



# BUSINESS BODY ELITE TESTIMONIAL PACKET

THE IMPACT WE ARE CREATING



BUSINESS BODY ELITE

# INTRODUCTION

A PROBLEM THAT WE'RE NOT AWARE OF CANNOT BE FIXED. THAT'S WHY OUR COMPANY EXISTS. THE PROGRAMS WE DEPLOY CREATE AWARENESS BACKED BY SMALL BUT EFFECTIVE ACTION STEPS. AS A RESULT, IT HELPS ANYONE IDENTIFY WHAT'S HOLDING THEM BACK FROM UNLOCKING THE HIGHEST LEVELS OF HEALTH & WELLNESS AVAILABLE TO THEM.

IT'S IMPORTANT TO BE COMPLETELY HONEST WITH OURSELVES IF WE WANT TO CHANGE. IF WE'RE NOT WHERE WE WANT TO BE THEN THERE'S SOMETHING WE'RE NOT DOING IN THE PROPER SEQUENCE.

FORTUNATELY, REAL CHANGE STARTS HERE! THIS DOCUMENT CONTAINS THE FEEDBACK OF MANY WHO HAVE UTILIZED THE METHODS WE TEACH TO CREATE LIFE-CHANGING RESULTS. ENVISION YOURSELF BEING WHERE YOU WANT TO BE AS YOU GO THROUGH THIS DOCUMENT.

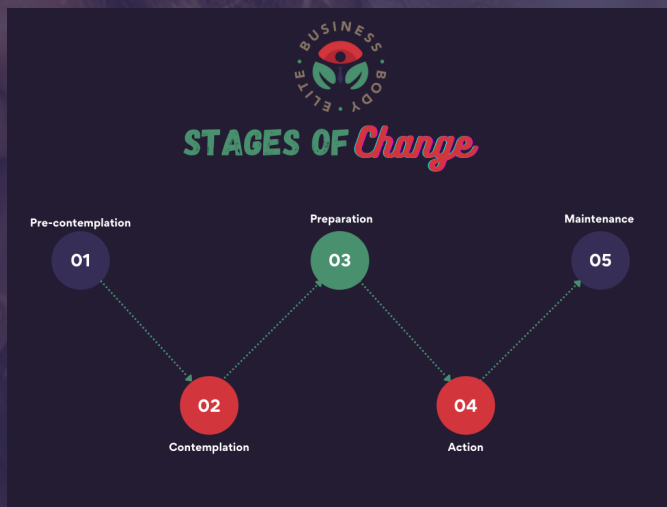




# BUILDING AWARENESS

THE TRANSTHEORETICAL MODEL OF CHANGE (SHOWN BELOW) IS ONE OF THE EASIEST WAYS TO UNDERSTAND HOW TO CREATE NEW AND BENEFICIAL HABITS, MORE SPECIFICALLY YOUR HEALTH.

A LOT OF OUR CAMPAIGNS AND PROGRAMS ARE BUILT AROUND THIS MODEL. THIS WAY IT DRASTICALLY DECREASES OVERWHELM WHEN EMBARKING ON A NEW JOURNEY.



### STAGES OF Change

**Pre-contemplation**

01

**GOAL**  
Make Inactivity A Relevant Issue  
And To Start Thinking About  
Becoming Active.

**Action Steps**

- Seek information about the risks of being inactive and the benefits of being active.
- Seek information from multiple sources, such as news, posters, pamphlets, general health promotion material, etc. Information is more effective from multimedia sources than from family & friends.
- Make inactivity a relevant issue.

### STAGES OF Change

**Contemplation**

02

**GOAL**  
Get Involved In Some  
Sort Of Activity.

**Action Steps**

- Find opportunities to ask a lot of questions and to express apprehensions.
- Find information about exercise in general.
- Find information about different types of activity options, fitness facilities, programs, and classes.
- Create cues for actions, such as passes to nearby facilities and invitations to facility open houses, tours, or information sessions.

### STAGES OF Change

**Preparation**

03

**GOAL**  
Regular Physical  
Activity Participation

**Action Steps**

- Find the opportunity to be active.
- Find a lot of support, feedback, and reinforcement.
- Find a professional who provides the opportunity for you to express your CONCERN and triumphs.
- Introduce different types of exercise activities to find something you enjoy.
- Find & join support groups of similar people who are also adopting exercise programs.

### STAGES OF Change

**Action**

04

**GOAL**  
Maintain Regular  
Physical Activity

**Action Steps**

- Receive regular continued support and feedback.
- Identify things and events that are potential barriers to adherence.
- Identify high-risk individuals and situations.
- Educate yourself about the likelihood of relapse and things that may trigger relapse.
- Develop physical and psychological skills to deal with potential barriers.
- Gain continuous opportunities to be active and a plan to maintain activity in the changing seasons, during vacations, and through schedule changes.

### STAGES OF Change

**Maintenance**

05

**GOAL**  
Prevent Relapse And  
Maintain Activity

**Action Steps**

- Maintain social support from family and friends and from within the exercises environment.
- Seek continued education about barrier identification.
- Keep the exercise environment enjoyable and switch it up to fight boredom.
- Create reward systems for continued adherence.
- Identify early signs of staleness to prevent burnout.

# HOW TO TAKE ACTION



## Confused & inconsistent

Random exercises with no structure. You eat whatever you can find when you're hungry. No accountability.

## Identifying your roadblocks

Begin breaking down your major problems into manageable action items. Find ways to fit it into your day-to-day schedule.

## Creating a personalized approach

By performing baseline data testing and interpreting that data into tangible action items.

## Retesting your plan

Once you've implemented your initial plan, you'll be able to retest and compare to data you've collected prior.

## Clarity & Results

During this journey, you'll learn exactly what you need to do to continue duplicating your results. You have the data to prove it!



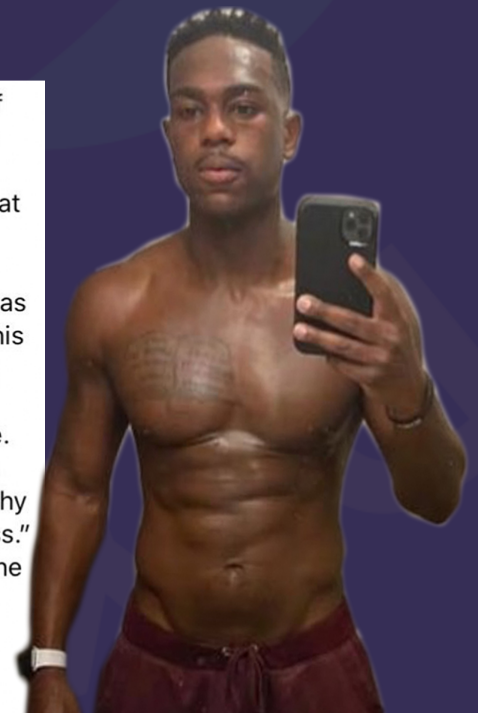
**WHEN YOU ENVISION YOURSELF BEING WHERE YOU WANT TO BE EVERY DAY, IT'S ONLY A MATTER OF TIME BEFORE YOU PHYSICALLY SEE THOSE RESULTS.**

**DON'T BELIEVE ME? THIS ENTIRE DOCUMENT IS FILLED WITH PEOPLE WHO TOOK ACTION ON THOSE BELIEFS. WHY CAN'T YOU? IF YOU'RE NOT SURE, DON'T WORRY. WE HELP YOU IDENTIFY EVERYTHING HOLDING YOU BACK AND HAVE A SOLUTION FOR ALL OF IT!**



A lot of y'all don't know this, but I went through a phase of depression and had a lack of self love/ self worth... things got pretty bad. I lost my will to do anything in life. I used up food (comfort food) and all the sugary treats that I could eat as a coping mechanism every time I felt stressed.. (which was A LOT). My outer appearance projected how I felt inside. For those who know me, this was the biggest I had been in my life!!! I'm only sharing all of this because I know someone is going through the same thing and might just need to know they're not alone... you can change your entire reality, but it must start from the inside. You may have to delete some things/people from your life, but it's just part of the game... moral of the story is "love thy self and do not let anyone come before your self happiness." Protect your energy and don't take anything personally. The things people do and say are just a reflection of how they feel inside. I know this is long, but it had to be said. Hopefully this helps someone...

[#transformationtuesday](#)





# HERE'S WHAT PEOPLE IMPACTED BY THE BUSINESS BODY ELITE METHODOLOGY HAVE EXPERIENCED...



Adrenaline Adventure

Brother I come here to thank you for spreading your excellent knowledge, you have helped me and motivating me in my training, I followed barstarzz since 2013 but last year I met your channel and became a fan, the people here in town who train with me send a big thank you, Feira de Santana, Salvador, Bahia, Brazil.

See original (Translated by Google)

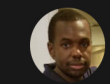


Southie

I thank you so much for this video. I'm a 47yo who's determined to get back into shape.



• 5 REPLIES



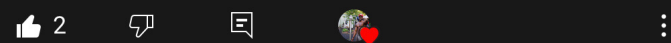
Move With Will Power

This is what people just getting into working out need even for myself I need to work on structural balance 👍



DanaTheHolisticGoddess

Thank you for taking the time out to put together this series and a plan. It's gonna help me so much especially considering it gets overwhelming looking for information on where and how to start PROPERLY. Thank you! I'll be sure to update you on my GAINZZZZ!



rvsp89

Thanks for breaking it down!!! I learned so much.



• 1 REPLY



jason keedy

Started first of May and hooked. Gyms are closed but will not be going back now. Thank you! I am sharing and have my friend in Spokane WA doing routine!



Nadim Hegazi

GREAT series, thank you! Keep up the great work!



• 1 REPLY

I can now do 38 pull ups straight thanks to all the knowledge I gained from you guys



**Bri Jason Robbins-Wentzlof** ▶ Irvin Felix John  
1 hour ago near Flagstaff, AZ · 🌐

Thank you so very much Irvin for the advice that you have given me!! I have been following it since that day we last talked!! I am done to 160lbs!!! 🎉 I can now fit miss me jeans lol I'll show off tonight 😊 thank you again!!

Just have to send a quick note about the 10 week plan I purchased. I'm on day 10 and I love it. It's short and simple...and effective.

It fits in perfectly with my boxing conditioning and sparring.

I appreciate your insight and feel you've got one of the most solid, real and personable fitness accounts (YouTube, etc.) out there.

Gotta get the diet in check and it'll all fall into place.

Thanks!

--  
James Kopniske

Hi guys. Just checking in... Came home from boxing class and cooked some quick cauliflower with chickpeas and squash together with some rice 🍳 inspired by this recipe...<https://youtu.be/rqkKHWpL1Tk>



**Negan** ·  
Just finished my second Day 1 routine. What's crazy is yesterday after week one I had close friends comment on how I look physically better! And that's only a week in!

👍 26    🗨️    💬 3    🌐

· 3 REPLIES



**Twin famous** ·  
Started Calisthenics last week already seeing changes in my body, just wonders if doing Mon/Weds/Friday doing 4 sets of 10 push ups/dips/Squats and the back exercises with no equipment is okay for a beginner?

👍    🗨️    💬    ❤️    ⋮



**Dizi LiziD** ·  
Thanks for this amazing free program. It's the only one on Youtube that's free and easy to follow. I just signed up.

I have recently overcome my alcohol addiction.

It's early days but I am 11 days clean today and I am really wanting and needing to do this program and stick with it. I want to get my body and mind in shape.

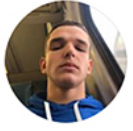
Cheers man.

👍 35    🗨️    💬 7    🌐

· 7 REPLIES



# THE RESULTS OF ACTION



**Christopher**

New Member · Just now ·

Dropped 12 pounds in six weeks



**Christopher**

22m ·

Trust the process y'all .. my fault for not posting I play ball in college so Yk between school and practice this what I can contribute stay blessed and motivated 🙏💪





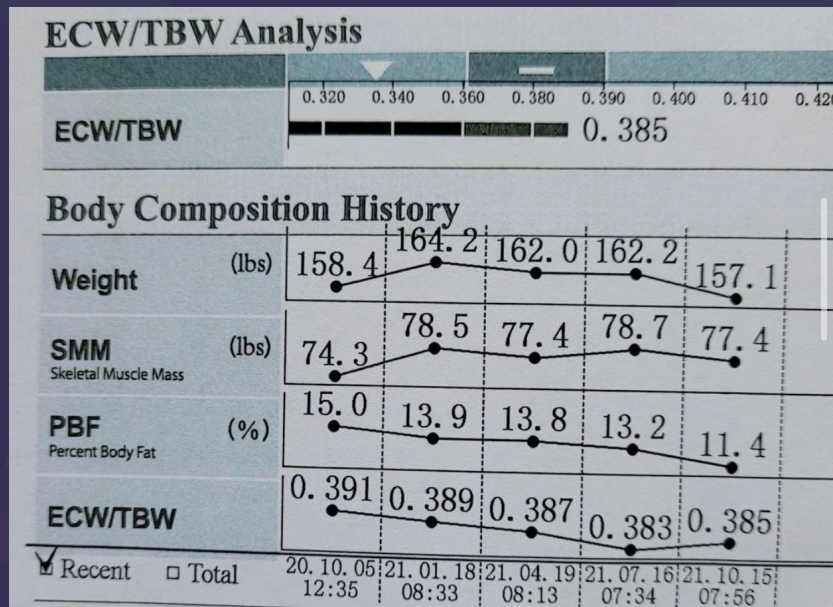
thefitsenior



My 90 Day Party  
WITH Irvin John

thefitsenior New body composition done today. The last segment pretty much represents the results of my 90 day calisthenics challenge with @tfj\_ceo while the whole time line represents my entire journey with Irvin and here on Instagram.

As I commented earlier I kind of figured I might lose a little weight because I can't eat that much during the summer but didn't expect to lose that much. On a happier note: Holy fat loss Batman! I was already really happy with how lean I'd gotten over the past few months and would have been absolutely thrilled to see my body fat dip under 13%, but 11.4%? 🤯 Even in my athletic 20s I wasn't anywhere close to this lean.





## Re: Elite member!

What's up Felix! It's going very well. I'm very impressed with the amount and quality of the tutorials and lessons you have on the website. I am also very appreciate of the opportunity to access them for free during my trial. I am seeing results especially when it comes to building the mentality to workout consistently and reach my goals. That type of information is invaluable, and helps me use the information I already have about health and wellness to use. I want to let you know that I appreciate the opportunity and I look up to you and all of the fitness YouTubers out there in NY doing Calisthenics and bringing the community to life. One day I gotta get out there to get money with y'all. Also, I've already used what I've learned to help a friend on their journey to their fitness goals! Thanks for the email.

When you want it, you just go 🔥👊

I've been trying my best to get it in with my schedule demands so I apologize that I do some workouts on off days but not gonna lie, I had a little struggle doing push-ups on the first day but today I cranked them out easily

I've never had progress this quickly and effectively

Never.

I'm a believer



Arthur  
★ Rising Star · 2 hrs · 📷

Great thing we can do this at home and it's not a lot of banging so the kids went to sleep no problem. My recordings are always my first set because when I'm in I'm in!!!! Been super sore and didnt really want to today but this is when we get the best work. Stay healthy and stay committed !!!



Levi


👋 New Member · 4 hrs · 📷





It's just the first week and half of working out. I can definitely say that I am enjoying the journey. My body feels great and my energy levels are high. The group helps to keep me motivated. I am concentrating on getting stronger and can see the hard work is paying off. The program is challenging but every workout leaves you feeling like you have achieved something. I actually am excited to workout everyday.


Excellent series - please continue sharing how to stay fit.





I am a Senior citizen and I personally love that you are helping me get my flexibility and range of motion back. Thanks!








 john mitchell •  
Irvin, great work started your program last week, just completed Day 5. I'm 54 yrs and always wanted to switch to more of a calisthenics workout, I believe its more beneficial as you get older. Thanks for putting this up.


 6   




 Dionysis Larson  
Thank you Mr. Coach John and Team. You answered all of my previous questions here in this video, cool. I'll just follow you're expertise then. I guess that I'm just all out of balance, my upper body being overly strong compared to my core and lower. Thanks again Coach and Team.





   


 vincent gibson •  
I loved the series...very detailed and easy to follow...im doing the whole program





 3   1 


 • 1 REPLY





 Etherbeing7   •  
I'm loving this programme ❤️🙌 thank you so much bruh 😊  
I appreciate you more than could ever know my life is transforming , I quit smoking weed and don't drink alcohol anymore ,More life ,More energy 🙌🙌🙌  
👉 let's gooo 🔥🔥🔥🔥


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
 Rickie Ramdsss •  
This is exactly what I have been looking for. Tomorrow is day - one for my. Love from Trinidad and Tobago





 2   

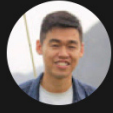
 Nephi Miranda •  
I never comment on videos on YouTube and rarely subscribe. You are amazing brother. Day one helped me recognize some weak points and imbalances I have. Following through on your routine, doing day 2 today. How can I contribute to your cause?





 1   3 

 • 3 REPLIES

 Negan •  
Week 3 on day 2. Slipped up this week so I'm a little behind but I'm committed to this. Started at 168 lbs and now I'm at 172 lbs. seeing good progress in the mirror 100%!


   





 Hòa Thiều Ngọc •  
Yoo man. Big thanks from Vietnam.


   





 Brittany Lafferty  
Crushed day three today! Gonna make the most of my rest day with good food to refuel and some lite cardio and stretching! Thanks for this program I struggled finding somewhere to start and am thankful I stumbled across this!

 1   




 Bogdan Bulai •  
Thank you, with this program you helped me so much!

 2   


 om shah •  
THIS IS THE BEST VIDEO ON YOUTUBE FOR BEGINNERS CAUSE I HAVE BEEN THEM THROUGH ALL, YOU ARE THE MAN BROTHER ❤️👽

 4   










**Fonzie**



 Rising Star · Yesterday at 9:27 PM




Not even gonna lie, being apart of this community has helped me be dialed in on my health. Happy to be apart everybody turn up.


 Like
  Comment




**Arthur Wayne and 9 others**


Seen by 29 people



**Levi**



This community helps so much. I feel the same


11h Like Reply
  1




**Sandra**

I feel the same way! So glad I joined



4h Like Reply
  1


**Delawny**



1 hr · 

It is Month 2 week 2 for me guys. Training is truly a lifestyle for me now & I love it! Hope everyone is enjoying their training and fueling their bodies with good food. I plan to post more videos of my training. I get in the zone majorly when I train so the last thing I think about is filming. I can say I've been consistent for over 6 weeks. I do 100 burpees 4-5 times a week for endurance along with our training regime. I'm in the best shape I've been in over 3 years. Keep pushing Team these workouts are well structured for growth  

Happy training and stay safe y'all!

After completing my second month of training I've completely transformed my body.  


20lbs lost  
 So much muscle gained  
 Endurance increased drastically.

Now I'm addicted to body weight training 

Trust the process everyone. Consistency is key. Only thing I did extra on the side was skill training & 100 burpees 4 - 6 times a week. Thank you [Irvin Felix John](#) for opening my eyes to body weight training.

Also I went from 8 strict pull ups to 17 strict pull ups 



Thank you for having me. You guys put together something very special... I'm honored to be here at the very beginning of a movement that will have thousands of members soon 

Good day ,

I started my program on April 26,2019 and complete it on June 8th .

This program has improved my pull-up (indefinitely)

This program has helped me able to muscle up 5x in a row , from One time a gym session. I've noticed my body structure turn more athletic and that's a Great thing for when my shirt comes off ( wow)

Upon completing the program i have just rested the same on yesterday wit pulls becoming weighted 25lbs .. and instead of double pull days i supplemented it for a 1.50 mile jog 2x a week for endurance. Hydration is key ⚠️ And maintaining a correct diet , two days of junk eats will make u hurt in the gym , is something everyone should keep in mind just because our lifestyle are out the norm this has to be discussed..

Peace & love

I really enjoyed this program, it was well structured and mapped out. It actually helped me focus on my workout and it made me want to push myself every week! I would definitely recommend this to someone who wants to get into calisthenics. Loved the results and i cant wait for the next step!

Thank you so much!

Best regards,  
Faadhil Guness  
Mauritius

I finished my 8 weeks. I started April 6th of 2019 and on May 31st 2019.I saw noticeable results in my body but mainly my power and endurance which was what I wanted.My pull ups went up and I now know how to make a weekly bodyweight routine because I really needed structure.This transferred over to a stronger handstand and even helping my journey to learn a plache.I put a picture of my physique down below.It definitely has changed and I'm going to continue my journey to become an advanced calisthenics athlete.Thank you very much.

Sincerely,  
Shaquille Wesley Segundo

I wanna point out something real dope on your menu whatever I don't like I can look at other options to substitute it right on the spot, that's dope bro I'm sure I'll spot other things too. Preciate it



10:46 AM



Joseph P\_



And you got the recipes 🍷🍷💪



Marley

22h · 📺

This is the workout my husband did with me the first time. It's very intense but I felt like I'm getting better. My husband said HELL NO he wasn't doing this one with me again. He couldn't walk for days 😂







victor pham ·

Thank you. I'm starting tomorrow



1



3



• 3 REPLIES



Bob M ·

Im starting this. Thank you



2



3



• 3 REPLIES



कखगघ ·

thank you for the program.



Eliana Rohr ·

Wow, I'm sweating. I did 11 sets in 10 minutes. I'm so proud of myself. Yay :D



4



1



• 1 REPLY



John Benning ·

Great value bro love the beginners guide to calisthenics. #2020



1



1



• 1 REPLY



JustCalisthenics ·

Beginners listen to this guy! You can learn a lot!



8



Craig Gardner ·

Just wanted to tell you you're inspiring. Your dedication is evident.



3



Zavion ·

Great program! This is very good for someone who wants to start calisthenics but doesn't know where to start like me.

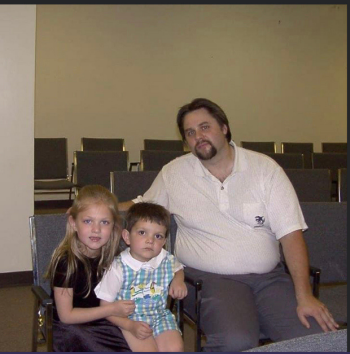




Gordon



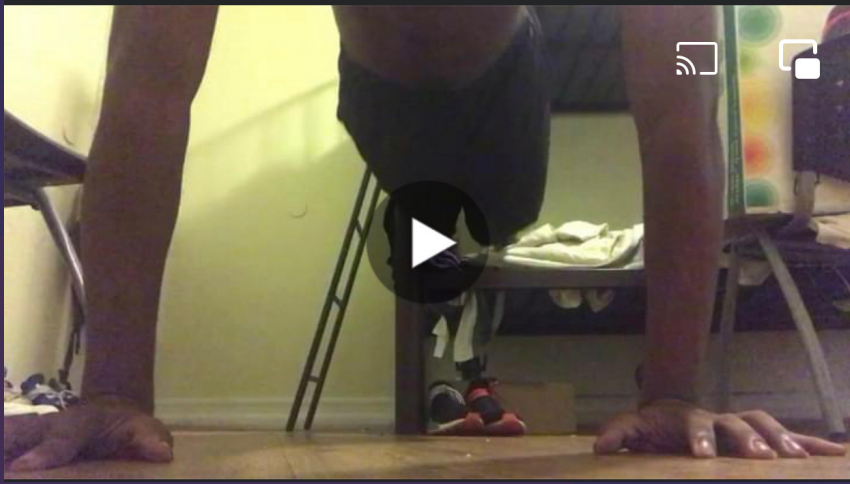
Hi Folks, i was not joking of what my weight was. At 300 to 330lbs, these pics are from 2004 till 2010. As mentioned my 90 lbs weigh loss was ongoing for many years. Friday is my next weigh in, hope to hit that 100 lbs weight loss milestone. Goal is to be @ 200 by the end of this year. Happy Wednesday



Beyønd



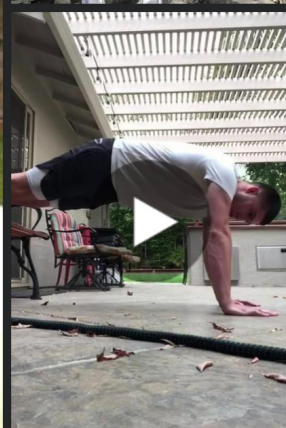
First day decline pushups as the start up my goal is to get big lean muscle on a vegan diet and I wanna reach 160 lbs Hope everyone is having a great day 🙏🙏😊



Isaac



Day 1 of the Home Muscle Building Program! Finished the endurance program and loved the results. Excited to work and make progress with this one. Here is my expectations and 2 clips from the start. Trying to be better than yesterday 🙌👊




Curtis








Hello everyone, my names Curtis I'm a new member and my two goals are #1 I want to get my lean and mean body back #2 I want to add gains and get my muscle definition going again. And the one excuse I'll use most likely is " well I worked out extra hard today, so I'm going to take tomorrow off " I'm really going to try my best not to use that excuse so hold me to it!












 #Team\_Alara Joel •  
DAY 3: Wooooh Successfully completed the 10 minutes metabolic killer. Was able to do 10 sets very good! First 5 sets I took 10 seconds rest in between, last 5 sets I did 20 secs rest in between. Sweat seriously good.


 1   




 Kilroy •  
These workouts are pretty easy, but I like them because they allow me to set up a steady routine.


 7   1 



 Zavion •  
Great program! This is very good for someone who wants to start calisthenics but doesn't know where to start like me.

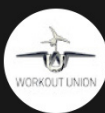
   





 Brittany Lafferty •  
Did day 1 yesterday. Very out of shape but I didn't give up and pushed through. Very very sore but im loving it because I earned this sore! Can't wait for todays!


   





 Alex •  
Badass video man, thanks for putting in the work and the effort. I've always wanted to try calisthenics and this is just what I've been looking for. Blessings my dude 💪

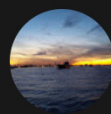
 2   





 Workout Union •  
This will help a lot of beginners! Great motivation, great energy!

 28   

 Move With Will Power •  
This is what people just getting into working out need even for myself I need to work on structural balance 👍

 1   

 Simon Evans  
I didnt even know what calisthenics meant until YouTube suggested one of your videos. Im out of shape but don't really like going to the gym. I'm definitely gonna watch all your videos

 4   

Hey community whats up today is a very big and special day for myself i want to share with you all how far i have come from day 1 to today with the help of the program i have so much more definition in my chest arms and most importantly back and legs. This is what goals are all about going for the win not giving up pushing for greatness and higher standards lets all get this money together and win big within are self. 💪💰🏆



New Member · 4m · 🗿

Week #1... In The Books! In the last year and a half, I've found that working out first thing in the morning leads to far greater success, adherence and consistency. Irvin's 8 week beginner program got me through quarantine. I canceled my gym membership and have landed here. KEEP UP THE GREAT WORK!



Ryan Cortez

Damn bro you're getting gains forsure 💪 looking like a superhero lol

32w Like Reply



Rodney Longliveiceburg Rue Jr. Author  
[Ryan Cortez](#) lol thanks bro let's get it

32w Like Reply



Write a reply...



Frederick Wilkins

That's what's up, I can definitely tell the difference .

32w Like Reply

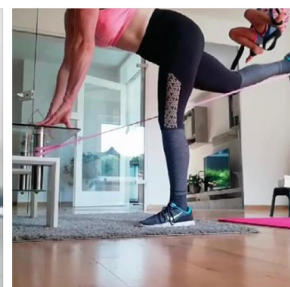
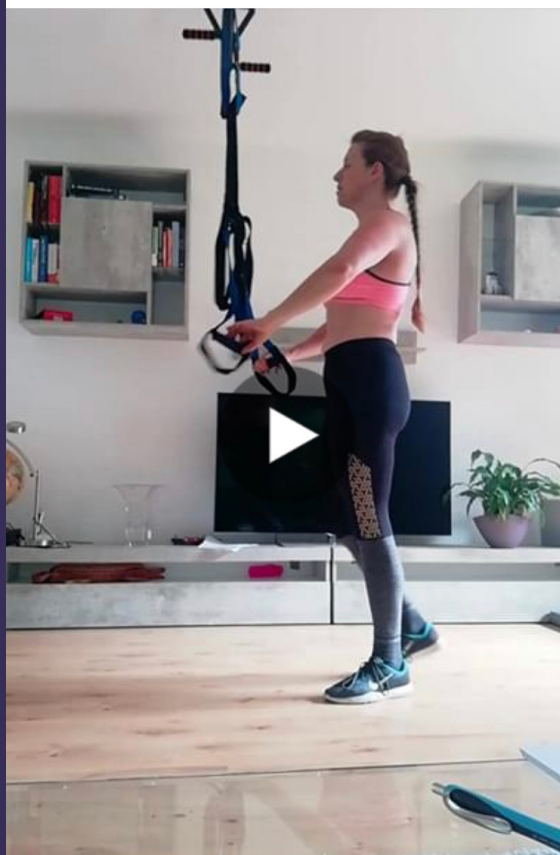


Levi Joe

Definelty added on size and muscle

32w Like Reply

Happy Sunday everyone 🌞  
Tough routine 10 pull ups and 15 inverted rows... Only managed to do 5 rounds with modifications but feeling very accomplished because my mind was ready to give up after round 2! 💪💪  
Have a great day everyone 😎❤️







Tatjana

Jul 6 · 📷

Hello everyone! I'm excited to start this program! It took me awhile because I was training for a half marathon, but now that it's over, I'm fully dedicated to this program!

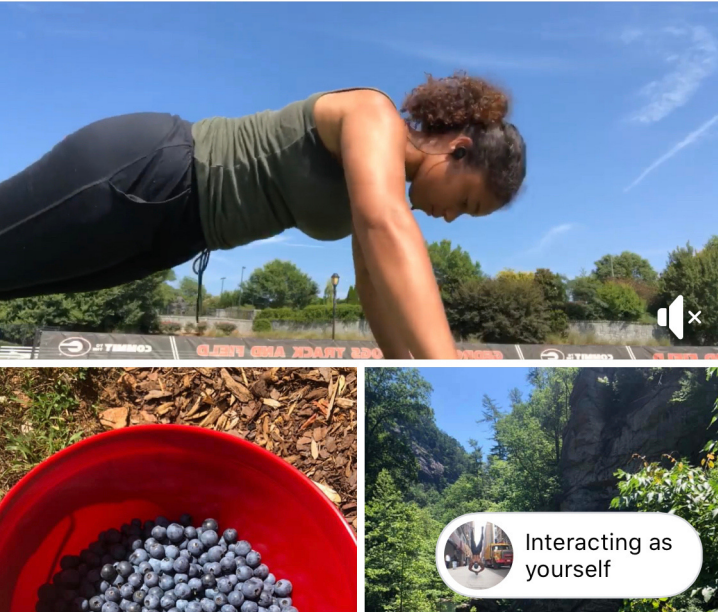
My goal is increase upper body strength and increase muscle endurance.

I follow a Whole Foods plant based diet, mainly fruit.

My problem is with portion sizes and not knowing what to eat to gain muscle

The exercises in the program are very new to me.

Day 1: worked on my push up form, enjoyed a hike, and enjoyed hand picked blueberries and watermelon all day!



Interacting as yourself



Sinclair

Nov 18, 2020 · 📷

I'm now going on 3 months and don't post as often but my life has been changed by calisthenics. I love this lifestyle. I'll post some pictures soon on body transformation



Camille

Today's workout 200 Burpees 20 on the min for 10 minutes and 200 squats on the min for 10 mins def gets the heart beating #ASE #Covid prevention





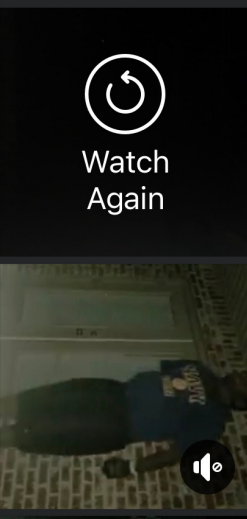
Stephen

Im still working getting good gains back in the gym <sup>100</sup>



Terrance

Finally, I completed day 49 of the calisthenics workout. Another late night workout. The lighting was bad, but I got it in. Ready to get back on track!!! No EXCUSES! Let's go! <sup>100</sup>



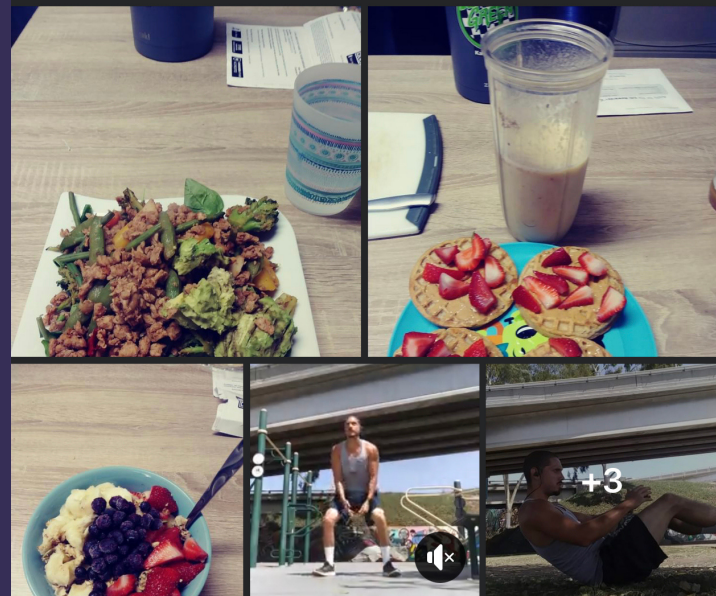
Andrew

New member here my main goal is to add more muscle mass and work on moves like muscle up and handstands. As of recent haven't really struggled with consistency. Looking forward to getting after it with everyone. Pictures of current body



Jesus

Haven't posted in a few days just been busy getting after it but i see y'all taking caring of business as well that's wassup. Today was core day for me here's clips from today and some food from these past few days. Salute to everyone and may god bless y'all with many gains lol <sup>100</sup>

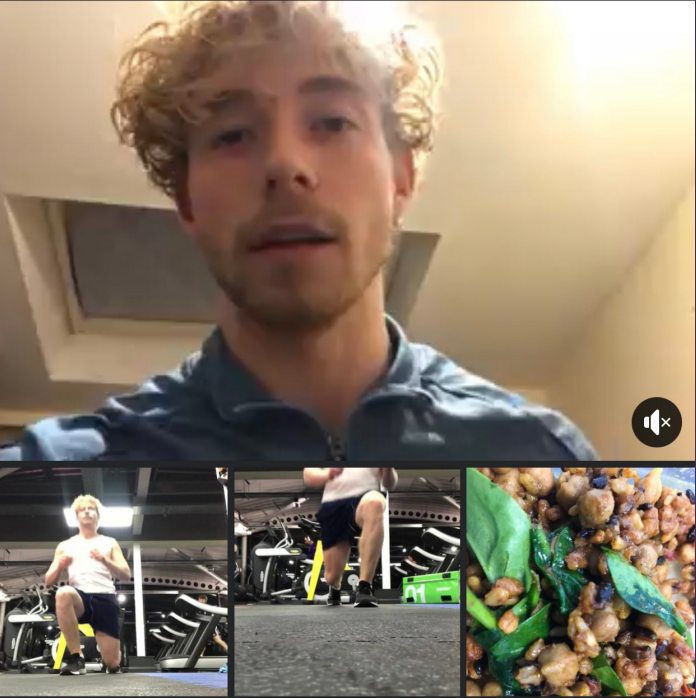


Sinclair

So tonight is day 2 on my second run thru of the introductory program. The strength difference is very encouraging!!! Loving it man I'll be doing muscles soon enough facts <sup>100</sup>



**Alfie** ...  
Day 1 of many complete and feeling great!  
Can't wait to continue on this programme.. about to finish of the evening with a little run!



**Nicolas** ...  
Day 7  
Still having fun! Honestly I enjoy taking this time for myself. Getting better everyday. Getting stronger everyday. Staying hungry.  
Let's go!



**Carmeli** ...  
**Day 10 complete!**  
**Posting this every workout feels like accountability!**

**Stephen** ...  
What's good ya'll? I just joined today and am excited to get active in the group and see everyone's progress. I'm the heaviest I've ever been at 221 lbs (might not seem like a lot to some) and my goal is to get down to 180 lbs. I have been active for a good portion of my life, slacked off though which led me to a disc herniation which led me to wanting to do bodyweight exercises exclusively to stay safe as possible while still getting the GAINZ. Always open to learn and most importantly execute. Lets get this work! 🔥

**RaShad** ...  
Month 2. Week 3. Day 2. The glute bridges look so simple but really burns. (Excuse the kid. We are potty training right now.)



**Werkingsgy** ...  
Good morning everyone, My name is Werkingsgy and I'm new and excited to join this journey with you all. My goals is to cut down my weight from 226 to 190 and build strength and endurance along the way.





Darryl



Last week of my 2nd round through the muscular endurance program!! Next week I'll take a slight deload and work on mobility and functional strength "get it" 😊. Then it's on to the muscle building program 💪



Tudor



the first exercise of day 3 took me half an hour but I gotta do what I gotta do



Juli



A few slow pull ups

I'm currently in week 4 of the muscle building program

Greetings from Germany 🇩🇪



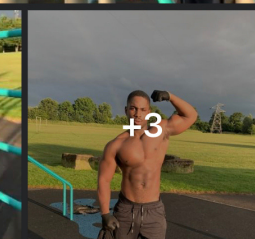
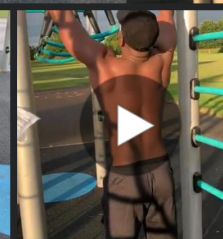
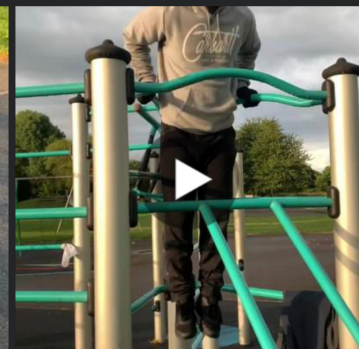
Marcel



So today I put in work after watching Irvin Felix John recovery video, I spent my rest day shopping and stretching!

- 20x5 Sets Burpees
- 12x5 Sets Inverted Rows
- 12x3 Pushups
- 10x3 Explosive Pushups
- 3x20 Dips
- 10-15 x3 Pull-ups

Today I felt hungry to become better and left feeling pumped! 💪



+3



Pardo

There is now a heat wave here in the Netherlands, but we are not giving up. Today legs day and man I hate this exercise. Last week a bit loose with food, I regret it lmao. I also have a question about food; how much protein per kg / lb do you recommend eating in a day?!

Tanya

Dinner from the last few days. Vegan Nachos with Lentils and homemade cashew queso and Veggie Pizza with Pesto



Craig

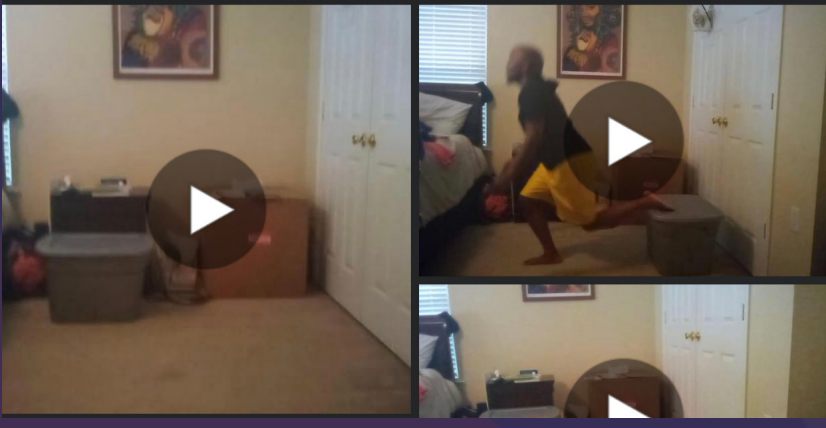
Yoooo Family my Name is [Craig](#)  
I'm 35 and looking to loose 96lbs (I'm 346)  
My second goal is to do 5 muscle ups and be able to do that human flag thing.  
My biggest excuse is "I can't do it bc I have kids" (I have 5 😂😂😂😂👻)  
Much love to this group and let's get it!

Paul

Hi y'all I've been a member of this group for 2 maybe 3 weeks now. Today I decided to take control and commit to the program. I've been putting it off but just reading and watching everyone has motivated me.  
My journey has been a roller coaster since 2014. I've gone from 325 to 260 then back to 305 over the years. My goal is to commit to a sustainable lifestyle and maintain it.  
Looking forward to being a part this movement.

Jon

Super busy week, but I'm trying to make up for it now. Tuesday's workout on a Saturday lol. Gotta a lot to do but it will be done. Enjoy your weekend everyone!!!



Marquis

Getting creative 😎

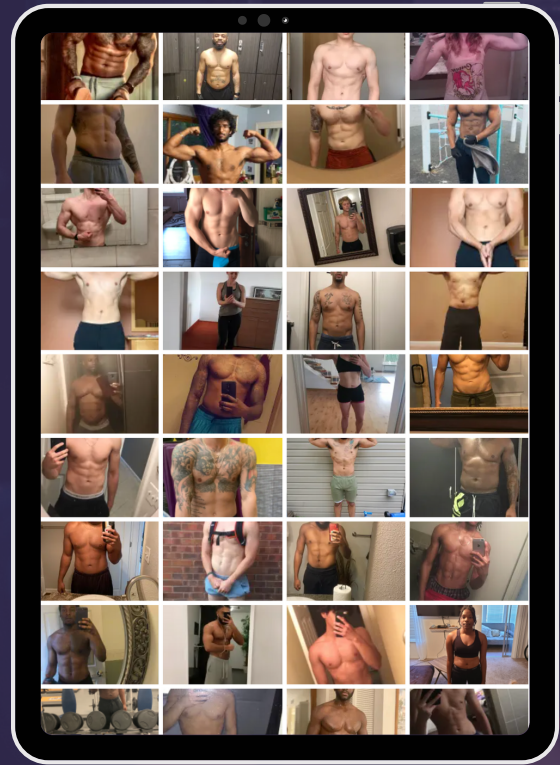
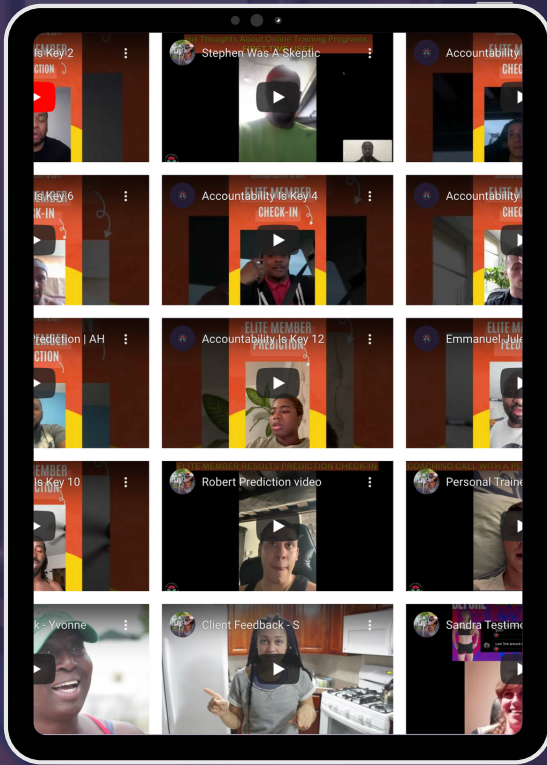




# BUILDING AWARENESS

THERE ARE MANY MORE WHO'VE TRUSTED US TO GUIDE THEM TOWARDS THEIR ULTIMATE HEALTH AND FITNESS GOALS. VIEW THEM BY SCANNING THE QR CODE OR BY CLICKING HERE:

[HTTP://WWW.BUSINESSBODYELITE.COM/TESTIMONIALS/](http://www.businessbodyelite.com/testimonials/)



**THE FITNESS JOURNALS, LLC.**  
It's Not Just The Food You Eat, It's How You Eat It.

## THE EVERYDAY ATHLETE PROGRAM

The Fitness Hack For Busy Professionals  
5-30 minute daily workouts

**PHASE 1: 6 WEEKS**

**Foundation Building**  
Progressive implementation of the 6 pillars of calisthenics. The primary focus is training psychology, endurance, & flexibility training. Ensuring you're performing each exercise with proper form and giving yourself adequate time to recover.

**PHASE 2: 6 WEEKS**

**Foundation Reinforcement**  
Focus on training psychology, endurance, flexibility & strength building. We're building upon the progress from Phase 1. You'll be more equipped to perform strength training exercises due to the fact that your neural connections would've been made to communicate more efficiently. This is not a quick-fix solution. However, you're able to get a lot more done with less by creating a balance between frequency and intensity.

**PHASE 3: 4 WEEKS**

**Structure Development**  
Focus on training psychology, strength, endurance, & flexibility. The primary focus here becomes strength. Just like the construction of a building. The foundation is laid first and then the structure begins to go up. Continue adding more components of the 6 pillars of calisthenics. We ensure give each pillar adequate focus to further gain the greatest benefits from calisthenics training.

**PHASE 4: 4 WEEKS**

**Structure Reinforcement**  
Focus on training psychology, strength, power, endurance, & flexibility. Now that you've become familiar with many new movement patterns and a sufficient level of strength is being developed, we want to continue that momentum. This phase will seal the deal. It's time to double down with more volume & intensity.

**PHASE 5: 7 DAYS**

**Deload Phase**  
This phase follows a period of consistent intermediate - high intensity training. We're going to scale back on overall volume and allow your body & CNS to recover from the intensive training. Active recovery & nutrition is important during this period. Getting a deep tissue massage or consistent PNF stretching will help you drastically increase your performance as you get back into training.

**PHASE 6: 2 WEEKS**

**Competition Phase**

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## ELITE TRAINING PROGRAM STRUCTURE

Great training plans evolve people.

**PHASE 1: WEEK 1-3**

**Focus:** Baseline Data Collection & Data Feedback  
**Summary:** Tests will be performed to collect data. This is necessary in order to create the most effective plan. During this phase of training the focus of this is to establish strong neural connections. This phase is important in order to prime your muscles for strategies which will be implemented in the coming weeks.  
**Milestones:** Do you know how many reps you can perform for each staple body weight exercise? Have you documented your body stats?  
**Action Items:** Perform baseline data testing, take pictures, measurements, & weight

**PHASE 2: WEEK 4-5**

**Focus:** Using Interpreted Data To Create Smart Programming  
**Summary:** With your interpreted data a personalized approach is created. This phase will be used for introducing more muscle activation by using 'time-under-tension' training. Time under tension is a game changer when it comes to body weight training. You'll begin to experience noticeable strength gains here.  
**Milestones:** Do you know how many reps & sets you should be performing for each exercise? Do you understand rep tempo & rep maximum?  
**Action Items:** Reference your baseline data numbers to identify your rep range & tempo

**PHASE 3: WEEK 6-8**

**Focus:** Qualification Of Data In Your Current Program  
**Summary:** Data collected will be qualified by putting it into action and making appropriate changes if needed. In this phase lactic acid training will be added. This will tap into multiple energy systems and will introduce your muscles to a new level of intensity. Expect increased fat loss & muscle gain during this period.  
**Milestones:** Have you improved your at least 5-10 reps from your baseline test numbers?  
**Action Items:** Compare your baseline data test numbers by retesting, check your body stats.

**PHASE 4: WEEK 9-10**

**Focus:** Reinforcing & Developing Capabilities  
**Summary:** With continued feedback from training data, we'll be resorting back to more time under tension training. Similar to Phase 2 with slight changes to factors such as a rest & rep range.  
**Milestones:** Have you consistently been able to increase your reps from the previous phase?  
**Action Items:** Increase reps & sets, decrease rest time, focus on tempo for each exercise.

