



BODYFITNEWSLETTER

Premium Edition.

*“Fantasizing about future happenings will never bring fulfillment because fantasy is unreality.”
-Sarah Young*

Tricks and Tips: Tips For Your Grocery List

This past weekend I was able to meet my new nephew Cooper James for the first time. The first 20 minutes of holding him, I just sat and stared with amazement. He really is the most beautiful kid I have ever met and is just a joy to be around.

I am very excited I get to spend time with friends and family this week; it is going to be a very fun time! I will be sure to share some pictures with you in next weeks issue.

Alright, on to what I have for you:

Grocery lists are meant to be simple and results driven. I have seen some grocery lists that are three pages long and filled with all kind of crap that will only kill your results when trying to get fit. I get a lot of questions about what people should buy at the store when trying to eat healthy. It is really not as complicated as you think. Below I have put together a list of 5 ways you can easily start shopping for healthy foods that will bring incredible results:

Keep it short:

Your shopping list does not have to be a complicated or be a list of 100 items. Eating healthy requires just a few foods to get great results. Most weeks my list will consist of 8-10 items for the week. Other weeks it may be more when I need to buy new condiments or spices, but on average my list is very short and simple.

Use the same list each week:

Always use the same list each week when going to the store. I keep mine on my phone and each week will use the exact same one. Sure some weeks I may add in 1-2 new foods as a substitute (like getting some fish instead of beef) but on average my grocery list stays the exact same.

Before approving items, ask: “Will this benefit me?”

Not having cheat foods in your house will really help in preventing you from eating them. I always recommend going out to eat on your cheat meals so you don't have the urge to cheat while at home. If junk food is not in the house, there is a 100% chance you will not eat it.

So instead of buying chips to sit in your cabinet, wait until your cheat day to buy them so you don't get tempted to eat them throughout the week. Focus on buying foods that will benefit your health and move you closer to your goals.

Have a master list:

It is always helpful to have one master grocery lists that you can refer to each week when going to the store. This master list includes everything from condiments, spices, and extras that you may need when



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cooking your food.

When you run out of something, mark it down on the master list so you do not forget to buy it that week. This is a great way to keep track of items that you may not need to buy every week like spices, butters, and oils. Before heading to the store, check your master list then add the items you need.

Shopping Tip: Stay on the outside of the store

When you head into the grocery store, 90% of the foods you want are going to be on the outside of the store. When you think about it, you find the vegetables, fruits, meats, eggs, etc. on the outer edges. It is all the foods in the middle of the store that you want to stay away from (chips, sodas, cereals, etc.).

So when you go shopping, stick to the outside so you don't even get tempted to buy stuff you do not need.

What tips do you have for making grocery shopping simple? I would love to hear your thoughts. Let me know at dennis@bodyfitformula.com

Workout Schedule

This week is going to be filled with a bunch of random workouts, and to be honest, I really have no idea what to expect. I do have a couple workouts that I know I will for sure be doing and that is what I will share with you this week:

Sand Sprints:

Sprint Workout:

12 total sprints at 40 yards each

Rest 60 seconds between sprints

When you are by a beach, you have to take advantage of it. So this week I will be heading down to the sand for some Sand Sprints followed by a cold plunge (or just a jump in the water).

Workouts From The Weekend:

Sled Pulls: 25 feet

Sled Push: 25 feet

Backward Bear Crawl: 25 feet

Rest while others are going

Repeat 5 times

To start, pull the sled towards you until it reaches your feet. Once the sled reaches you, drop the rope and push the sled back to where it started. Once you push it back, bear crawl backwards to your starting point. So one round would be: pull the sled towards you (25 feet), push the sled 25 feet, bear crawl backwards 25 feet. **You will repeat this 5 total times.**



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You rest while your partner is going.

Once completing the five rounds above, complete the circuit below. We completed this workout with three people (workout description below):

Power Wheel Hand Walk: Perform until partner on Bear Crawl Chain Pull is finished

Bear Crawl Chain Pull: Perform 8 pulls with each arm, 16 total (very first exercises on [this video](#))

Heavy Rope Training: Perform until partner on Bear Crawl Chain Pull is finished

Rest when needed but keep it minimal

Repeat 3 times (one round is doing all three exercises)

Exercise Descriptions:

Power Wheel Hand Walk: Attach the [power wheel](#) to your feet, balance on the wheel and walk forward on your hands. Be sure to keep your back straight and core tight throughout.

Bear Crawl Chain Pull: Bear crawl until you you make it just past the chain, then reach back and pull it forward. Bear crawl once again until you are in front of the chain again, reach back with the other hand and pull the chain forward. ([Click HERE for video](#). See first exercise)

Heavy Rope Training: Check out [this video](#) for how to do the exercise. It is the first exercise on the video.

Circuit Description: Each partner starts at a different station. The partners on the Heavy Rope and Power Wheel will do the exercises until the person on the Bear Crawl Chain Pull is done with all 16 reps. Once they are finished, you move quickly to the next exercise. After each person has completed all three exercises, that is one full round. **Complete three rounds!**

This is an incredible workout and is very fun because you can push each other hard throughout. Plus it can be done in about 15 minutes!

Workout Number Two:

Circuit One:

Kettlebell Swings: 20 reps

Push-Ups: 20 reps

Deadlifts: 15 reps

Bodyweight Squats: 20 reps

Repeat THREE times

Rest 1 minute and complete the next circuit:

Circuit Two:

Jump Rope, Double Jumps: 20

Explosive Push-Ups: 20 reps



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Lunges: 10 each leg
Repeat **THREE** times

Rest 1 minute and complete the next circuit:

Circuit Three:

Jump Rope, Double Jumps: 20
Ab Roll Outs: 15 reps
Repeat **THREE** times

Finished!

More workouts for you next week!

Quotes for the Week:

- *“Vision without action is a daydream. Action without vision is a nightmare.” -Japanese Proverb*
- *“If you’re going through hell, keep going.” -Winston Churchill*
- *“The pessimist sees the difficulty in every opportunity. The optimist sees the opportunity in every difficulty.” -Winston Churchill*
- *“Fantasizing about future happenings will never bring fulfillment because fantasy is unreality.” -Sarah Young*

Articles to Revisit:

Below are a few good articles you should revisit to keep you motivated and inspired to get fit.

[How To Stick To Your Workout Program](#)

[Four Ways To Declutter Your Workouts](#)

[Ten Reasons You Are Struggling To Lose Fat](#)

Final Words

I am very excited that I will be able to spend some time with my new nephew Cooper James this week *and* get some crazy new workouts in with friends! I am sure we will be filming some videos to share with you in the near future so keep an eye out for that.

Keep working hard this week. ***There is no better time than now to start getting in the best shape of your life.*** So take action, stick with it, and have loads of fun.



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To getting better this week,

Dennis Heenan
[BodyFit Formula](#)