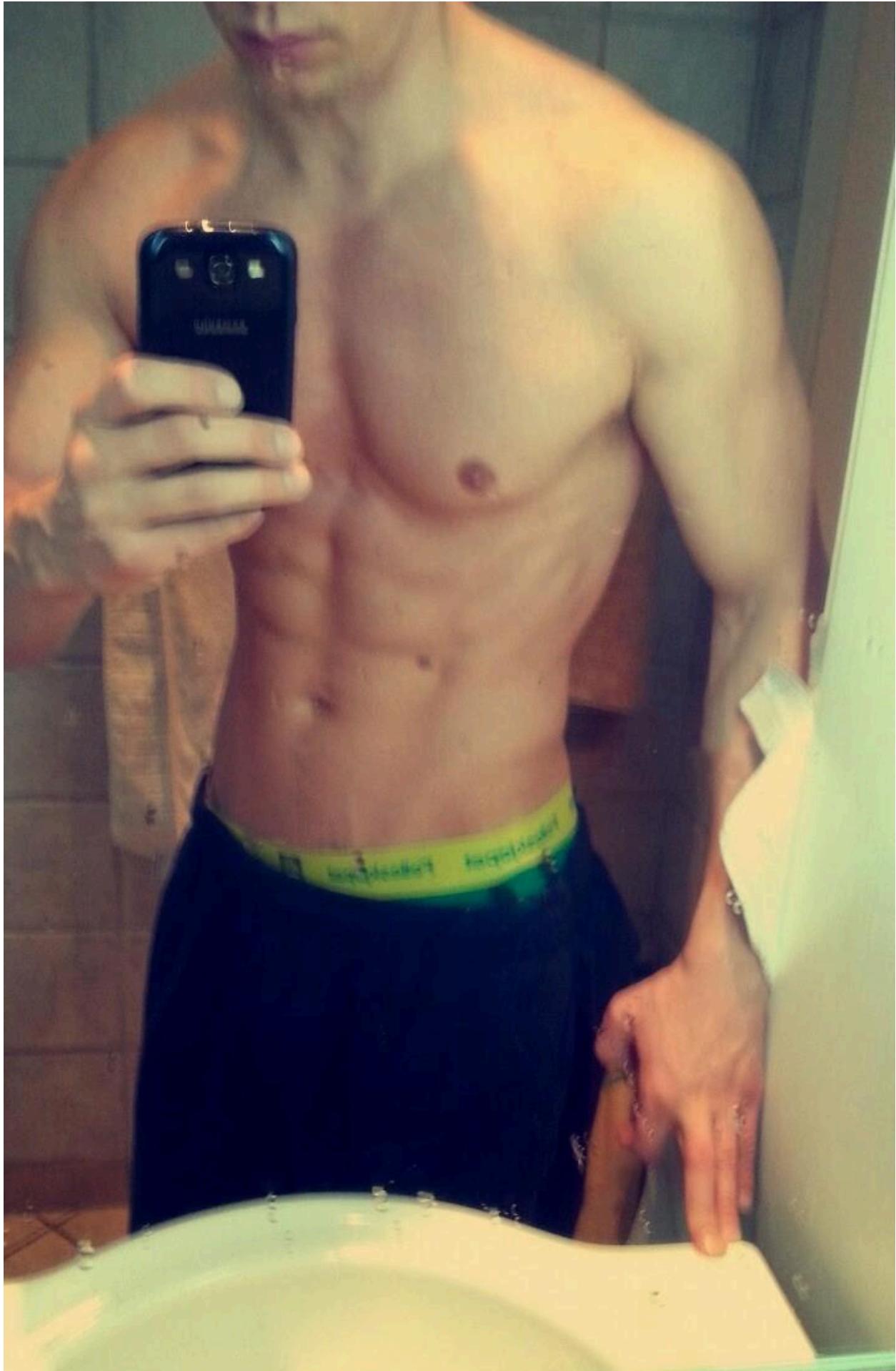
Achieving a healthy, functional body involves more than just physical exercise; it's about fostering mental and spiritual growth alongside your fitness journey. Below is a comprehensive guide designed to help you develop a sustainable and natural approach to health.

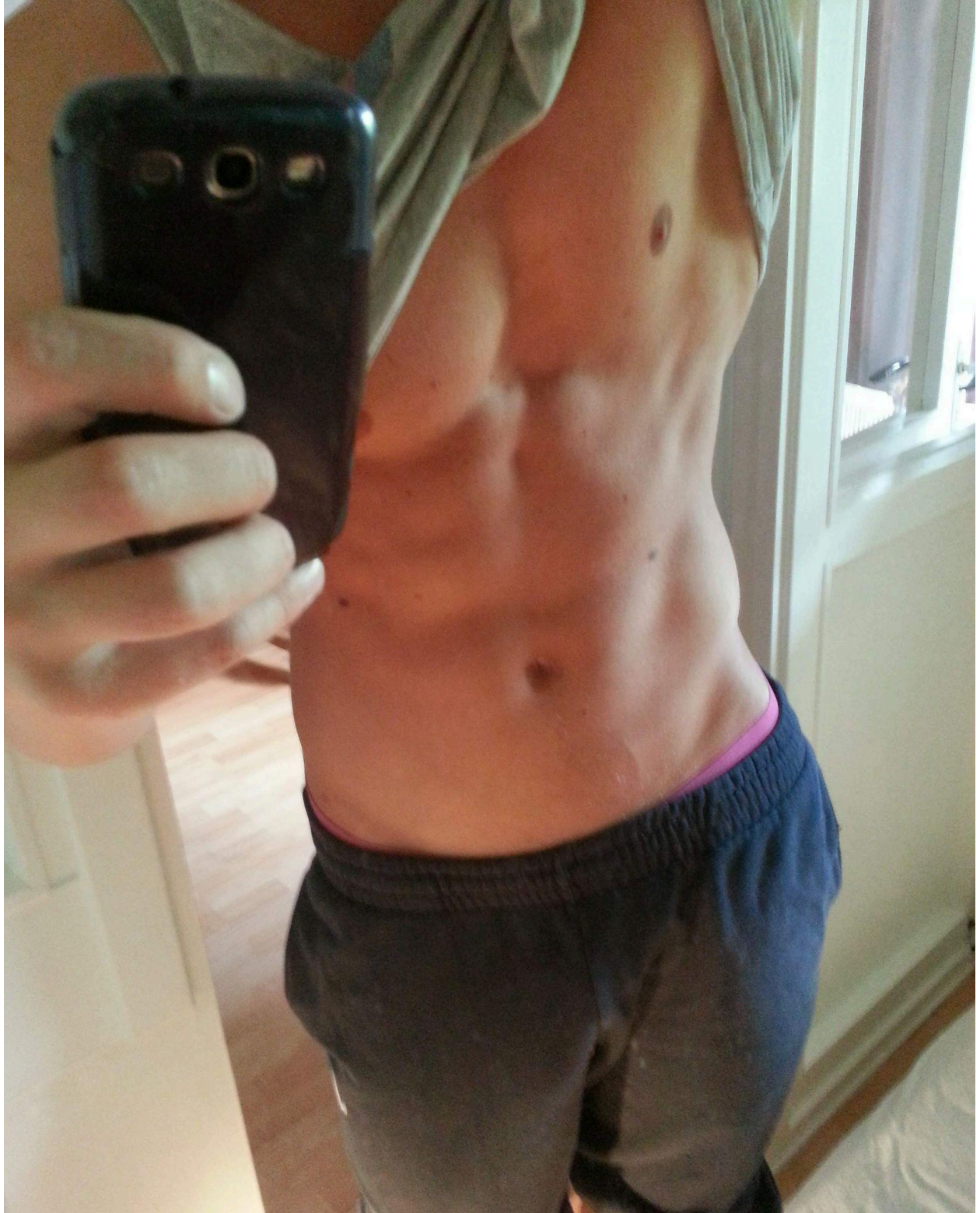
**This text serves as a holistic guide to physical fitness and overall well-being. It combines practical advice on training and nutrition with philosophical and spiritual elements, presenting a perspective that links physical health to broader life purposes.**

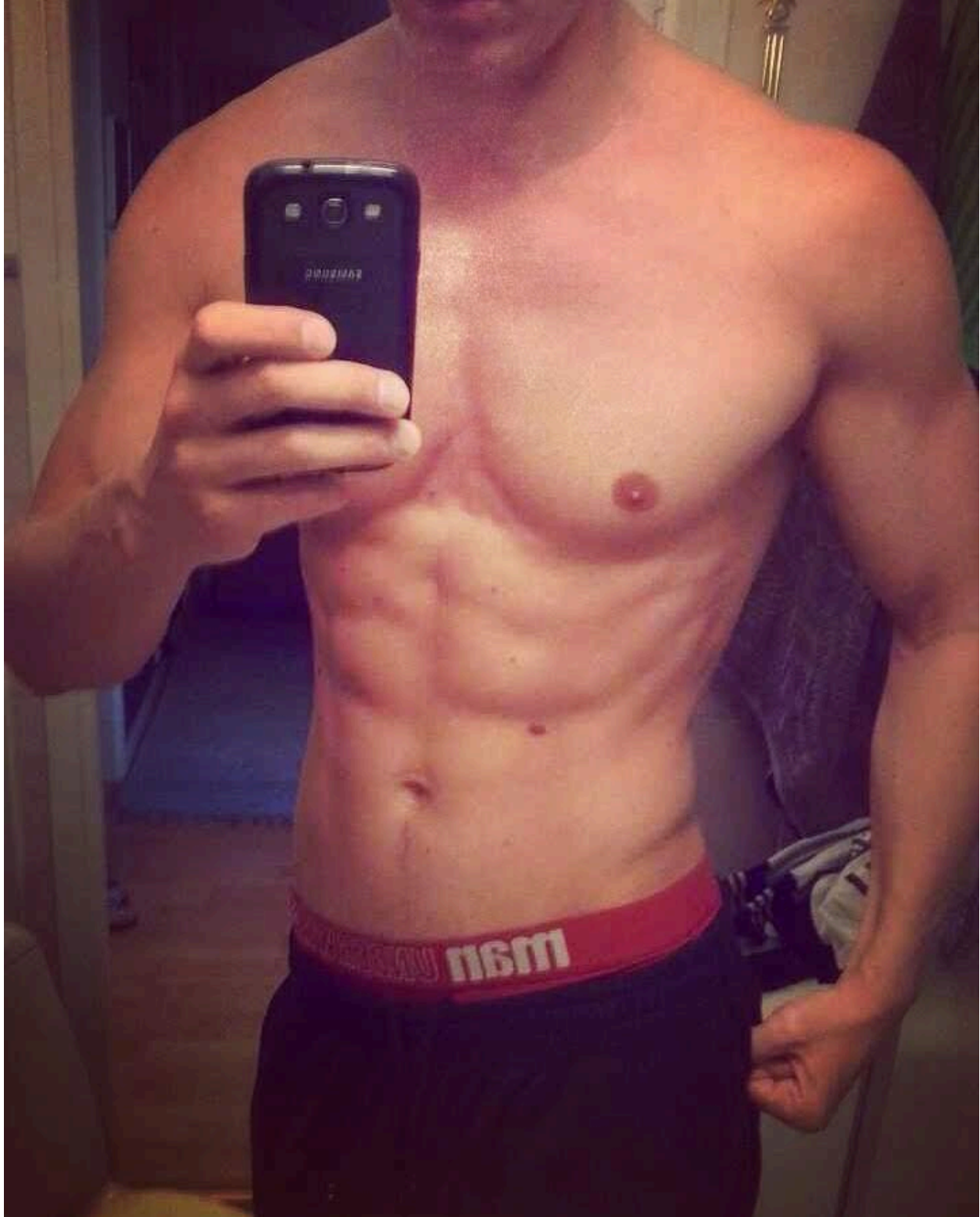
### **How To Get Into Shape.**

What I did.









I remember the first thing I did was to visualise how I wanted to look. In my mind's eye I started to shape and form my body. Then I set up a nutrition plan and a workout plan.

After that It only took patience and discipline.

Be aware that when you start your fitness journey there are mind traps that can deter you away from a healthy and functional body. Be aware of your mental health during the first 5 years as you will most likely start to compare yourself with others which is a sure thing to lower your self esteem.

Remember that it's about the mental and spiritual development along with your health that is the number one priority. Not to win a competition, or to impress someone else to sell a product. Abusing performance enhancing drugs will lead to a downfall on your moral energy later in your life. Be Warned!

There is a higher purpose to your life beyond this lifetime, and this guide will only give you information from a higher moral field. Your body needs to be optimized for your brain to be able to work efficiently. Building muscle is one of the the best ways to utilize your physical energy throughout your lifetime. Building healthy muscle tissue in a safe and natural way will boost your self esteem and give you energy to keep working and developing other aspects of your life.

Aside from the training guide - nutrition and cooking skills that you will develop, I also recommend taking a biology course so that you understand what is happening inside your body. How the body breaks down the food, how new cells are forming etc. By having a deeper scientific understanding underneath you will automatically feel more confident in what you are doing.

At the same time you are upgrading your skills in several dimensions at the same time, which gives you a mental upgrade on a larger cosmic perspective. I recommend KhanAcademy as they provide excellent education up to college grade level and it's completely free.

There is only one way to do this, and that is the natural way. Everything else is in direct conflict with natural law and the moral field, and you will pay a penalty somewhere in your timeline. Be warned!

Workout Plan:

It's very basic, but you will perform it correctly and over time you will see great results.

Here is a list of some great exercises:

- Squats
- Deadlifts
- Chin ups
- One Arm Rows
- Leg Raises

Bench Press  
Dumbbell Flys  
Bicep Curls  
Overhead Press  
Push Ups  
Pull Downs  
Sitting Twists  
Knee To Elbow  
Half Wipers  
Elbow Plank  
sit-ups  
Side Plank

I want you to do a 3-day split.

For example Monday - Two Day Break - Thursday - Two Day Break - Sunday - Two Day Break - Wednesday Etc...

Give your body enough rest so when you start to train again you can go HARD.

Remember to warm up. Never lift too heavy. You need to "feel" your muscles working, do the repetitions slowly and visualize how you want your body to look in your mind's eye. Start to mold your body as if it was a piece of clay. If you have problems visualising start listening to positive body affirmations that will reprogram your subconscious mind. The subconscious mind is the part of your mind that does all the things that you don't do yourself, like pumping blood throughout your system, it's like a computer program that is pre-programmed. Your job is to reprogram your subconscious mind to match the highest moral field, which is perfect and excellent health.

Due to the negative programming that is on the planet at this time, you have to personally reprogram yourself. Choose only the highest vibrational messages that hold a high moral field. "I look great", "I feel great", "My body is amazing", "I love my body", "My muscles are growing", "I am happy", "I love working out", "My body responds to my diet and exercise routine", "I get my dream body" etc.

Implement these affirmations immediately.

Understand that your body doesn't grow in the gym, but outside of the gym with the proper rest and nutrition. Your job in the gym is to go HARD, so that you break down the muscle tissue, and then feed the body with the right amounts of nutrients and rest so it can grow. Much like a plant in your garden.

I recommend 2-3 hours each week.

When it comes to cardiovascular training, I personally don't recommend it as it breaks down the body too much.

Remember that you want to be able to use your body when you are 80 years old as well as when you are 20. Too much cardio has a tremendous impact on joints and the skeletal system as you grow older. If you are not trying to win a competition or becoming a professional athlete I see no reason to have a run more than 5Km once a week/month. That is my personal opinion. Having muscles also looks much better so it's better to stay focused on that. A good run once in a while won't hurt, but keep focused on building muscles.

When it comes to diet, the main goal is to build lean muscle tissue. My program focuses on the person that wants to look in shape, but still normal. You can blend in and look normal with clothes on, but underneath you know you have a well functioning machine that looks good. You don't have the desire to show off, but you workout because it's a part of the divine plan, and one of the things that the divine plan says is that you should take care of your body. Not to destroy it to win a competition, it is just a natural part of your lifestyle. Please know that it takes more energy to maintain muscle, so by having muscle you have effectively built for yourself a fat-burning machine that works around the clock 24/7.

Life is not about working out and building muscle, building muscle and maintaining muscle mass over the long term is a small part of the total life cycle where you continually have to learn new things to grow. As you keep working on other parts of your life, you can be safe in knowing that you will always have 2-3 hours available each week to go hard in the gym and lift weights. It will clear of the counter-matter energy that is on the metaphysical plain, the negative energy that you transmute into positive energy by doing hard manual labour (Lifting the heavy weights),

which forces the brain to release dopamine and serotonin, it's already pre-programmed into the DNA structure of the body which is created by the creator. That's why it is very important to study several subjects as it brings you closer to the primal intelligence that created us. It wants us to succeed and it wants us to grow so we can become more like itself.

Building muscles is one of the main primal energies that it wants us to do, because it forces us to learn on multiple disciplines through several dimensions at the same time. Hence why the brain automatically rewards you with dopamine after a hard workout. It also puts you into direct contact with the demonic/animal self that is deep inside your structure. Learning to control and work with the demonic/animal part of your consciousness/ the fire energy is a vital ingredient in the physical realm as it keeps the flame flowing up into the higher parts of your consciousness (*Through the release of dopamine and serotonin after a hard workout*) where you (*if you are in right communications with the high energy moral field*) are able to connect with your christ consciousness which will give you the access codes to steer yourself safely out of this realm, which can directly be described as hell.

*"No one comes to the Father except through Me" Jesus Christ.*



We have both the demonic and angelic consciousness latent inside ourselves, it's split into two, but only by activating the fire (demonic/animal) will you be able to reach the higher realms, because it takes tremendous amounts of energy to reach the higher realms, and the only energy strong enough is the demonic/animal fire energy which is best activated through physical labour. That's why building muscle and lifting weights is one of the safest and harmonious ways to activate the energy in the third dimension.

Keep in mind that 2-3 hours a week is enough, learn from nature how it grows and you will quickly see the similarities how your body functions in the 3rd dimension which is the physical plain.

Don't be fooled by the dogma (*Greek*) (*Something that seems true*) of winning competitions to make money or gain fame, or worse by using performance enhancing drugs, do it the right and healthy way and over time you will see and be rewarded by the results both mentally, physically and spiritually.

## Workout Plan with Sets and Reps

### Structure

- **3-Day Split:**
  - Example: Monday, Thursday, Sunday (two-day rest between sessions).
  - Rest at least 48 hours between workouts for muscle recovery.
- **Workout Duration:** 45–60 minutes per session.
- **Progression:** Gradually increase weights, reps, or sets every 4–6 weeks as strength improves.

### Day 1: Upper Body (Push)

1. **Bench Press** (Barbell or Dumbbell): 3 sets of 8–12 reps
  2. **Dumbbell Flys**: 3 sets of 10–15 reps
  3. **Overhead Press** (Barbell or Dumbbell): 3 sets of 8–12 reps
  4. **Push-Ups**: 3 sets to failure (or 15–20 reps if advanced)
  5. **Elbow Plank**: 3 sets of 30–60 seconds
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### Day 2: Lower Body

1. **Squats** (Barbell or Bodyweight): 3 sets of 10–12 reps
  2. **Deadlifts**: 3 sets of 6–8 reps
  3. **Leg Raises**: 3 sets of 15–20 reps
  4. **Side Plank**: 3 sets of 20–30 seconds per side
  5. **Knee to Elbow (Standing or Lying)**: 3 sets of 15–20 reps
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### Day 3: Upper Body (Pull)

1. **Chin-Ups:** 3 sets to failure (or use assistance for 6–10 reps if needed)
  2. **One-Arm Dumbbell Rows:** 3 sets of 8–12 reps per arm
  3. **Pull Downs** (Lat Machine): 3 sets of 8–12 reps
  4. **Bicep Curls** (Barbell or Dumbbell): 3 sets of 10–15 reps
  5. **Sitting Twists (Russian Twists):** 3 sets of 20 twists (10 per side)
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### Cardio Recommendation

- **Optional:** 5km run or 20 minutes of moderate-intensity cardio once a week/month.
  - Focus primarily on muscle-building activities, as the program emphasizes longevity and joint health over excessive cardio.
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### General Guidelines

1. **Warm-Up:**
    - 5–10 minutes of light cardio (e.g., brisk walking or dynamic stretches) before starting.
    - Perform 1–2 light sets of each exercise before working sets to prepare muscles and joints.
  2. **Rest Between Sets:**
    - Compound lifts (e.g., Squats, Deadlifts, Bench Press): 90–180 seconds.
    - Isolation exercises (e.g., Bicep Curls, Dumbbell Flys): 30–60 seconds.
  3. **Tempo:**
    - Lift slowly and with control: 2 seconds on the lift, 2 seconds on the descent.
    - Focus on "feeling" the muscle work and maintaining good form.
  4. **Progression:**
    - Increase weight by 5–10% when you can complete all sets and reps with good form.
    - Avoid lifting too heavy; prioritize proper technique.
  5. **Rest and Recovery:**
    - Sleep 7–9 hours per night.
    - Incorporate active recovery (e.g., stretching, yoga) on non-training days.
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### Additional Tips

- Use a workout journal to track weights, reps, and progress.
- Pair each workout with adequate nutrition, including protein and carbs for recovery.

- Stay hydrated and avoid overtraining by listening to your body.

This plan balances simplicity with structure, making it accessible to beginners while still providing room for growth.

## Step 1: Visualization and Planning

- **Visualize Your Goals:** Begin by imagining how you want to look and feel. Visualization is a powerful tool that helps align your actions with your aspirations.
  - **Create a Plan:** Develop a tailored nutrition plan and a workout regimen suited to your goals. A structured approach ensures consistency and progress.
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## Step 2: Building Discipline and Patience

Success requires both discipline and patience. Be mindful of potential challenges, such as comparing yourself to others. This can negatively impact your self-esteem and derail your progress. Instead, focus on your unique journey and prioritize mental health during the first five years of training.

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## Step 3: Focus on Holistic Growth

- **Prioritize Mental and Spiritual Development:** Fitness is about more than appearance; it's about cultivating mental resilience, spiritual growth, and overall health. Avoid competing or seeking validation from others.
  - **Stay Natural:** Refrain from using performance-enhancing drugs, as they can compromise your moral and physical well-being over time. Align your actions with a higher purpose for lasting fulfillment.
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## The Science of Fitness

- **Learn the Basics:** Gaining a scientific understanding of your body's processes—like how it builds muscle and metabolizes nutrients—can significantly boost your confidence and effectiveness. Free platforms like Khan Academy offer excellent resources to deepen your knowledge.
- **Optimize Your Body for Efficiency:** Building healthy muscle tissue is one of the best ways to enhance physical energy, improve self-esteem, and maintain a well-functioning body.

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## Workout Plan

This program emphasizes safe, natural methods for building strength and muscle.

### Key Principles:

- Perform exercises with proper form and controlled tempo (2 seconds up, 2 seconds down).
- Allow adequate rest between workouts to promote recovery and growth.
- Focus on compound movements to build strength and isolation exercises for detail and symmetry.

## Muscle-Building Nutrition Plan with a Focus on Health

This plan emphasizes balanced, nutrient-dense meals to support muscle growth, recovery, and overall well-being. It avoids extreme measures like fad diets, ensuring long-term sustainability and alignment with health-focused goals.

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### Key Principles

1. **Caloric Surplus:** To build muscle, consume about 10–20% more calories than your maintenance level.
2. **Macronutrient Balance:**
  - **Protein:** 1.6–2.2 g per kg of body weight daily to support muscle repair and growth.
  - **Carbohydrates:** 4–6 g per kg of body weight to fuel workouts and recovery.
  - **Fats:** 0.8–1 g per kg of body weight for hormone regulation and energy.
3. **Nutrient Timing:**
  - Focus on balanced meals throughout the day.
  - Prioritize protein and carbohydrates around your workout for optimal performance and recovery.
4. **Whole Foods:** Choose minimally processed foods rich in vitamins, minerals, and fiber.

### Supplements (Optional)

While whole foods should form the foundation of your diet, supplements can help fill gaps:

1. **Omega-3 Fish Oil:** For anti-inflammatory benefits.

## Hydration

- Aim for 2.5–3 liters of water daily.

## Meal Prep and Flexibility

- **Plan Ahead:** Batch-cook proteins, grains, and vegetables to save time.
- **Listen to Your Body:** Adjust portion sizes based on hunger, activity level, and progress.
- **Indulgences:** Allow 10–15% of your weekly calories for enjoyable treats to stay consistent without feeling deprived.

Remember that this is for life, it's going to take time, but the results will come if you only stay disciplined in the long term. Think about the next 5-10-15-25-30 years of your life. Not next summer.

## Benefits of Fasting for Muscle Building and Overall Health

Integrating fasting into your nutrition plan can offer a variety of benefits, not only for general health but also for muscle building when applied strategically. Here are the key benefits of fasting and how it can complement your fitness journey:

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### 1. Enhanced Fat Loss

- **Improved Insulin Sensitivity:** Fasting helps regulate blood sugar levels, reducing insulin resistance. This encourages your body to use stored fat as energy, which supports a leaner physique.
- **Increased Fat Oxidation:** During fasting periods, the body transitions to burning fat for fuel, which can help maintain a lower body fat percentage while preserving lean muscle mass.

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### 2. Promotes Muscle Growth

- **Boosted Growth Hormone Levels:** Fasting naturally increases human growth hormone (HGH), a key player in muscle growth and fat metabolism. Elevated HGH levels during fasting aid in muscle preservation and enhance recovery post-workout.
- **Improved Nutrient Partitioning:** Breaking a fast with a nutrient-dense meal post-workout can direct nutrients more effectively toward muscle repair and growth due to heightened insulin sensitivity.

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### 3. Enhanced Cellular Repair and Longevity

- **Autophagy Activation:** Fasting triggers autophagy, the body's process of cleaning out damaged cells and promoting cellular repair. This can improve muscle recovery and overall tissue health, supporting long-term fitness goals.
- **Anti-Aging Effects:** By reducing oxidative stress and inflammation, fasting may slow down the aging process and enhance overall vitality.

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### 4. Mental and Spiritual Benefits

- **Improved Mental Clarity:** Many people report heightened focus and cognitive function during fasting periods, which can support the mental discipline required for a consistent fitness routine.
- **Spiritual Connection:** Fasting has been used across cultures to cultivate mindfulness and spiritual growth, aligning with a holistic approach to health.

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### 5. Simplified Meal Planning

- **Fewer Meals to Prepare:** By reducing the number of meals you eat daily (e.g., through intermittent fasting), you can simplify your schedule without sacrificing calorie intake.
- **Controlled Calorie Intake:** Fasting naturally restricts the time available for eating, helping prevent overeating and supporting your caloric surplus or maintenance goals.

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### 6. Supports Gut Health

- **Improved Digestion:** Fasting gives the digestive system a break, reducing bloating and improving nutrient absorption when you eat.
- **Reduced Inflammation:** Digestive rest during fasting periods can decrease gut inflammation, which supports overall health and energy levels.

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## How to Integrate Fasting with Muscle Building

### Intermittent Fasting (IF)

- **Method:** Fast for 16 hours and eat during an 8-hour window (e.g., 12:00 PM–8:00 PM).

- **Workout Timing:** Train during the fasting period (if energy permits) or at the start of your eating window. Follow up with a protein-rich meal to support recovery.

### **Alternate-Day Fasting (ADF)**

- **Method:** Alternate between regular eating days and fasting (consuming ~25% of your calorie needs).
- **Best For:** Fat loss phases while maintaining muscle mass.

### **Time-Restricted Feeding (TRF)**

- **Method:** Eat all meals within a specific timeframe (e.g., 6–10 hours).
  - **Best For:** Those looking for a flexible fasting strategy that doesn't overly restrict calorie intake.
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### **Precautions and Considerations**

- **Avoid During Bulking:** For individuals in a significant calorie surplus, fasting may limit your ability to consume enough nutrients.
- **Stay Hydrated:** Drink plenty of water during fasting periods to prevent dehydration.
- **Personalization:** Ensure fasting aligns with your lifestyle and energy needs. Not everyone responds to fasting the same way.

### **Conclusion**

Remember that dedication, commitment, grit, education and endurance are the recipe for growth. I believe in you.

Good Luck.