Dr. Del's Rock Hard Abs



Trade in Your Keg for a Six-Pack ...in just 10-Minutes a Day!

Del Millers, Ph D

Author of the Dr. Del's Rapid Fatloss Series of Books

Dr. Del's Rock Hard Abs

Trade in Your Keg for a Six-Pack
...in just 10-Minutes a Day!

By Del Millers, Ph.D.

Published by:



SpiritWind Publications
10736 Jefferson Blvd., # 693
Culver City, CA 90230 U.S.A.
888-800-WIND

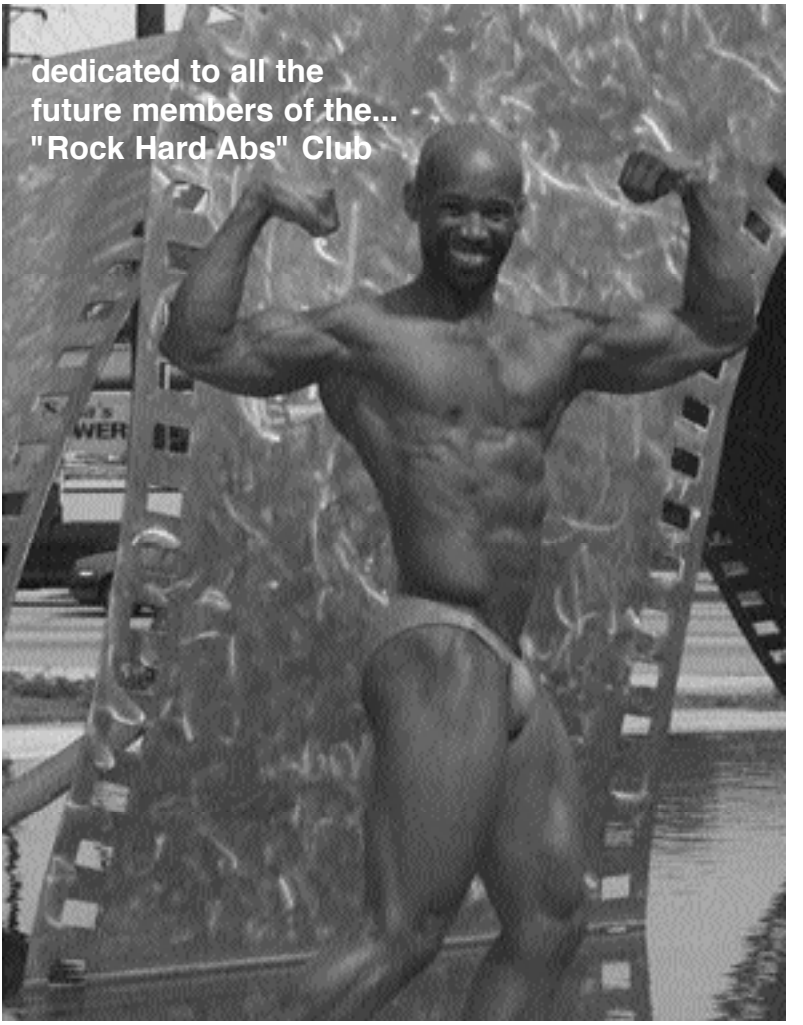
All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system without written permission from the author, except for the inclusion of brief quotations in a review.

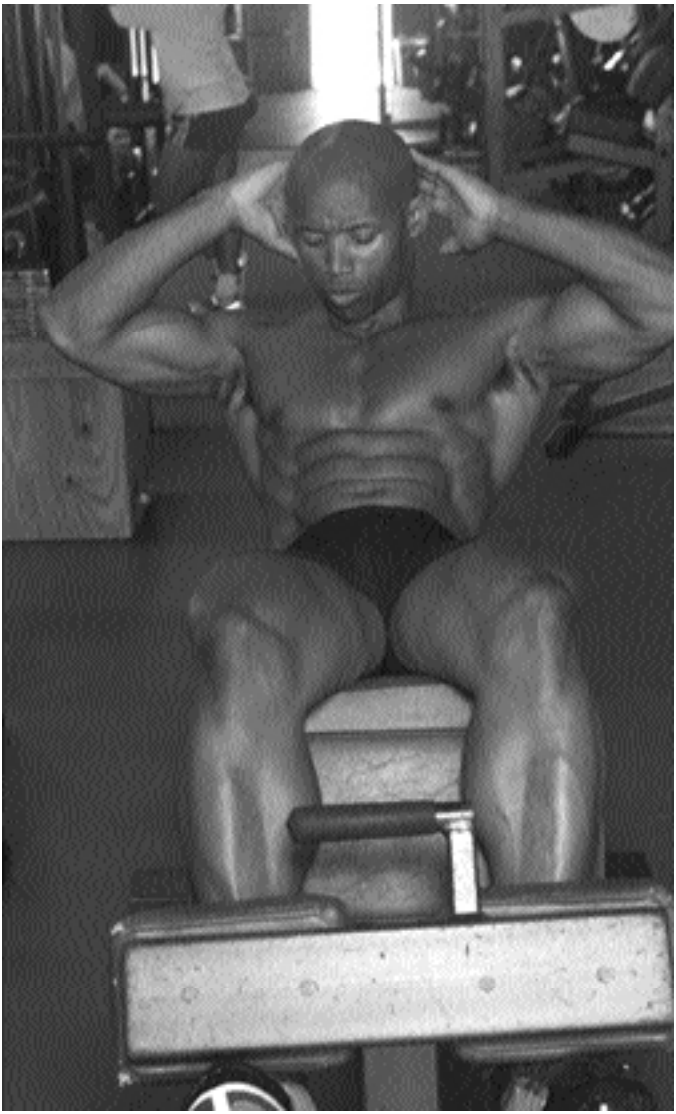
Copyright © 2012

Ebook ISBN: 978-0-9856443-9-0

Cover photo: Michael Burr Photography

Del Millers, Ph.D., Del Millers International


dedicated to all the
future members of the...
"Rock Hard Abs" Club



"I trade sweat for strength
I trade sleep for sunrises
I trade doubt for belief
I trade my workouts for nothing!"
–Dr. Del



"As I grow older, I pay less attention to what men say.
I just watch what they do."
- Andrew Carnegie

Contents

8 . Dear Future Member of the Rock Hard Abs Club.
11 . A Six-Pack of Secrets.
14 . Dr. Del's Six-Week Ab-Blaster Workout.
15 . Diet & Exercise.
15 . Can Alcohol & Cigarettes increase Abdominal Fat Deposits?
16 . Nutrition is the Key to Your Six-Pack.
20 . Why I use and recommend Fruit & Vegetable Capsules.
22 . Fifteen Important Ab-Training Performance Pointers.
25 . The Exercises...
26 . Workout A: The Basics
31 . Workout B: Progressive Challenge
38 . Workout C: Advance Core Training
56 . Lower Back
59 . Entering the Winners Circle:
-Desire, Discipline & Determination
63 . The Stairmaster Blues
64 . Farewell
65 . About the Author

Dear Future Member of The Rock Hard Abs Club:



A recent survey of over 30,000 people found that 93% of women and 82% of men are dissatisfied with how they look. When asked specifically what they would like to change, "a flatter stomach" was at the very top of EVERYONE'S wish list.

Why is this significant? Believe it or not, your mid-section tells a lot about you. It tells how disciplined and dedicated you are.

It tells whether or not you are a student of life, or just someone being washed away by the currents of day to day affairs.

It's physical evidence of the way you take care of or neglect the vehicle of your soul...

And guess what? Your mid-section shows everything you've been eating over the course of the past year...

Shocking isn't it?

In a way, I guess you can say that your mid-section is "external evidence of inner character."

Before you start feeling sad and depressed, always look on the bright side...

If your body has been making regular deposits into your visceral adipose tissue (VAT)–otherwise known as "belly fat"–this should tell you a few things about your daily habits...

Think about it? How many hours per week are you out dancing...in class, team practice, individual practice, social dancing, performing, etc.

If you're like most dancers I know, you're expending a lot of energy every week dancing.

So why is it you still don't have those diamond-hard abdominals or a tapered waistline and a firm stomach?

Do you think you have a few bad habits to give up?

Are you out dancing until 3Am in the morning, then off to the diner you go for a pizza or cheese-burger and fries?

Have you replaced drinking water with your favorite "energy drink," because "it gives you wings, so you can fly?"

So do you think you have a "few" bad habits to give up?

Before you can LOOK GOOD NAKED or achieve those ROCK HARD ABS, you have to first change your value system.

Yes, your VALUE system!

And you thought this was just about how you look.

To LOOK GOOD NAKED and have ROCK HARD ABS isn't about how you LOOK, it's about WHO you are!

It's a lifestyle!

It's a deep commitment to the proper care and feeding of your TEMPLE! The home of your Soul!

It's a COMMITMENT to living and experiencing life on a more conscious level!

To be a co-creator of your life! Master of your own mind!

We strive to LOOK GOOD NAKED and have ROCK HARD ABS because to achieve such lofty goals requires conscious participation in our lives!

To achieve such worthy goals means that we are no longer the victims of circumstance...

We become masters of our lives...

Creators of our experiences...

In fact, in our striving, we tend to touch the lives of those around us in very subtle, yet profound life-altering ways!

This is our path...this is our journey...this is our life!

Are you READY to join us?

—Dr. Del

A Six-Pack of Secrets:
Six Keys to Achieving Your ROCK HARD ABS

1. Drink Until you Swim
Believe it or not, drinking water helps you to burn fat. In fact, a decrease in water intake will cause fat deposits to increase, and an increase in water intake can cause fat deposits to decrease. Inadequate hydration can cause your body to retain pockets of salt and water under your skin, which creates a puffiness that looks like fat. Without water, the kidneys can't effectively filter waste product and other chemicals from your bloodstream, and this can interfere with your liver's ability to metabolize fat.

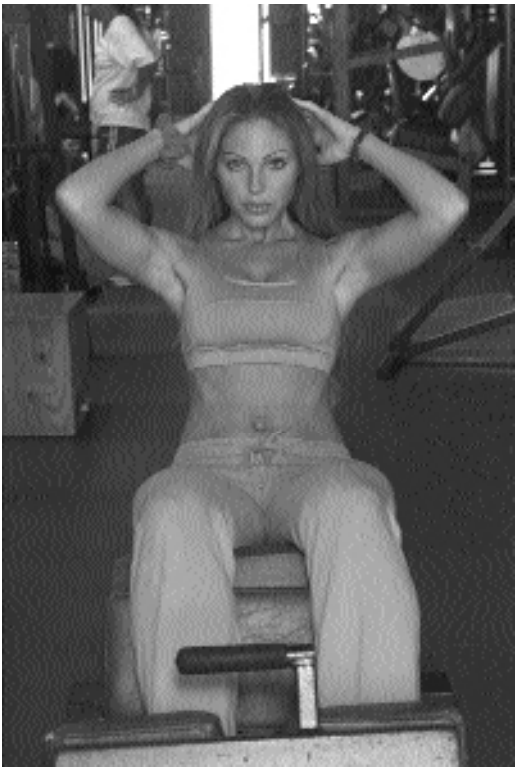
2. Choose Calories Carefully
There is a phenomenon in your body called the thermic effect of food, by which your body uses up a percentage of the total calories you eat in order to break down what you eat. Proteins are burned at the highest rate (25 -30 percent), followed by complex carbohydrates (My book, Simply DELicious, contains a complete list) at about 10 percent, and finally fats, at a rate of 2 percent. Obviously, if most of your meals are from fast foods or simple sugars, your body will end up storing more calories (as fat) than it burns. Keep in mind that the faster your body breaks down the foods you eat, the least effect it has on your metabolism. This is not a good thing.

3. Do Your Cardio First Thing in the Morning on an Empty Stomach!
Researchers at the University of Lausanne, Switzerland found that your fat-burning enzymes work best first thing in the morning, when your body is low on glucose after an overnight fast. The researchers also found that eating breakfast AFTER your morning cardio workout gives you 90 percent more energy for the day.

4. Be a Frequent Grazer
One of the single most important things you can do to have an immediate and dramatic impact on your metabolism is to eat at least 4-6 small meals per day! Likewise, one of the worse thing you can do is to skip meals or only eat one or two large meals per day. Eating the "right" foods frequently keeps your body working and improves your metabolic efficiency (i.e. improve fat loss).

5. Use a Fruit and Vegetable Capsule
To Look Good Naked and build Rock Hard Abs you have to supply your body with an abundance of nutrients from fruits and vegetables. Think of protein, carbohydrates and fats as the bricks and lumber you use to build a house. However, without the cement, nails and screws that house would come tumbling down faster than you build it. The vitamins, minerals, enzymes, flavanoids and all the other phytonutrients (plant chemicals), known and unknown are the cement, nails and screws that hold your body together. Without them, it cannot metabolize the proteins, carbs and fats we eat. To build your best body, you need more of those micro-nutrients than you can possible eat on a daily basis.And your daily multi-vitamin supplement does not have the enzymes and thousands of phyto-nutrients found in fruits and vegetables.

6. Cheat!
Let's face it, we all love to eat! So having a cheat day one a week will actually help you to stick to your nutrition plan. Oh, I see, you don't have a nutrition plan. My nutrition guide, *Simply DELicious*, will not only show you how to design your own personalized nutrition plan, you'll also get over 130 simple, delicious recipes that you can make in 10 minutes or less. Think you should own a copy? Only if you're interested in ROCK HARD ABS!



"Every man is the builder
of a temple, called his body."
–Henry David Thoreau

Dr. Del's Six-Week Ab-Blaster Workout

	Weeks 1 & 2	Weeks 3 & 4	Week 5	Week 6
Exercises	Workout A	Workout B	Workout C	Workout C
Frequency (Days/wk)	3-4 Days	3-4 Days	3-4 Days	3-4 Days
Reps/set	25 Reps	20 Reps	15 Reps	15 Reps
Rest Btw super-set	30 sec rest	No rest	No rest	No rest
Cardio	60 min 4x/week	60 min 5x/week	60 min 6x/week	60 min 6x/week
Nutrition (meals/day)	4-6 P,C,F*	4-6 P,C,F	4-6 P,F	4-6 P,F

P,C,F = Protein, Carbs, Fat

*See nutrition guidelines below and in my nutrition guide, ***Simply DELicious***.

Choose three different exercises from the specified exercises below and perform a set of each back to back, resting for 30 seconds only after the first three sets during weeks 1 & 2.

After week two, don't rest, do all three sets then start over again immediately...That's three supersets or a total of nine sets.

Diet & Cardiovascular Exercise

You will NEVER achieve those Rock Hard Abs unless you change your eating habits. You MUST eliminate the excess layer of bodyfat around your waist BEFORE you will ever see any definition in your abs. This requires a good nutrition program and daily cardiovascular training.

Cardiovascular training such as brisk walking, jogging, spinning, or aerobics will also improve your endurance for dancing.

Can Alcohol & Cigarettes increase Abdominal Fat Deposits?

A number of studies have shown smoking and alcohol to be associated with increased abdominal fat accumulation.

One Swedish study found that recreational drinkers had two to three times the amount of abdominal fat compared to non-drinkers.

Similarly, researchers at the University of Maitoba, Canada, found that cigarette smoking increases abdominal fat deposits.

Nutrition, Nutrition, Nutrition!
Nutrition is the key to your SIX-PACK!

" If you eat crap, you will look like crap!"

Achieving that elusive six pack is 80% related to what you eat! However, you must weight train to build muscle and do your cardiovascular exercise 5 to 6 days per week to burn excess bodyfat. Assuming that your training program is in high gear (if not, there's no time like the present to start), here's a nutritional strategy that has been proven to work and can work for you too.

Eat more often

Your primary objective in achieving your six-pack is fat loss. Assuming you've been working-out diligently, the muscles are already there. They may be buried under a layer or two of body fat, but they're there. However, if you're only eating 2 to 3 meals a day your body is more likely to be conserving most of the calories you eat, especially after many hours of not eating. Therefore, if you hope to lose the excess bodyfat, you must change your eating habits to 5 to 6 small meals daily.

Eat more lean proteins

Protein builds muscle. Therefore eat some lean protein (the size and thickness of your palm) with each meal. The best protein sources are egg whites, chicken breast, turkey breast, tuna, lean beef, tofu and fish. Stay away from any form of processed foods including most protein shakes and bars. These are okay during the muscle building phase of your program but they will not help you in your fat burning phase.

Eat more grains and lots of vegetables

Oatmeal, brown rice, barley, cream of wheat, these are great sources of complex carbohydrates that supply your body with constant source of energy throughout the day.

Here's the truth about carbohydrates…they're not bad for you! You need them for energy and to help move things along, you know what I mean, bowel movements. However, you must learn when to eat them to maximize your fat burning.

Here's how to have complex carbohydrates assist in your short-term fat burning program. Start with eating complex carbohydrates at 3 to 4 of your daily meals then gradually cut back to 1 (your morning meal) over the course of a week.

Be sure to increase your intake of green leafy vegetables like broccoli, cabbage, spinach, collard greens, etc., and add a whole food supplement (forget the multivitamin, you will get a more complete set of balanced nutrients from a fruit and vegetable capsule).

After your first week you can then change to three days of eating complex carbohydrates with only your morning meal followed by three days of adding complex carbohydrates to 3 or 4 of your meals. Continue playing with this equation to see what gets you the best results.

"When you believe you can-you can!"
- Maxwell Maltz

A word of caution

It is neither healthy nor desirable to go long periods such as weeks or months restricting your intake of complex carbohydrates. It is best to gradually decrease your carbohydrate intake over a three or four day period then gradually add them back.

If you are an endurance athlete, however, it is imperative that you eat some complex carbohydrates prior to your training or event. You should only follow the above plan on the days when you are not in training or competing.

You Are What You Eat

You might love wheat, you might hate meat,
You might demand a daily treat
You might just go from sweet to sweet
You might just diet and always cheat

Whether a bum or athlete
On the road to ruin or easy street
Back in the pack or among the elite
You are, you are, you are what you eat
Repeat, repeat
You are, you are, you are what you eat!

–Del Millers

Supplementation

Can you develop a six pack without supplementation? Highly unlikely. Try using Essential Fatty Acid (EFA's) supplements, a whole food fruit and vegetable capsules, and glutamine. These are all natural substances that have been scientifically proven to minimize muscle breakdown while maximizing fat-loss. Personally, I use them everyday.

And finally, I would be terribly remised not to mention the most important nutrient of all…water. The most important thing you can ever do in your effort to burn fat and develop chiseled abs is to drink at least one gallon of water per day. So there you have it. That's my nutritional program for banishing your belly and developing rock hard abs. Now get to work and come join me on the beach!

For more detailed nutrition guidelines, sample meal plan and over 130 simple, delicious 10-minute recipes, I would highly recommend that you also get a copy of my book,
Simply DELicious: quick & easy 10-minute "fit" recipes & nutrition guide!

Why I use and recommend Fruit & Vegetable capsules?

Good nutrition is important to good health, and eating plenty of fresh, raw fruits and vegetables everyday is critical to good nutrition.

Every year researchers continue to find elements in fruits and vegetables that help to build up the body's immune system, impede the development of disease and minimize unhealthy toxins that can lead to premature aging.

Unfortunately, most of us do not eat the recommended 6-9 servings of fresh, raw fruits and vegetables daily. And those that we do eat tend to be overcooked or picked prematurely so that they won't rot before they get to the market.

Fruit and vegetable capsules will help to bridge the gap between what the body needs and what we feed it. It is a convenient and inexpensive way to add more nutrition from fresh, raw fruits and vegetables to your diet, everyday. In just four capsules per day, you're feeding your body the nutritional goodness of over twenty of the most nutrient dense fruits and vegetables available, without the sugar or salt.

But I already take vitamins

A multi-vitamin supplement contains at most, a few hundred man-made vitamins and minerals. In contrast, fruits and vegetables contain thousands of vitamins, minerals, active enzymes, antioxidants, phytochemicals, chlorophyll and even some fiber. Furthermore, in your body, all these nutrients work together synergistically to contribute to good health.



"The Journey is the Reward."
–Taoist Proverb

15 Important Ab-Training Performance Pointers

1. Variety
You've heard the saying… variety is the spice of life. If you're bored, don't you think that your body is bored too? So why continue to do the same old exercises day after day? Change things up if you want to make progress. You've got to "shock" your muscles if you want them to grow. That is you have to prevent your body from getting accustomed to the same exercises.

2. Contraction
To get the most out of your training you must focus on each contraction. You should feel each contraction. In other words, if it's not painful, you're not doing anything. You may find it helpful to place one hand on your midsection to physically feel each contraction and to remind you to focus on the movement. Without focus, your form will deteriorate and you will just be going through the motion…wasting your time.

3. Constant Tension
Because the abdominal muscles recover very fast, try not to stop between reps. Also, try and maintain constant tension on your abdominals throughout your set.

4. Breathing
To maximize your efforts learn to breath deeply. Breathe in during the relaxation phase and forcefully exhale through your mouth during the contraction. The removal of air from your lungs will enable you to have a more intense contraction.

5. Spinal Alignment
Never interlock your hands behind your head during ab work. Doing so will most likely pull your head forward and disrupt the proper alignment of your spine. Instead, cup your hands behind your ears or place them on the sides of your head to support it.

6. Upper vs. Lower Abs
The truth is whenever you work your abs you are working both upper and lower at the same time. Yes, there are exercises that focuses primarily on upper or lower, but you're still working both.

7. Obliques
Your abdominal Obliques are responsible for all twisting and rotation at the waist. Therefore you should also try and incorporate some rotary movements with your ab work.

8. Range of Motion
To maximize your results, try and maintain a very small range of motion when working the abs. Any movement bigger than 45 degrees from horizontal does not result in additional contraction or stimulation of the abs.

9. Resistance & Control
Slow movements increase the intensity of your contractions. Also, as you get more advance in your training, you can increase the difficulty of each exercise by adding weights or changing the angle of the exercise (i.e. laying on a decline bench instead of a flat surface).

10. When to Train Your Abs
Will you really be inclined to train your abs after a strenuous workout? Maybe you should try doing them first or even on your cardio days.

11. How Often?
It isn't necessary to train your abs everyday. Work them hard and then let them rest for a day, then work them again. You should give them a good 48 hours to recover.

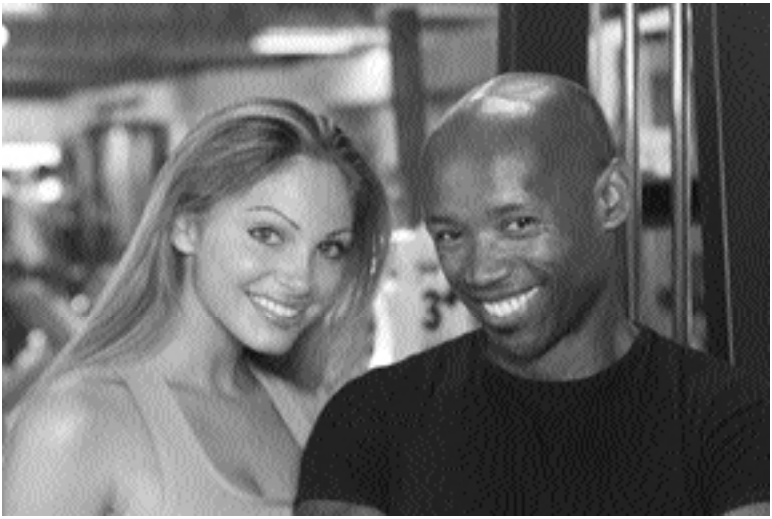
12. Repetitions
The truth is if you're doing more than 25 repetitions when you do crunches, you're wasting your time. For a muscle to grow it needs progressive resistance over time. Which means you have to constantly change the resistance and the amount of repetitions that you do. This also applies to your abs. First, you should train to develop muscular endurance, then gradually add weight and decrease the amount of reps to stimulate muscle growth. This type of muscle growth is what builds the ridges you see in a well-developed six-pack. Generally speaking, your sets should be 10-25 repetitions.

13. Lower Back
Every muscle has an opposing muscle group that must be developed equally for balance and symmetry (biceps/triceps, quads/hamstrings, etc.). The opposing muscles to the abdominals are those of the lower back. To train these muscles you should include exercises such as back extensions and deadlifts.

14. Morning Cardio
According to the latest research, doing some form of aerobic exercise for just 20 minutes first thing in the morning on an empty stomach, after an eight-hour fast, maybe more effective in burning fat than a full hour of cardio later in the day, after you've eaten a few meals?

15. Rest
Your body builds and repairs muscle tissue when you're asleep. Therefore, you can't build a great looking body on four hours sleep.

The Exercises

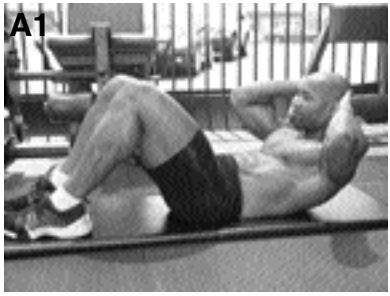


"It's never too late to be
the person you might have been!"

Workout A:
The Basics

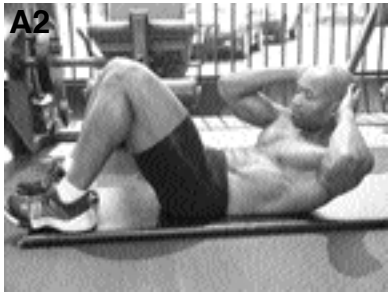


Lay on your back with your knees bent and feet comfortably apart. Place your hands gently to the side of your head beside your ears. NOTE: Don't lock your hands behind your head, this may put too much pressure on your neck.

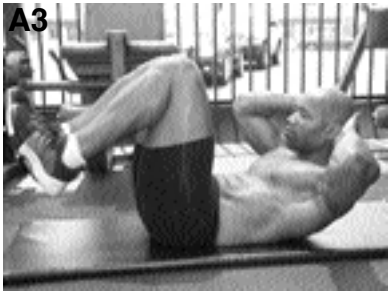


Push your lower back into the mat, squeeze your abs tight and slowly raise your upper back off the floor. NOTE: On all your crunches, hold the contraction at the top for at least "one count" and squeeze your abs really tight.





As you raise your upper back off the floor, twist slightly to the side, towards your knee. Alternate sides.



Elevate your feet off the floor with knees bent and perform the same basic crunch as in A1.

Elevate your feet off the floor and perform the same basic crunch as in A1.



Elevate your feet off the floor, slowly lifting your upper back while twisting slightly towards your knee.





Lay on your side as shown, slowly elevate your shoulder off the floor. Do the same on the opposite side.



Push your lower back into the floor. Lift and twist your shoulders to one side while bringing the same knee into your chest and extending the opposite leg. Hold the position for "one count".



Lay on your back with legs at a 45 degree angle. Push your lower back into the floor and squeeze your abs tight. With arms straight, slide your hands up the sides of your legs while lifting your upper back off the floor.



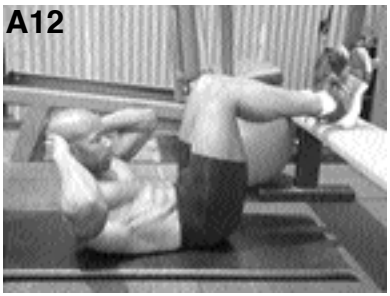
Same as A8, except bring your knees in towards your chest as you lift your upper back off the floor.



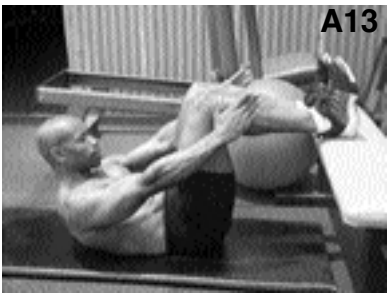
Lay in a "push-up" position, except on your elbows with fists together and elbows shoulder width apart. Squeeze your abs and glutes tight and hold your position with your body completely straight for one minute.



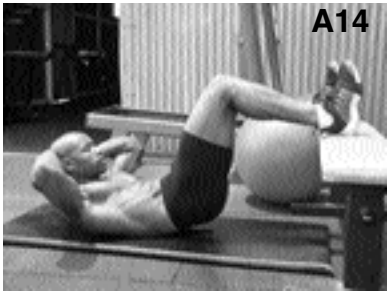
Lay on your back with feet on a bench or against the wall as shown above. Do a basic crunch as in A1.



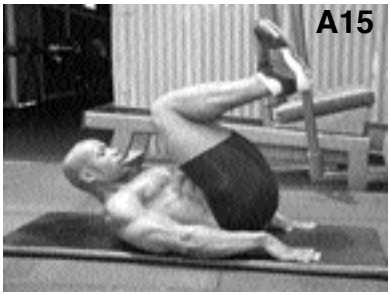
Lay on your back with feet on a bench or against the wall as shown above. Do a basic crunch as in A2 (twisting to the side, both sides).



Lay on your back with feet on a bench or against the wall as shown above. With arms straight, reach up and try to touch the bench, while lifting your upper back off the floor.

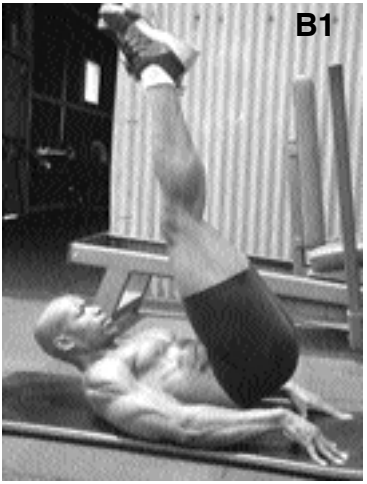


Lay on your back with feet on a bench or against the wall as shown above. Do a basic crunch as in A1, at the same time squeeze your butt tight and lift your pelvis off the floor.



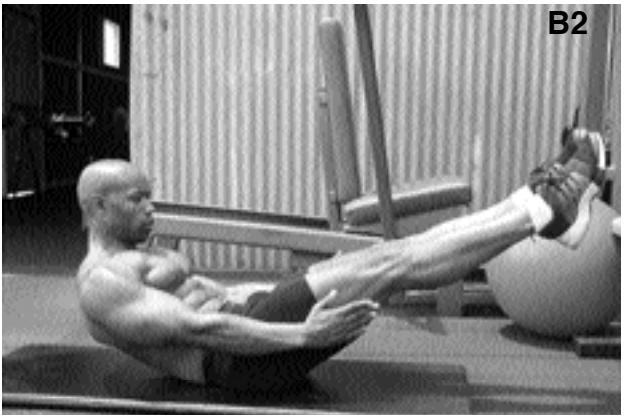
Lay on your back with feet elevated and arms to your side. Push your lower back into the floor, squeeze your abs tight and gently lift your tail-bone off the floor. Hold position for "one count".

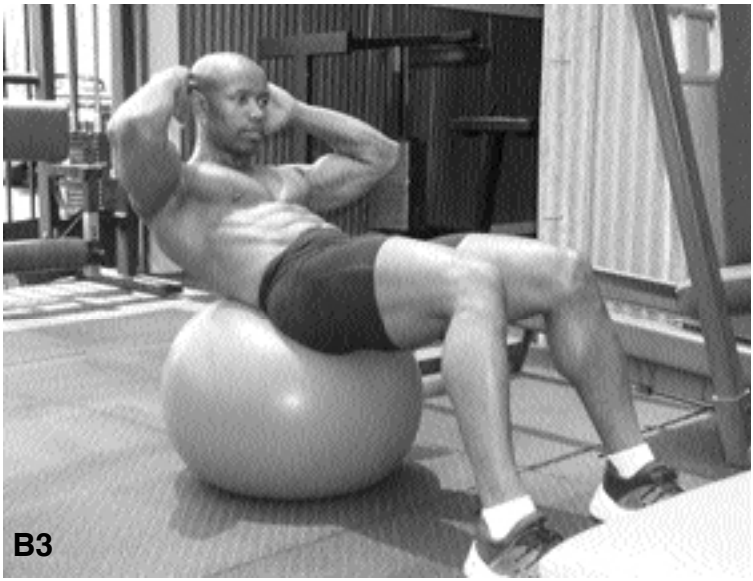
Workout B:
Progressive Challenge



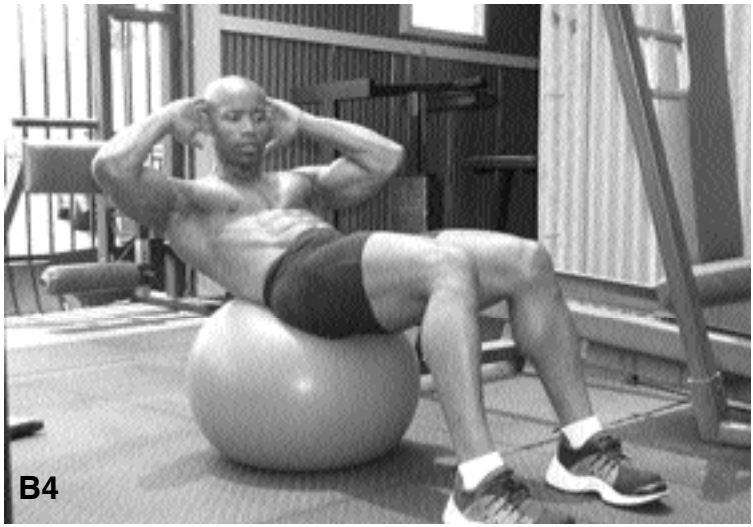
Lay on your back with feet elevated and arms to your side. Squeeze your abs tight while pushing your toes up toward the ceiling. Hold at the top for "one count".

Lay on your back with feet elevated 45 degrees off the floor. Push your lower back into the floor and squeeze your abs tight while lifting your upper back off the floor. Hold at the top for at least 30 seconds



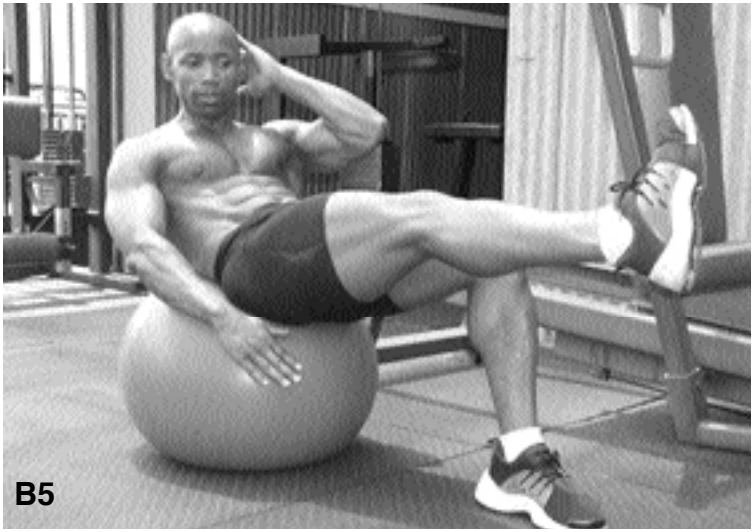


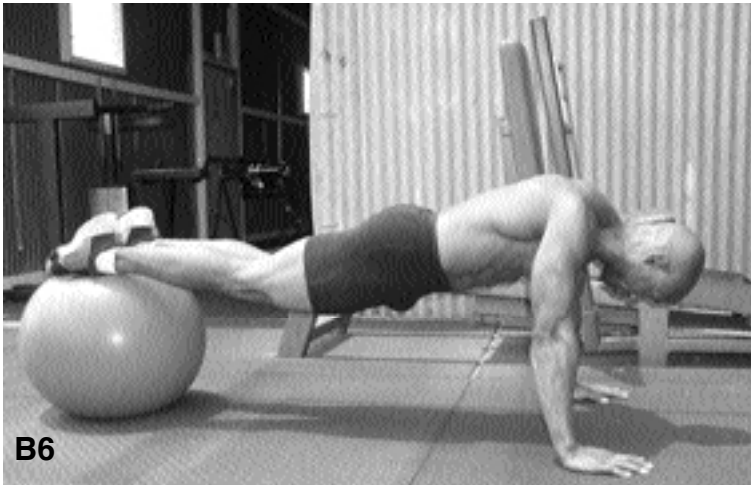
Basic crunch with lower back resting securely on the stability ball, feet shoulder width apart, knees bent.



Basic crunch with a twist, with lower back resting securely on the ball, feet shoulder width apart, knees bent.

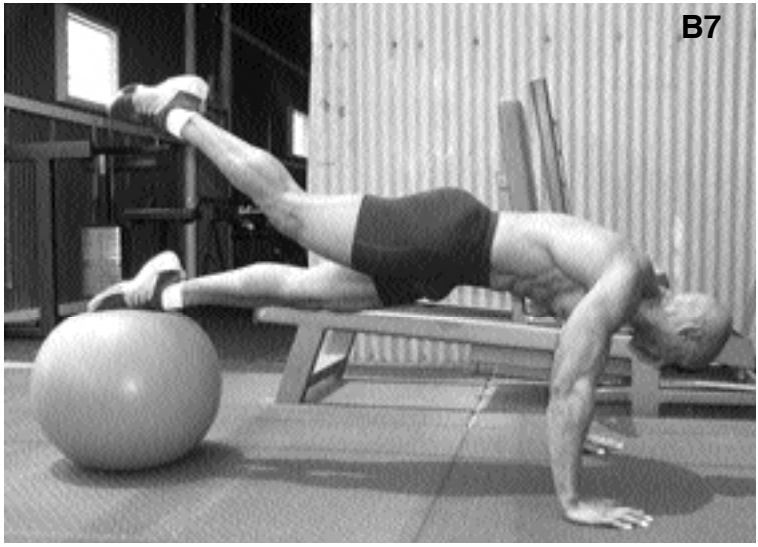
Basic crunch with a twist, with one leg elevated. Maintain your balance.

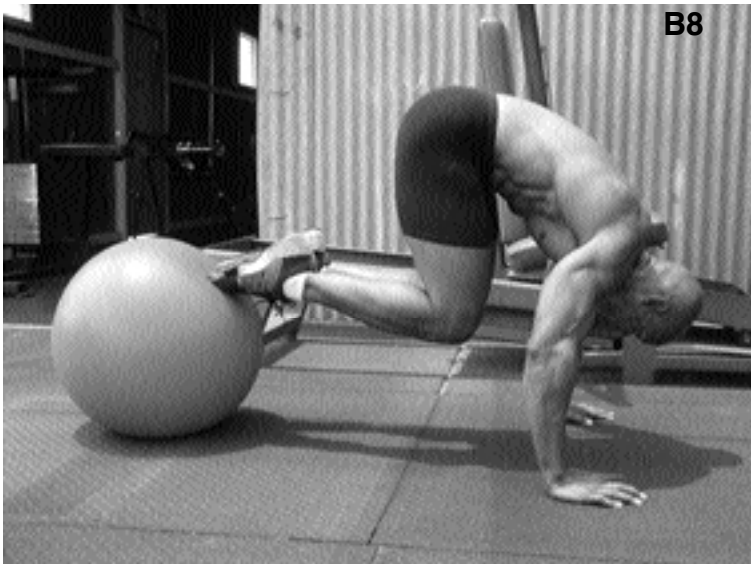




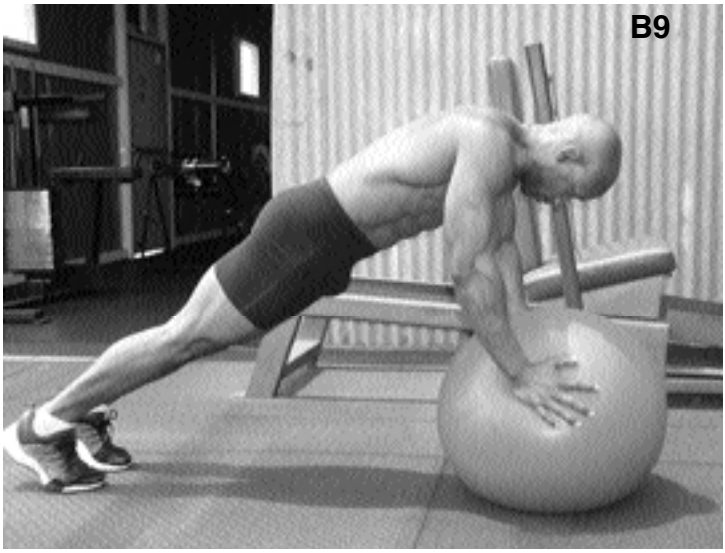
Assume a "push-up" position on the ball and hold it for one minute. Keeping your abs tight, body straight.

From a "push-up" position on the ball, elevate one leg and hold for at least 30 seconds. Keeping your abs tight, body straight.

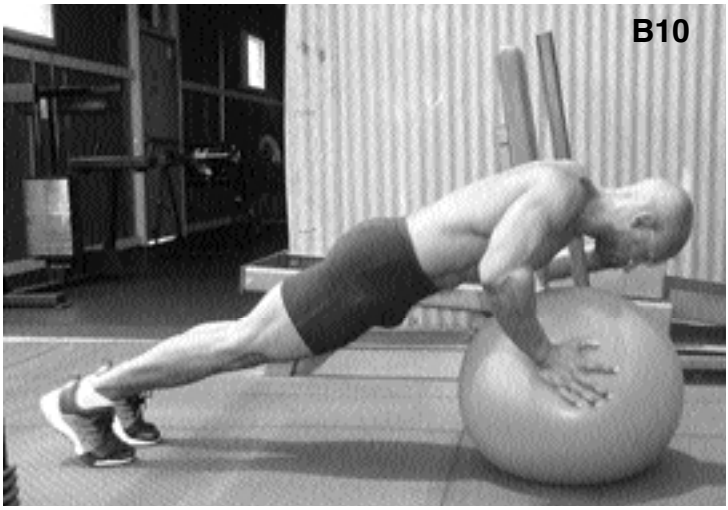




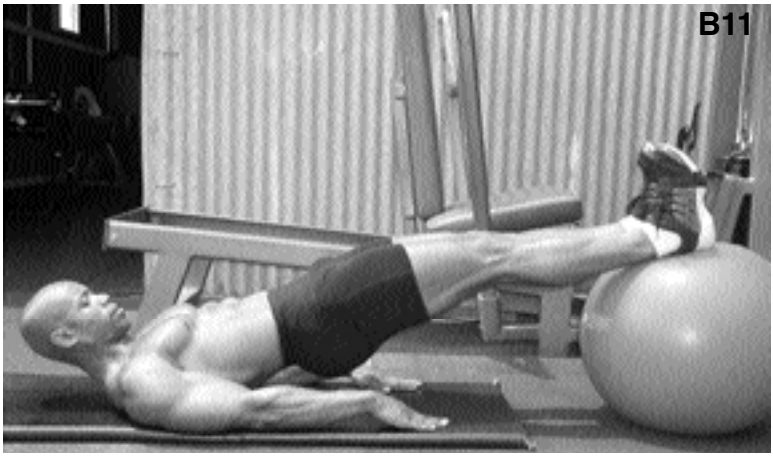
From a "push-up" position on the ball, tighten your abs and bring your knees in toward your chest; top of foot still on the ball.



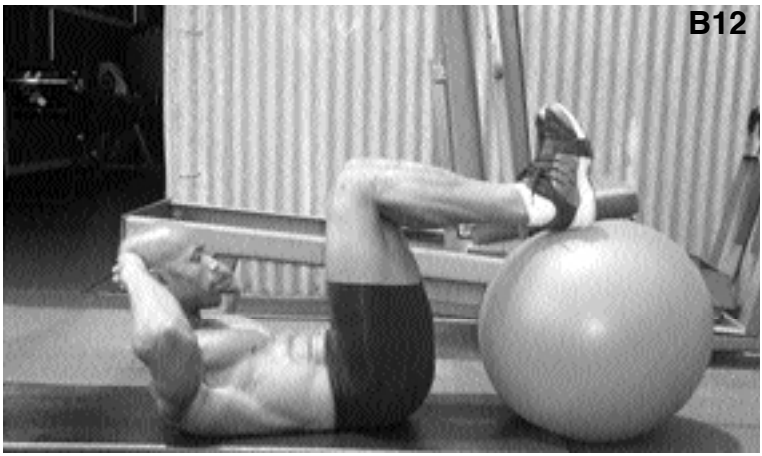
Assume a "push-up" position on the ball and hold it for at least one minute.



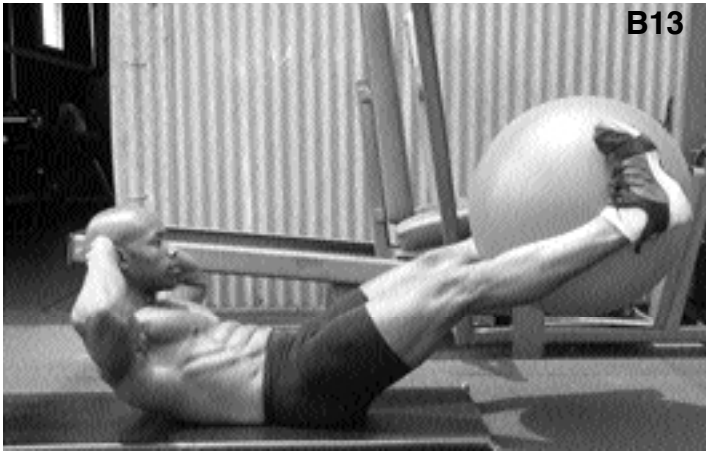
From a "push-up" position on the ball, tighten your abs and lower your body towards the ball, keeping your body straight. Hold position for 1 minute.



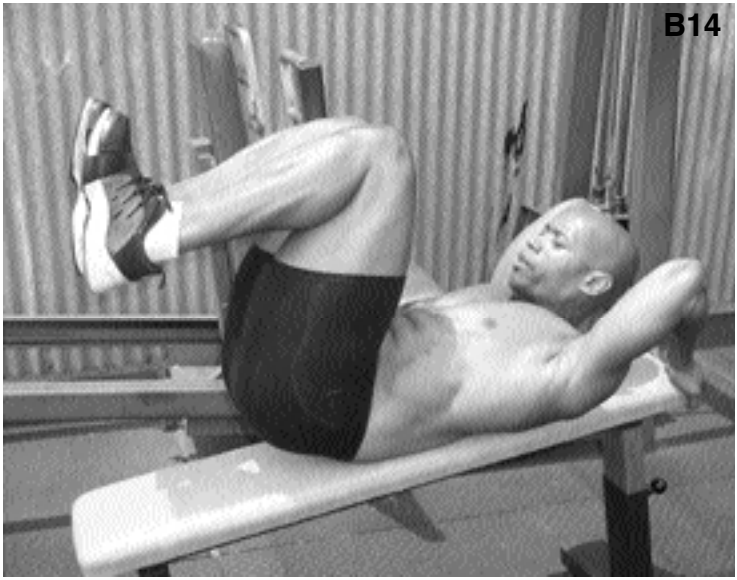
Lay on your back with heels on the ball and arms straight to your side. Squeeze your abs and glutes tight and elevate your pelvis until your body is straight. Hold for 1 minute.



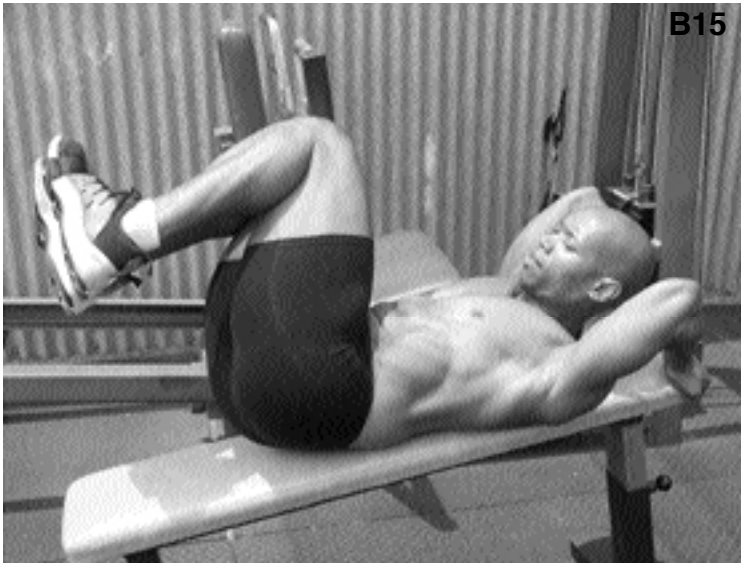
Lay on your back with knees straight and heels on the ball. Squeeze your abs and push your lower back into the floor. Do a basic crunch as in A1, while bringing your knees in toward your chest. Keep the heels on the ball.



Lay on your back with knees straight. Squeeze the ball between your legs and elevate your legs as you do a basic crunch. Hold at the top for "one count" then lower the ball half-way. As usual, push your lower back into to floor and squeeze your abs tight.

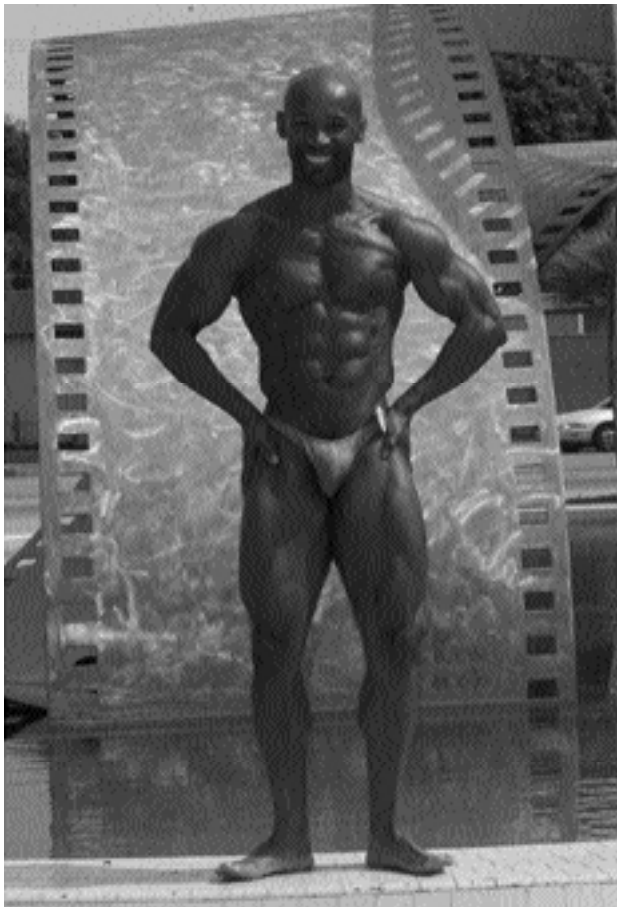


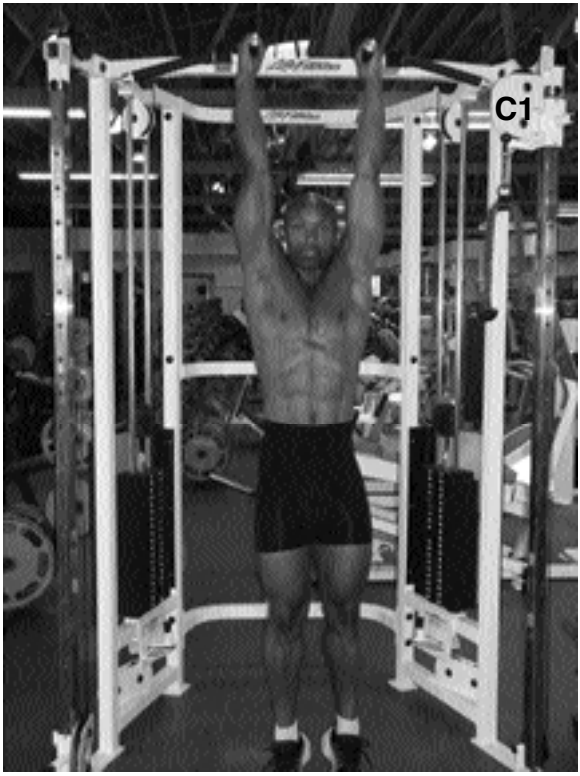
Lay on an incline bench with your knees bent, holding on to the back of the bench. Push your lower back into the bench and squeeze your abs tight. Lift your "tail-bone" off the bench slightly and hold for "one count".



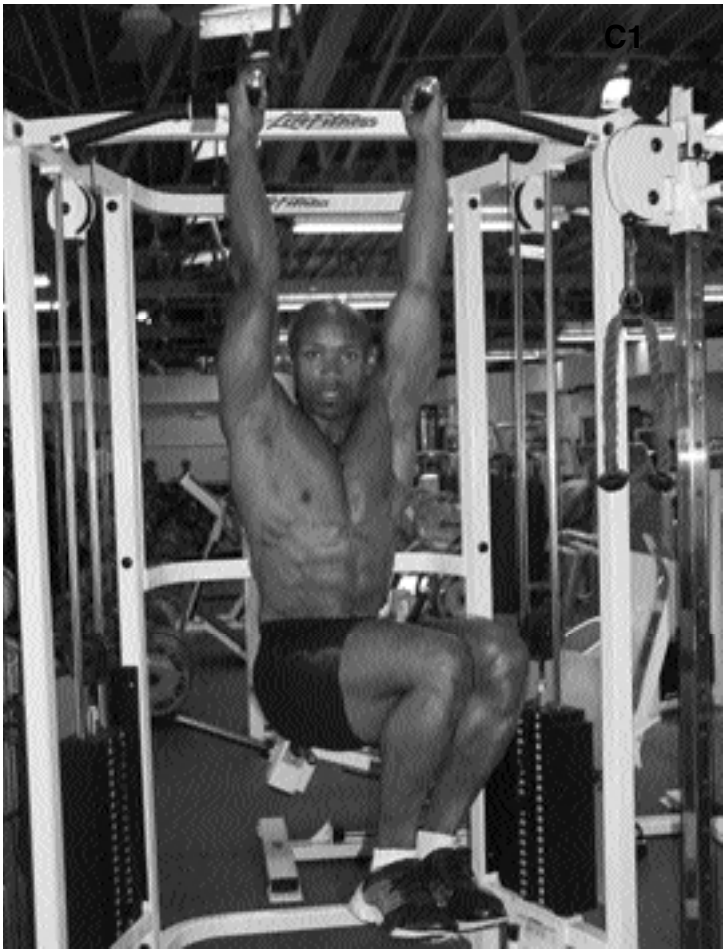
Same as above, except twist your body to one side. Do another set on the opposite side.

Workout C:
Advance "Core" Training

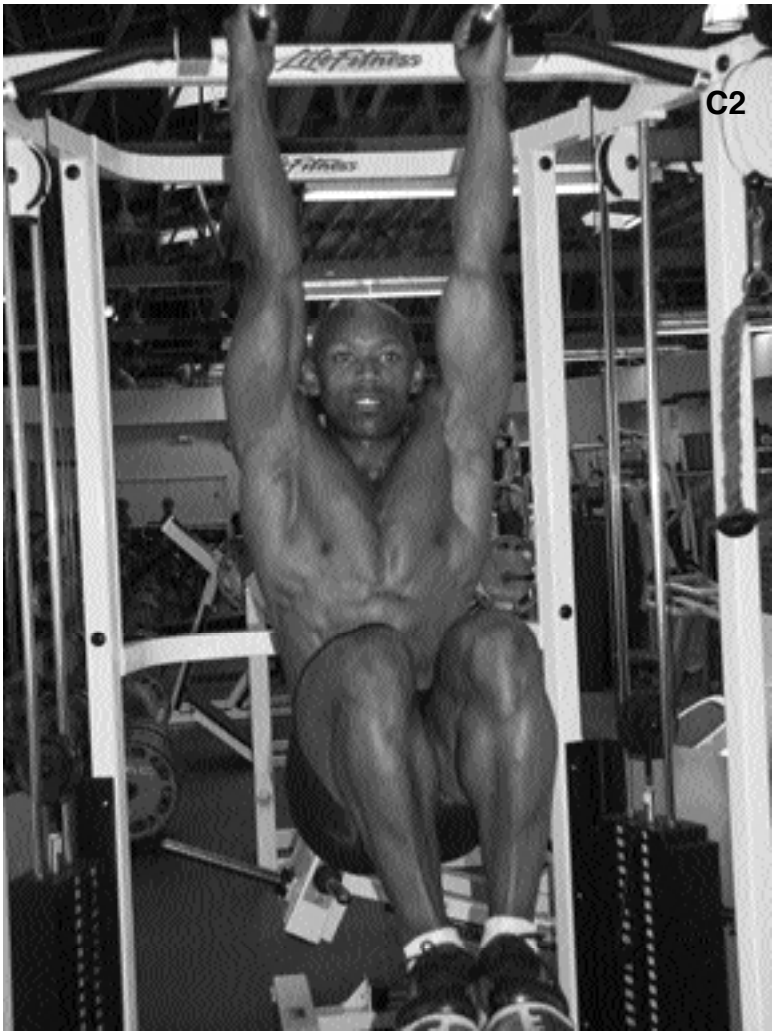




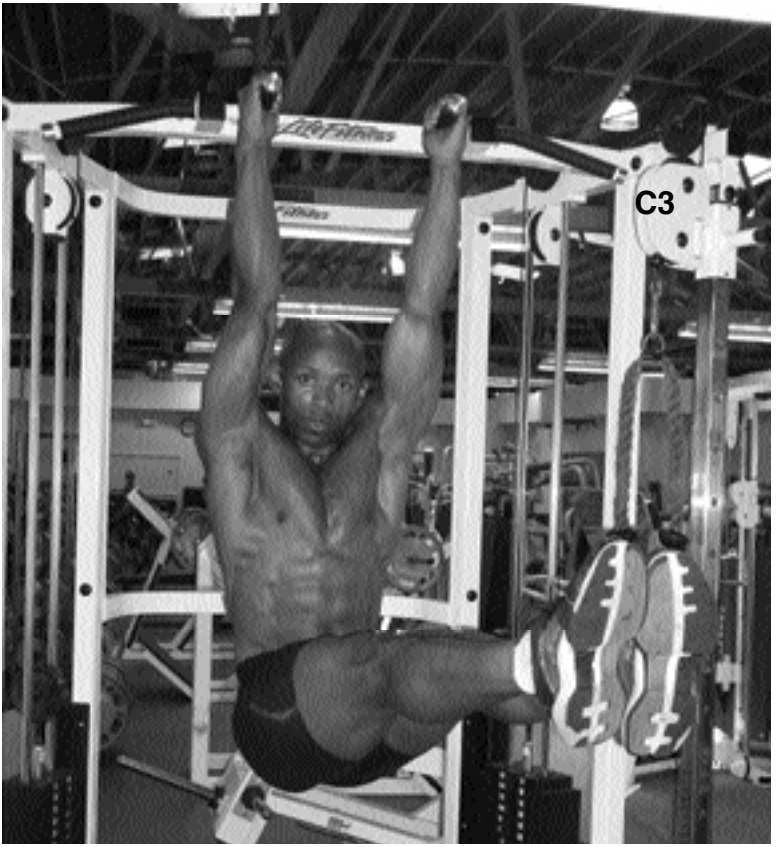
Hang freely from a chin-up bar.



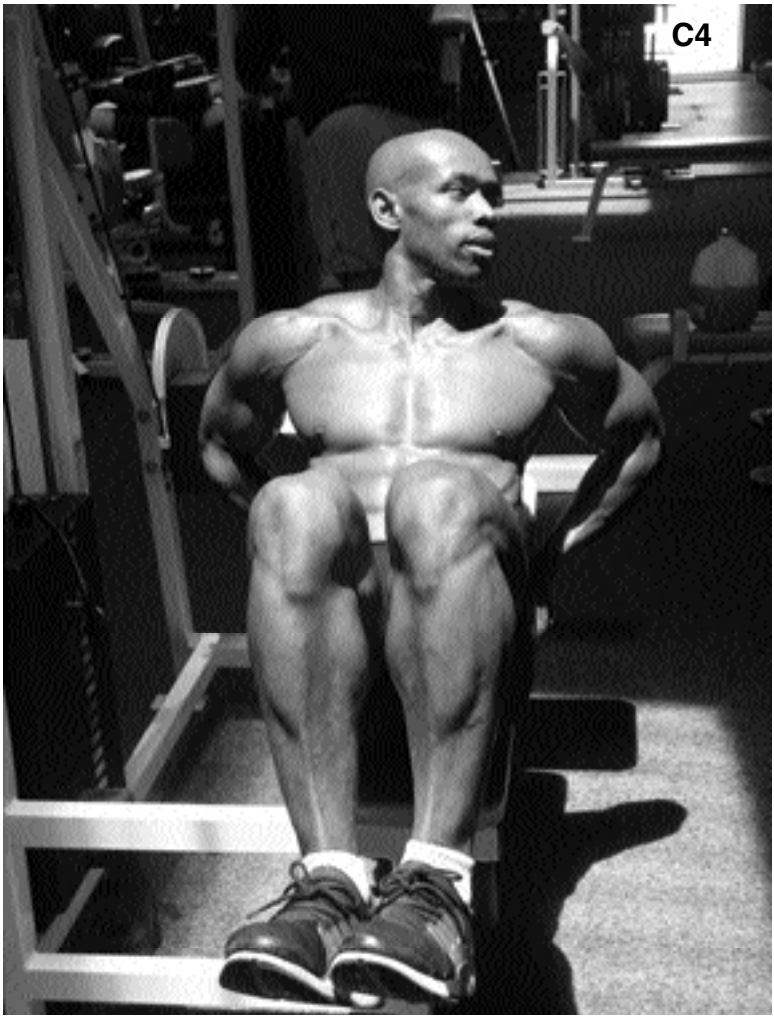
Hang freely from a chin-up bar. Raise your knees up and to the side. Lower your knees and do the same to the opposite side. Hold contraction at the top for "one count".



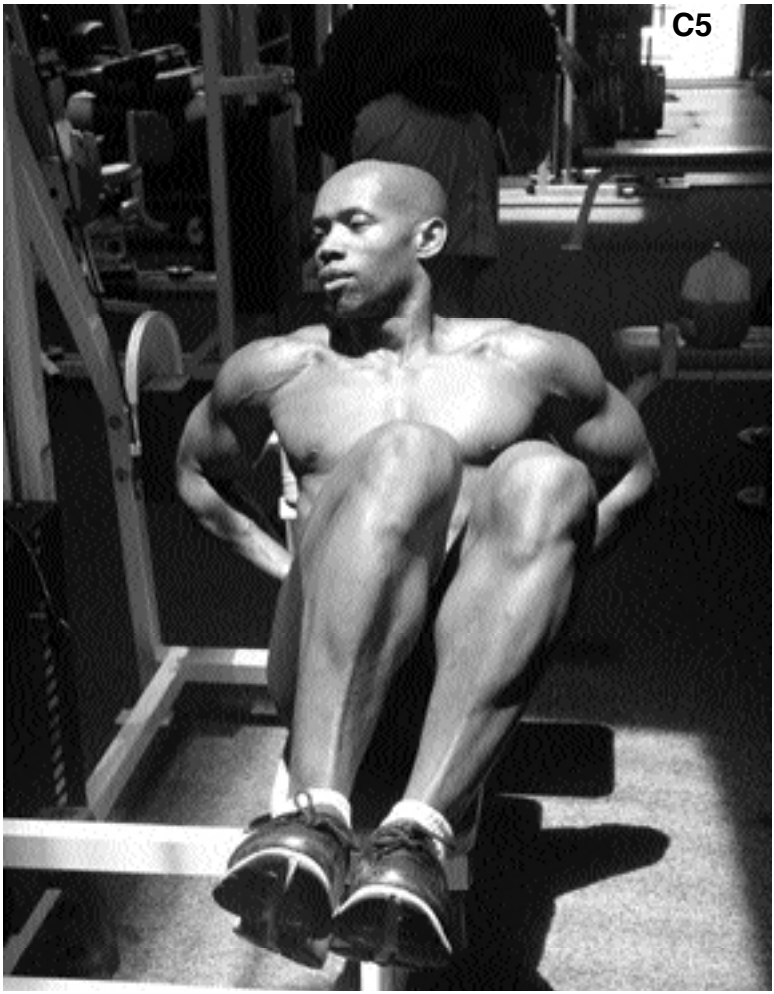
Hang freely from a chin-up bar. Raise your knees up to your chest. Hold contraction at the top for "one count".



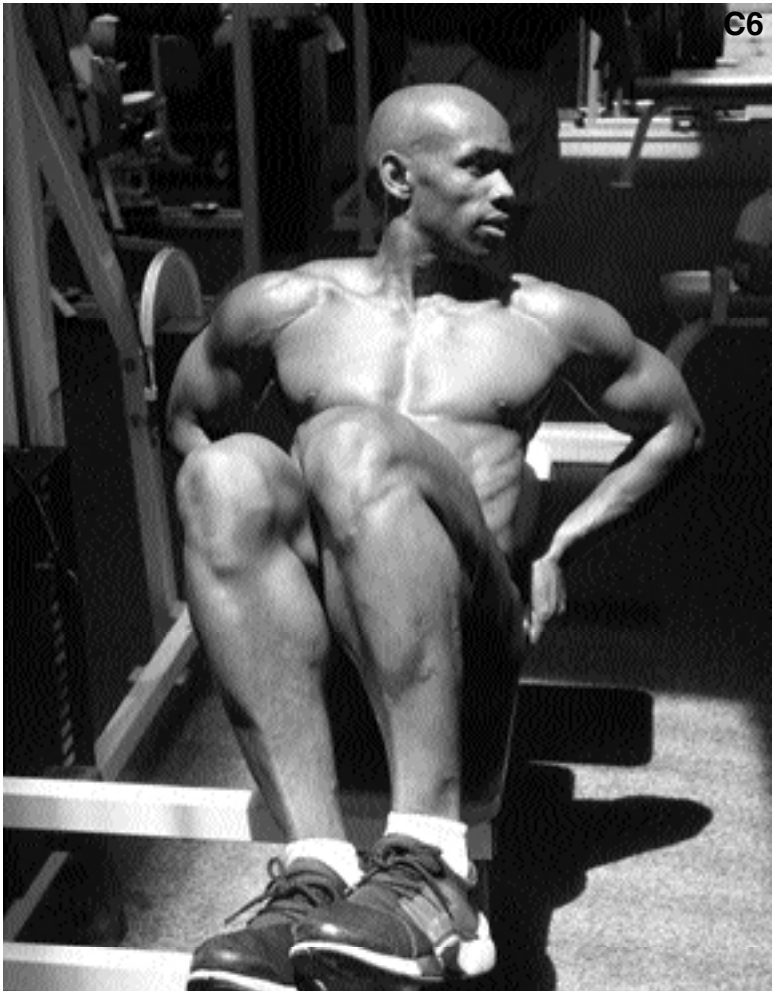
Hang freely from a chin-up bar. Tighten your abs and elevate your legs as high as you can. Hold contraction at the top for "one count".

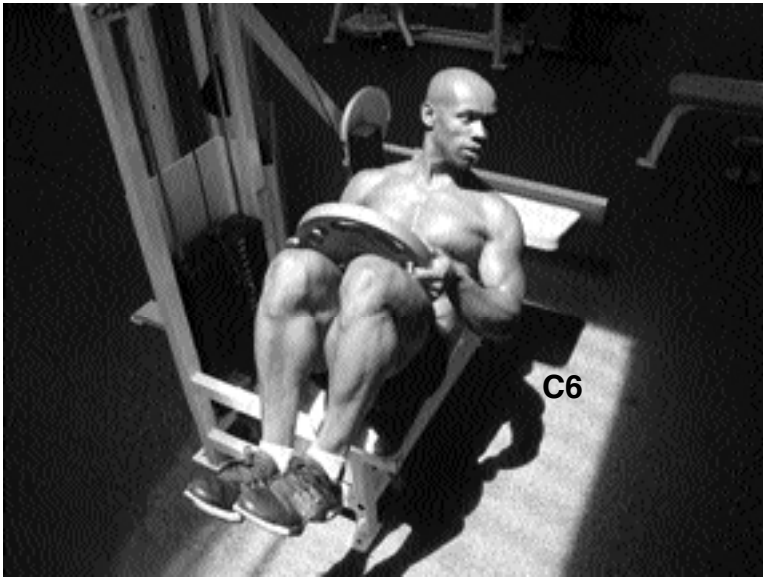


Sit on an incline bench with knees bent. Lean back and hold the bench on both sides. Squeeze your abs tight and bring both knees in toward your chest. Hold for "one count".

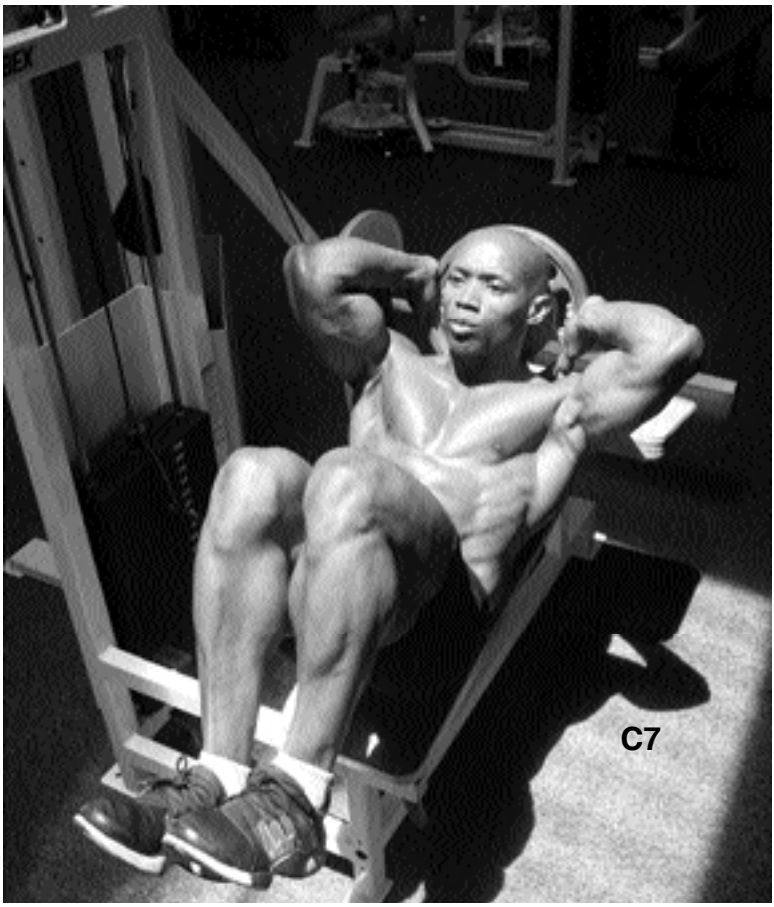


Same as C5, except, bring knees in slightly to one side, then the other.

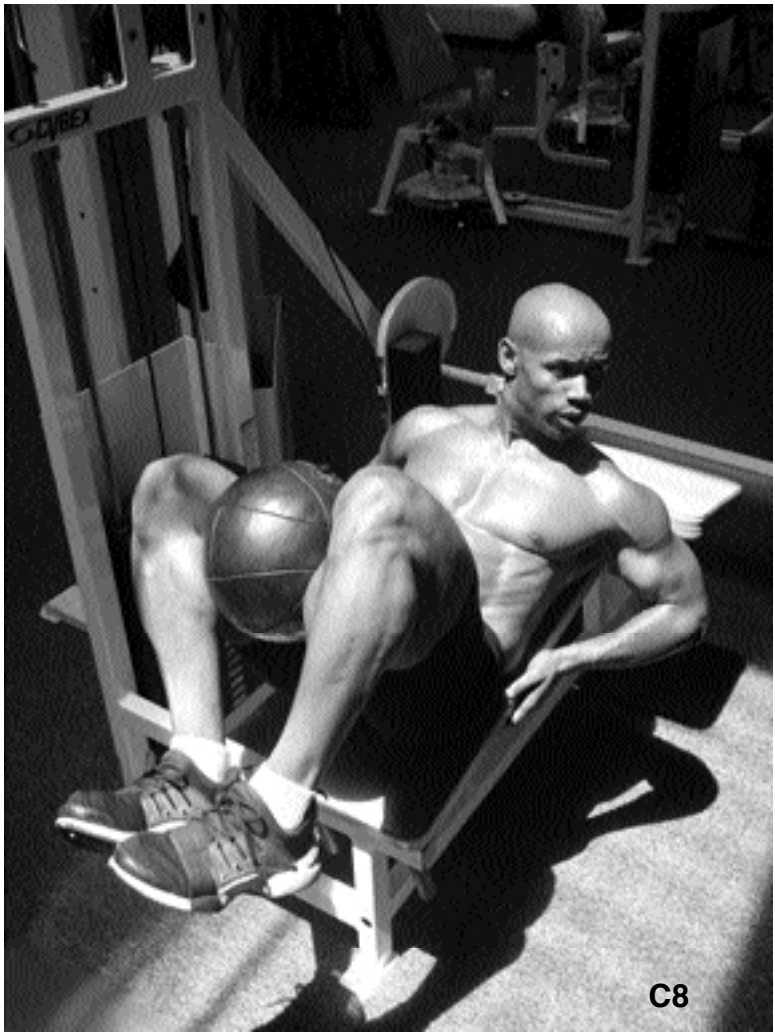

C6



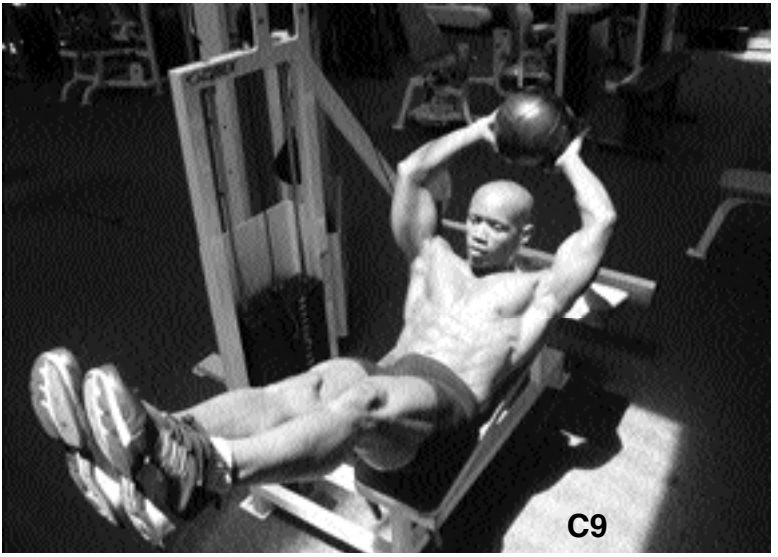
Same as C5, except, hold on to a dumbell instead of the bench.



Let your head rest onto a bumbell, holding it behind your neck. Lay on an incline bench with legs elevated. Press your lower bach into the bench, squeeze your abs tight, elevate your upper back off the bench and bring your knees in toward your chest at the same time.

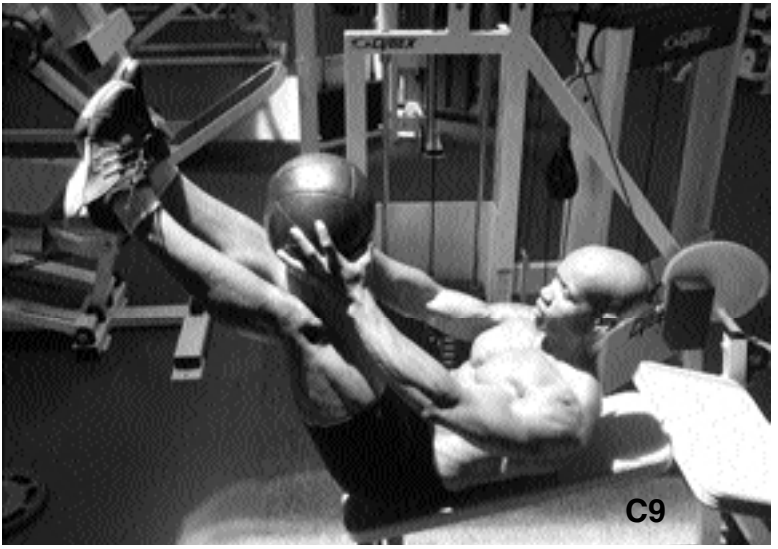


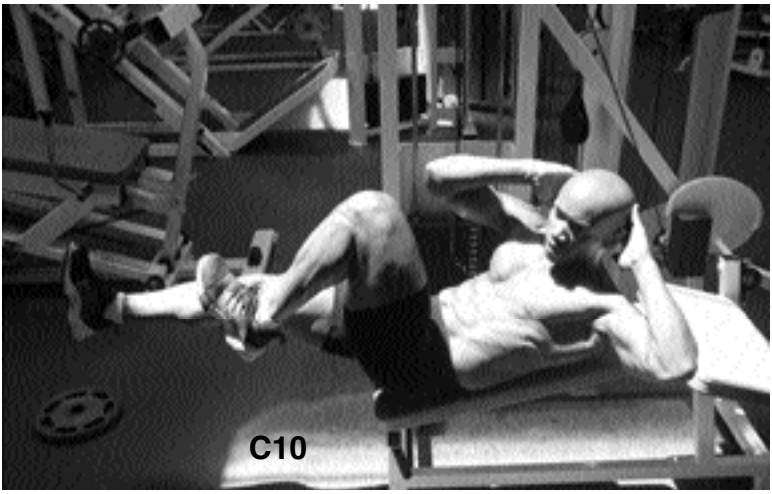
Same as C5, except with medicine ball between your knees.



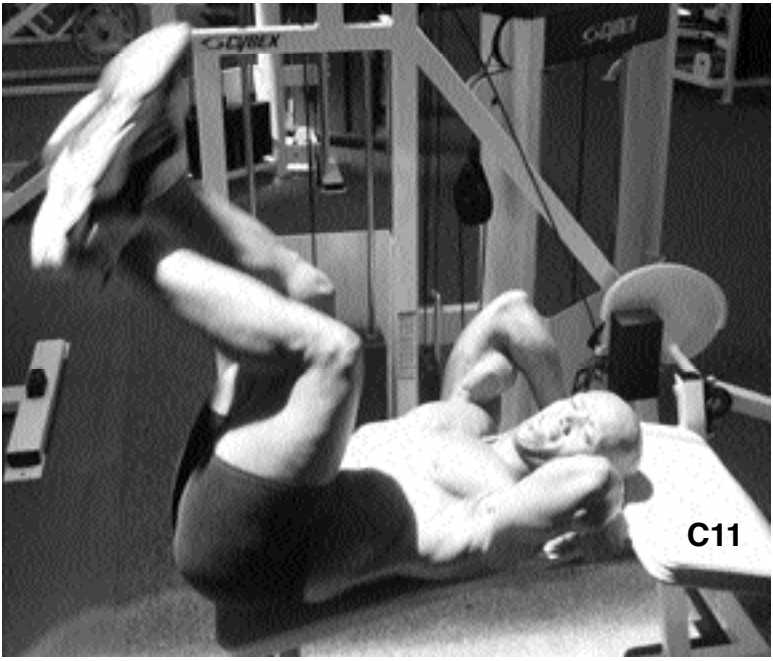
Lay on an incline bench with legs elevated 45 degrees and arms extended and holding a medicine ball.

Elevate your legs and arms until they meet (BELOW). Hold for "one count".

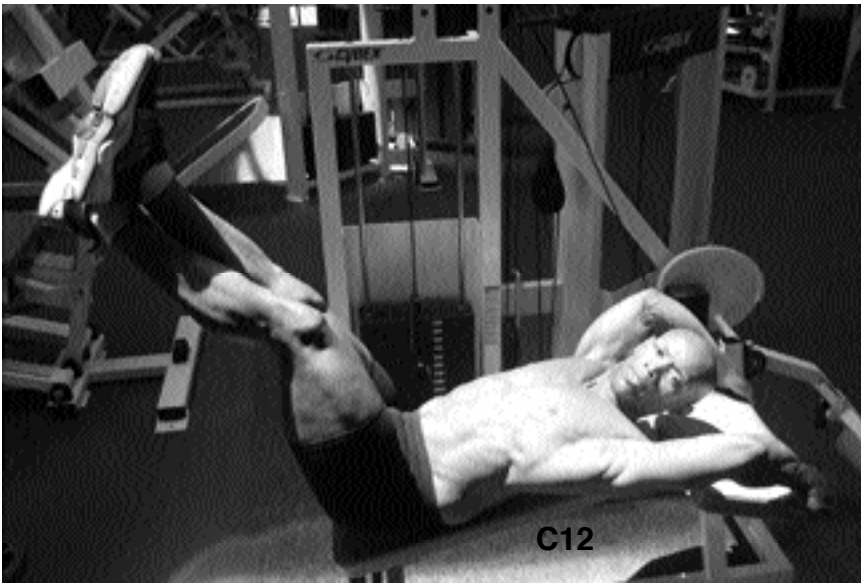




On an incline bench, lay with knees bent, elevate your upper body and twist in the direction of one knee while extending the other. Alternate sides. Hold each contraction for "one count".



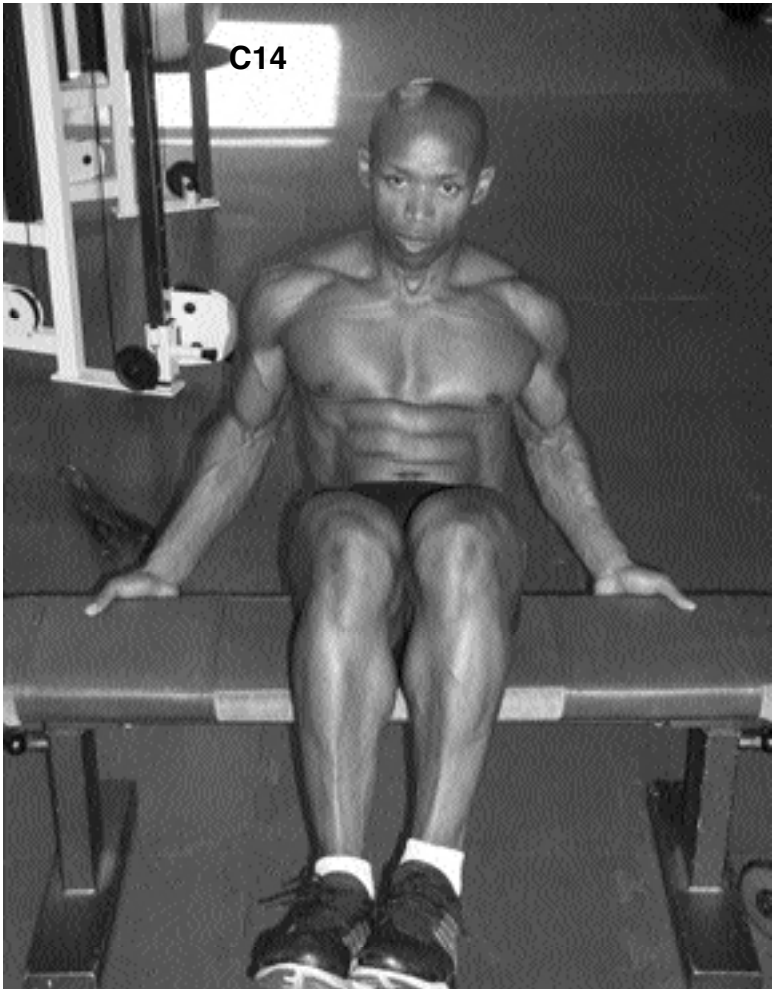
Laying on an incline bench, push your toes up toward the ceiling and hold for "one count".



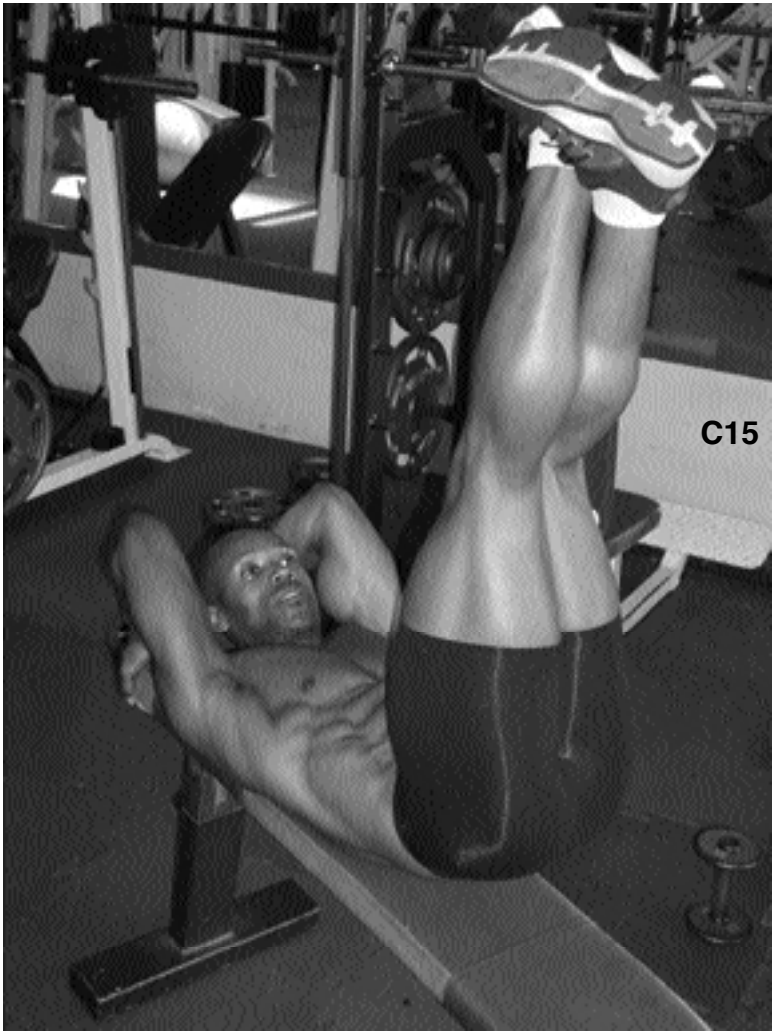
Laying on an incline bench, keep abs tight and lower your legs until your body is straight then bring them back.

Laying on an incline bench, elevate your upper body as far as you can and hold it for one minute.

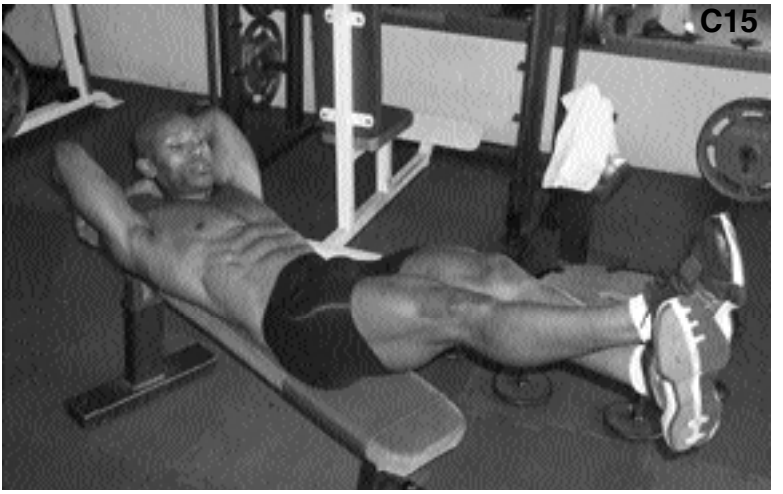




Sit back on a bench, holding on as shown above with knees bent. Bring the knees as far into your chest as you can, hold for a second and repeat. For more challenge, start with your legs complete extended.



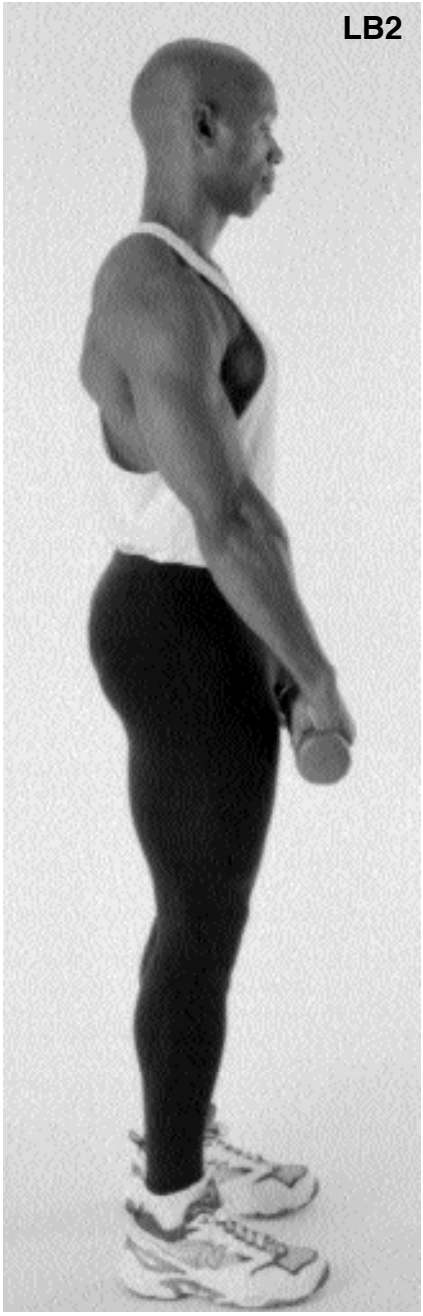
On an incline bench, push your heels up toward the ceiling and hold for "one count". Slowly lower your legs to 45 degrees above the bench and hold for "one count". (BELOW)


C15

Lower Back



Lay face down on an incline bench. Squeeze your buttocks tight and elevate your legs as high as you can and hold it for "one count".



Stand with feet hip distance apart and dumbell in each hand. With your knees slightly bent, push your buttocks behind you and slowly lean forward and down toward the floor, keeping your back arched, head neutral and arms relaxed (BELOW).

LB2



Entering the Winners Circle:
Desire, Discipline, Determination!

"A great flame follows a little spark"
--Dante, The Divine Comedy

I have worked with many clients who have transformed their bodies and their lives. I have also worked with others who are still struggling. Success requires: desire, discipline and determination. You must have a very strong desire for what you want. Almost to the point of obsession. Your desire should be so strong that it keeps you up at night, gets you up early in the morning and keeps your eyes burning with future possibilities throughout the day! It is the BIG WHY you will need to keep yourself going when you're tired and exhausted and you're not sure you want to take another step. It is the fuel for your "dream-wagon." Without it, all is lost!

"Desire is the fuel for your "dream-wagon."

Desire alone, however, will never get you anywhere! Success requires ACTION! Whenever you take one step forward, what you desire is brought two steps toward you. This is important, remember this! You must develop the discipline to stay on course, to follow your plan! If you fall, get up, dust yourself off and keep on going. The truth is you will fall, we all do. Success isn't about who made it without falling. Success is granted to those who fall time and time again, but who get up again and again and again! This requires great discipline.

Discipline is knowing what you have to do to get a desired outcome, and being totally committed to doing it...whether you feel like it or not!

"Your own resolution to success is more important than any other one thing."
– Abraham Lincoln

The final piece of the master plan is determination. Determination is the "will" to bend the forces of the universe to your calling. When you are determined, the very thing you seek becomes a dance between life and death. Death, of course is not an option, therefore the only possibility is to LIVE! To succeed!

Determination is an "iron will" whose mantra is: "Success is Eminent! Failure is not an option!"

Remember, change is temporary. Transformation is forever! To transform your body and your life, you must have desire, discipline and determination! When you possess these three critical elements, success is eminent! Welcome to the Winners Circle!

"Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.
Begin it now!"
– Goethe

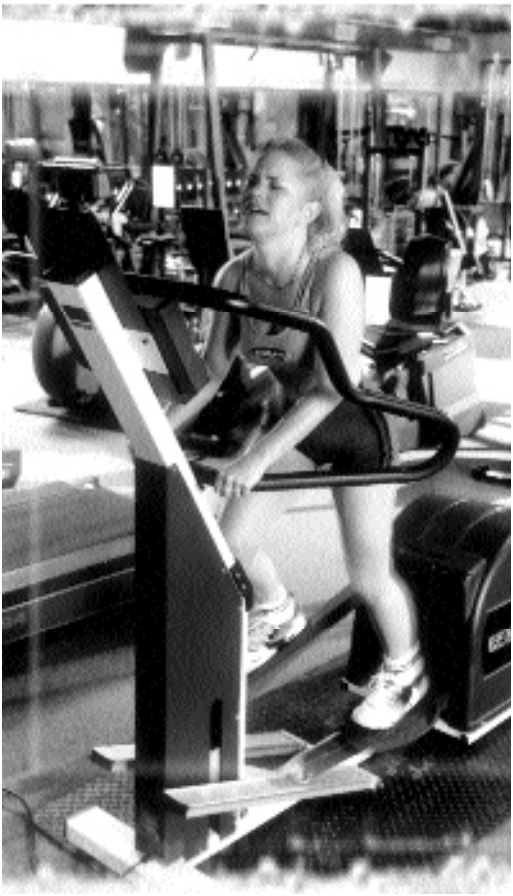
DESTINY

Destiny is not a road for the weak-hearted
First it takes Desire just to get started
Then it takes Discipline and a sense of self control
Finally Determination to get you to your goal

But if you have the Desire you'll find your way somehow
The sound you hear is Destiny calling, the time to start is Now!

–Del Millers

THE STAIRMASTER BLUES!*



I'm tired, I'm bored
I'm sticky, I'm sweaty
This is way too hard
Enough already

This sucks, this hurts
I truly hate pain
I look so stupid
This is really insane

I don't want to do this today
Why me?, I've been doing OK
Why am I doing this anyway?

No matter what they try to say
This doesn't feel at all like play
Why am I doing this anyway?

I've been on this thing
Forever again
What time is it now
Never never again!

My feeble mind's on holiday
My butt is tired, my feet are clay
Why am I doing this anyway?

It's only ten minutes?
This is all a bad dream
Get me off of here
I'm about to scream!
I'm About To Scream!!
I'm about to Scream!!!

*excerpt from Dancing with God by Del Millers

FAREWELL

As we come to the end of our time together, here's something to keep in mind:

Nothing in life worth having ever comes easily!

Therefore the question to ask yourself is this:
Are you willing to work for those Rock Hard Abs?
And are you willing to do the work necessary to Look Good Naked?

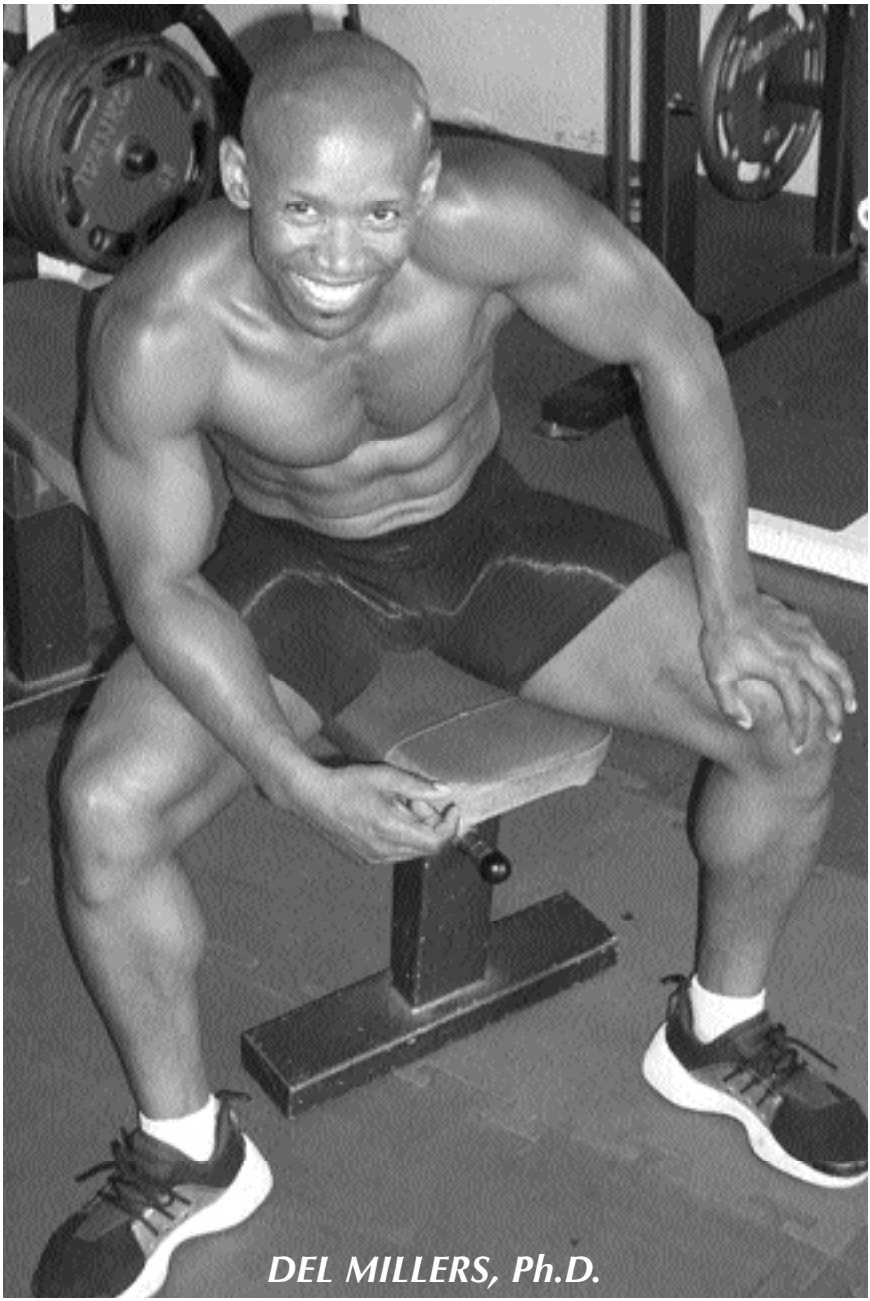
I like to remind my clients that when we work hard on ourselves, we not only change our bodies, we also change our lives.

We discover things about ourselves, hidden talents we didn't know we have...

Eventually, we also tap into that hidden reservoir of inner strength and mental resilience that is unparalleled.

If nothing else, remember this...

Fitness is a spiritual adventure of body and soul...
Enjoy the ride!


DEL MILLERS, Ph.D.

ABOUT THE AUTHOR

Del Millers, Ph.D.
Author, Speaker, Life Coach

DEL THE AUTHOR

Other Books by Del Millers:

DR. DEL'S RAPID FATLOSS MANUAL:
A Scientific Approach to Building Your Leanest Body Ever

DR. DEL'S RAPID FATLOSS MEAL PLAN:
A Science Based Eating Strategy
for Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS COOKBOOK:
Quick & Easy "10-Minute Meals"
for Building Your Leanest Body Ever.

DR. DEL'S RAPID FATLOSS DETOX-CLEANSE PROGRAM
A 21-Day Whole Food Based Plan for Jumpstarting
Your Body's Fat-Burning System

DR. DEL'S 10-MINUTE MEALS:
Quick and Easy Recipes for Building a Fit and Healthy Body.

DEL'S 10-MINUTE TOTAL BODY WORKOUT:
When all you've got is 10 minutes to spare!

DEL THE SPEAKER

Speaking Engagements And Seminars:

Speaking the Spirit of the Body's Wisdom

When Del Millers speaks, people listen. He knows an awful lot about the physical body, and he looks like it. He also knows an awful lot about the mind and emotions, and he demonstrates it. And that he has a very intimate and personal relationship with his own spiritual nature puts him in a very unique position to be able to support, motivate, and encourage people to reach new levels with their personal dreams and ambitions. As one client puts it, "I have had many personal fitness trainers and many dance and tennis teachers. Del is the first one to really help me reach my goals. He's tough and demanding and kind at the same time. He knows what he's doing; he's an expert."

Del has been extremely successful as a motivational speaker and coach because he addresses all aspects of the human being. He is intelligent, well spoken, and engaging, whether he's exploring the many aspects of health and nutrition or describing how exercise is really like dancing with God. He fascinates audiences and individuals alike because he practices what he preaches. He is a happy man with a firm grasp on his reality—and he assists others to reach the same amazing place. He is, in a word, inspiring.

Del holds a Masters Degree in Spiritual Psychology, a degree he earned by demonstrating self-mastery, and a Ph.D. in Nutritional Sciences. He is also an accomplished writer, poet, and performer as well as a master instructor of Kung Fu and Tai Chi Chuan, a Personal Fitness Coach and a sought after corporate consultant. Del is truly a pioneer, combining the fields of Fitness and Transformation.

Del Millers is a powerhouse, standing on a solid foundation of education and experience. When he speaks, people want what he's got. The good news is, he knows how to deliver.

PRIVATE CONSULTATION

Dr. Del is available for phone or email fitness, nutrition and life coaching.

Del's Contact Information:

For consultations or to book Del for a seminar or speaking engagement, please contact:

DEL MILLERS
Del Millers International
10736 Jefferson Blvd. #693
Culver City, CA 90230
USA

http://www.delmillers.com
del@delmillers.com
1-888-800-9463

Subscribe to Dr. Del's FREE Email Newsletter:
www.drdelmillers.com

Subscribe to Dr. Del's Blog:
www.drdelblog.com

Dr. Del's Online Fitness & Nutrition Coaching Program:
Get a FREE Fitness Analysis and One-Month Membership
www.personalfitness.com

JOIN THE CONVERSATION ONLINE:



FACEBOOK
Facebook.com/drdelmillers
Like Dr Del for daily updates and postings



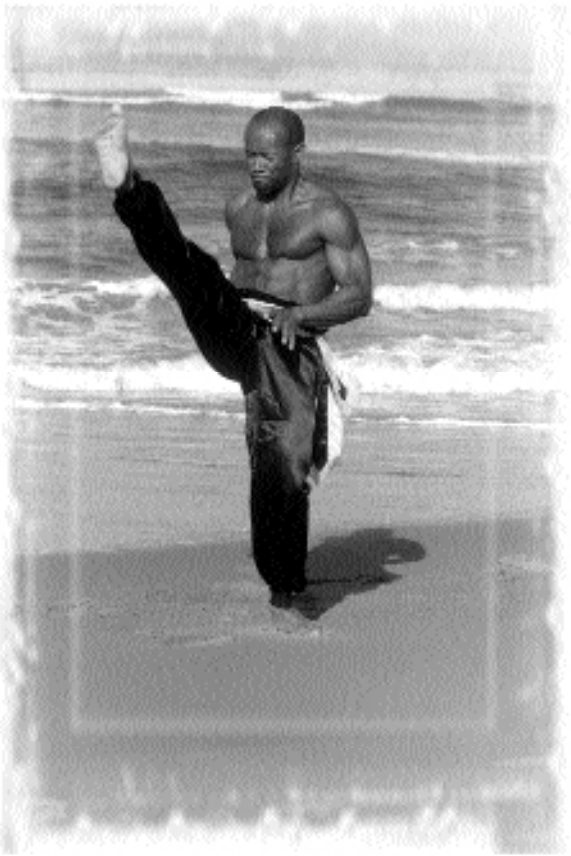
TWITTER
@drdelmillers
Stay connected



YouTube
Youtube.com/drdelmillers
Visit Dr. Del's video channel

DEL MILLERS INTERNATIONAL

Inspiration, Support & Encouragement,
For Your Personal Growth and Transformation!
http://www.delmillers.com



"You are born small and weak.
You die small and weak.
How you look in between is up to you!"