



HOW CAN YOU LIVE YOUR LIFE AT THE HIGHEST LEVEL?

DISCOVER THE WAYS THAT TONY ROBBINS
FEEDS HIS BODY, MIND AND SOUL

TONY'S FITNESS ROUTINE



Beginner: 30 SECS

Intermediate: 1 MIN

Tony Robbins Level: 2 MINS

Not Your Everyday Plank

The abdominal bridge, or “plank,” is a well-known exercise to strengthen your core. But very few people do it correctly! Billy Beck, Tony’s personal trainer, gives his pro tips here.

HOW TO: Get into a push-up position, then place your forearms flat on the floor while holding the push-up position. Maintain this posture until target time is completed.

Pro Tip #1 Tuck your hips! You should be flat, like a plank of wood.

Pro Tip #2 Flex every muscle in your body (except for your face). This is a full-body exercise, not just for your abs.



About Billy Beck

Billy is the head of the BB3 Personal Training & Performance Center in South Florida, delivering results to everyone from pro athletes to weekend warriors. He is Tony Robbins’ personal trainer.

“With his help, I am in the best shape of my life.”

–Tony Robbins



Want to work out like Tony Robbins?

Download [THE PRIMER: An Intelligent Approach for Creating Lasting Physical Change](#)

Get Billy’s free 7-day challenge:

www.tonyrobbins.com/billy-beck-7-day

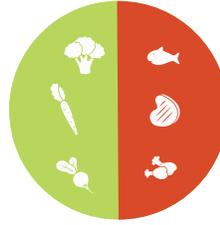
<http://gettheprimer.com>

TONY'S NUTRITION GUIDE

5 Rules for Ultimate Energy & Vitality

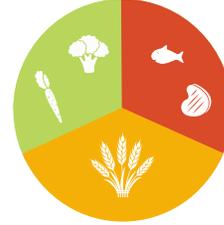
The human brain is only about 2% of our bodyweight, yet it consumes around 20% of our daily calorie intake. To produce optimum performance, you must provide your brain and body with the right amount of calories – from the right types of food.

FIRE MEAL



Lean Protein

FUEL MEAL



Veggies

High Octane Carbs

FREE MEAL



Anything that fits on a normal sized plate

Limit 3x per week

Helps to keep you sane

Anything



RULE 1

Drink at least half your bodyweight (*in pounds*) in ounces of water each day.



RULE 2

Eat foods closest to their natural source; avoid processed food as much as possible.



RULE 3

Eat a Fire or Fuel meal every 3 hours to release fat for fuel. (See graphic below.)



RULE 4

Plan ahead. Locate healthy restaurants. Do "food prep" on Sundays to ensure a healthy week.



RULE 5

Savor your food. Use spices and herbs to make eating enjoyable and sustainable. Don't worship it, enjoy it!

FEED YOUR SOUL

TONY'S MORNING RITUAL

Tony has developed a process called Priming that will train and direct your mind so that you get the lasting results you're after. It's a ritual that involves powerful and directed breathing and movement to center yourself so that you're primed for whatever the day brings.

HOW TO PRIME:

- Sit straight with your eyes closed.
- Inhale deeply through your nostrils while simultaneously lifting your arms in a shoulder press motion, and then exhale forcefully through your nostrils while bringing your arms back to your body, palms up.
- Perform the breaths in quick succession. Begin with three sets of 10, with brief breaks in between.

The exercise should take around a minute and leave you feeling energized. Next, think of three things you are grateful for. They should be experienced as a moment you're reliving, and at least one of them should be something small.



Tony Robbins primes every day, as part of his morning routine.

Your 10-Day Challenge

Try priming every day for the next 10 days – and write down the things you were grateful for each day.

GET STARTED

TONY'S TOP PODCASTS

Podcasts are a great way to “feed your mind” while simultaneously doing other activities, like exercising or during your commute. Here are some podcasts that Tony recommends:



The Tim Ferriss Show

In this conversational, open-style show, Tony's good friend Tim Ferriss asks probing questions of well-known peak performers from eclectic areas (investing, sports, business, art, etc.) to extract the tactics, tools and routines you can use to take your own life to the next level.



Oprah's SuperSoul Conversations

Hear Oprah's personal selection of her interviews with thought leaders, bestselling authors, spiritual luminaries and health and wellness experts. All are designed to light you up and guide you through some of life's big questions, bringing you one step closer to your best self.



How I Built This (NPR)

Ever wonder how companies like Spanx, Starbucks, Patagonia, Whole Foods and Virgin became so successful? This podcast is about innovators, entrepreneurs and idealists, and stories behind the movements they built. Each episode is a narrative journey marked by triumphs, failures, serendipity and insight.

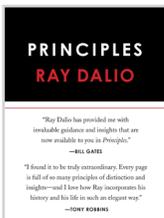
TONY'S TOP BOOKS

Tony's first mentor, Jim Rohn, taught him that leaders are readers. To stay inspired, Tony never misses a day without spending 30 minutes learning a new skill, insight or strategy. Here are three of Tony's current top reads.



A Mind at Home with Itself: How Asking Four Questions Can Free Your Mind, Open Your Heart, and Turn Your World

Around by *Byron Katie* | Public speaker Byron Katie specializes in a process called 'The Work.' This inquiry process requires that you ask four questions that completely change your perception of your own thoughts and the world around you.



Principles: Life and Work

by *Ray Dalio* | Ray Dalio's company, Bridgewater, is the biggest hedge fund in the world, with over \$165 billion under management. He's returned more money to investors than anybody in history! As Tony says, "Success leaves clues." Learn the principles that guided Ray Dalio in his life, business, and his financial success.



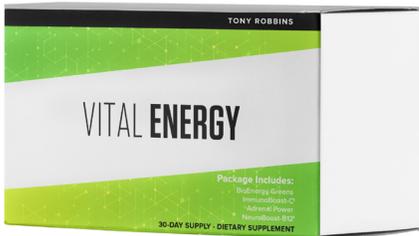
The TB12 Method: How to Achieve a Lifetime of Sustained Peak Performance

by *Tom Brady* | To be one of the best quarterbacks in the NFL at age 40 requires an incredible amount of work and discipline. Discover how Tom Brady stays on top of his game in this deeply practical "athlete's bible" that reveals his revolutionary approach to sustained peak performance.

TONY'S NEW HEALTH LINE!

Achieve Peak Performance all day, every day with the same products Tony Robbins uses himself – from daily greens for increased alkalinity to natural energy boosts and improved mental focus.

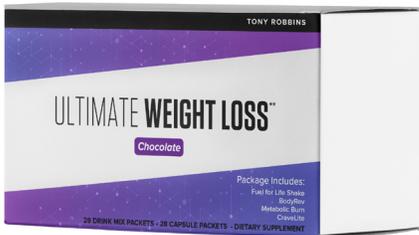
Vital Energy Pack *Peak Performance Power Pack*



Includes:

- BioEnergy Greens for ultimate alkalinity
- ImmunoBoost-C for enhanced body protection
- Adrenal Power for everyday stress relief
- NeuroBoost-B12 for peak mental performance

Ultimate Weight Loss Program *14-day supply of optimal fat-burning nutrients*



Includes:

- Fuel for Life Shake for dairy-free meal alternative
- BodyRev for boosting metabolism
- Metabolic Burn for increased metabolic rate
- CraveLite for minimizing sugar cravings

Pure Body Cleanse *10-day detoxification program*



Includes:

- V-Protein Powder for vegetarian meal replacement
- Target Detox for liver and gallbladder health
- DigestEase for digestive support

For more products and deals on our new health line visit

tonyrobbins.com/supplements

