

*To all of my dancing friends  
in Melbourne and any other  
dancers out there*

*“I listened to absolutely no one in doing what I love.”*

*“Are you really, REALLY to the very chore doing what your heart  
is telling you to do?”*

*“You ALWAYS have a choice on what you want to do.”*

*“It can just take one man to not follow any other force to make  
phenomenal positive changes.”*

*“Art means to express!”*

*Maestro*

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# My Story - How My Dancing Journey Began

I clearly remember that ever since I was a teenager I always had a vision that repeated itself over and over and over again. I could clearly see myself as a conductor waving that baton but at that time I did not know how it had any connection with dancing.

During my years 11 or 12 at high school, we had a dancing ceremony of some sort and we always had rotational partners. I could clearly remember that when I was dancing with my partner that my side stepping was quite abnormally larger than normal because I was really feeling the music. Sometimes my partner would say “You’re accompanying me quite funny” and when I think about this now I actually find it pretty funny.

Then during music school at The Sir Zelman School of Music, Monash University, I did quite a bit of dancing at parties, night clubs and I absolutely loved it. The live music, the huge sub woofers, everyone was dancing at the same time and it made me want to dance like there was absolutely no tomorrow. I was so in heaven. Then, eventually a thought came to my mind and that was to take up dancing, taking up lessons and just see how I would go. At this stage my dancing was different and I did not know a lot of moves.

I always had a big gut of a feeling that dancing was something that I really, REALLY wanted to do and after a New Years Resolution, I said that’s it, I’m actually going to do something about it! During high school I was actually too scared to take up dancing because I was very scared on how people would view me.

I already had a gym membership and was doing recreational weight training but the gym also offered dancing classes. I now stepped through those aerobic room doors and did Zumba Fitness, Body Jam and Shabam (not all at once). This was a choice I made for myself and now when I look back at this, I am that happy and that proud in making this decision. You always have a choice! (don’t worry the conducting part is coming).

When I first started, I guess I was a bit shy. I have done aerobic classes before but I was here definitely for another reason. Sometimes I did feel out of place, most of the people were women (which may sound quite funny) but I was definitely there NOT for that reason. I still never listened to anyone and continued on in doing what I really, really loved.

## Story of the Millennium

A lot of my dancing has been with Zumba Fitness, comprising Reggaeton, Merengue, Salsa, Cumbia and once I became very confident with it, I did then Body Jam because it is harder. Then one day an aerobic instructor asked me, “Adam, would you like to come up on stage?” I can remember that I actually chickened out and said “No thank you.” However, then the same instructor asked me again during another class, “Adam would you like to come up?” I paused..... thought for a second and said “Ok.”

I walked to that stage pretty darn scared and my heart started to really, really race. I can actually remember that my arms started to sweat and felt as if I wasn't quite thinking clearly. Then once I stood on stage, I turned around and faced at least 50 women (and a couple of men) staring right back at me and then it really, REALLY hit me. I was not thinking straight. I've done that many piano performances before, playing in front of a lot of strangers but this was different and you'll find out why shortly.

Then the instructor pressed play on her phone and the music began. My gosh this was as daunting as ever! Without any preparation, all of my moves had to be in reverse because when an instructor instructs with their left side, everyone uses their right (and vice versa) and I had no mirror so I felt that uncertain on how I looked. I actually thought "Am I making an absolute mockery of myself?" My dancing was always different or Bruce Lee uses the term unorthodox because I really, REALLY feel the music.

Once the track had finished, it was done and I felt as if hey, that actually wasn't too that bad. I never took this situation seriously although it may have felt that way, I understand now why it felt this way and that is because it was my own personal fear, that vision I spoke about before waving that baton which is the body movement (using the arm when conducting) and going "beyond system" with the music. This is the exact same concept when you are dancing.

*"You are expressing the techniques and not doing the techniques."*<sup>1</sup> – Bruce Lee

*"Freedom of expression occurs when one is beyond system."*<sup>2</sup> – Bruce Lee

So in other words when you are dancing with a move and really, really feeling the music, you are going beyond the move from your own personal expression. When a person is conducting, the exact same concept applies. So often, I can still see myself conducting to Brahms's Piano Concerto in D minor with that huge dramatic introduction, hearing that tremolo like timpani's and strings. My arm is going that high! It all connects.

So now you know the above story, once the track had finished, something totally unexpectedly happened. The impossible.

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<sup>1</sup> Bruce Lee, Jeet Kune Do, Little J, p.17, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1997

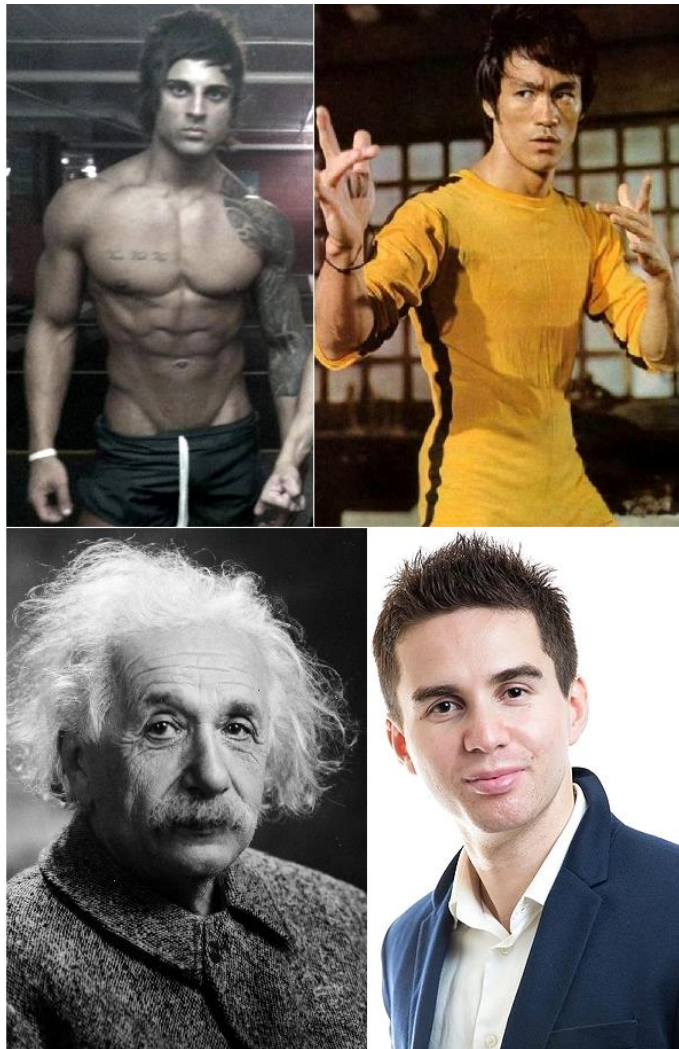
<sup>2</sup> Bruce Lee, Artist of Life, Little J, p.127, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999

## How to Achieve the Impossible - Meet the Celebrities - The Immortals

*“Only the man eternally free from passion can contemplate its spiritual essence. He who is clogged by desires can see no more than its outer form.”<sup>3</sup> – Bruce Lee*

*“A true artist doesn’t change with the times. A true artist is already way ahead of the times.” – Eric Pio*

*“The contributions which Dr. Einstein made to man’s understanding of nature are beyond assessment in our day. Only future generations will be competent to grasp their full significance.”<sup>4</sup> – Harold Dodds*



<sup>3</sup> Bruce Lee, *Artist of Life*, Little J, p.3, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999.

<sup>4</sup> Quoted by Harold Dodds, president of Princeton University, 1955. *The Ultimate Quotable Einstein*, Calaprice A, p.499 Princeton University Press, New Jersey, 2011.

*“Get in touch with his real feelings on various issues, without the guise of public celebrity of self-image, but simply the honest expression of his innermost thoughts and feelings in a completely spontaneous and unedited fashion.”<sup>5</sup> – John Little*

*“In one word Az was I have to say charismatic, he had a level of charisma that was totally outmatched by anyone that I have ever met before and you know it’s easy to see him in his videos you say well I like to hang around with this guy or his funny or what not and you meet him in person it’s just on a whole other level. Even if he wasn’t you know if he didn’t have the internet celeb status that he had, he still whenever he went people would look at him and whoever met him would want to like get to know him and he had one those personalities that you just want to be around him all the time.”<sup>6</sup> – A friend of Aziz Shavershian.*

*“He (Albert Einstein) always took his celebrity with humour and laughed at himself.”<sup>7</sup> - Thomas Bucky*

*“The true value of a human being is determined primarily by the measure and the sense in which he has attained liberation from the self.”<sup>8</sup> – Albert Einstein*

*“When you genuinely love something that so dearly, fame is only a side effect.” – Maestro*

### Albert Einstein

Arguably the world’s favourite genius, one of the biggest names for his contributions in science and saviour in the 20<sup>th</sup> century, scientist Albert Einstein is very well known for his very famous equation  $e = mc^2$ . He also calculated the size of atoms and gave us a new truth in gravity, proving Sir Isaac Newton wrong (or Albert would just simply say it’s my view in gravity) thus giving an equation for this situation  $Rm^2 - \frac{1}{2}gm^2R = -8\pi GTM^2$ . He also did countless acts for human beings.

*“I have finished my task here.”<sup>9</sup> – Albert Einstein*

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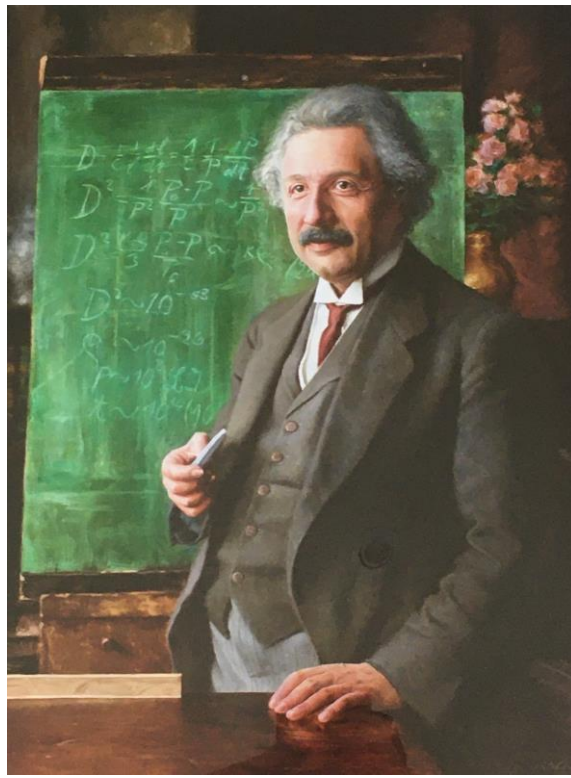
<sup>5</sup> Bruce Lee, Jeet Kune Do, Little J, p.17, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1997

<sup>6</sup> From a YouTube video called Zyzz – The Revolution. The person who spoke about him, I do not know his name.

<sup>7</sup> Thomas Bucky, a family friend, shown in A&E Television’s Einstein Biography, VPI International, 1991. The Ultimate Quotable Einstein, Calaprice A, p.492 Princeton University Press, New Jersey, 2011.

<sup>8</sup> The Ultimate Quotable Einstein, Calaprice A, p.177 Princeton University Press, New Jersey, 2011.

<sup>9</sup> Said as he was dying. Taken from biographer Carl Seelig’s account; he may have heard it from Einstein’s secretary Helen Dukas or stepdaughter Margot Einstein. The Ultimate Quotable Einstein, Calaprice A, p.27 Princeton University Press, New Jersey, 2011.



**Figure 1 - This is my framed picture of Albert Einstein, an embellished version. The original was a photo that was taken in Vienna when Einstein was lecturing in 1921.**

### Aziz Shavershian

The young, very cocky, controversial Aziz Shavershian (or many people called him Zyzz) was a bodybuilder who brought a whole new standard in bodybuilding aesthetics (but died at a very young age of 22) and made changes in music festivals by people wearing short shorts. He was an extreme ectomorph (this is a person who has a skinny body but then there is another level of skinniness) and wanted to take up bodybuilding to make genuine changes for himself. He was only in high school when his bodybuilding journey began and he posted all of his bodybuilding progress pictures online through a body transformation forum. His posts consisted of

- Real insecurities.
- Real fears (the exposure!).
- Real feelings (he was even criticized in going to the gym in year 11).
- Real story.
- In the body transformation or bodybuilding culture, for some really disappointing reason when people post up their muscle progress shots they always get very heavily criticised so can you imagine what Aziz went through? He posted his pictures all over the internet and the whole world could see this.<sup>10</sup>

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<sup>10</sup> The below quote has 2 words changed due to inappropriate language.





I love the way you think and the way you consider the demographic and society around you =] I like that you're not silly when it comes to training and being serious, you offer advice and make people feel comfortable and encourage them, thank you so much! =]



at the end of the day, i have respect for anyone who wants to make a change for themselves and start training and improving their body and health. In my opinion, the gym/training/dieting lifestyle is by far the most fun and rewarding way to live your life. The people that laugh at the overweight/obese people in the gym are a disgrace, I applaud them for having the courage and determination to train and want to make a change for themselves despite the obvious hardships they would face. At the end of the day, it's all up to how much you want it yourself. Some people don't care that much and are happy with their bodies and it's not a big issue for them, good for them, but for anyone to mock and ridicule anyone trying their best to lose weight/gain muscle and make a change for themselves, especially if they are finding it hard due to their genetics, make me sick. If you want it, you will get it, and will eventually prove the haters wrong. And that is one the best feelings a human being can experience.

azyzz responded 9 months ago

### Bruce Lee

Martial arts master, actor and philosopher Bruce Lee revolutionised martial arts and shattered box office records through movie sales. He is probably the most influential and best martial artist in the 20<sup>th</sup> century. He created his own martial art called Jeet Kune Do (or The Way of the Intercepting Fist or Foot) and his quotes, philosophy and realism is still dramatically spoken about today.



Adam Simpson (Maestro)

A very influential person in his local community and internationally, Adam Simpson is now putting himself out there through his music. He can also dance, sing and really hopes that through his music, he can put out a very strong message and that is to never ever be scared in doing what you really, really love and every person can be the very best version of themselves through a lot of hard work, a lot of determination and a lot of courage.



The above people all comprise the following quote.

*“To be what I term a “quality” human being one has to be transparently real and have the courage to be what he is.”<sup>11</sup> – Bruce Lee*

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<sup>11</sup> Bruce Lee, *Artist of Life*, Little J, p.227, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999

### More Notes in Self-Liberation

- Self-liberation is totally unexpected.
- A self-liberated person does not see themselves as anything special.
- Self-liberation is not a matter of achievement though it is ironic that it makes significant contributions to mankind.
- Self-liberation = real, truth and honesty.
- Self-liberated people have this characteristic of happiness, charisma or charm and can pretty much fit in anywhere in their life.
- They have a celebrity like presence.

### Additional Notes #1

- Are you really, REALLY to the very chore doing what your heart is telling you to do? Do it! This is real honesty and legit liberation.
- Self-liberation is not “I am doing the things that I love and this makes me feel free.”
- Reasoning - What are the reasons for your actions? All the above people have one thing in common and that is they genuinely really love in what they do.
- I CANNOT stress the importance in having a vision. Whatever yours is, make it come true. It is just simply what you can see in the future and make it become real.
- For me, self-liberation did not happen because I danced in front of at least 50 women and it increased the fear factor, no, that’s just what happened. It is my personal vision that unexpectedly became something else.
- Also, my self-liberation was not fully completed until after dancing the 4<sup>th</sup> or 5<sup>th</sup> time in front of everyone.
- I guess I am just a little bit curious as to what has happened to me medically speaking.

### Additional Notes #2 - Albert Einstein - A Stronger Spiritual Presence

With the above people, you can definitely see or feel their spirit like presence. However, it is definite that Albert Einstein’s is felt in a different way. It’s stronger and it’s like it’s at another level.

*“Like the man in the fairytale who turned everything he touched into gold, so with me everything is turned into newspaper clamour.”<sup>12</sup>*

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<sup>12</sup> The Ultimate Quotable Einstein, Calaprice A, p.9 Princeton University Press, New Jersey, 2011.

## The Expansion

### Expansion #1 - The Beginning - The Definite Acquisition

The following begins with a history like introduction and then continues to elaborate on the art.

**Bruce Lee began to envision the possibility of a method of "no-method," a "styleless style," that would result in unrestricted athletic and spiritual freedom for the individual practitioner.**

**"What, then, exactly is jeet kune do? Literally, jeet means 'to intercept, to stop'; kune, 'fist,' do, 'the way, the ultimate reality' – or, 'the way of the intercepting fist.' Remember that the term jeet kune do is merely a name used, a mirror in which we see ourselves. I am neither interested nor concerned with the term; I am more interested in it's liberating factor."**

**Bruce Lee**

**"Jeet kune do is not a style or a method, some might think it is being neutral or maybe it is indifference. However, this is not the case either, for JKD is both at once 'this' and 'not this.'"**

**Bruce Lee**

**"Jeet kune do favours formless so that it can assume all forms, and since it has no style, therefore jeet kune do fits in with all styles."**

**Bruce Lee**

**"In jeet kune do, all the techniques is to be forgotten, and the unconscious is to be left alone to handle the situation-when the technique will assure it's wonders automatically or spontaneously- to float in totality. To have no technique is to have all technique."**

**Bruce Lee**

**"Jeet kune do never imposes a set pattern on it's practitioners."**

**Bruce Lee**

**"Whether it is inward or outward training, the jeet kune do technique used is meant to liberate the spirit rather than to bind the body. To define jeet kune do as a particular system (gung fu, karate, kickboxing, and so forth) is to miss the point completely. It is outside of all particular structures and distinct style."**

**Bruce Lee**

**"It does not look at combat from a certain angle but from all possible angles. For as previously mentioned, any structure, however efficiently designed, becomes a cage if the practitioner is obsessed with it. To define jeet kune do as a style - gung fu, karate, kickboxing, Bruce Lee's style of street fighting, and so forth- is to miss the point completely, because it's teaching simply cannot be reduced to a system."**

**Bruce Lee**

**"Remember that the term jeet kune do is merely a name used, a mirror in which we see ourselves. I am neither interested nor concerned with the term. I am more interested in it's liberating factor."**

**Bruce Lee**

**"The technique, although they play an important role in the earlier stage, should not be too complex, restrictive, or mechanical. If we cling to them we will become by their limitations. Remember, you are 'expressing' the technique and not 'doing' the technique."**

**Bruce Lee**

**"A style should never be the gospel truth, the laws and principles which can never be violated."**

**Bruce Lee**

**"The professed cure of classical style is itself a disease. A style 'sets' and 'traps' partial reality into a choice mold."**

**Bruce Lee**

**"The more restricted a method, the lesser opportunity for one's individual freedom of expression."**

**Bruce Lee**

**"My concerns are for those who are unknowingly being conditioned and solidified by partialized and highly classical structure, gaining only 'routine efficiency' rather than the freedom to express oneself."**

**Bruce Lee**

**"Any structure, however intelligently designed, becomes a cage if the student is obsessed with it."**

**Bruce Lee**

**"True observation begins when one is devoid of set pattern, and freedom of expression occurs when one is beyond system. Similarly, a person cannot express himself fully - the important word here is fully when a partial set structure or style is imposed to him."**

**Bruce Lee**

**"I hope to free my followers  
from clinging to styles,  
patterns, or molds."**

**Bruce Lee**

**"Freedom of expression  
occurs when one is beyond  
system."**

**Bruce Lee**

**"Express oneself honestly."**

**Bruce Lee**

**"The highest truth is inexpressible,  
there is nothing much in the  
teaching."**

**Bruce Lee**



**"You are 'expressing' the technique and not 'doing' the technique."**

**Bruce Lee**

**"Do not, as when in the midst of enjoying yourself, step out for a moment and examine yourself to see if you are getting the utmost of the occasion."**

**Bruce Lee**

**"Thinking is rehearsing."**

**Bruce Lee**

**"Art is the expression of the self, the more complicated and restricted a method is, the less the opportunity there is for expression of one's original sense of freedom."**

**Bruce Lee**

**"When one has reached maturity in this art, one will have formless form."**

**Bruce Lee**

**"So martial art is ultimately an athletic expression of the dynamic human body. More important yet is the person who is there expressing his own soul."**

**Bruce Lee**

**"Express yourself 110% honestly with the music."**

**Maestro**

**"Specific dancing moves should not exist at all as you cannot express yourself fully."**

**Maestro**

Expansion #2 - Expressing Yourself 110% Honestly With the Music



*“To express oneself honestly, not lying to oneself, now that my friend is very hard to do.”<sup>13</sup> – Bruce Lee*

*“Express yourself 110% honestly with the music.” – Maestro*

Expansion #3 - What to Follow in The Art of Expressing the Human Body

The Art of Expressing the Human Body in martial arts has 2 things to follow. That is

- 1) Natural instinct.
- 2) Control.

But with dancing you are adding on “Teaching yourself body coordination.” Therefore,

- 1) Natural instinct.
- 2) Control.
- 3) Teaching yourself body coordination.

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<sup>13</sup> From an interview called “Bruce Lee, the Lost Interview” from The Pierre Berton Show.

#### Expansion #4 - What is Real Fame?

Real or legit fame is

- 1) When a person is excruciatingly good at creativity.
- 2) When a person has self-liberated, seeing and feeling that spirit like presence (the below quote is matched with this point).

*“People are making a mistake. They’re mistaking Einstein’s fame for acceptance of his theory. They’re equating the two and that’s very far from what had happened.”<sup>14</sup>*

If a person has both of the above qualities, they would be a genius like Albert Einstein or Bruce Lee.

Fake fame? These would be actors, band member(s), boy groups, girl groups and sex symbols who have massive amounts of followers on any social media platform. Remember, actors only follow a script and are no different to a news reporter. Can you see the similarity?

#### Expansion #5 - What Bruce Lee Unfortunately Does Not Know

Bruce Lee once said that

*“Styles keep men apart from each other rather than uniting them.”<sup>15</sup>*

and he is obviously 100% right. However, due to such an unfortunate early death, it is known that he does not know most of the above people and hasn’t seen what they’re actually known for. Now that we have more sources, it is absolutely definite that any self-liberated person unites the people.

#### Expansion #6 - Do You Know What Artistic Expression is? | I Have Been Participating in Dancing Classes Since 2012

Bruce Lee began learning martial arts at 13 years old and I started getting music lessons at 9 and a half years old. I have also studied performing arts at a high level (classical piano). However, through only about 2 years of dancing, self-liberation occurred. I do question

- 1) Do you know what artistic expression is?
- 2) Why should certain dancing moves exist? There isn’t any point in having specific moves when you cannot express the body fully.

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<sup>14</sup> Quoted from Jeffrey Crelinsten, (author of Einstein’s Jury), from an Albert Einstein documentary called “The Extraordinary Genius of Albert Einstein.”

<sup>15</sup> Bruce Lee, Artist of Life, Little J, p.131, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999

### Expansion #7 - Be Yourself Vs Know Yourself

Always be yourself without a shadow of a doubt, however, I would like to explain and expand on this further as Bruce Lee and I unintentionally had another connection but he never elaborated on it. This is when I'll step in.

"Be yourself" really means "know yourself." What this means is - I will give you an example.

What were you exposed to when you were growing up or the qualities you have? For example, for myself I am

- Very caring.
- I am very pure.
- I am a musician.
- I am a heterosexual.
- I am the above personality traits because of my exposure of my upbringing and what I was surrounded around with.

Try it for yourself. Ask yourself I am

.....  
I am .....  
I am .....  
I am .....  
I am .....

I do not believe in saying be yourself but know yourself.

### Expansion #8 - Stressing the Importance on How Simple This is

As stated above, Bruce Lee began learning martial arts at 13 years old and I started getting music lessons at 9 and a half years old. However, through only about 2 years of dancing, self-liberation occurred. Only through Zumba Fitness participation, no...serious....dancing..... at all is required though you MUST really know what artistic expression really means (and it's easier to understand when it comes to music). I also very highly recommend any dancing professionals to try any informal dancing classes.

*"The highest truth is inexpressible, there's nothing much in the teaching."*<sup>16</sup> – Bruce Lee

### Expansion #9 - A Person Who Masters the Art of Expressing the Human Body

When a person masters The Art of Expressing the Human Body, they acquire the ability to fit into any style.

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<sup>16</sup> Bruce Lee, Artist of Life, Little J, p.202, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999

*“Set pattern is incapable of adaptability, of pliability-offering you a better cage.”<sup>17</sup> – Bruce Lee*

Bruce Lee can easily fit into any style and when I tried other music classes such as Les Mills Body Combat, I humbly easily fitted in. That’s what this art can do.

### Expansion #10 - Revolution in Another Field - Bodybuilding and Physique Competing

Bodybuilding and physique competitors consists a performing arts part which is having a posing routine alongside with music. This point connects to expansion number 6 and 12. When the bodybuilder performs his posing routine, there’re expressing their body movements to the music. Perhaps the bodybuilding system could

- 1) Either add in a new section for performing artists.
- 2) Add in a new section for bodybuilders which only focuses on sculpture perfection (no posing routine) like seeing Leonardo da Vinci’s ultimate creation of the horse sculpture, the Gran Cavallo.

### Expansion #11 - Saying Specific Words to Unleash the Spirit (or Aura) and Will Make You Laugh!

Aziz Shavershian



You miring?

Come at me bro

Mount Olympus

Adam Simpson



The Oooooooooooooo Simpson

YEAHHHHHHH!

Push ups!

<sup>17</sup> Bruce Lee, Artist of Life, Little J, p.183, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999

The question I ask is “What’s actually really going on here?” Scientifically I do not know.

Expansion #12 - I Can Help Martial Artists, Bodybuilders and Physique Competitors  
With Their Posing Routines

Whatever style or moves you have learned, martial “art”ists can definitely be assisted with their personal self-expression. Your repertoire or your style background can definitely be enhanced. However, I would like experiment, try this try that first so I am 100% sure in knowing what is actually going on. With bodybuilders and physique competitors, remember, when you are dancing you are using “moves” with the music and the exact same concept applies when you’re posing with the music. I cannot wait to help with the transition parts too (going from one pose to another pose). Also, I do recommend the above type of competitors to try dancing classes as it will definitely help them with their poses.

# Health & Fitness - Workout Program - Train Like a Bodybuilder

Here is one of my workout routines.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Back (morning)	Chest	Legs	Zumba Fitness (morning)	Trapezius, shoulders and abdominals	Zumba Fitness	Zumba Fitness
Bodyjam (night)			Arms - Biceps, triceps and forearms			

Precaution - See a personal trainer first and know your overall health before starting.

### Monday - Back (morning) and Body Jam (night)

Barbell rows - 4 sets from around 12 to 20 repetitions.

Wide grip chin ups - 4 sets, going to failure.

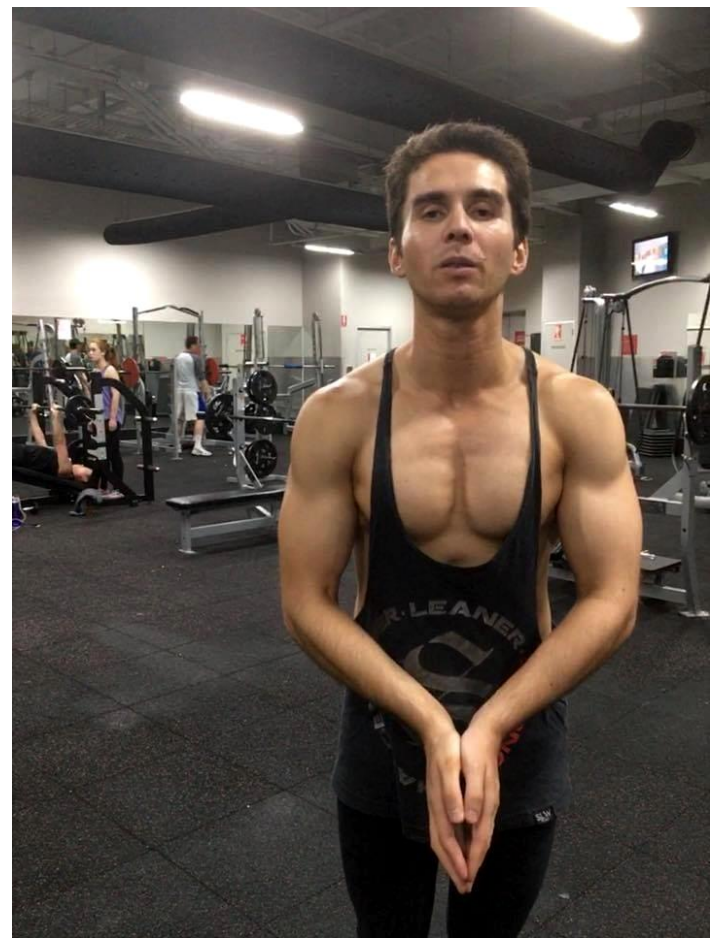
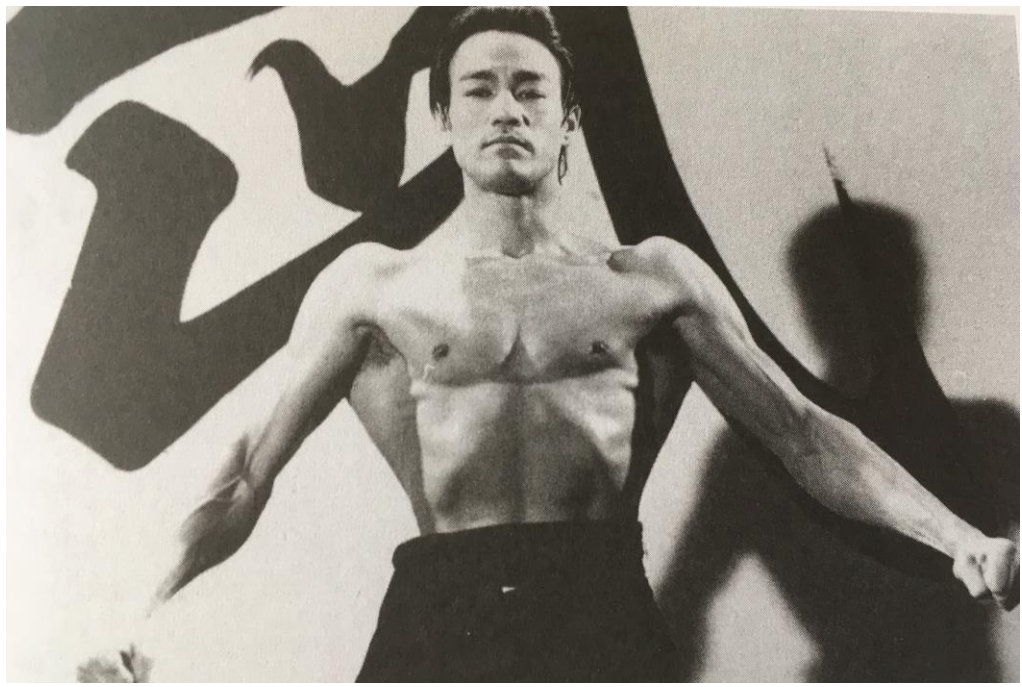
T-Bar rows - 4 sets from around 12 to 20 repetitions.

Hyperextensions - 4 sets from around 12 to 20 repetitions.

Lat cable pull down - 4 sets from around 12 to 20 repetitions.







Tuesday - Chest

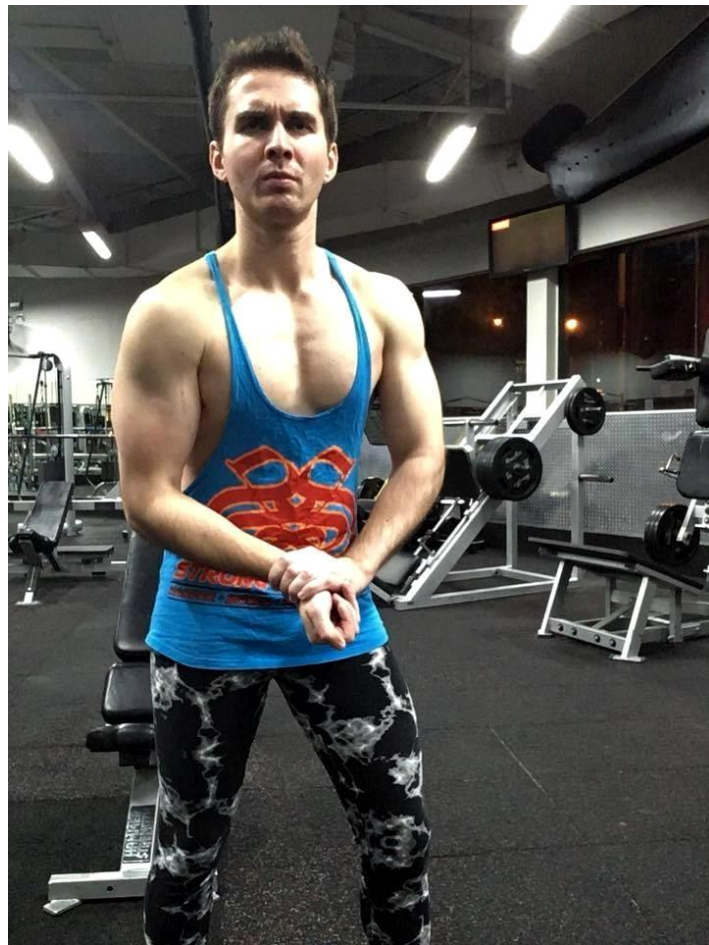
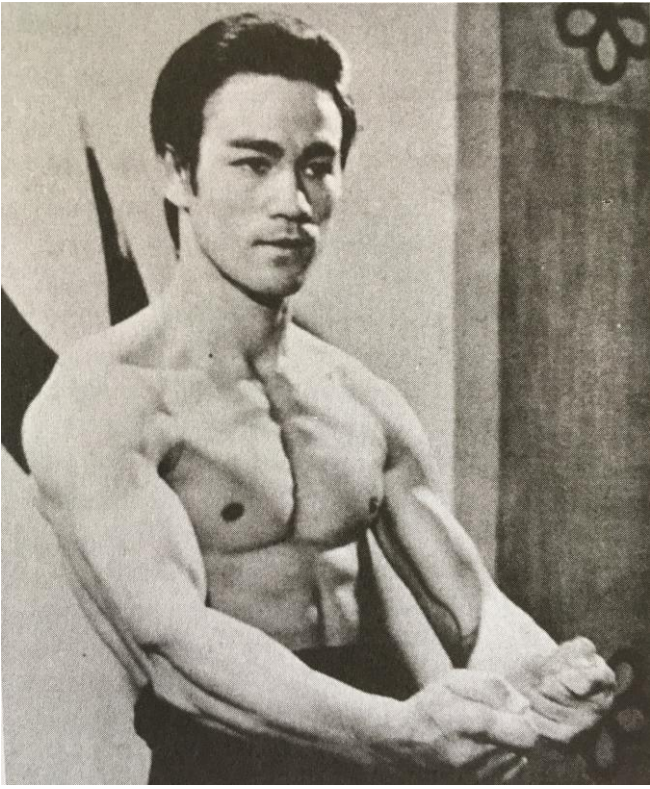
Barbell incline press - 4 sets from around 12 to 20 repetitions.

Dumbbell press - 4 sets from around 12 to 20 repetitions.

Dumbbell flies - 4 sets from around 12 to 20 repetitions.

Close grip barbell press - 4 sets from around 12 to 20 repetitions.

Smith machine incline press - 4 sets from around 12 to 20 repetitions.



Wednesday - Legs

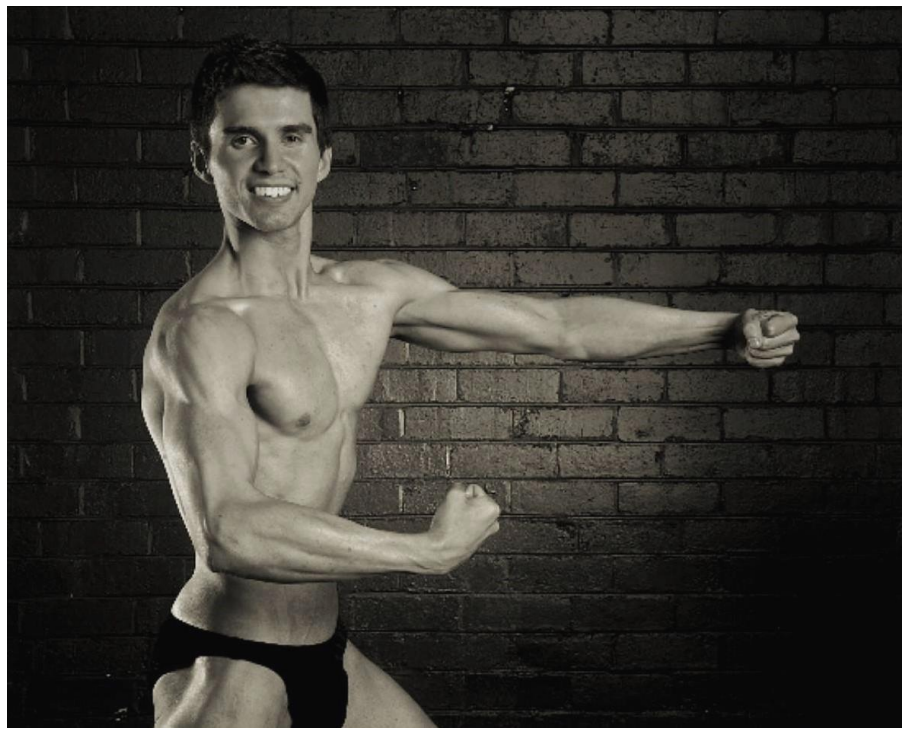
Barbell squats - 4 sets from around 10 to 15 repetitions.

Lunges - 3 sets from around 12 to 15 repetitions.

Straight leg dead lifts - 3 sets from around 12 to 15 repetitions.

Leg extensions - 3 sets from around 12 to 20 repetitions.

Calf raises - 4 sets from around 12 to 20 repetitions.



Thursday - Zumba Fitness (morning) and Triceps, Biceps and Forearms (night)

Triceps

Dumbbell kick back - 4 sets from around 12 - 20 repetitions.  
Seated dips - 4 sets from around 12 - 20 repetitions.  
Overhead skull crushers - 4 sets from around 12 - 20 repetitions.  
Rope pull down - 3 sets from about 15 to 20 repetitions.

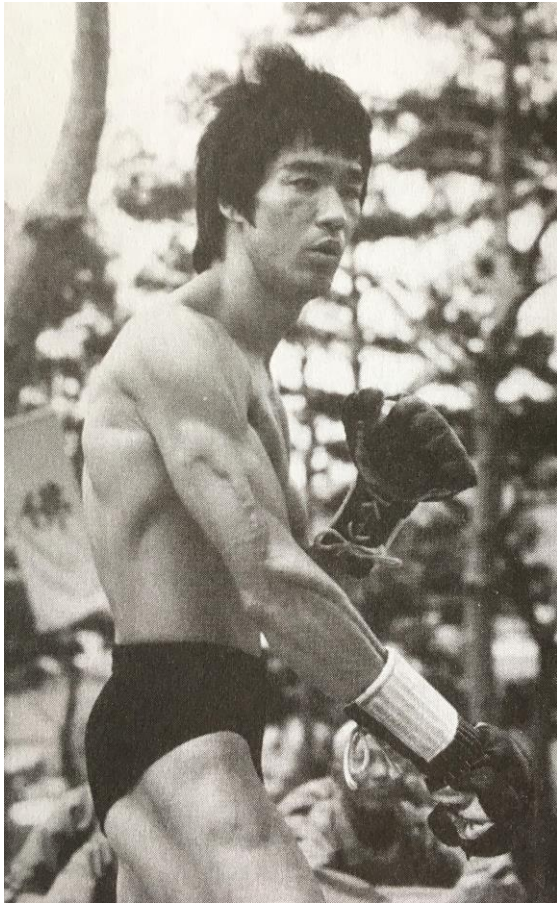
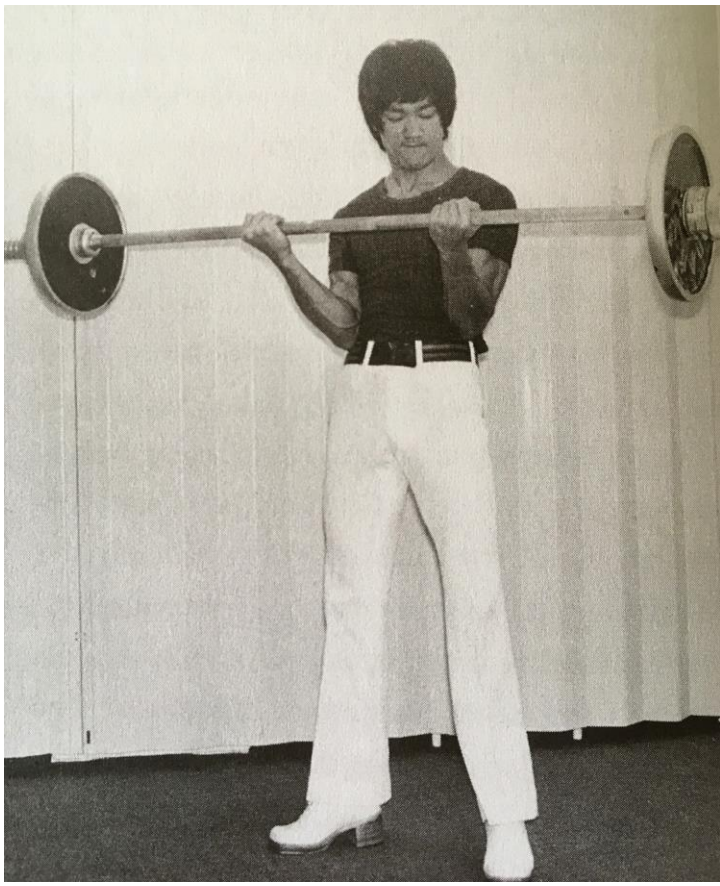
Biceps

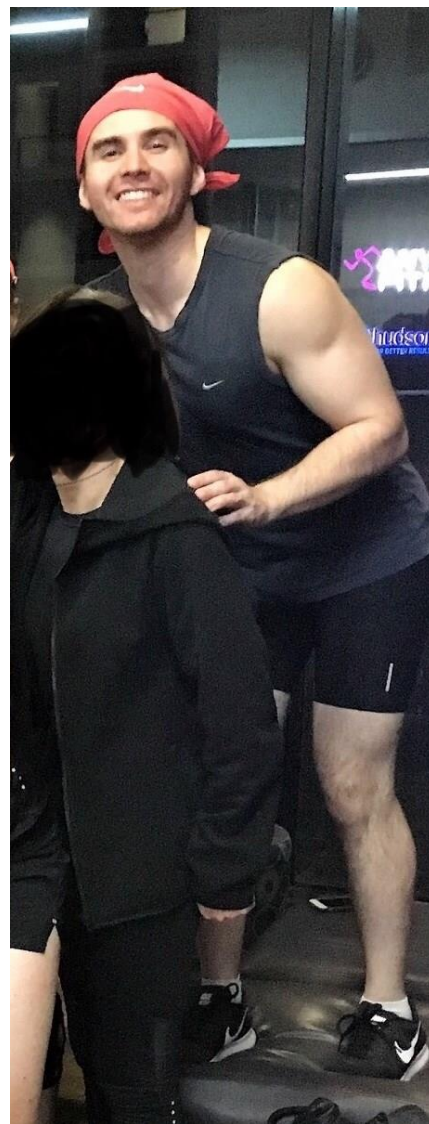
Standing barbell curl - 4 sets from around 12 to 20 repetitions.  
Seated incline dumbbell curl - 4 sets from around 12 to 20 repetitions.  
Standing cable curl - 3 sets from about 15 to 20 repetitions.

Forearms

Standing reverse barbell curl - 4 sets from around 12 to 20 repetitions.  
Hammer curls - 4 sets from around 12 to 20 repetitions.







## Friday - Trapezius/Shoulders and Abdominals

### Trapezius

Barbell shoulder shrugs - 5 to 7 sets from around 12 to 20 repetitions (being an ectomorph, my neck is a little longer so that is why I put the extra sets in and makes my body look a lot more balanced).

Upright rows - 4 sets from around 12 to 20 repetitions (the bottom right photo I am using a kettle bell).

### Shoulders

Shoulder dumbbell press - 4 sets from around 12 to 20 repetitions.

Standing lateral dumbbell raises - 4 sets from around 12 to 20 repetitions.

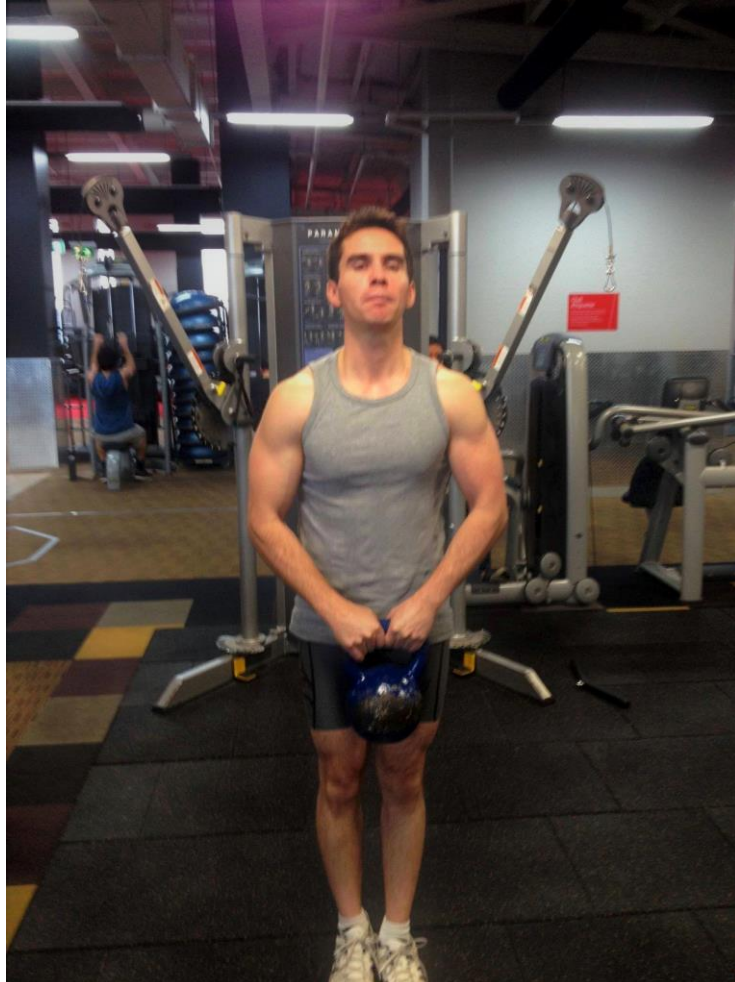
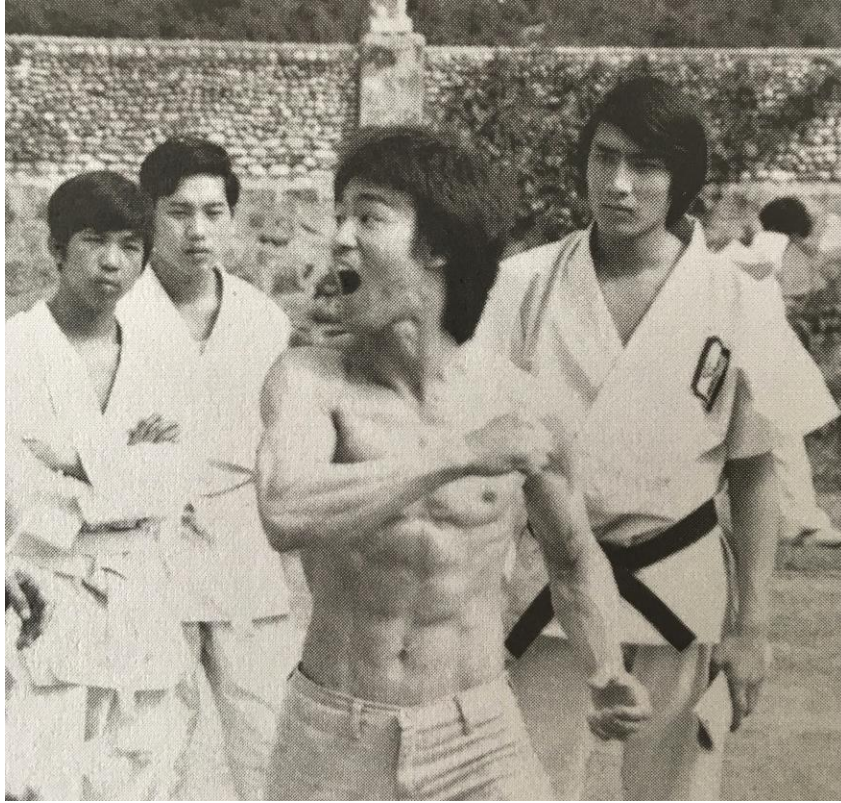
Standing front dumbbell raises - 4 sets from around 12 to 20 repetitions.

### Abdominals

On the floor crunches - 4 sets going to failure.

Rope crunch pull down - 4 sets from around 20 to 30 repetitions.





## A Circuit Routine

Here is another example of one of my workout routines. A circuit routine is when you do many exercises in one workout.

You will need a gym mat, a workout bench and dumbbells (very light weights for this kind of workout). It is very common that at gyms you will see people using machines but for my example you will not need this.

Also, I am using (believe or not) my piano seats here because of the coronavirus.

You can watch the whole workout with this link and see the workout exercises (picture form) in following pages.

Link -

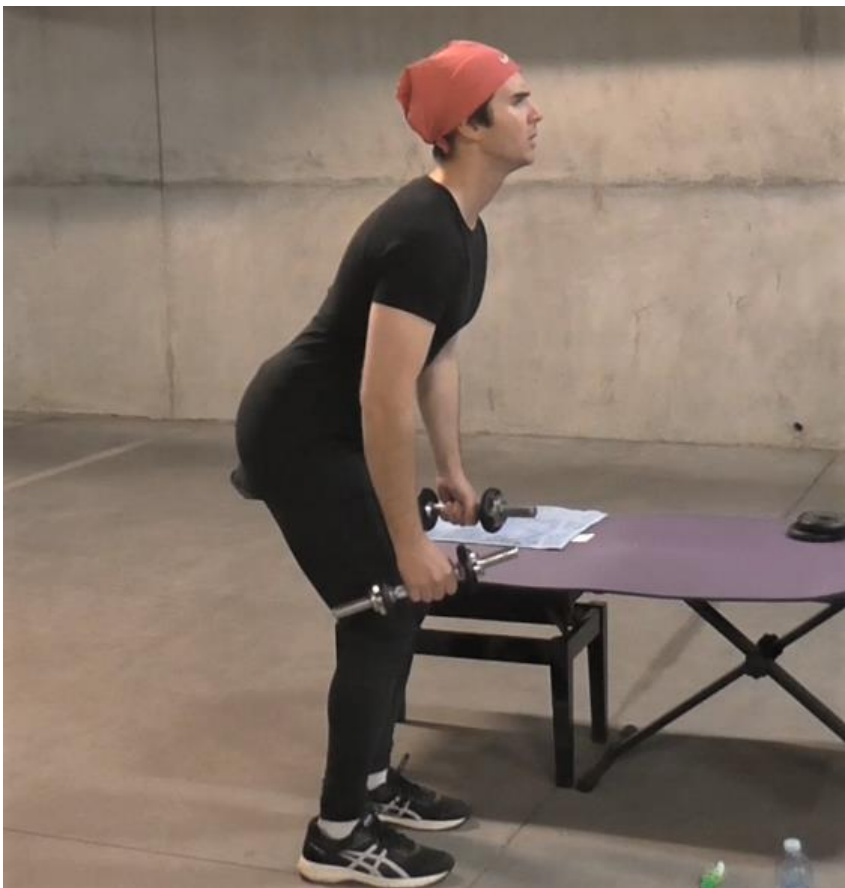
<https://youtu.be/OGIQVtvkwYo>

The exercise – dumbbell bench press.





Pushups - You can always do pushups on your knees if you find this way too difficult.



Dumbbell rows.

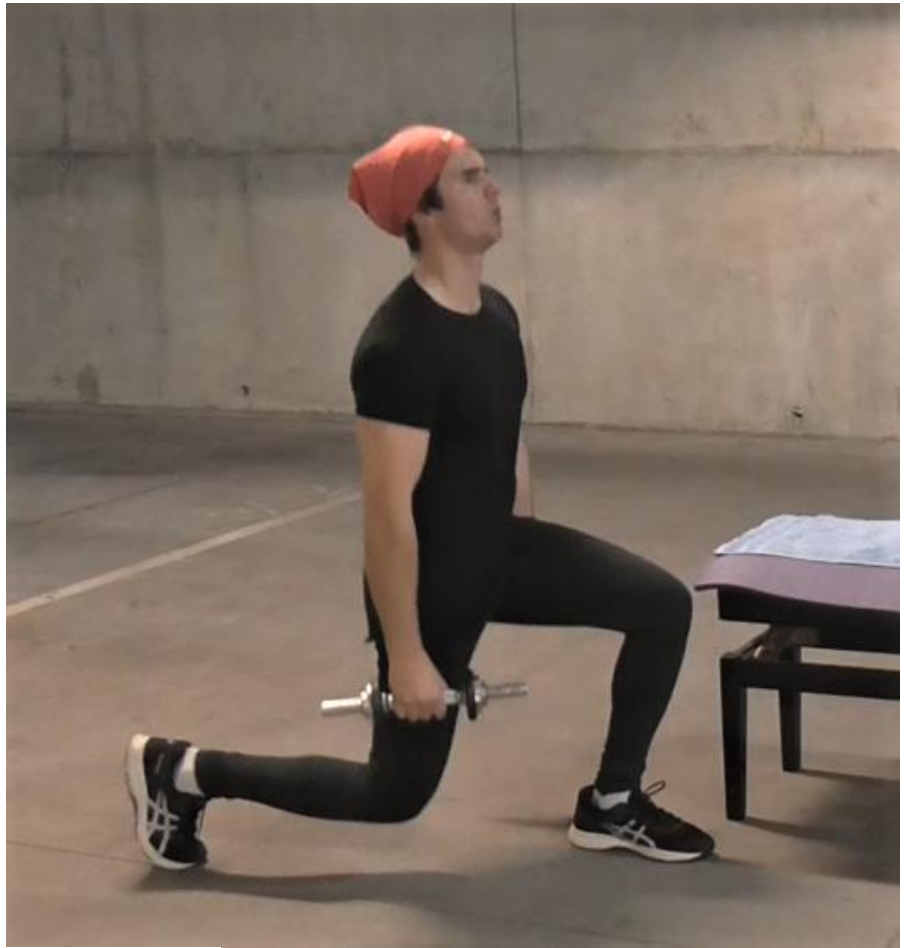


Seated ab crunches.



Seated ab crunches  
(continued).

Lunges.



Squats.



Seated tricep extension.

Stretches

Quadriceps stretch.





Hamstrings stretch.

What I Ate - Whole foods or anything that is not processed.

Rice - white, jasmine, brown or basmati.

Potato - white potatoes or sweet potatoes.

Oats.

Vegetables - beans, broccoli, cauliflower, tomatoes and carrots.

Fruit - raspberries, blue berries, grapes, strawberries, oranges, margarines, apples and bananas.

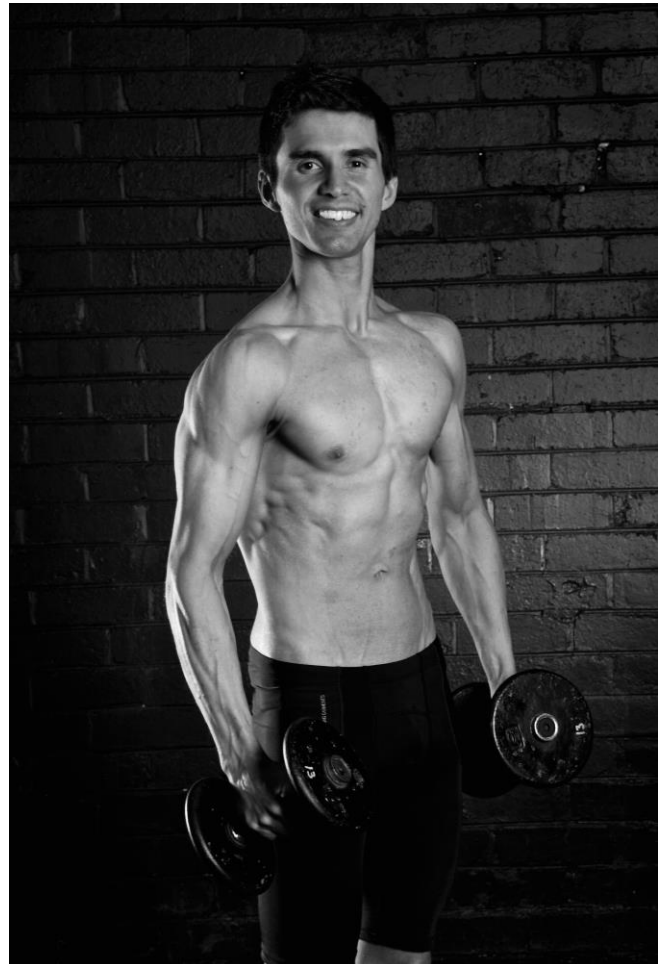
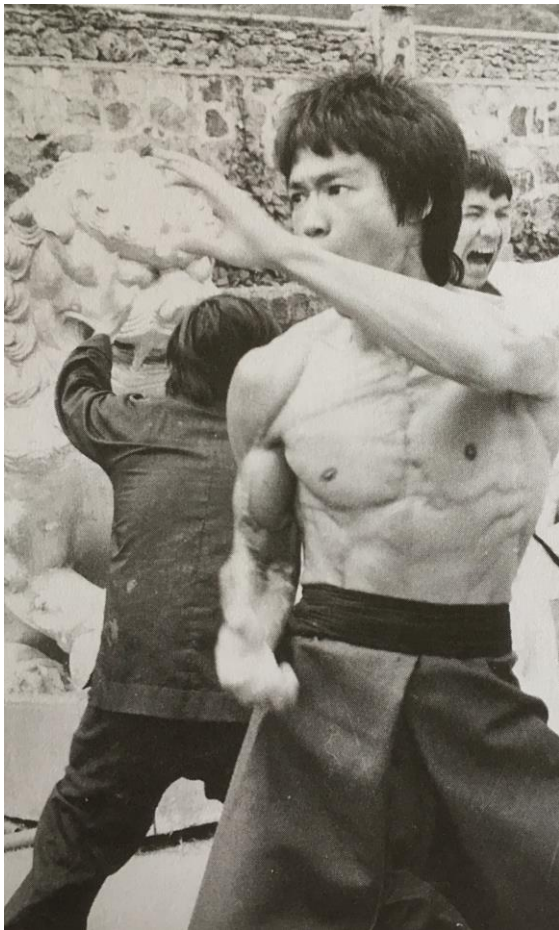
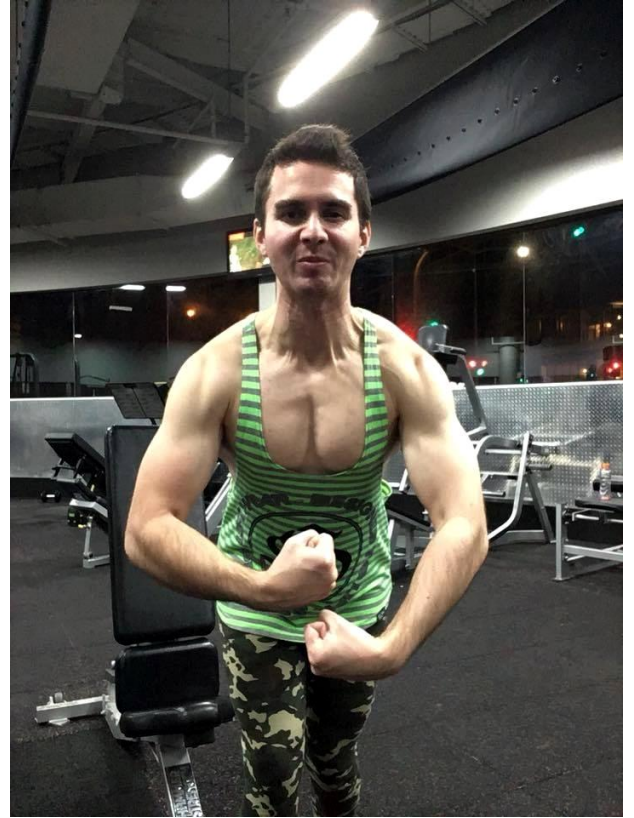
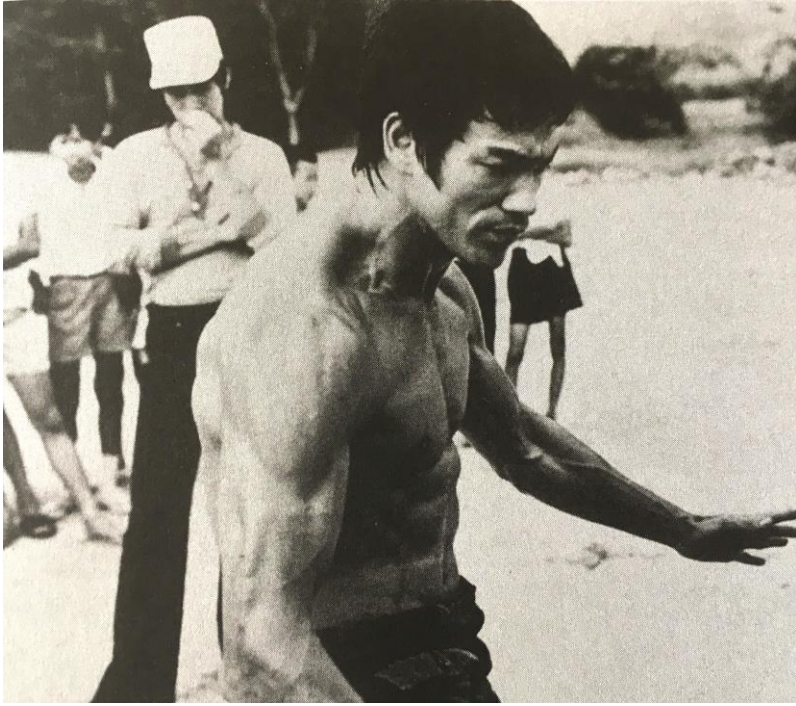
Meat - Chicken breast, beef, steak, mince (beef, pork, lamb and kangaroo), whole egg(s) and egg whites.

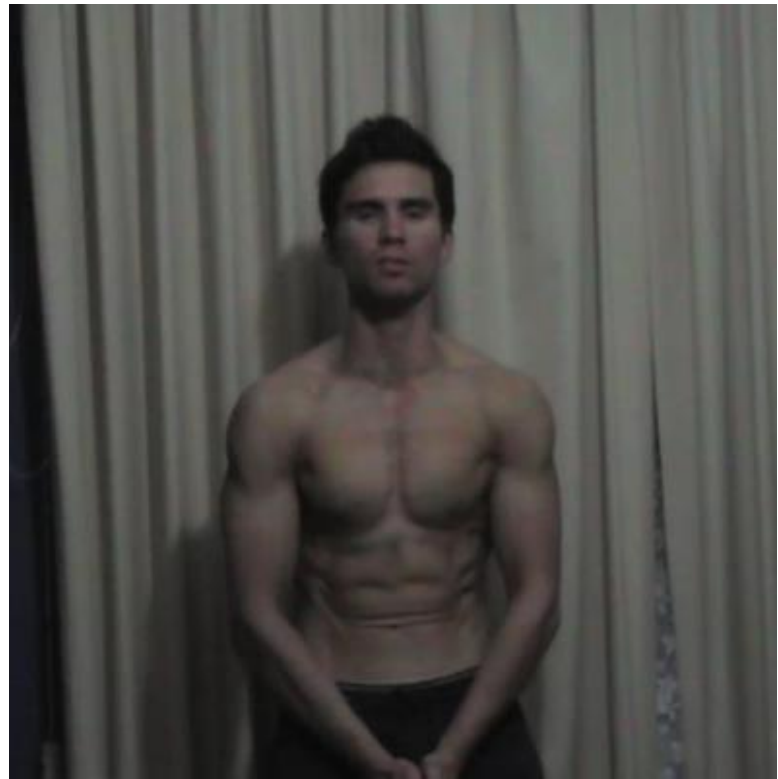
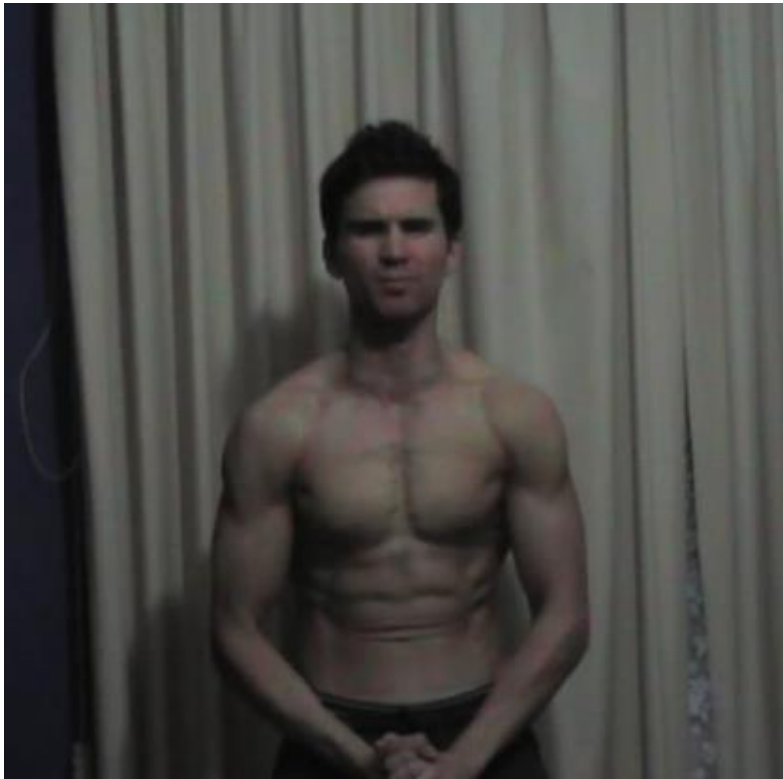
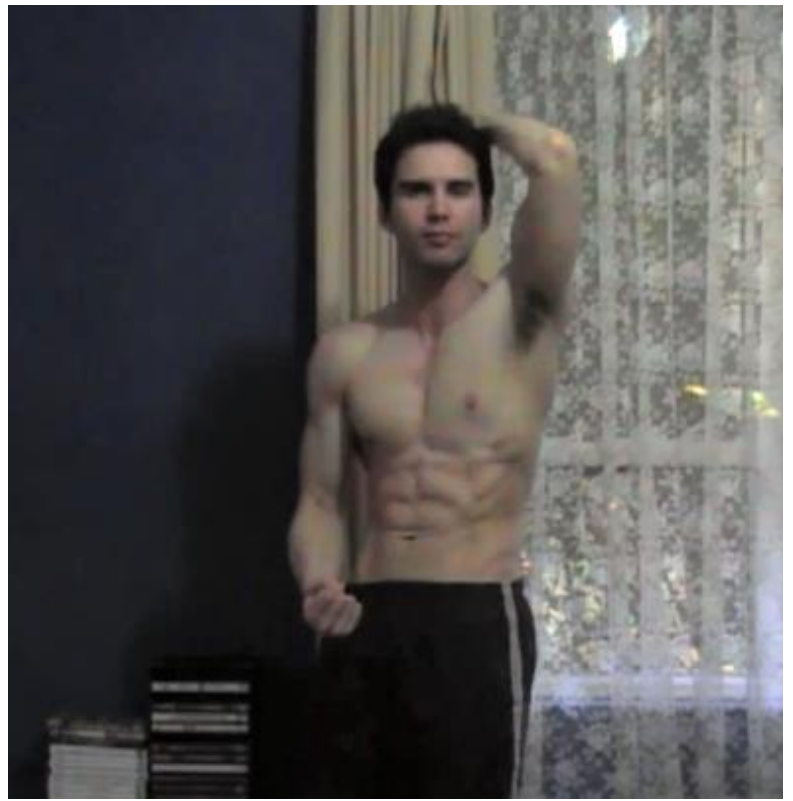
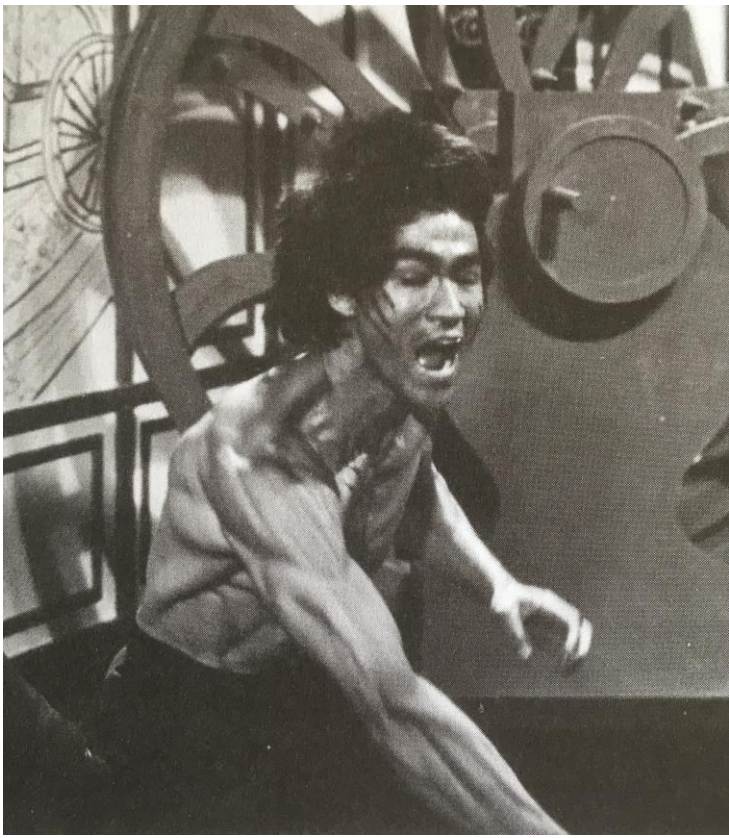
Fats - almonds, walnuts, avocado and butter (organic which tastes just as good as normal butter).

Drinks - Tea and coffee (black).

- From all the above exercises that uses barbells and dumbbells, I sometimes like to change up the variation (from either using dumbbells or barbells).

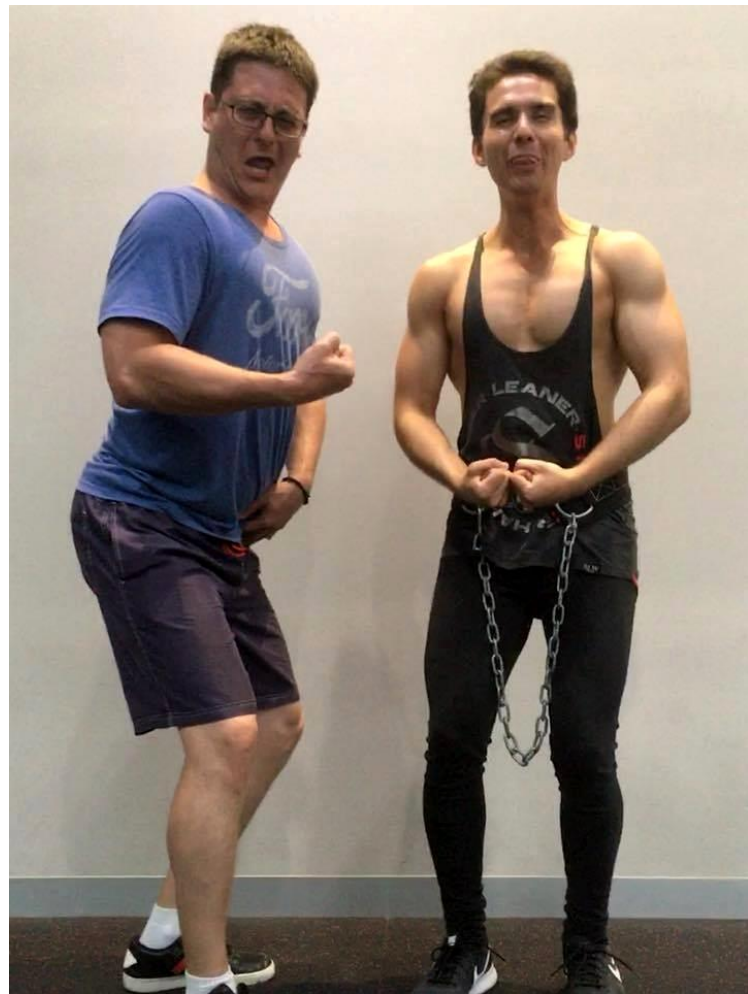
Most Muscular/Ripped/Shredded/Diced Shots











5 health and fitness videos on YouTube - transform your body.

1)

<https://www.youtube.com/watch?v=Viv5BW5j8EE>

2)

[https://www.youtube.com/watch?v=LJ125dBWr\\_s](https://www.youtube.com/watch?v=LJ125dBWr_s)

3)

<https://www.youtube.com/watch?v=bxhHTNIRLaw>

4)

[https://www.youtube.com/watch?v=82DTJkYe\\_jw](https://www.youtube.com/watch?v=82DTJkYe_jw)

5)

<https://youtu.be/c7EnBUrnpnQ>

A cooking video. You know what they say, abs are made in the kitchen!

YouTube video -

<https://www.youtube.com/watch?v=ZGenyyuv83w>

For these photos, my body weight is at about 64 - 68 kilograms or 141 - 150 (except the photos from the professional shoot and diced photos which I weighed about 63 kilograms or 139 pounds).

Bruce Lee weighed at 63.50 kilograms or 140 pounds.

## Wisdom - Lessons In Your Life

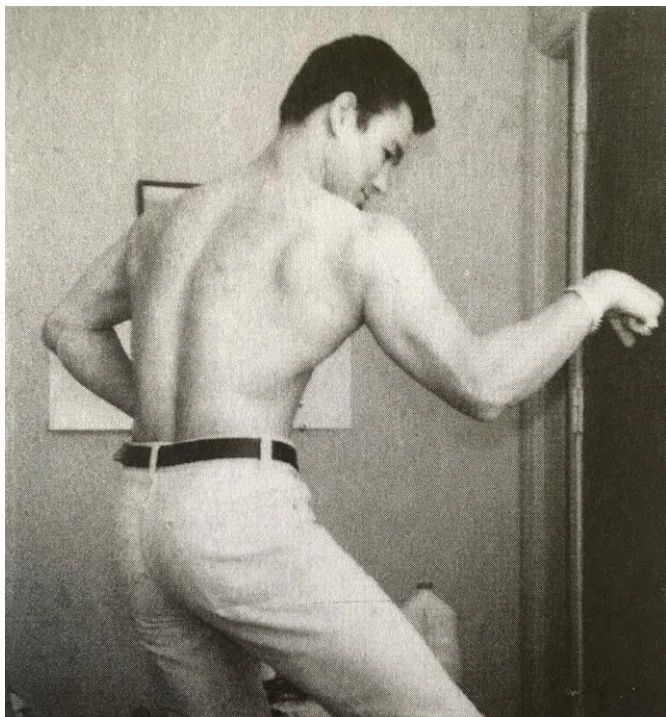
- Never believe in this New Years Resolution accomplishments, “take action” and go right now!
- Never over exert yourself, this can lead to unfortunate things.
- Being visual or having a vision can help you through tough times.
- You ALWAYS have a choice on what you want to do.
- A person’s actions defines who they are.
- A person’s actions will tell you everything about a person.
- Being so honest to yourself in your life psychologically frees your mind and you will have freedom wherever you will go. People will see it and actually will sense it.
- Never keep something bottled up inside in yourself and if there is something that you REALLY want to do, then absolutely go for it. Have the courage and determination of not what others think of you (especially teenagers, if there’s something you want to try out, do it!).
- The most simplest answers in anything are the best ones, regardless the topic.
- Just be aware with some absolute ridicule one day dancing instructor’s courses. The graduates can be
  - 1) Very out of shape.
  - 2) Cannot even dance in time with the music.Plus more.

I would definitely recommend music aural training (this is improving your listening skills) to make improvements.

Even Bruce Lee noticed a similar situation.

*“Damn the ‘15<sup>th</sup> degree red-belt holders,’ the ‘honorary super masters’ and those ‘experts’ that graduated from the advanced-super-three-easy-lessons courses.”<sup>18</sup>*

- A person who has an ego actually finds it more difficult to apologise.



Next discussion - moves that should not exist, simplifying.  
Frederic Chopin example of too much embellishments.  
If Bruce Lee had YouTube, he's not a movie star.

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<sup>18</sup> Bruce Lee, Jeet Kune Do, Little J, p.376, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1997