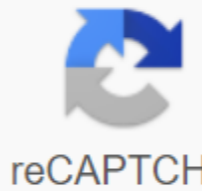


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I may be a published fitness model and bodybuilder, but I'm also an ordinary guy. Being a busy father and self-employed entrepreneur, I realize that it's not easy to maintain healthy habits and find the energy and motivation to get those grueling workouts in. I'm constantly battling the challenge of postponing daily self-care time, but I also know that I have to prioritize to give others the best, not least, version of me. As an experienced athlete with 25 years of consistent training under my belt and background as a professional boxer and powerlifter, I have crossed more than a few steep hills myself. The key is to keep going even if you think you can't. In my experience as a transformation and performance specialist, I have seen thousands of people achieve incredible results with the right mindset. When you set your intention and approach your fitness goal like a bulldozer, you will own the field and destroy the competition. Now it's your turn to decide... Are you going to let the lack of time, genetics, motivation or confidence keep you from achieving your goals, or are you ready to level the game and release your inner alpha? Fitness legend Mike Rashid has created the perfect plan to be ready for anything and see the part. Everything he's learned from competitive bodybuilding, powerlifting, boxing, and just hanging out in the world's most badass gyms come together in this incredible four-week glove. START MY FREE 7-day TRIAL GO TO PLAN Watch Trailer Join BodyFit Elite today and access Kingmaker PLUS over 60 other experts developed fitness plans. You'll mix classic work rods, complexes, high-rep body mass finishers, and old-school conditioning to burn fat and build lungs, legs, and will. Have a Kingmaker for four weeks and you will love how you look and feel. Turn around and repeat it for another four, as Mike recommends, and you'll be a warrior throughout and through. Mike Rashid is not in just a show or go. That's his master plan for having it all! Each move has a demonstration and it guides you through each set and rep the first workout with a full workout video. Yes, you will be challenged. But being in combat form means strategically giving your body the fuel it needs to overcome any obstacles. Mike can show you how. Follow his conscientious guide to food and supplements and then power through his life-changing training. You'll be able to track your workouts, nail your nutrition plan, stock up on supps, and get fit on the go. See what BodyFit Elite has to offer. Join BodyFit Elite today to unlock the app for this fitness plan, and many others, in Apple and Google Play stores! You'll be able to track Workout, nail your meal plan, stock up on supps, and get fit on the go. Get unlimited access to all our expert training plans, exclusive savings in our our and even free shipping! See what BodyFit Elite members love. Maybe you're already well aware of who Mike Rashid is and what he did, or maybe you've never heard of him at all. Either way maybe one thing is for sure: you should know him, because his motivational skillset may someday rank among the greats such as Rock and Arnold Schwarzenegger. Although this may seem a little exaggerated because Mike is not as experienced as the aforementioned legends, just give him time because he is just getting started. These are 10 of the best motivational videos that this California builder has put out so far, starting with a mini-documentary to make you familiar. 10. Day in the Life of Mike Rashid: We make it as difficult as possible. This is the only way you grow... When you intentionally do things the hard way. While the rest of the videos on this list aren't as long as this one, it's the perfect place to start with building a phenomenon that is Mike Rashid. Here he discusses everything that happens in his daily life, from eating to workouts for business and everything in between. Follow along as Metroflex co-owner and founder of ImSoAlpha gives us a glimpse into your world, inside and outside the gym. 9. Overtraining shoulders with Dana Lynn Bailey Mike Rashid: In this industry, I say a lot of things that some look like controversial, but I don't see it as this, I just look at it as real. Even bodybuilding greats get starstruck Dana Lynn Bailey, especially when it comes to getting to a workout with her the day after Olympia. Also a fan of overtraining, DLB goes for a shoulder workout with Mike and his training partner Big Rob while everyone else is taking a day off. The fact that an Olympian competitor decided to workout with Mike right after the contest speaks volumes about how great Mike is, so don't miss out on this insane shoulder workout. 8. Back attack with CT Fletcher and Big Rob Mike Rashid: I'm not an ego lift. I'll try something very heavy - if I can't get it, I can't get it. I'll leave the weight and get what I can get. This is not for the faint of heart: brutal sets of weighted pull-ups, heavy elevated ranks, and signature CT motivational (curse) words. Mike kills this back workout and his back muscles show him, so it's hard to doubt his methods. He is very careful to explain his routine and he encourages you to try it and let him know how you like it. 7. Success with Phil Hit Phil Heath: To be successful you have to be able to train when no one is watching. It's all about what you're willing to do when no one cares. Some footage of Mike killing a hand workout certainly motivates things, but throwing Phil Heath into the mix makes this video twice as effective. Mike and Big Rob meet Mr. Olympia for a hands session that makes for a great big and the gift shares your thoughts on success as an added bonus. Phil makes a great analogy about life as a day's feet, but we won't spoil it for you... 6. Learning Mind State and Philosophy by Mike Rashid: You have to push yourself. It's my state of mind - pushing myself, not being comfortable or being uncomfortable. You want it to be as difficult as possible. Every step, every elevator is the only way you're going to grow. Mike drops some knowledge about the importance of mental strength and how to build it through physical training. The main thing to pick up from this video is to train your mind as hard as you train your body because mental and physical strength compliment each other. As Mike says, a whole bunch of muscles with a weak mind is nothing. 5. Land our gym Mike Rashid: I get hit all the time - Yo, I'm out of the country, I can't find a good gym here. I'm like, What do you mean, brother? Go outside and just figure out something. This is one for people who only believe that growth only happens in the gym. Mike claims that he switches his training once in a while with an outdoor workout to refresh himself and clear his head, something that helps him go harder in the gym. Mike's tip: Instead of hitting the gym today, hit the park, beach, or even some stairs - jogging and push-ups are your best friend. If you need some more outdoor training inspiration, check out the 2.0 version of Earth our gym. 4. Overtrained: Progression Squat by Mike Rashid: Don't be afraid to fail. You won't know how far you can go until you push yourself to your absolute limits. For everyone waiting for Mike to fail, here it is; This is a video where Mike drops the bar on squats. Before you start thinking Mike can't hang on though, it's important to note that he didn't intentionally. Again, Mike loves overtraining during each workout and this is no exception since he chooses burnout on his final set at 405lbs. Looking for a day's motivation to foot? Here it is. CT, if you're reading this: his mohawk wasn't straight and your beard is shiny. Jokes, of course. 3. Final motivation of the local fan: You helped me. You may not know how, but you helped me. Mike and the crew of iron addicts stopped at independence gym in Scottsdale, Arizona for a quick motivational demo that included a quarter mile: 254 excruciating reps on the bench, starting at 395lbs. Not only is this video showcase Mike killing him on the bench, but also motivating others to do the same, and a few reviews from some of the local gym-gos. Needless to say, this video is 100% motivation and 0% filler. 2. Overtraining with 0 0 Fletcher CT Fletcher: Stupid Pump! Big Rob and Mike Rashid have something I would like to call Ass Chesses. Do they breasts look f\$!?!? r donkeys with F\$!?!? g split in the middle! What Divides Mike Mike Package? A firm belief in overtraining, which he says is the only way to grow. While there may be a number of people who criticize this method of training, Mike champions overtraining because his body seems to respond well to him. Putting aside the issue of overtraining, there is no doubt that the CT's throwing. Mix makes this one very entertaining video to watch because of the signature antics of the CT and copious amounts of expletives. 1. 100lb Dumbbell Challenge: Mike Rashid vs Mark Lobliner Mike Rashid: This is what you all want. You all don't want to back down from the call. Don't be afraid not F\$!?!? g weight. Here's how you grow, baby: overtraining. Some time ago, bodybuilding titans Mark Lobliner and Mike Rashid settled on muscle and strength headquarters and absolutely killed the now infamous 100lb Dumbbell Challenge: 100 repetitions of dumbbell press at 100lbs. The challenge almost falls apart from the get-go when the duo realise that there is only one pair of 100lb dumbbells available, but Mike isn't going to let that stop him. He decides to go for it with 110lb dumbbells, since it's just the type of guy Mike - stop the beast. Watch as the two power through the challenge in record time, and still continue to kill chest workouts after all is said and done. While this may seem like borderline madness to most people, by now you had to realize that Mike is not normal, he is a monster without turning off the switch. Keep your eyes open for more Mike Rashid videos because he hasn't done just yet. You can find Mike Rashid's full range of ImSoAlpha supplements here. In here. mike rashid overtraining workout pdf free

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