

GRAY MATTER

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FRITZIEISM - My clients call me “chipper Fritzie!” cause I’m hyper all the time... My previous coaches are angered by the fact that I don’t have a “killer instinct”... My colleagues tell me I spend a lot of time answering questions online for free and sending out “motivational emails”.

Here’s what I tell them: **Encouraged people achieve the best; dominated people achieve second best; neglected people achieve the least.** If you want to be successful then make the people around you better. No one cares how much you know until they know how much you care.

ATHLETE SPOTLIGHT Gina Carano (MMA)



Aka CRUSH on American Gladiatr

DO! Rock Climbing



Bagels Sucks!

A bagel is just a round piece of white bread with a hole in it. Does the hole make it healthy? No! In fact, it makes it suck more because it’s more deceptive than a regular slice of white bread.

A PICTURE IS WORTH A THOUSAND WORDS

Let the inner you come out ... Unlock Your Potential ... There is a “skinny” in every one of us dying to get out

see below for details

A MINUTE OF STRENGTH



Do mountain climbers (10x) , then proceed to a hover. While on that position twist to the left & right and hold the middle position for a few seconds. “Pop up” while simultaneously pulling Buso in towards your chest and into a front push press & overhead push press.

READ

IT'S NOT HOW GOOD YOU ARE, IT'S HOW GOOD YOU WANT TO BE.

The world's best selling book by PAUL ARDEN.

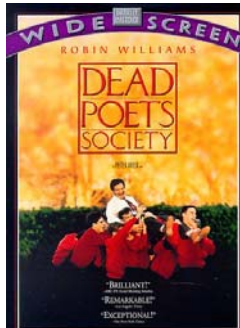
PHAIDON

LISTEN

Tegan and Sara



WATCH



MONTHLY NUTRITION TIP

White flour products are useless foods and don't need to be eaten by anyone. But, if you're really a bread-lover and enjoy your toast in the mornings, reach for bread made without flour? Try sprouted grain breads, They're much tastier than white flour or whole grain flour, and contain more protein, more vitamins and more fiber than any flour-based bread you'll find on the market.