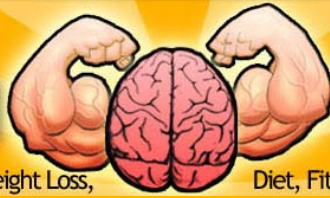


**Fat Man**



**Unleashed**

A Fat Man's Blog on Weight Loss,

Diet, Fitness and Inner Warriomess

**Blogger Proof**

**Workout  
Mini Ebook**

**VOL. 1**

This is a FREE e-book.

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# The Reality

There aren't many of us bloggers that take good care of ourselves. If you are anything like me, then you spend hours upon hours in front of the computer. The internet is like our home away from home or while at home for that matter. We are so driven to blog that we may sometimes forget to sprinkle in physical activity. That's where this ebook comes in. The workouts in the ebook are simple, yet effective. They take advantage of your surroundings and can be performed easily. They shouldn't take more than a few minutes at a time.

These workouts are meant to be performed at any time, in any order. There's no specific order in which you should perform them. I made sure to make it so that you could pick and choose workouts at your leisure. This is by no means a comprehensive training program, but it serves as a stepping stone for you to add some light physical activity to your daily routine. Remember to consult a physician before starting any exercise routine. Keep in mind that it is important for you to eat a healthy, balanced diet as well.

Now let's move on to the meat and potatoes of this bad boy. Have you noticed that your butt is becoming a numb membrane of lipid filled tissue that fits ever so nicely into that comfy chair you spend countless hours in? If so you may be in need of my Blogger Proof Workout. Bloggers spend numerous hours creating content to feed the ever hungry internet and information world. Unfortunately, that process entails tons of sitting and limited physical movement.

So, bloggers and couch potatoes alike unite to take 15 minutes a day to squeeze in a self-improvement break. Follow this quick and very manageable routine and see your blogging productivity increase. Yes, I did say increase. Endorphins are known

productivity boosters. Endorphins spur us on with positive chemistry and a natural high that blesses us with clean energy. I call crash free energy, clean energy, because it does not need the help of Red Bull drinks.

## The Workouts

1. **CHAIR TOSS SQUATS:** 3 SETS OF 12 REPS (PERFORMED AT A QUICK PACE, 30 SECONDS REST BETWEEN SETS)

Take the chair that you sit on and squat with it. Yes. Use that fart catcher to jump start the routine. "So how do I squat with a chair?" you may ask. Well, it's simple genius! Lift the chair off the ground and hold it in front of your body and go at it. The light chair will soon feel heavy if you perform the movement in this manner. Isometrics at its best, sorta like holding bags of groceries in a static position. And I thought you were some super smart blogger or something.

2. **WEIRDO WALKING WITH CHAIR ROUTINE:** 40 TRIPS, WITH PRESSES IF DESIRED

Now you think you're tough huh? Well here's part deux. Take that chair, I'm sure you two have become acquainted with each other by now, and hold it front of you off the ground in the same static position and start walking. Walk with chair back and forth no matter how large or small your workspace. Shoot for 40 trips. If you feel strong add a forward pressing movement and combine that with an overhead press.

3. **PAYING THE PIPER OF INFORMATION TECHNOLOGY: The RULES**

**Received email: 5 pushups**

**Sent email: 8 pushups**

**Received cell phone call: 10 pushups**

**Dialed cell phone call: 15**

**Calls over 3 and half minutes: 20 pushups**

Don't you feel like the scum of the Earth with all of your emails and communication devices? Okay maybe that was a little harsh, and Kaczynski like also. But even you can admit we are all too bogged down with sissy devices so let's pay the fine. A penalty is physical activity. Every time you receive an email you must perform 5 pushups (yes junk mail counts), even if takes you weaklings two sets to do so, the fine must be paid! If you send an email, oh you filthy thing, you must perform 8 pushups. A received phone call on your cell phone is 10 pushups and if you make a cell phone call the penalty is 15 (any one with an iPhone add 5 pushups please), any phone calls over 3 and a half minutes whether received or dialed are 20 pushups. That'll teach you, you techno-wizard geekazoid!

## **Bonus: The Ultimate Laptop Workout**

The average laptop weighs about 7 pounds; some of the larger Hp entertainment versions can tip the scales at around 12 pounds. This weight combined with the normal tension you will feel from not wanting to drop your holy money maker, doohickey will create an awesome workout apparatus.

So first and foremost unplug your laptops geniuses, we don't want any accidents.

4. **LAPTOP TWISTS:** Stand with your laptop in your hands perpendicular to the floor. Extend your arms out and twist to the right. Hold it. Bring it back to the center. Pause and then hit the left and hold it. Get a good stretch. Concentrate and take these slow. Do 20 reps. Next, keep the laptop in the same position but now press it against your belly. Perform the same twist but now add a squat when you arrive at center, perform 20 reps. Following that, resume the extended position with the laptop and perform 15 more twisting squats.
5. **LAPTOP PRESSES:** Next hit the floor, do not let the laptop hit the floor! Lay down on the floor and hold the laptop in your hands with your palms facing each other. Press your laptop for 55 reps. Feel the burn your laptop can inflict!
6. **LAPTOP SKULLS CRUSHES:** Now get a pillow. No, you're not going to take your laptop- human relationship to the "next level" you freak. Set the pillow on the floor above your head, it will serve as a cushion so you don't bang up the precious laptop. Your starting position is at your belly button. Simply stretch the laptop with your arms extended and reach backwards tapping the pillow. Perform this movement for 30 reps. Afterwards, immediately do 15 reps but when you reach your chest perform 5 rapid laptop presses.
7. **LAPTOP OVERHEAD PRESSES:** The next move requires you to sit, so get comfy. Simply take your laptop above your head with arms fully extended and then lower the laptop behind your neck and bring back up to the start

position. Perform 100 reps. After that press the laptop off your chest for 35 reps.

8. **LAPTOP LUNGES:** Now that you have bonded with the laptop and have earned the trust of the television/keyboard thingy, take it to the next level. Perform lunges with the laptop pressed against your chest. Do these lunges slowly and carefully with focus to create optimal tension. Perform 20 laptop lunges for each leg.

**Cap this workout off with three glasses of water! Happy blogging fatties!**

## About Fat Man Unleashed

My name is Israel. I used to be the kind of guy that was always in shape: a gym rat. But over the last few years I have fallen off tremendously. This is my final attempt to get back into shape and get to where I once was.

This is going to sound weird: I do not always feel fat. Huh? The thing is that I have always been heavy for my size. People used to see me on the street and think I was like 180 lbs, when I was 225. I recall one time at Busch Gardens when the "expert gesser" tried to guess my weight. He lost and I won a Sonic the Hedgehog doll for my wife (she was my girlfriend at the time). He guessed 230, I was 261. That is the problem with me.

Mentally I feel like I am fine since I can move and run (with good stamina for a 350 lb guy) and be active. I feel like I haven't changed one bit. But then I see my body and realize that I have changed. That is actually where the site name came from. My best friend was in the gym working out, I was watching, and he was like, "damn dude, you're

a phony fat guy.” He said this because even after months of laying off the weights I could still lift a pretty decent amount of weight for 15 reps.

I have always been a heavy guy, even when I was in the best shape of my life I was about 210 pounds. Lean and mean. My ideal weight is 225 pounds. I do not want to look too fragile and sickly. The last time I was 225 lbs was about 3 years ago I think. My aim is to get to that point and stay there for the rest of my life.

### **FREE Weight Loss Tips Unleashed**

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