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BUILDING HIGH QUALITY HUMANS

30-DAY AT HOME TRAINING CHALLENGE





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3 KEYS TO EFFECTIVE TRAINING

“YOUR BODY IS LIKE A PIECE OF DYNAMITE. YOU CAN TAP IT WITH A PENCIL ALL DAY, BUT YOU’LL NEVER MAKE IT EXPLODE. YOU HIT IT ONCE WITH A HAMMER: BANG! GET SERIOUS. DO 40 HARD MINUTES, NOT AN HOUR AND HALF OF NONSENSE. IT’S SO MUCH MORE REWARDING.” – JASON STATHAM

TRAIN HARD. TRAIN RIGHT.

Jarlo Illano of GMB Fitness, suggests 3 rules for strength training. Check off these rules for every workout that you do.

KEY #1 - INTENSITY: Hit a certain threshold of exertion when you train. It’s not enough to just move your body around for 30 minutes; rather, your activity has to push your body past its comfort zone of pain and skill.

KEY #2 – CONSISTENCY: Be consistent with your training so that your body adapts and increases strength in response to the training. You could workout at a sufficient intensity, but that won’t do you any good if the sessions are a few weeks apart. Aim to train a minimum of 3 days a week, at least 30 minute sessions each, to see results.

KEY #3 – PROGRESSION: As you keep training regularly, your body and skills will adapt and get stronger. As a result, your workouts need to get progressively more difficult. Progressively add more difficulty by doing more sets, higher reps, heavier weights, or more difficult skills.

AND AN EXTRA KEY (WE ALWAYS GO THE EXTRA MILE)

KEY #4 – BALANCE: Effective results come from having balance and a well-structured workout that includes different types of training and enables adequate rest and recovery. For example, do bodyweight and endurance training on Mondays, Wednesdays and Fridays, and muscle strength and explosive training on Tuesdays and Thursdays. And balance the workouts with proper 8 hours sleep, plenty 8 glasses of hydration and good nutrition every day.

In the book, *The Power of Full Engagement*, Jim Loehr and Tony Schwartz explains that our energy capacity can be exhausted with overuse and underuse, hence we must balance energy expenditure with renewal. For example marathon runners are gaunt, shallow, emotionally flat, while sprinters are powerful, bursting with energy. No matter how intense the demand they face, the finish line is clearly visible 100 or 200m down the track. We need to live our lives as a series of sprints. Aim to be fully engaged for periods of time and then disengaging and seeking renewal.





TRAINING OVERVIEW

THE 21-MINUTE PEAK PERFORMANCE BODY WORKOUT GUIDE

1. A 21-MINUTE FULL BODY WORKOUT

THE WORKOUTS ARE DIVIDED INTO THE 3 MAJOR MUSCLE GROUPS OF THE BODY - ARMS, CORE AND LEGS/GLUTES. EACH GROUP TAKES 7 MINUTES TOTAL. ALLOW 30-90 SECONDS REST BEFORE MOVING TO THE NEXT MAJOR MUSCLE GROUP.

NUMBER OF REPS TO COMPLETE FOR EACH ROUND



2. HOW DOES THE TRAINING WORK?

THE WORKOUTS FOLLOW THE PRINCIPLE OF AMRAP (AS MANY ROUNDS AS POSSIBLE). IN THESE CIRCUITS, YOU'LL SET A TIMER FOR 7 MINUTES AND GO THROUGH THE SEQUENCE AS MANY TIMES AS YOU CAN.

EACH SEQUENCE HAS 4 EXERCISES. TRY YOUR BEST TO DO AS MANY ROUNDS AS POSSIBLE. ONLY REST AFTER THE TIME IS UP.

3. WHAT WILL I NEED?

1. ADEQUATE WARM UP BEFORE WORKOUT. WE RECOMMEND 2 MINUTES SKIPPING AND LIGHT STRETCHING. BEING WARMED UP PREPS THE MUSCLES, LUBRICATES JOINTS AND REDUCES INJURY
2. A TIMER/PHONE
3. KETTLEBELL

4. 3 KEYS TO SUCCESS

1. INTENSITY - PUSH YOUR BODY PAST ITS COMFORT ZONE OF PAIN AND SKILL.
2. CONSISTENCY - FOLLOW THE PROGRAM 5 DAYS A WEEK TO SEE RESULTS
3. BALANCE - ENSURE ADEQUATE REST AND RECOVERY. BALANCE THE WORKOUTS WITH PROPER 8 HOURS SLEEP, PLENTY 8 GLASSES OF HYDRATION AND GOOD NUTRITION EVERY DAY.



ARMS

WEEK 3

ALTERNATING PUSH UPS
1-2 PUNCHES
DIAMOND PUSH UPS
HINDU PUSH UPS

CLAP PUSH UPS
SIDE PUNCHES
EXPLOSIVE KNUCKLE PUSH UPS
LOW ARCHERS

CIRCUIT 1 | CALISTHENICS X ENDURANCE

MON, WED, FRI



CIRCUIT 2 | MUSCLE X EXPLOSIVENESS

TUE, THURS



10
(EACH SIDE)

ALTERNATING PUSH UPS



AIM: KEEP CORE ACTIVATED - EXTEND FINGERS AND TOES

10

CLAP PUSH UPS



AIM: KEEP CORE ACTIVATED - EXHALE ON ELEVATION

100

1-2 PUNCHES



AIM: RELAX & SNAP - APPLY HIPS INTO PUNCH - EXHALE ON PUNCH

50

SIDE PUNCHES



AIM: RELAX & SNAP THE PUNCHES - ELBOWS TIGHT TO BIRS...

15

DIAMOND PUSH UPS



AIM: KEEP CORE ACTIVATED

15

EXPLOSIVE KNUCKLE PUSH UPS



AIM: KEEP CORE ACTIVATED - EXPLODE ON EACH REP - KEEP ARMS STIFF

15

HINDU PUSH UPS



AIM: KEEP ELBOWS IN - EXHALE THROUGHOUT FORWARD MOTION

10

LOW ARCHERS



AIM: KEEP BODY CLOSE TO THE GROUND - FULLY EXTEND ARM



LEGS WEEK 3

MACHINE KICKS
SQUAT PULSES
FRONT KICK BALANCE
KNEE UPS

GOBLET SQUAT
KICK DUCKS
DEADLIFT
POP KICKS

CIRCUIT 1 | CALISTHENICS X ENDURANCE MON, WED, FRI



30
(EACH SIDE)

MACHINE KICKS



AIM: KEEP KNEES HIGH - FULLY EXTEND - EYES ON TARGET

50

SQUAT PULSES



AIM: SQUAT DEEP - EXHALE ON COMPRESSION

30
(SECONDS EACH)

FRONT KICK BALANCE



AIM: KEEP CORE ACTIVATED - LEGS STRAIGHT

50

KNEE UPS



AIM: KNEES TO CHEST - KEEP CHEST UP

CIRCUIT 2 | MUSCLE X EXPLOSIVENESS TUE, THURS



20

GOBLET SQUAT



AIM: KEEP CHEST UP - KNEES OUT - ELBOWS IN - EXPLODE UP

10
(EACH SIDE)

KICK DUCKS



AIM: KEEP CHEST UP - SNAP EACH KICK - RECHAMBER AFTER KICK

10

DEADLIFT



AIM: PULL CHEST THROUGH ARMS - BACK STRAIGHT - WEIGHT ON HEELS

10
(EACH SIDE)

POP KICKS



AIM: FOCUS ON THE JUMP - TUCK IN BACK LEG - EXTEND KICK

CORE

WEEK 3



PUSH THROUGHS
SCISSOR KICKS
ANKLE TAPS
AB-BIKES

FULL DRAWS
MASON TWISTS
CLIMBERS
LEG RAISES

CIRCUIT 1 | CALISTHENICS X ENDURANCE MON, WED, FRI



50

PUSH THROUGHS



AIM: EXHALE ON CONTRACTION - PUSH PALMS PASS KNEES

30

SCISSOR KICKS



AIM: KEEP TOES POINTED - LOCK KNEES

25

(EACH SIDE)

ANKLE TAPS



AIM: MOVE UPPER TORSO ONLY

20

(EACH SIDE)

AB-BIKES



AIM: ELBOWS TO OPPOSITE KNEE - POINT TOES

CIRCUIT 2 | MUSCLE X PLYOMETRICS TUE, THURS



15

FULL DRAWS



AIM: EXPLODE IN - TUCK TIGHT - FEET DON'T TOUCH THE FLOOR

30

MASON TWISTS



AIM: GET YOUR HANDS PASS YOUR WAIST - LOOK AT YOUR HANDS

10

(EACH SIDE)

CLIMBERS



AIM: KEEP LEG AT 45 DEGREE ANGLE - CLIMB YOUR LEG LIKE A ROPE

20

LEG RAISES



AIM: CORE ACTIVATED - PRESS LOWER BACK TO FLOOR - LEGS STRAIGHT





WHAT PEOPLE ARE SAYING

ABOUT THE 21-MINUTE WORKOUT GUIDE AND INVINCIBLE WORLDWIDE

"I'M A WEEK OUT AFTER DOING THE 21 MINUTE WORKOUT FOR 4 WEEKS AND NOT ONLY HAS MY PHYSIQUE TONED UP, MY ENDURANCE HAS SKY ROCKETED. I AM 22 YEARS OLD AND A MARTIAL ARTIST. DURING MY TRAINING I AM OUT LASTING THE PEOPLE I WOULD NORMALLY LOSE TO. MY STRENGTH HAS IMPROVED AS I CAN FEEL MY HANDS AND FEET DEMOLISHING THROUGH THE PADS. THIS WORKOUT WAS VERY HARD AT FIRST, WHICH IS WHY I LIKE IT AND YOU'LL FIND YOURSELF SORE BUT SOMEHOW WANTING MORE. MAKE SURE TO STRETCH AFTER YOUR WORKOUT AND DO LIGHT EXERCISES OR ELSE YOU WILL BE FEELING LIKE A BOULDER THE NEXT DAY."

- WILLIAM, AGE 22, AUSTRALIA

"HEY ALAN. I TRAIN TAEKWONDO, JUST RECENTLY I HAVE LOST A LOT OF WEIGHT, AND FINALLY STEPPING UP MY GAME, AND STARTING TO ACHIEVE SOME GOALS. I AM PROUD TO BE INVOLVED IN THIS. AS I BELIEVE IT IS ANOTHER WAY TO DEVELOP MYSELF. THROUGH WATCHING YOUR VIDEOS I BELIEVE YOUR MOVEMENT IS A VERY GOOD ONE. "

- CALEB, AGE 17, GERMANY

"THANK YOU FOR THE PASSION FOR THIS ART! I'M JUST STARTING AND CAN'T WAIT TO START TRAINING AND LEARNING! I'M READY TO BE INVINCIBLE!"

- ERIC, AGE 21, USA

"HEY GUYS, I'M FROM BRAZIL AND I SAW YOUR VIDEOS AND WEW, YOU'RE REALLY AWESOME! I'M MAKING MY WAY OF LIFE THROUGH KUNG FU, ALWAYS TRAINING HARDER AND HARDER TIL MY MUSCLES ALMOST EXPLODE IN PAIN, AND WHEN I SAW SOME OF YOUR VIDEOS I JUST THOUGHT "IT'S NOT HARD ENOUGH..." SO, THANK YOU FOR BEING MY NEW MOTIVATION! MAYBE SOMEDAY I CAN TRAIN WITH ONE OF YOU. KEEP BEING PEOPLE'S MOTIVATION GUYS, THE WORLD NEEDS SOME LIGHT."

- CHRISTOPHER, AGE 20, BRAZIL

"THESE GUYS ARE AMAZING! TOO MANY IGNORE INSPIRATION AND TAKE THE EASY WAY OUT BY ATTEMPTING ANTAGONISM AND INTIMIDATION."

- PRIME TIME MMA, USA

"INVINCIBLE ALWAYS INSPIRES. YOU LIVE UP TO YOUR MISSION, MY FRIEND! VERY COOL. LOVE YOUR EXPERIENCES AND GLAD THAT YOU WERE ABLE TO DO WHAT YOU DO NOW. EXCELLENT!"

- BMIKEA, FOUNDER OF INVICTUS BOXING, AUSTRALIA



WHAT PEOPLE ARE SAYING

ABOUT THE 21-MINUTE WORKOUT GUIDE AND INVINCIBLE WORLDWIDE

"I'D LIKE TO START OFF BY SAYING THANK YOU. THANK YOU FOR GIVING SUCH AMAZING INFORMATION AND FOR NOT JUDGING OTHERS AND ACCEPTING ALL PEOPLE. MOST PLACES DO NOT DO THAT SO IT'S RARE TO SEE A TEAM LIKE YOURS THAT TREATS ALL AS EQUALS NO MATTER WHO THEY ARE, WHAT BACKGROUND THEY HAVE OR, WHERE THEY CAME FROM. YOUR WAY OF TEACHING IS TRULY UNMATCHED. THERE IS NO LIMIT TO WHAT THE HUMAN CAN BE OR DO IF YOU JUST BELIEVE WITH ALL OF YOUR HEART AND SOUL. YOU ALL HAVE MADE ME REALIZE THAT. THE WAY YOU HAVE MADE ME FEEL ABOUT MYSELF, MY LEVEL OF SELF ESTEEM AND SELF CONFIDENCE IS SO MUCH MORE THAN I THOUGHT I WOULD EVER FEEL ABOUT MYSELF. IT'S UNREAL. THROUGH THE SHORT TIME I HAVE KNOWN ABOUT INVINCIBLE WORLDWIDE, I HAVE DEVOTED MYSELF TO STRIVE FAR BEYOND THE TYPICAL GOALS. I HAVE SET MY STANDARDS HIGHER THAN I EVER HAVE AND YOU HAVE GIVEN ME ONE TOOL THAT IS ESSENTIAL TO MY ACHIEVING THOSE GOALS. THAT TOOL IS PASSION.

YOU HAVE SHOWN ME THAT LIVING IS NOT JUST BREATHING. LIVING IS SHINING THROUGH YOUR DEVOTION TO PASSION. EXCELLING IN EVERYTHING. TO GO BEYOND EXCELLENCE AND SHATTER THE LIMITATIONS OF PERFECTION. YOU'VE SHOWN ME THAT THERE IS NO FAILURE EXCEPT FOR GIVING UP WHEN IT GETS DIFFICULT. BECAUSE OF YOUR WAY OF THINKING THAT YOU HAVE SHOWN TO ME, I'VE STOPPED EVERY BAD HABIT (SMOKING DAILY AND WEEKEND DRINKING). I WANT TO BECOME WHAT I DREAM AND THROUGH YOUR TEAM, I KNOW THAT BECOMING MY DREAM IS ONLY THE BEGINNING OF WHAT MY LIFE AND MY DAUGHTERS LIFE CAN BE. YOU'VE BLESSED US ALREADY AND WE HUMBLY THANK YOU. BE BLESSED AND DON'T SETTLE FOR GOOD ENOUGH!"

- DOUGLAS, AGE 35, USA

"THIS BOOK IS AMAZING! THE CONTENTS WERE VERY EDUCATIONAL AND VERY WELL DESIGNED. I'VE GOT TO ADMIT IT WAS REALLY HARD TO GO THROUGH THE 30 DAY CHALLENGE THROUGH WINTER BUT THIS BOOK CHANGED MY MINDSET AROUND AND FIGHT THROUGH THE COLD. I CANNOT PUT IT INTO WORDS OF HOW AMAZING THIS PROGRAM IS. VERY HIGHLY RECOMMENDED."

- KIMBERLEY, 20, AUSTRALIA

"INVINCIBLE WORLDWIDE IS MORE THAN JUST MARTIAL ARTS, MORE THAN MENTAL CAPABILITIES. IT'S ABOUT LIFE! ALAN IS VERY INSPIRING AND MOTIVATIONAL.

- JAMIE, AGE 18, AUSTRALIA

"EVERY DAY I WATCH THE VIDEOS OF YOUR GROUP, WATCH THEM SEVERAL TIMES, AND AM PASSIONATE ABOUT MARTIAL ARTS, AND WANTED TO CONGRATULATE YOUR GROUP."

- ROBERTO, AGE 18, BRAZIL

"THROUGH INVINCIBLE WORLDWIDE I HAVE REACHED ANOTHER LEVEL OF TRAINED MENTAL THOUGHT AND RELAXATION ALLOWING ME TO SET MY GOALS."

- HASSAN, AGE 21, AUSTRALIA

TOGETHER.





ABOUT THE AUTHOR

ALAN LA - MARTIAL ARTIST, SPEAKER, COACH



ALAN LA IS A MARTIAL ARTIST, MOTIVATIONAL SPEAKER, AUTHOR, PEAK PERFORMANCE COACH AND FOUNDER OF INVINCIBLE WORLDWIDE.

ALAN BEGAN HIS TRAINING IN THE MARTIAL ARTS AT THE AGE OF 12, STUDYING SHAOLIN KUNG FU, JEET KUNE DO AND WING CHUN. IT WAS ALSO AT THIS TIME THAT HE DISCOVERED PEAK PERFORMANCE BOOKS, PERSONAL DEVELOPMENT AND MOTIVATIONAL SEMINARS. WHILE HIS FRIENDS WERE OUT PLAYING AND HANGING OUT, ALAN WOULD BE EITHER TRAINING OR DEVOURING EVERYTHING HE COULD ABOUT MARTIAL ARTS TRAINING PHILOSOPHIES, HUMAN PERFORMANCE, MOTIVATION, SELF-LEADERSHIP, AND LIFE SUCCESS SKILLS.

AS HIS PHYSICAL CAPABILITIES, SELF-CONFIDENCE, PERSONAL INSIGHT AND KNOWLEDGE REACHED NEW LEVELS, 'INVINCIBLE' BECAME A NAME TO DESCRIBE THIS INCREDIBLE FEELING OF PEAK EFFECTIVENESS. EVER SINCE, ALAN HAS SHARED THIS 'INVINCIBLE' FEELING WITH EVERYONE WHO WANTS MORE OUT OF LIFE. HIS VISION IS TO EMPOWER YOUNG PEOPLE WORLDWIDE TO FIGHT A MEOCRE EXISTENCE AND LEAD EXTRAORDINARY LIVES THROUGH PHYSICAL, MENTAL, EMOTIONAL AND SOCIAL TRAINING.

AT AGE 20, ALAN FOUNDED THE MOVEMENT BRAND INVINCIBLE WORLDWIDE. SINCE 2010, ALAN AND HIS TEAM HAVE TOGETHER EMPOWERED OVER HUNDREDS OF INVINCIBLE STUDENTS THROUGH THE INVINCIBLE ACADEMY, INSPIRED OVER 50,000 PEOPLE AROUND THE WORLD, AND REACHED OVER 4 MILLION VIEWS ON THE INVINCIBLE WORLDWIDE YOUTUBE CHANNEL. THEY'VE ALSO PARTNERED WITH LIKE-MINDED COMPANIES SUCH AS HYPER MARTIAL ARTS, THE STREET UNIVERSITY, SYDNEY SELF-DEFENCE AND MANY OTHERS TO EMPOWER THE WORLD.

ALAN ALSO CREATED A HIGHLY-ACCLAIMED LIFE SKILLS AND LEADERSHIP PROGRAM CALLED 'THE ACHIEVE ANYTHING ACADEMY' WHICH HAS SUCCESSFULLY EMPOWERED HIGH SCHOOL STUDENTS, DISENGAGED YOUTHS, AND CORPORATE TEAMS ACROSS NSW. AS A RESULT OF THE PROGRAM'S SUCCESSES, INVINCIBLE WORLDWIDE HAS BEEN NUMEROUSLY FEATURED ON CHANNELS 7, 9 AND 10.

ALAN HAS BEEN INDUCTED INTO THE ISKA MARTIAL ARTS HALL OF FAME, AWARDED THE SPORTSMAN OF THE YEAR, WAS NOMINATED FOR THE 2013 YOUNG AUSTRALIAN OF THE YEAR AWARD, AND RECEIVED AN AUSTRALIA DAY MEDAL FOR INSPIRING PEOPLE TO BECOME PHYSICALLY AND MENTALLY MORE IN LIFE.

TODAY, STUDENTS, PROGRAM GRADUATES AND FANS REGULARLY KEEP IN CONTACT WITH ALAN AND SHARE THEIR ONGOING SUCCESS STORIES WITH HIM. MANY OF THEM HAVE SINCE PURSUED THEIR DREAMS, CAME 1ST IN COMPETITIONS, BECAME ENTREPRENEURS, BEEN ON TV, FOUND JOBS, RECONNECTED WITH THEIR FAMILIES, AND SOME HAVE JOINED THE INVINCIBLE WORLDWIDE TEAM TO INSPIRE THE NEXT GENERATION OF HEROES IN SOCIETY.





INVINCIBLE WORLDWIDE

BODY X MIND X LIFESTYLE X WORLD

“INVINCIBLE” IS THE FEELING YOU GET WHEN YOU ARE CONSTANTLY IMPROVING YOUR LIFE, STRIVING FOR PEAK PERFORMANCE PHYSICALLY AND MENTALLY. “WORLDWIDE” IS OUR VISION TO ONE DAY INSPIRE THE WORLD TO BECOME EXTRAORDINARY.

INVINCIBLE IS AN IDEA. IT'S NOT MARTIAL ARTS OR MOTIVATION. IT'S SIMPLY AN IDEA. IT'S AN IDEA OF POSSIBILITY. IT'S THE IDEA THAT NO MATTER WHO YOU ARE, WHERE YOU COME FROM, WHAT YOU LOOK LIKE OR HOW YOU'RE BUILT, THAT YOU CAN BECOME EXTRAORDINARY. IT IS THE IDEA THAT WE ALL HAVE THE CHOICE TO BETTER OURSELVES EVERYDAY PHYSICALLY, MENTALLY, EMOTIONALLY AND SOCIALLY.

INVINCIBLE COMES FROM THE LATIN WORD, INVINCIBILIS. VINCIBILIS MEANS TO BE CONQUERED. SO THE IDEA OF INVINCIBLE IS THAT EVERYDAY YOU MAKE THAT DECISION NOT TO BE CONQUERED. DEFEAT IS A STATE OF MIND. NO MATTER WHAT HAPPENS TO YOU, WHERE YOU ARE OR HOW THINGS SEEM, YOU CAN ALWAYS MOVE FORWARD IF YOU MAKE THE DECISION THAT YOU ARE INVINCIBLE..

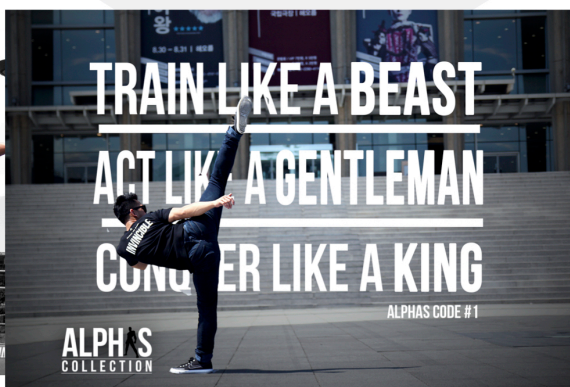
THE MOTTO, AWAKEN THE DREAM, REPRESENTS THE NOTION THAT WE ALL HAVE AN INNER DREAM, AN INNER LEGEND, TO LIVE OUT OUR FULL POTENTIAL IN LIFE. HOWEVER, AS WE GROW UP IN THIS SOCIETY, WE ARE DUMBED DOWN, REPPRESSED AND TEMPTED AWAY FROM FULFILLING THAT INNER DREAM. AWAKEN THE DREAM MEANS TO SAY, "SUCK IT!" TO ALL THE HATERS, THE TEMPTATIONS AND THE MEDIOCRITY THAT PULLS US DOWN, AND STAND UP FOR GREATNESS..

INVINCIBLE IS A MOVEMENT TO ELEVATE THE WORLD TO BECOME BETTER PHYSICALLY AND MENTALLY THROUGH TRAINING.

INVINCIBLE WORLDWIDE'S MISSION IS TO EMPOWER AND INSPIRE THE WORLD TO BECOME EXTRAORDINARY, BY PROVIDING WORLD-CLASS PHYSICAL AND MINDSET TRAINING PROGRAMS, ACADEMIES, SEMINARS, WORKSHOPS AND EXPERIENCES TO HELP INDIVIDUALS BECOME PHYSICALLY SKILLED, MENTALLY STRONG AND SOCIALLY CONFIDENT.

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