

7 DAYS OF **S.W.E.L.L.**



Welcome to **SWELL** Nation.
SIT. WORX. EAT. LIVE. LOVE.

Our vision is to create a heart-centered world, filled with badass fit people who **LOVE** the **FUCK** out of **LIFE!**

The reason you are not where you want to be is the same reason your body isn't where you want it to be. You are always looking for the next best diet, the next best workout plan, and yet it fails time and time again. This **STOPS** today.

If you are here for a true transformation, optimization and to fucking **LOVE LIFE**, all you need to do is follow these 5 non-negotiable components every single day.

YOU HAVE TO DIE. The Person you are today, **WILL** not get you to your **ULTIMATE GOAL**. (I am sure you are just lovely, but that's not the point!) **YOU** have to start **LIVING** and making decisions as the **ULTIMATE YOU**, not the old you. If you are **UNWILLING** to **BECOME** your ultimate self, no program in the world will ever work for you.

Get ready to **DIVE IN DEEP**,
and welcome to **SWELL** Nation.

“

YOUR PERSONALITY CREATES YOUR PERSONAL REALITY.

-DR. JOE DISPENZA

Each component of **SWELL** is equally important. **SWELL** was born from our core belief: **How you WorXout = How you Live your life.**

And the physicality of this program is just the beginning. You must conquer the physical aspects to be able to dive deeper. During your **WorXouts**, you practice **LIFE**. If you can make just **ONE** change, and start showing up to your **WorXout**, you **WILL** start showing up to your **LIFE**.

If you change your posture to a **“HEART FIRST”** position, not only will that fix your physical symptoms, your body will also start talking to your brain, you **WILL** have more energy, you **WILL** enter a room differently and people **WILL** treat you differently. All of this just by standing up a bit taller. These are the 1% compound interest components of life that we tend to forget and push to the side just so that we can focus on the big things.

When you **SIT**, you don't have to become a yogi or zen-like. You don't even have to “turn your brain off”. We are merely teaching your body how to breathe deeper. Your breath is directly correlated to your parasympathetic nervous system, which

is your “fight or flight” and your “rest and repair”. This is your body deciding to continue to release cortisol and light you up. And the problem is due to the fact that **WE** are **ADDICTED** to being in fight or flight mode. We **LOOK** for reasons to be anxious, upset or busy.

It's uncomfortable to go into rest and repair when we have been taught by the media and society to constantly be in fear. The stress of your life isn't going to change, **YOU** are going to have to teach your body how to manage it better. You can do this just by physiologically teaching your body how to breathe deeper. You might even notice that when you get home after work, you have all the best intentions to workout or cook healthy, and yet you find yourself on the couch, mentally, emotionally and physically exhausted from the events of the day. You can't help but **CRASH**. This is your body trying to maintain a homeostasis, because you don't have effective stress management tools.

10 minutes of Box Breathing is a great way to get started. When it comes to Box Breathing, it's consistency that counts.





WORX(OUT)

A WorXout is different than a workout. You are the X factor. The intention behind each worXout is to become an **ASSET** and to build a body that is healthy and **ABLE**. You do not want to be a burden on your family. Each worXout will consist of different components. A warm up, X (Strength), **BODY** (this is the base of movement which is where you need to start if you are a novice or have been stuck in a rut of doing the same types of movements-core, coordination, balance, posture, ROM), **MOVE** (functional strength and endurance) and **WORX** (stretching the limit of your thresholds). Put this all together and we create an X-venger, a **SUPERHERO**. When you practice life through your worXouts, you get better at **EVERYTHING**. You practice finishing what you started, you practice doing something that sucks everyday, you practice choosing your attitude, you create the story of your life and begin to see the limits you have put on your world and then you bust through them. You get to do more than you ever thought possible. And if that is true for your worXout, it is true for your life.

WARM UP

10 minutes of Sweaty Cardio
3x 20 Clam Shells (each side)
5x Inchworms
5x World's Greatest Stretch (each side)

X. (M/W/F)

3x12-20
Squat
Reverse Lunges
Push Up
Pull Up (or lat pull down)
DB Row

MOVE (MONDAY)

3x
20x Speed Skaters
5x ½ or Full Turkish Get Ups
20x Dips

WORX. (WEDNESDAY)

5x
10x Light DB Thrusters
5x TRX Pull ups
5x Burpees

BODY (FRIDAY)

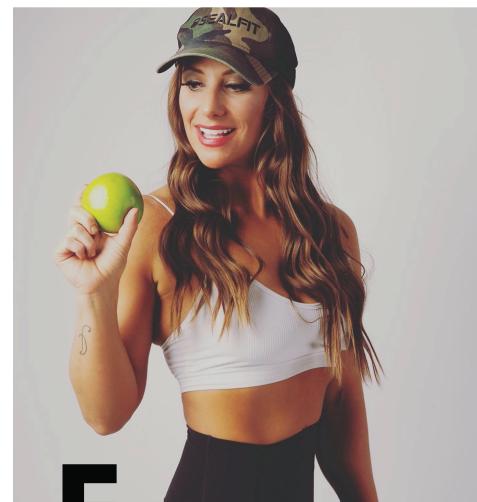
3x
20x Twists
20x Balance Sit ups
10x Monkey Swings
Stretch 10:00 (daily)

T/TH/SAT

20-60 Minutes of
Slow Cardio - Walk/Run/
Stairs

This is simple. We start this process by taking out all the junk. We take away your **VICES**. Your goal is to eat only Fruits, Veggies, Meats and Eggs for 7 days. You may eat as much as you want, you may eat in any fashion-all fruits, all veggies, or all meat. Be creative if you want or keep it simple. **WHAT DO I EAT?** Go to the store, if it's a fruit, veggie, meat or egg... eat it. IF it's dairy, wheat, sugar, processed, or alcohol...**DO NOT EAT IT**. Do not overthink this, remember: **JERF- Just Eat Real Food**.

What you will find out is that you have emotional ties and attachments to foods. You have been using and abusing them. Food has been your source of pleasure and entertainment. And when I allow you to eat as much as you want of these 4 items, you will still be "hungry" and unsatisfied. Use this time to allow those emotions to come up and jot your thoughts down, if you like. You can no longer use food to avoid your emotions, you must start to **FEEL**.



EAT

Live the other 23 hours of the day. What are the non-negotiables you abide by daily in order to live your ultimate life? These seemingly small, take it or leave it, I'll do that tomorrow tasks add up like compound interest. The secret lies in your habits: how you wake up, how you go to bed, hydration, cold, chewing, and movement. These, like the box breathing, add up over time.

You must commit your day to being the ultimate version of yourself and start making decisions as that person, not as the **OLD SELF** that has been programmed to live in lack and fear. Ask yourself, "What would the **ULTIMATE ME** do?"

LIVE

- **Wake up at the same time every day.**
- **Drink 8 ounces of water before each meal.**
- **Chew your food 30x.**
- **10,000 steps per day**



LOVE

Love is the secret to this success. Your heart has an electromagnetic field that can be measured in a 6-foot-radius outside your body. We are **ALWAYS** contributing to the universe. You can feel the energy of the room or a person that drains your energy—that is the energy that a person is emitting from their heart! Once you know how you can affect the world around you, you have found your power.

By teaching your brain to always see the good and to always see the love, your world will turn into the most beautiful expression of life and you will be

able to show the people around you what LOVE is all about. By changing YOU, you change the world. Be the person that raises the standard of the room. Show people what's possible by living in the limitless abundance of LOVE.

- **Set your intention for the day.**
- **Tell your family 5 things you love about them every single day.**