

THE POWER OF MOTIVATION

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Dubai

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IN THIS BOOK

- 1. Prologue**
- 2. Why this book**
- 3. Start small, Dream Big**
- 4. It is not just about me**
- 5. Body have boundaries, Mind don't**
- 6. Health is priority**
- 7. Workout, workout, workout**

PROLOGUE

I first thought of starting this guide book because I know what it means to be lazy, depressed, anxious etc. Because of that, I know how hard it is to make the first move, and to keep yourself moving forward and to not give up.

I am a former Karate champion, MMA enthusiast and Fitness expert, with over 20 years' experience in various championships in the field of karate taking 1st place in Serbia and 2nd place in the Austrian open. In addition to which I took the title of karate sportsman in the Serbian full contact for Kyokushinkai.

I currently hold Level 3 in Personal Training and am based in Dubai with years of successful experience working with highly demanding clients. I believe in working with

clients to maximize their potential by creating programs that are bespoke so each client based on their goals achieves the results they are looking for.

My aim is to create a unique fitness regime that changes frequently as the clients fitness levels improve to help keep the client motivated achieving their goals.

Enjoy.

WHY THIS E-BOOK

Looking into past-present-future we all seek better times, I speak from my personal experience, dreams and purpose. Sometimes we ask ourselves is this all? Or can I do more or better?

I decided to write this short but rich e-book "The power of motivation".

I personally feel that this book will help those people who don't know how to start their journey and also to those who already know their path, not just in Fitness but also in life, and will understand that giving up on goals and dreams is not an option.

Like any other idea that I have accomplished so far, this was also my goal, and I am happy that I BELIEVED till the end that I CAN DO IT. Repeat that to yourself every time you want to do something and never give up! I wish

you the same and believe everything is possible.

I would also like to thank my loved ones who equally believed in me and my goals.

Vojislav Budrovac

CEO and Head Coach

Fitness Trainers LLC



CHAPTER 1

START SMALL

DREAM BIG

You don't need equipment, you only need the motivation to exercise and achieve results no fancy tools and you can achieve real results anywhere.

I remember having those lazy days, doing almost nothing, watching TV, spending time on social media, eating absolutely random food, less than 10% on the important things for my health like eating well and regularly, waking up early and doing any exercise whether it is a run or even just going for a nice walk.

I knew that I needed to change that and start working out again, to feel better, feel healthy and to be motivated at work. I knew that I

needed to be more active. When I say fit, I don't just think of working out or doing sport, I also mean reading books and meditate. I started organizing myself by writing down my goals like- wake up at 07:00 and go for a run, eat a healthy breakfast, rest well, read a book, meditate; and that helped me to wake up with purpose and enabled me to organize my day, week and months in advance.

By exercising daily, I started getting into the habit of accomplishing my goals. I became more excited to come back home after my workout and continue with a productive day. Now I help people to do the same. I believe that everybody should workout daily to keep themselves energized and productive. One simple workout in the morning can triple your productivity and enhance all aspects of your life.

Giving just 15 minutes of your time to plan which exercises you will do daily or weekly, and doing all those exercises for at least 15 minutes regularly can make huge changes for your long term health, not in just developing your Fitness level, yet by developing new habits to help you achieve your goals.

When you first start working out and you feel pain, it is important that the following day you repeat the same workout and that's how you manage your aches and pains, how simple is that? Don't forget that this is a good pain it is muscle soreness and this pain helps your muscles and body to start changing giving you better posture and helping you improve your overall fitness. If you have a specific goal, work on that goal 3 to 5 days per week, rest well and have patience, change demands time. "Rome is not build in one day". Rest time is equally

important as is varying the types of exercise you engage in.

As with your exercise routine, you will may have to adjust your food intake and to change food types. Like exercise a step by step process is always best. If you are overweight then we focus on higher protein food types, this type of diet will help you build lean muscles with the right combination of food and exercise. Lean muscle helps to burn more calories throughout the day, which then also help with weight loss.

In case you want to grow muscle you need to eat food high in carbohydrates with a level of protein, therefore, more calories; those carbs you need most around your workout schedule. This diet is for those who work out around lunch time.

These are some small steps towards a fitter healthier you. You will soon start to notice positive changes it will bring in you and more importantly, how it will make you feel and let's face it, the better you feel about yourself the happier you are. This will enhance your work, personal and family life.

"You don't need to be great when you start, you need to start to be great"



CHAPTER 2

IT IS NOT JUST ABOUT ME

As you see changes in your body, you will notice how positive you become with an improved sense of self, this can enhance your relationship with everyone in your life.

We can help others to succeed in changing their current Fitness levels or other goals. How? That comes only after we consistently do the same for ourselves.

There is one special quote that I personally like and believe in, *“You can’t help others if you first don’t help yourself”* and that is true, how can you do it? If you are not able to do it for yourself first.

Years of experience in Fitness told me that many mothers could not hold their child in

arms because they didn't have the strength to hold them for more than a minute. After several failed attempts to improve her fitness so she could enjoy the time with her kids, in a moment of frustration she decided to consult with me to change her approach to fitness to enable her to fully enjoy with her family. After several months of hard work and dedication, she succeeded in becoming a better version of herself, not just for her yet for her children.

Another example that changed my client's life, was when his wife was expecting their second child and his daughter said "My Father has a baby like Mom", in front of a lot of people. At that moment he had 130kgs and made a decision to make his daughter proud again. With his willpower, commitment and dedication, he lost 40kgs in just 6 months.

They now have the energy to live their lives and are now able to fully participate in all activities with their families and are now the ones driving the families to live more active lives. They made a decision “I want to do this for me and my family” and by making some changes to their diet and sticking to some simple exercise programs they have seen amazing results.

“To start the time is always now”



CHAPTER 3

BODY HAVE BOUNDARIES

MIND DON'T

Your body will feel your effort, yet it is your mind that will achieve your goal and keep you on track.

You come to position where you are inspired by action, yet are asking yourself what's next? You have a vision yet are unsure on how to achieve it.

You stop seeing changes and improvements in your fitness level, body that is when we explore other exercise regimes options that are more challenging giving you that boost you are looking for to challenge yourself.

We now know several exercises and got bored of them. We want now new ones and new challenges that brings more results. Today internet has dozens of different exercises, trainings, advices in nutrition and many more. *"The first step to receiving an answer is being brave enough to ask a question"*

Same routine will keep us on same level. To grow, we need to make the next move, move in new exercises, new book, new seminar, new routine. By connecting the dots, we are adding in our brain more and more useful information which will take us to our new goals, and every time you need to step up with same principle of growth.

"Every next level of your life will demand a different you"

Depending on person and his satisfaction level, the person will grow. Before we want to

push ourselves above our limits, we need to admit ourselves our current state and then we will keep moving forward.

The best way to move forward is to educate yourself embrace new ideas. Experience and education is the key to your continued growth and development.

Only dreaming is not enough we need to give the action.

“If you think education is expansive, try ignorance”



CHAPTER 4

HEALTH IS PRIORITY

“State of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” - W.H.O.

Food, besides breathing, is our biggest habit that we have. “To breathe you need to eat.” We cannot live if we don’t eat and breathe.

Having irregular meals can cause obesity, high blood pressure and type 2 diabetes.

Eating at the same time every day will enhance and maintain a healthy lifestyle. Our weight, cholesterol and insulin levels are maintained when you manage your eating habits.

Well organized step by step process is always the best to make your food intake regular. Doing this for yourself will give you wider perspective in nutrition and life. You will feel better, you will live better and well, what is better than that?



"Eating well is a form of self respect"

Sleep is crucial for everyone, we all need to retain information and learn skills to thrive in life. This is part of the reason children who acquire language, social, and motor skills at a pace throughout their development needs more sleep than adults.

Sleep is a vital part of good health and enables you to reach optimal functionality during your waking hours. Sleep has 4 phases, each phase from 1 to 4 of sleep is important and beneficial to your body and mind, while deep sleep is the most essential of all for feeling rested and staying healthy.

While adults need 7-9 hours of sleep per night, one year olds need around 11 to 14 hours, school age children between 9 and 11, and teenagers between 8 and 10. During these periods of growth and learning, younger people need a heavy dose of light

sleep for optimal development and alertness in general.

The best sleep habits are consistent, healthy routines allow us, regardless of our age, to meet our sleep needs every night, keep us fit and healthy to manage our day to day life.



“Sleep is the golden chain that ties health and our bodies together”



CHAPTER 5

WORKOUT

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Regular workouts lead to a feeling of wellbeing, better posture, strength, boosting your immune system.

The best way to start working out is ‘to start’. To exercise properly, regularly introducing new exercises as your body starts to adapt will see improved strength, flexibility and wellbeing.

By working out on a daily basis at the same time, is how we become consistent in our routine. Exploring Fitness, how to breathe during our program, active rest between exercises improves productively.

Techniques used to make our body toned is to do with number of repetitions with lighter weight, whereas to gain muscles we need to do less repetitions but with more weight. It is all about our goal and how we are going to get there.

Never skip workout for more than 3 days in a row, workout at least 3 days per week in the gym or home, just keep moving.

I remember working with World champions on our preparations for International tournaments. To make ourselves ready for challenges, we needed to work out 3 times per day at 6am, at 1pm and at 7pm. For 7 days every single training was different and lasted 1.30h-2h each. Working hard that year I won first place in my country and second place in Bulgaria and Austria 2006, I was the best Karate sportsman in 2007.



Once I came back home, people in my neighborhood noticed tremendous difference in my body and personality. I was motivated, even though I didn't depend on other's opinion but on my own, it is always good to hear positive things about yourself.

Like education, exercise is all about repetition. I challenge you to raise every workout on weekly basis, with new exercises

or more repetitions or both as we move forward in you reaching your goals

“Repetition is Mother of learning, the Father of action, which makes it the architect of accomplishment.”

Repetition + Repetition + Repetition + ... = Mastery

Well known and respected master in the whole Kyokushinkai Karate (Japan) world, showed me a path of greatness and discipline.

I am grateful that I had such amazing person as my Trainer who didn't just teach me Karate, he showed me how to be a person of values, how to develop myself in every aspect of my life and most importantly who gave me a chance to be the Trainer I am today.

Today my approach and teaching have helped many people and I give a big

contribution to my Sensei Zarko Petkovic
Irac. Osu!

THANK YOU FOR READING.

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Must have!

***12 Week workout e-book with
videos and diet plan***

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