

## **Get Abundant Energy in 10 Days!** **a free ECourse by bestselling author Darren Littlejohn**

Hey!

First of all, I want to congratulate you on signing up for this course. It's the first time that I've been able to offer a free, 10-day course to anyone who needs it. This is so exciting!

**You can do the course on schedule, or take it at your own pace.** Feel free to save the emails and do them a little bit at a time. Or do a little of each lesson daily for 10 days. If you want to take one lesson per week instead of daily, just save them and do that. Whatever works best for **you**.

So here's what this is about. Are you going to settle for just about as much "comfort" in life as you can get with as little effort as possible, or are you willing to work for greater freedom and lasting happiness? It's up to you. I have a new policy: **Zero Tolerance for Average**. Ask yourself honestly, do you want to feel average, or do you want to feel fantastic? That goes for myself *first*, then anyone who I spend time with. So get ready to get up off that couch, and **start taking some actions** that will change your life, your energy and your state of mind.

*Note: Since I can't be there with you, you need to take care of yourself. Modify when needed. Take breaks. Lessen the intensity of the lessons. If you need [personal coaching](#), contact me and I can go into detail on your personal situation. If you need that extra help but can't afford it, let me know and I'll try to work with your situation.*

Tomorrow you'll get Lesson One. To prepare, I'd love it if you could do a couple of things for yourself:

- If it's in your budget, grab yourself a pair of new dry wicking sweats, or shorts and a shirt. If you need ideas, take a look on [\\*Amazon](#). Note: this is optional but will make you feel good so try to find something that works for you.
- Run over to Target, Ross or any sporting goods store and get a yoga mat. If you want to see what I recommend, look at [\\*this one](#). But it's up to you.
- Buy a journal for yourself. You can also use your smartphone or tablet.
- Get a calendar to write in, or set up a free [Google Calendar](#) or an app on your mobile device.

**Don't worry if you can't get to all of these things immediately.**  
**Do your best. Don't settle for less.**

All I want is your success!

*You'll get emails every day (sometimes more than one) with instructions on how to do each lesson.*

## The Course:

- Lesson One
- Prepare for LIFT UP: Create Your Goals
- Lesson Two
- Ready, Set, ROCK: Five Ways to Increase Your Heart Rate
- Lesson Three
- Sit But Don't Spin: How to Meditate Without Losing Focus
- Lesson Four
- Fire it UP: Three Ways to Breathe for More Energy
- Lesson Five
- Don't Reach For It: Choose What Goes In Your Body
- Lesson Six
- Reach For It: Beginning Yoga Posture #1
- Lesson Seven
- Don't Take a Pill, Just Chill: How to Relax Deeply
- Lesson Eight
- Make Friends With Discomfort: Beginning Yoga Posture #2
- Lesson Nine
- Wait, Don't Go: Time to Let it Flow (super easy yoga sequence)
- Lesson Ten
- How to Tie it All Together Without Getting Tied Up

I'm really looking forward to your feedback on this course. At the end I'll have a feedback form. Testimonials will be added anonymously to the site, with your permission.

Alright, ready? Let's do this!

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[Darren Littlejohn](#)

## **Get Abundant Energy in 10 Days** **a free email course by Darren Littlejohn** Lesson One

You've signed up for the course. You have an idea that I'm going to ask you to do things. No actions=no results. Remember that. I'll tell you **the secret** to this course before we even start: reduce stress and you'll get more energy. This system is what works for me. You can modify it, add to or subtract from it to **make it work for you**. This first lesson is a bit long, but it has important information. Remember, some people will find this too hard, others too easy. If you need more than what I've presented here, email me. I don't expect you to do what I did  
Saturday: CrossFit 10am, Heated Yoga 6pm, 24 Hour Fitness Weights, Core, Cardio 8pm. Maybe

you're like I was 10 years ago, when a walk around the block is a rad energy boost. Remember to customize your program. **Put your plan of action into your calendar, then stick to it.** Feel free to save the emails and take this at your own pace. You'll get the whole course. Use it how you need to. Print them out. Form a small group to practice with. Great for couples!

## First Things First

Open up that journal.

- Write down what you hope to achieve from this course. Be specific.
- Write down three things you're grateful for today. They don't have to be specific to your health.
- Write down three random acts of kindness that you will do today. For example:
- Send three nice emails before anything else.
- Help someone who's feeling down by giving them a call.
- Give homeless people protein bars, blankets, water

## Lesson One: Prepare for LIFT-UP!

*This eCourse is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.*

**Goal of Lesson One: Learn what it's going to take to get your heart rate up every day for the next 10 days. We'll get specific on how in Lesson Two.**

I suffer from bouts of Post Traumatic Stress Disorder (PTSD) and Depression. When I'm in these states, my whole world is black. I do not see any sunlight and have zero energy to fight my way out of the funk. It was so bad that I was completely disabled for many years. Like you, I tried a lot of things to get me out of it. I would lie in bed with a pervasive feeling of doom. I felt like a zombie who couldn't make it to the front door, let alone the gym. But I made myself do it. I MADE myself DO IT. I'd lay there and in the middle of that heaviness, I'd say to myself, "Get the EFF up. Go walk around the block." And when I did that, even though it was only 10 minutes of dog walking, I *always* felt better. Always.

I read somewhere about 8-9 years ago that men my age who did 15 minutes of cardio three times a week decreased their risk of heart attack by 47%. That little tidbit was enough for me to get my ass UP and start working that heart muscle.

*Bottom line takeaway from this lesson: The #1 mandatory, absolutely essential practice for me to manage my low energy is **cardiovascular activity**.*

There is no way around it. I tried medications under the care of a doctor for several years. While I always recommend following your doctor's advice, I also feel that alternative practices should be part of an overall schedule of care. So I'm not saying that if you're on meds that you

should stop taking them. In fact, you need to listen to your doctor in that regard. I'm pretty sure that any good doctor is going to do back flips when you tell him or her that you're exercising. Let's just make sure that you approach it with intelligence.

The way I advise that you approach this part of the course is based on calculating your resting and maximum heart rates. Then decide on the level of intensity that you're ready for. There's a great page on heart.org linked below to give you a guideline. They say that moderate intensity is 50-60% of your max. Hard exercise is 70-90%.

### **Action Step Prep: Get Your Heart Rate UP!**

This is the logic behind what we're going to do next. Don't worry, I have specific suggestions for you on exactly how to do this.

- Get your heart rate up every day for 20 minutes. How far up is up? That's "up" to you. If 20 minutes is too hard of a goal, start smaller and keep working at it. I used to go to the gym and work for 9-11 minutes on the elliptical machine, just to get some kind of start.
- Measure your heart rate daily. You can use your fingers and write it down, or buy a fancy gizmo that calculates it for you and puts it on a chart that you can share on Facebook. Whether it's old school or new school, I don't care. Just get the heart rate UP. Got it? Good. Now DO IT.
- Sweat. You must sweat. That's why I asked you to get yourself some dry wicking activewear. Get wet. Feel better. That's how it works.

### **Heart Rate**

Your heart rate needs to be calculated so that you know exactly the range between your resting heart rate and your maximum heart rate. There are a lot of internet calculators out there to help you find yours. Personally, I use this [heart rate monitor](#) that a runner friend gave me. Getting a monitor is optional. You can measure your heart rate with your fingers on your wrist and any timer that measures seconds.

*From Google: To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by 4 to **calculate** your beats per minute.*

There are also fitness bands and smartphone apps. Look around for what works best. The point is that you have to know what your resting and max heart rates are for your age. Consult your doctor before embarking on the following practices. Make sure that you play it safe. I don't want any injuries out there.

### **Resting Heart Rate**

From [Dummies.com](#),

*Your resting heart rate is best measured when you first wake up in the morning, before your feet leave the sheets.*

*Grab a stopwatch, or a clock or watch with a second hand, then find your pulse. You can locate your pulse either in your radial artery on your wrist or at your carotid artery in your neck. Choose the spot that works best for you.*

*The only trick to measuring your heart rate is that you must use the correct fingers to do the measuring. Your thumb has a light pulse and can create some confusion when you are counting your beats. It's best to use your index finger and middle finger together.*

*After you find the beat, you need to count how many beats occur within 60 seconds. The shortcut to this method is to count the number of beats in 10 seconds, and then to multiply that number by 6. This method gives you a 60-second count.*

### **Maximum Heart Rate**

From [Mayo Clinic](#): *The basic way to calculate your maximum heart rate is to subtract your age from 220. For example, if you're 45 years old, subtract 45 from 220 to get a maximum heart rate of 175. This is the maximum number of times your heart should beat per minute while you're exercising.*

The [American Heart Association](#) has a great table that shows you the average maximum heart rates for different age groups. Read that whole page and make sure that you can explain it to a two year old.

### **Next up: Lesson Two: Ready, Set, ROCK: Five Ways to Increase Your Heart Rate**

By the way, this course is awesome. I love sharing my tools with you. Why not share the course with a friend and do it together?

[Opt-out](#) of the Get Abundant Energy Course only, but remain on the general list.

### **Get Abundant Energy in 10 Days a free email course by Darren Littlejohn**

### **Lesson Two: Ready, Set, ROCK: Five Ways to Increase Your Heart Rate**

Hey, so did you get your resting and maximum heart rate calculated? I'm hoping that you have a working idea of how hard to work it. And that you're ready to work it. Aiiight?

Just so you know, I took two heated yoga classes back to back on Saturday and again on Sunday. All four classes were over 100 degrees and really challenging. You don't have to keep up with that, but I just want you to know that I'm doing it with you!

***Feeling good is a way of life!***

### **Journa.**

- Write about how your energy was as a child or teen.
- Write down three things you're grateful for today.
- Write about the random acts of kindness that you did yesterday. How did you feel?
- Write down three random acts of kindness that you will do today.

**How far up for how long? The specific exercise, duration and intensity depends on your level of fitness. If you have any injuries, consult your doctor, physical therapist or fitness coach before you begin.**

### **High Intensity Interval Training (HIIT)**

Ok, this is the most genius idea that I know of to increase energy, vitality, sexuality, mental clarity. Depending on your level of fitness, you might have to start slow. But once you start, you can build quickly. Here's how it works. You get your heart rate up, for maybe 5 seconds at first, building to 30 seconds over some months, then you let it come down while you do the exercise. When you're ready, or in say, one minute, get it back up again.

*\*Note: If you're brand new to working out, take this process very very slowly. You might be maxing your heart rate just standing up. So be smart about how you go about it. And..DO IT.*

Then you repeat that over and over for about 20 minutes. As I said, maybe you start with 10 minutes and work your way up. Don't make excuses. I don't want to hear it. Just get started. Be consistent. Do it daily.

From [Science Daily](#): *The usual excuse of "lack of time" for not doing enough exercise is blown away by new research. The study adds to the growing evidence for the benefits of short term high-intensity interval training (HIT) as a time-efficient but safe alternative to traditional types of moderate long term exercise. Astonishingly, it is possible to get more by doing less!*

### **Get Abundant Energy Sample Program to Get Your Heart Rate UP!**

Ok look. This is an example. You can use your Google to find exercises that you like. Write them down in a list in your journal. But first, write down in your journal the way you feel when you're at your lowest energy. I want you to remember that feeling and use it as motivation to move your butt. Next, bust out your Google Calendar and insert either two 10 minute or one 20 minute session for each of the next 10 days of this course. Have it send you an SMS or email reminder. Maybe a pop up. Doesn't matter. Set it up. Commit to it.

So what do you do? Here are five exercises that I teach in my classes. They're all super fun. You can modify each exercise by decreasing your range of motion if you need to. Click the link for a video. Jumping and running in place don't need videos. Just do them. Or go find your own. There are many exercises that will work your heart rate. Feel free to mix and match these. Maybe 30 seconds on, 15 seconds rest, two minute rounds.

- [Mountain Climbers](#)
- [Jumping in place](#)
- [Running in place](#)
- [Jumping jacks](#)
- [Split jacks](#)

Here's an [impromptu video](#) that I recorded tonight during my workout. It's not that great but you'll get the idea of how I do these.

Alternate options: Go to 24 Hour Fitness or another great gym and take a high intensity class such as Bootcamp, Body Pump, PIYO, Body Combat, Turbo Kick, Insanity, Spin.

**Bonus:** Nothing makes cardio more fun than great music. My wife is the hottest Yoga Sculpt teacher in San Diego. She's well known for her awesome playlists. Here's one of her [Playlists on Spotify](#). You can create a free account and listen while you do your workouts. Find a song or set of songs yourself, or use this playlist. NOTE: There may be bad words in the songs somewhere. Feel free to make your own playlist if this one doesn't suit you.

Next up:

**Lesson Three: Sit But Don't Spin: How to Meditate Without Losing Focus**

Until then y'all!

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Darren Littlejohn