

MILLION DOLLAR FITNESS

**How to Completely Transform
Your Body Within 90 Days**

BY DANIEL ALLY

TABLE OF CONTENTS

Introduction - - - - -	4
How to Get Started - - - - -	8
The Perfect Mindset for Exercising - - - - -	11
Exercise 1: Chest Press - - - - -	30
Exercise 2: Boulder Shoulders - - - - -	38
Exercise 3: Middle and Upper Back - - - - -	50
Exercise 4: Power Arms - - - - -	59
Exercise 5: Core Strength - - - - -	76
Exercise 6: Power Legs and Lower Back - -	86
Exercise 7: Cardio - - - - -	116
Exercise 8: Plyometrics - - - - -	132
Exercise 9: Sports and Hobbies - - - - -	142
My Typical Workout Schedule - - - - -	146

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Special Note from Author - - - - - 153

Other Works - - - - - 155

Photo Credits - - - - - 157

About the Author - - - - - 159

Introduction

Exercise is the most important tonic for your body.

If you want to improve your fitness substantially, then it is imperative to be in the gym at least 3-5 times per week.

But only if your body can handle it.

Because here's the truth:

When you work out for your body..

Then your body works out for you.

And that's why this book was written! Within these pages, I will explain my weekly routine on how I keep my body in excellent shape.

Furthermore, I will include resources for deep stretching, a full body workout, and even a few hobbies to test your flexibility, strength, and endurance—especially since these three areas are what every BODY needs to obtain optimal fitness results.

I will also share helpful habits, ideas, and the overall mindset of what you can do to improve your physical condition.

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My exercises are not necessarily designed for appearance, but more for physical ability and premier functionality.

Although you will ‘look’ good with the aid of my proposed exercises, I believe that training for strength, flexibility, and stamina is crucial to your health.

Exercise also supports your spiritual and mental health in many ways..

Exercising isn’t just good for the body.

It’s also good for the mind.

And more importantly, it’s often a beneficial time to think, pray, meditate, plan, organize, and sort out some of your greatest conflicts in life.

For me, I use my exercise time as a moment to worship God. I think about the deepest matters and conjure up some of my most brilliant ideas.

There’s just something satisfying about breaking a sweat, feeling your muscles pump, moving with flexibility, and watching your veins pop out.

It also feels good to be primed for the next few days when you’re in the best shape.

My qualifications?

I am considered to be extremely athletic by my peers.

When I play basketball, I consistently out-jump, out-run, out-muscle, out-position, out-smart, and out-hustle even my most athletic opponents.

To put it in perspective, people often say, “I really don’t want to guard that guy. He’s too fast and strong for me to handle.”

And most shy away from me when I am about to initiate contact.

I also have elite jumping abilities, which have allowed me to dunk on a ten-foot rim during competitive play.

People also stare at me when I’m performing my lifts, as I am normally amongst the strongest in the gym.

And thankfully, even big men greet me with a big slap on my shoulder, “What’s up big man? I’m trying to be like you!”

Over the years, hundreds of people have asked me for fitness advice in person.

And thousands of my fans online have wondered..

“What does Daniel Ally do for his workouts?”

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I've trained and motivated many from all walks of life to get into better shape—and those who have taken my advice have achieved their desired outcomes.

In other words, I've seen so many skinny kids turn into strong and robust figures due to the motivation I've given them over the years.

I'm not here to brag about myself. There are certainly far more people who are fitter than me.

And although I'm not the greatest athlete of all-time, I could've been a professional athlete in multiple sports, if my efforts were applied in that manner.

Even professional athletes have marveled at my athletic abilities—and I've even outperformed many of them.

More importantly, I have not missed a five-day workout regimen in over 23 years of exercising.

Therefore, consider everything I'm about to share with you carefully, for it has given me undeniable results in my life.

Ready to begin?

If so, then let's go!

How to Get Started

Every day, I like to start out with deep stretching.

As you continue to age, your muscles become tighter and maintaining flexibility becomes harder.

Still, you must combat the aging process by pushing your body to the maximum.

Stretching is a task that is difficult to do at first, but becomes a pleasure once you get into a routine.

While the first few times will be exceedingly challenging due to natural muscular tightness, each stretching session will get you closer to your ultimate fitness goal.

It is also important to note that once your body becomes more pliable, it is far easier to do all of the subsequent exercises that I'll be listing below.

Without me explaining how I do my stretching routine, just research on Youtube, "[20 Minute Full Body Flexibility Routine](#)" by Tom Merrick.

I still practice this powerful routine every single day and I hope you can too!

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Keep in mind that you can add or subtract anything from it, but just use this video as your starting point to your new stretching routine.

Yoga is also a great alternative, as it gives you a deeper stretch.

In fact, it was a one hour yoga session that got me started on stretching my body in the first place. After one hour of yoga, I played basketball and my body was far more flexible than it ever was before.

After that day, I began stretching for a half hour each day—and I cannot go more than a full day without it!

Side Note: If you plan to do yoga, I don't recommend doing any of the poses if you feel uncomfortable with them. Many people feel that the 'spiritual' aspect of yoga can be considered demonic.

However, that is not the main focus on what fitness yoga is all about.

If you are a strong believer in Jesus Christ, then you will NOT be inciting evil spirits, unless that is what you're looking for and are actively calling on demons to assist you.

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Remember, God's power is stronger than any other force in this world and He will not let a simple gesture determine your fate.

Still, if you're sensitive about doing the yoga poses for spiritual reasons, then avoid it so that you can refrain from sinning.

Exercising is good for the WEAK..

But also good for the WEEK.

- Daniel Ally

How to Create the Perfect Mindset for Exercising:

1. Which Gym Should I Go To?

Going to the gym can be intimidating when you're starting out.

However, if getting fit is a high priority, then you must be willing and able to go to the gym, even if exercising seems like an inconvenience to you.

When selecting a gym, make sure it is the exact culture that you can fit into.

Why?

Because if you don't feel safe, enjoy the process of training at a given facility, feel unwelcome, or do not connect with the people at all, then you must find another place to visit.

In fact, you must be willing to go a little further until you find a place that suits your needs.

Every gym has a specific culture they want to create.

Personally, I've passed up gyms that were cheaper and closer to my home for gyms that were more expensive and further away.

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For example, a few local gyms in the area were always crammed with people. They charged a good price per month and were conveniently located nearby my home, but I couldn't connect with the vibe.

There are many flaws in the local gyms I visited.

One place had pushy sales people. Another didn't offer a swimming pool. One gym closed too early.

Another wasn't open on the weekends. A gym that I really liked had a mandatory 3-year term with a huge penalty to cancel early.

There was even a dilapidated gym that had a broken water fountain for months. I could tell because there was dust accumulating on the display sign which read..

“This machine will be fixed by July.”

Since we were already a few days into September, I figured they'd take a while before fixing it!

This gym had dusty basketball courts too, which is not good for gaining traction.

The nets were also ripped—and people were cursing and arguing violently about the score of the game.

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There were people playing with their shirts off too, even though one of the rules clearly stated that all shirts must be kept on.

When I questioned these matters, the sales person simply said, “Yeah, it’s not really the best gym.”

He added, “Honestly, management sucks here, but we should be getting new owners soon.”

I agreed.

They could definitely use new leadership!

Because of the many flaws in each local gym, I was willing to pay double the price and drive 30 minutes away to get into a newer gym, which was twice the size, offered triple the parking, had quadruple the amenities, and easily quintupled the overall friendliness by everyone who greeted each gym-goer at the front desk.

And I was happy with my decision!

You should be happy too when you go to the gym.

Are you ready to learn more about gyms?

Then let’s flip to the next page!

Here are the five types of main gyms to consider:

A: Bodybuilding Gyms:

These gyms are designed for the highest level bodybuilders, powerlifters, and advanced athletes—and they can be intimidating for many.

But normal people can still go, if they feel comfortable enough.

Bodybuilding gyms tend to have the most equipment and unlimited hours. You might even find machines that train certain muscle groups in ways you cannot reach with ordinary exercises.

These types of gyms also support an extremely masculine culture, which can terrify the majority of people. They are often friendlier to those who fit into their culture the most.

For example, if you wear their brand clothes, talk to the front desk worker, and show up often, you'll be considered 'part of the gang.'

Due to the higher level of competition, these gym-goers here are generally more direct in how they communicate, cheer on, collaborate, and even confront each other.

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Members at bodybuilder gyms may be perceived as being rude to those who move at a slower pace or don't seem to understand the unspoken gym codes.

In some cases, people who aren't 'in' with the culture may be bullied at bodybuilding gyms. For example, if someone wants the machine you're using during peak hours, you may be rushed out of using it.

You might even see someone stronger asking a weaker person to 'get off' of the machine so that they can train.

It's unfair, but it happens.

In these big bodybuilding gyms, you can usually slam the weights as hard as you can, yell any curse word after maxing out your highest weight, grunt your loudest, and even spend 8 hours at a time to do a couple workouts, shower, pose and flex in front of a mirror, chat with others extensively, and eat a few meals—all without judgment from any other members.

These gyms are typically more lenient with their members when it comes to dress code. For example, you can take off your shirt and beat your chest like a gorilla if you're a man, and wear skin-tight apparel while showing maximum cleavage if you're a woman.

Obviously, a bodybuilding gym is not for everyone, but the next ones on this list may be more suited to your needs.

B: Lifestyle Gyms:

There are many fitness centers that have a ‘lifestyle’ focus.

Lifestyle gyms strive to provide a ‘something for everybody’ approach.

They’re the most *balanced* gyms on this list.

In these gyms, you’ll usually have more cardio equipment, competitive sports, locker room space, and group fitness classes.

They also have extra amenities like pools, spas, and day cares, to help the members within their community.

While they might not have all of the extra weightlifting equipment in the world like the ‘body builder’ gyms, you can still get the job done by exercising virtually every important muscle group.

These gyms focus on being balanced, as that is the primary way for them to increase their membership, sociability, and stake within the community.

Lifestyle gyms are the best to find a potential spouse, network with other professionals, and make friends—and most importantly, get a good workout in!

C: Judgment Free Gyms

These gyms usually invite people who are weaker in our society. They are the least competitive and the most welcoming for anyone who wishes to enter their doors.

They typically cost less and have a lot of members who pay a monthly due—but don't show up as often.

Judgment free gyms may not have as many amenities or accommodations as lifestyle gyms either, but they do have a lot of cardio equipment and machine weights.

It's not that these gyms are bad, but it is difficult to do powerlifting due to the lack of free weights, barbells, benches, and other similar equipment.

There's also a lot of rules and regulations that could inhibit your ability to exercise freely.

For example, you cannot get away with grunting, slamming weights, showing your skin, or not wiping down your equipment—otherwise the *gym police* will warn you or even escort you out of the premises.

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While it is not recommended to partake in the above mentioned activities due to etiquette reasons, it happens to those who are moving through sets quickly, live a fast lifestyle, want to be stylish, and/or have a lot on their mind at the time.

Furthermore, if you are an elite athlete, it is also challenging to hold yourself accountable to higher standards at 'judgment free' gyms due to lower competition and a long list of rules.

In short, these gyms are not suited for elite athletes who are trying to make it to the next level of their fitness journey, nor are they best for socializing with higher level gym-goers.

Still, it is possible to get a good workout at these gyms if you are able to use the available equipment and obey all of the rules and regulations that are associated with them.

D: Specialty Gyms:

These gyms are typically new concepts that are either already proven to the public or are looking to gain traction in the marketplace.

While they may have some traditional aspects of a normal gym, they deviate from the customary expectation that you would find everywhere else.

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These gyms include infrared saunas, HIIT training, barre workouts, stretching facilities, martial arts, yoga, pilates, dance studios, climbing, aquatics, CrossFit, and boxing, just to name a few amenities.

If you're into specialized exercises, then these types of gyms will fit your needs. But how do you know if it will work? It's simple. You've got to try it out for yourself—because the only way to know is to go!

E: Home Gyms:

If you have the space, then you can easily create your own home gym. Although you won't get the same social interactions and customer service at a commercial gym, you will be able to get to your exercises quickly.

Decide what kind of equipment you need by making a comprehensive list. You can always start with the necessities and expand. If you need help with installing machines and flooring, then be sure to hire a friend or short-term employee to assist you with it.

Ventilation is crucial for your home gym too. If you don't have big windows or doors you can easily open, then buy commercial-grade fans to keep the air moving. To be stifled with hot air in the middle of a sweaty workout can be deleterious to your health!

Remember, your gym doesn't have to be perfect for you to start working out at home—but if you start working out at home, then you'll have the perfect outcomes in the end.

Final Point to Consider:

If you're a fitness fanatic, it's not always easy to find the 'perfect' gym that will suit all of your needs—nor is it easy to frequent the same place every single time for years, which can get boring after a while.

However, if you can afford multiple memberships, then go for it.

In fact, it's preferred to work out at different places.

You'll get to meet new people and get a feel for difference cultures.

Personally, I've learned from experience that some gyms offer different amenities, socializing opportunities, and direct competition than others, so I make decisions on my gym memberships based on these factors.

For example, I go to a bodybuilding gym because of its large selection of equipment and 24-hour accessibility—but I don't talk to many people there since I visit after hours when it's usually empty.

I also have another membership to a lifestyle gym for cardio, basketball, swimming, and socializing—and I usually make a lot of friends here because it provides a more relaxing environment and laid-back culture!

2. What Time Should I Go to the Gym?

One of the most important aspects of going to the gym is choosing an ideal time in which you would like to visit.

While visiting during the busiest hours might be good for social purposes like enjoying competition, flirting (only if you're single), having fun with friends, and networking, there are a few drawbacks.

First, many of the weights and machines may be taken up, which can be difficult when it's time to locate and access your next training station since there is less 'elbow room.'

It can also be challenging to find parking.

Secondly, the humidity and temperature in the gym can rise due to the sheer volume of fellow gym mates in your locality.

This can make it extremely difficult to breathe and can also feel stifling at times.

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Thirdly, it is challenging to hear your own thoughts when the people around you are constantly moving, grunting loudly, bumping into you, slamming weights nearby, starting small talk, and inquiring about the exact equipment you are currently occupying.

The noisy commercial music can also interfere with your thought process.

Still, the benefits of working out during prime time can be rewarding.

Doing it occasionally for social reasons is something that only a more developed person with plenty of training experience should undertake—otherwise it should completely be avoided, if possible.

Now, going to the gym during slower hours has its drawbacks too.

Even though you have accessibility to more equipment and less distraction among others, here are some points to consider..

First, you can face extreme loneliness.

In other words, when there is no one there, it can be challenging to build momentum as there is less accountability and seemingly more ‘inertia’ to get started.

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Though you can have a better workout if you're focused, it is not an ideal situation if you don't have the momentum to exercise.

Secondly, working out while no one is around can be discouraging. For example, while you're exercising alone, it may feel like no one else in the world is training—and that bodybuilding is purposeless.

Although deep down you know that this is untrue, it can still feel like you have been abandoned in a deserted gym with no one to connect with.

If you are more introverted, you might not feel this way since working out in solitude is a benefit—and because you won't need external motivation to build momentum, you can use these hours alone for peace and quiet.

However, if you're extroverted, but still want to see people and have more equipment accessibility, you might need to exercise right after rush hour so you can meet your social needs..

Especially since this is when people will begin leaving and equipment will start opening up.

Therefore, select the time of day which you would like to go to the gym and be willing to switch it up according to your needs.

3. What to Bring to the Gym:

Here's a list of some items to bring to the gym:

Water Bottle: You must stay hydrated, so bring at least 24 ounces for every one hour you plan to exercise. If you take creatine, protein, or other supplements, bring extra water as you will need more hydration to keep up with your workout.

Headphones: Make sure your headphones are fully charged and fit correctly without falling out. Select a playlist or music mix ahead of time for the duration of your workout.

Longer mixes of 15 minutes plus are typically good as you won't have to change the music all the time.

If possible, get noise-cancelling headphones so that the commercial music doesn't penetrate through your earbuds.

Running Shoes: Always ensure that your shoes are fitted, have strong soles, and are at a proper ankle height for the exercises you plan to complete.

Furthermore, find a balance between style, color, and comfort so that you can have the perfect shoes for your gym needs.

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Change of Clothes: If you decide to swim or shower at the gym, it is best to bring an extra set of slippers, towels, toiletries, and a change of clothing for extra freshness.

If you plan on going out afterwards, then leaving the gym in sweaty and sticky clothes isn't in the best interest of your hygiene, so plan your clothing ahead.

Accessories: If you would like to have a little more style, it is wise to bring additional apparel to add some more flair.

Whether you wear headbands, wristbands, fitness jewelry, hats, weightlifting gloves (to protect from callouses too), or anything else that accentuates your outfit, always be sure to bring them along to inspire those on your path.

Gym Bag: Always bring an oversized gym bag with you on your trip to the gym. You can keep all of the aforementioned items in your bag so that everything is neatly organized. You may also keep your phone, keys, and wallet in here if it is secured in a safe place.

If you partake in any additional activities at the gym, you can bring extra items like basketballs, tennis rackets, drill cones, athletic tape, air pumps, bandaids, painkillers, nonperishable foods, and anything else to help you maximize your gym experience.

4. Are You Ready to Hit the Gym?

There are endless lessons that can be shared in this section about getting ready.

However, the most important thing is that you're going to the gym for the right reasons, are adequately prepared, and will be respectful to all of those you interact with along the way.

For example, if you are going to the gym to fool around and distract others from their workouts, then you are not only wasting your own time, but you are wasting other people's as well.

When it comes to having conversations at the gym, a suggestion worthy to be mentioned is that no small talk should exceed five minutes.

Unless it is clearly a divine interaction.

If you would like to communicate with the person further, simply take down their contact information and set an appointment for a later meeting so that no party is being burdened by the conversation.

Secondly, there are many points of etiquette required to being a responsible gym member.

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For instance, putting back the free weights in their correct space, wiping down machines, allowing others access to equipment, using clean language, dressing appropriately, and being polite are elements that many people forget in their gym-going journey.

It is impossible to teach every single point of etiquette in this section, but you will learn along the way from observing others and asking questions.

If anything is unclear, either research it on your own privately or ask an experienced gym-goer publicly for greater clarification on anything regarding gym etiquette.

Thirdly, always make sure to eat an adequate amount of food before going to the gym.

The last thing you want to face is a hungry belly when your body is totally primed to do a full session of exercise.

Every advanced athlete has experienced the pangs of hunger while trying to produce an output of superior results.

Therefore, be sure to stock up on quick snacks like granola bars, meat jerkies, oatmeals, fruits, parfaits, sandwiches, and anything of high protein value.

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Additionally, do not indulge in alcohol, narcotics, fatty meals, and excessive sweets before or after a workout. It will simply defeat the entire purpose of exercising.

Lastly, consider your *emotions*.

Since every gym experience is different, you must understand where you are in your feelings.

In other words, there are times where you want to go to the gym when you're elated—and other times you won't when you're deflated.

If you are facing many conflicts in your life, soreness in your body, nagging injuries, and/or fatigue, it may be difficult to enter into a mood of exercising.

Still, you must push forth with full energy if you're meant to go OR decline the workout so that you can be better prepared within the next day or two.

The timing of your workout can mean everything and could catapult you to tremendous success if you choose to do it in the right way, at the right time, with the right people, and in the right moods.

So are you ready to work out?

If so, then let's go!

Gym Law:

If you're not in the gym every 72 hours..

Then you're making a serious fitness mistake.

- Daniel Ally

Exercise 1: Chest Press

When you have a large chest, people treat you differently.

Now for women, your breasts can do the talking, if you have a busty chest and know how to use it!

But if you don't, you can still strengthen your pectoral muscles to a certain degree where not only will it stand out as a point of attraction, but will also give you leverage during your daily physical demands.

As a man, having a shelf on your chest gives you preeminence amongst other humans. It can also make you appear taller and more powerful.

If you know how to carry a big chest as a man or woman, then people will take you more seriously.

As an athlete, you will be able to use your pectoral muscles to push, lift, and assert your dominance over smaller chested opponents.

Personally, I use my large chest to communicate, negotiate, and push forward in my most momentous tasks, which helps me in my daily activities. I can also use my chest to deter or intimidate enemies who wish to size me up in a fight, argument, or heated debate.

How to Start:

A: Barbell Bench Press (Flat, Incline, or Decline):

Quantity: 3 sets of 8-12 reps for a routine workout.

End with a burnout set of either 12-15 reps of medium weight.

OR

15-20 reps on extremely light weight.

For maximum power, do 5 sets of 1-6 reps of the highest weight possible.

Many ego lifters love to show off in this area, as they think it attracts more people.

If anything, the opposite sex will not be running to you with a marriage proposal, nor will any person in the gym find your flawed mechanics impressive, unless you're barely lifting twice the weight that they can.

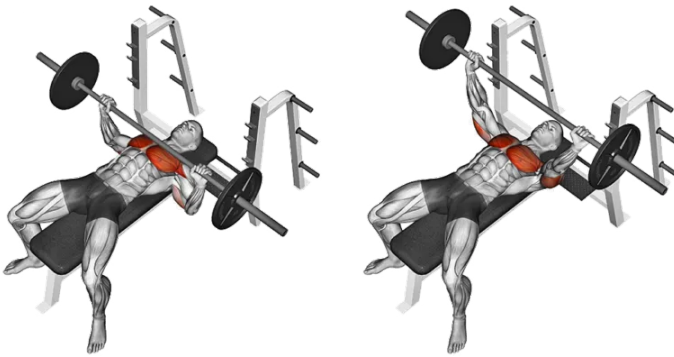
Therefore, be reasonable in how you're building your body and take it one rep at a time without overexerting yourself.

See images on next page..

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Since you can build three parts of your chest (upper, middle, and lower chest), it is wise to do incline or decline bench presses at a 45 degree angle to target these areas.

Utilizing close-grip bench is also good for inner chest and tricep growth.



Above shows normal barbell bench press.

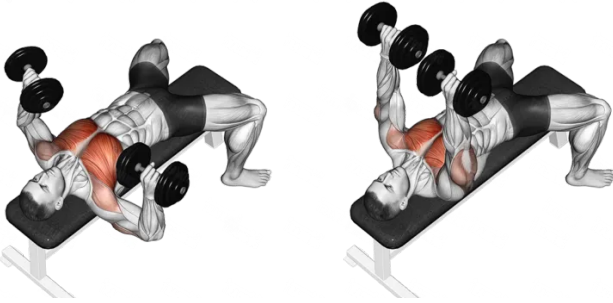
Below shows close-grip barbell bench press.



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B: Dumbbell Bench Press:

Quantity: Same as A.



C: Machine Weights for Bench Press:

Quantity: Same as A.

Using machine weights is easiest on your body. This is why the elderly do them more than any other chest exercises. Simply put, if you want to be fit in the long-term, use machines for your chest press.

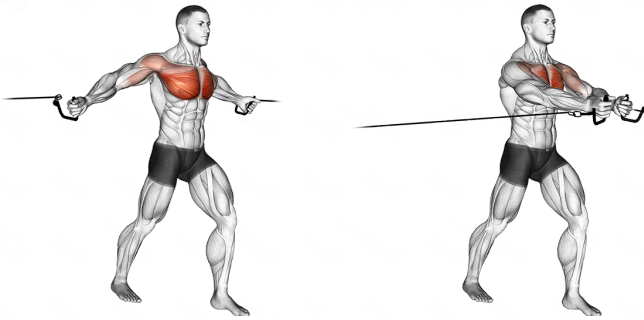


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D: Cable Crossovers:

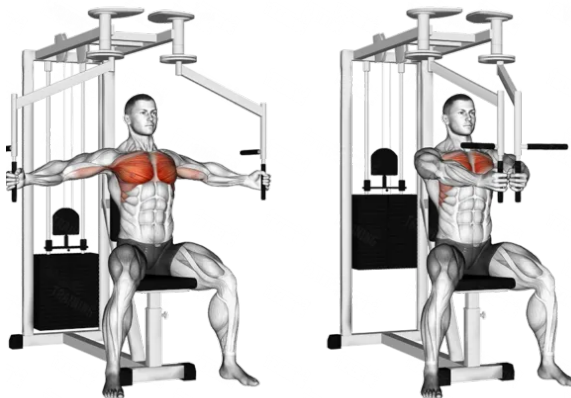
Quantity: Same as A.

I do these all the time!



E: Pectoral Flies (Machine or Dumbbells):

Quantity: Same as A.



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F: Pushups:

Quantity: 3-5 sets of 10-20 pushups

You can also do diamond pushups to mix it up and build tricep strength.

If your chest cannot support a full pushup, you may do them on your knees, as this is a common practice for beginners, females, children, and the elderly.



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My Personal Favorites: Exercises A, B, C, and F.

Doing 3-6 sets of chest workouts is usually good for regular maintenance and growth.

Feel free to do 6-12 sets if you want substantial growth and thicker muscles.

Do not overexert yourself. Always remember that chest muscles are more susceptible to tears and strains, so feel yourself out when undertaking all pectoral training.

Beware of shoulder impingements, elbow pain, and neck strains too.

Next, always use a capable spotter when doing higher weights on the bench or dumbbell press. Spotters are people in the gym who can assist you with your lift to ensure your safety.

If you're not sure what a spotter is, be sure to watch a video on Youtube by typing into the search bar, 'How to use a spotter for weightlifting.'

Finding a spotter isn't always easy.

Some people are not strong enough to help you, while others are just unwilling to assist.

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However, you will need to scout the gym floor and ask whomever you feel can help you in this endeavor.

Facing rejection while looking for a spotter is common too. If you're lifting heavy weights or someone simply doesn't like you for whatever reason, just find someone else who is willing to help you.

If you can't find a spotter at all, then do less weight, switch to dumbbells, do push ups, or go with the machine weights.

Either way, be willing to ask for a 'lift off' when attempting heavier weights on barbell and dumbbell chest exercises.

Finally, don't use clips on barbell bench presses if you're by yourself, otherwise you can get stuck with big weights on your chest without having any nearby help—if you were to fail on your reps.

***Ready to unleash the
true power of your chest?***

Then let's go!

Exercise 2: Boulder Shoulders

Your shoulders have three major muscle groups located on the front, side, and back of each shoulder. All three areas must be exercised in order to gain maximum strength and thickness.

One major mistake that most people make is that they only work out the front and the sides as they completely forget training the back side of their shoulders.

Additionally, many people feel that ego lifting on their shoulders will get them results, even though it is the light weights that do the trick.

If you observe olympians, bodybuilders, and even power lifters, you will notice that lifting the most weight above their shoulders is not their highest priority.

Instead, professional athletes focus on slow and controlled shoulder reps until they feel the burn that comes with the associated exercises described below.

It is easy to feel that people will make fun of you if you grab the 5 to 20 pound dumbbells to do simple lateral raises (see next page) while they're straining to do double or triple the weight.

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But you're the one who will be able to continue your fitness journey well into your elderly years, as they sit there without any ability to lift moving forward!

Therefore, here are a few of my favorite exercises that can be done in the weight room.

Please realize that there are so many shoulder exercises that can be done, so feel free to switch it up when needed.

A: Side Lateral Raises:

Quantity: Do 3-5 sets of 8-12 reps of light weight.

Don't try to show off here, as ego bodybuilders love to grab maximum weight to bulk up their shoulders.

By doing excessive lifting, you can put major strain on your rotator cuff and impinge on other local areas. Below shows side raises with dumbbells.

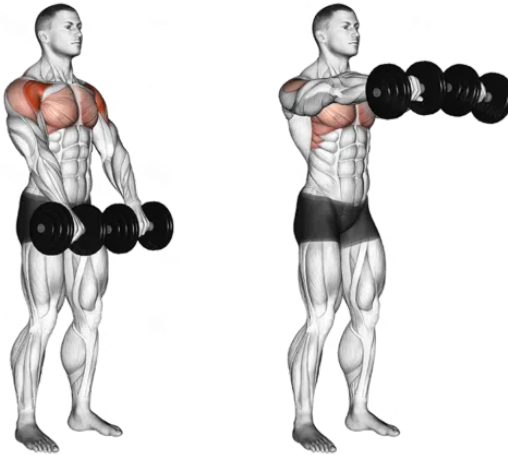


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B: Frontal Raises:

Quantity: Same as A.

You can also do these between your lateral raise sets, which is exactly what I do!



C. Sitting or Standing Barbell Press:

Quantity: Same as A.

It is wise to use a squat rack situated at waist length to return the bar back without dropping it on the floor.

Keep in mind that it is best to ask for a spotter, as many surprises can happen with this exercise.

MILLION DOLLAR FITNESS

The good surprise is that you may lift far more than you expect, especially if your shoulders are primed and adrenaline is flowing.

The bad surprise is if your shoulder gives out or you lose balance, then a failed rep could lead to severe devastation by dropping a massive load of weights onto your lap or onto the floor, which can result in injury to yourself or those around you—so be careful!



D: Seated or Standing Dumbbell Shoulder Press:

Quantity: Same as A.

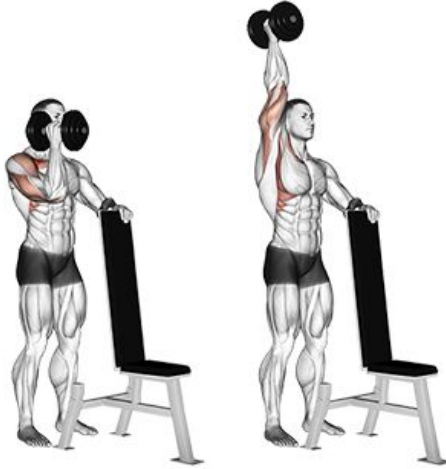
If sitting, you can lift more weight.

Get a spotter if you plan to do bigger lifts.

If standing, use less weight.

MILLION DOLLAR FITNESS

You perform your lift with both shoulders at the same time—or you can concentrate on them one at a time, which is preferred.



Above shows standing individual dumbbell presses, which are my preferred training exercise after lateral raises. Below is seated dumbbell presses, which are also great for your shoulder workouts.



MILLION DOLLAR FITNESS



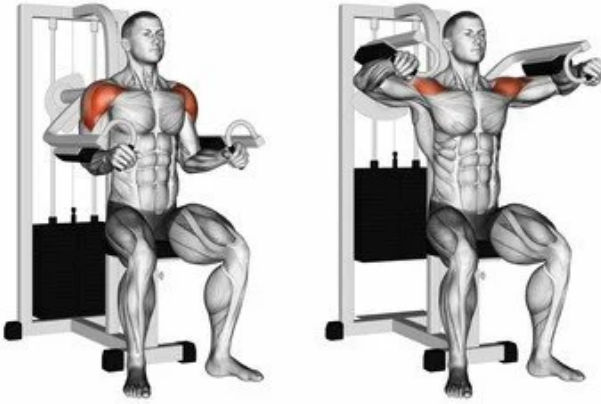
E: Machine Weights:

Quantity: Same as A.

Using machines is excellent for shoulder development. Most times, it is easier on your body.

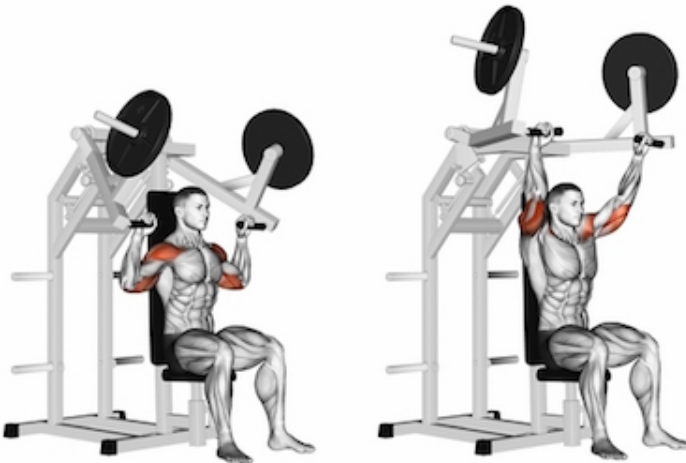


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Above shows shoulder lateral raises from the machine. These must be done slowly and in control during each repetition for maximum effectiveness.

Shoulder presses are shown below. It's also one of my favorite exercises of all-time.



MILLION DOLLAR FITNESS

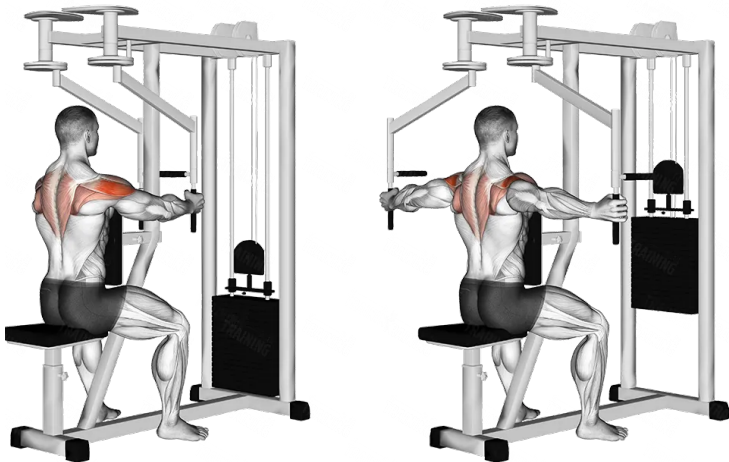
F: Rear Deltoid Flies (AKA Reverse Butterflies):

Quantity: Same as A.

It is usually best to use the machine, but dumbbells and cable weights work well here too.

Training this part of your shoulder is often the most neglected by gym goers. However, your rare deltoid provides secret strength in your muscles that will give you the edge in upper body strength.

Below shows my favorite rear deltoid exercise. I do it on every single workout. I literally cannot complete a workout without doing this shoulder lift!



MILLION DOLLAR FITNESS



Above shows a rear deltoid exercise with dumbbells. This is an advanced workout, so start with lower weights and work your way up.

Below shows a rear deltoid exercise with the cable. This is much easier and gives a tremendous burn that can be satisfying in the end.



MILLION DOLLAR FITNESS

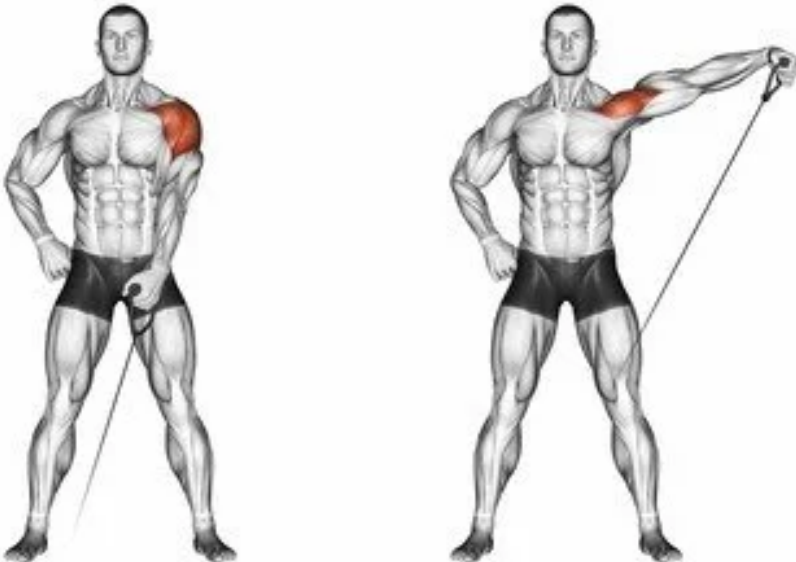
G: Cable Weight Lateral Raises:

Quantity: Same as A.

You can do these exercises individually on the side or in front with very light weight until you feel the burn!

Never allow your body to jerk back and forth aggressively while doing these. Your whole entire body should not be rocking either.

Instead, pick the lightest weight to perform your cable raises to maintain maximum stability and control..



My Personal Favorites: All of the above.

In fact, I love working out shoulders so much because of how quickly they swell up while training!

Remember, it is important to mix up your shoulder exercises as there are three major muscle groups in your shoulders.

If you do the exact same exercises every single time with your shoulders, it will become boring and you'll eventually want to switch it up anyways, as this is in the best interest of your training regimen.

Therefore, do 9-12 sets at the minimum for maintenance.

If you want to target all three areas individually, you can do a minimum of three sets on the front, three on the side, and three for your back shoulders!

Go for 15-21 sets if you want to expand your shoulders to the next level!

If you cannot lift your arms up straight any longer, then this is the perfect signal that you've had enough, so end your shoulder exercise immediately!

Get those shoulder blasts in!

**Now that you have the
strongest shoulders possible..**

Let's get to our back exercises.

Exercise 3: Latissimus Dorsi and Back (Middle and Upper Back)

Developing your latissimus dorsi and other back muscles is the key to having secret strength.

In other words, almost no one will compliment you on your “lats” or back, but if they are strengthened, your movement in both daily living and athletic ability will be obvious.

Your “lats” are your biggest upper body muscle, but require only a little bit of exercise to become a superior athlete. Additionally, your back has so many little muscles that they can all be developed individually with specialized training.

By just doing 6-12 sets of lats and back you can have the strongest back in your community—even though most people will not even realize it since it is rarely visible to the human eye when you're dressed casually.

Fortunately, the latissimus dorsi is also called the “swimmer muscle” as it almost serves as a fin to help you power through the strong currents of water like a fish in the ocean. So “lats” get into it so you can see what the swimmer muscle is all about!

MILLION DOLLAR FITNESS

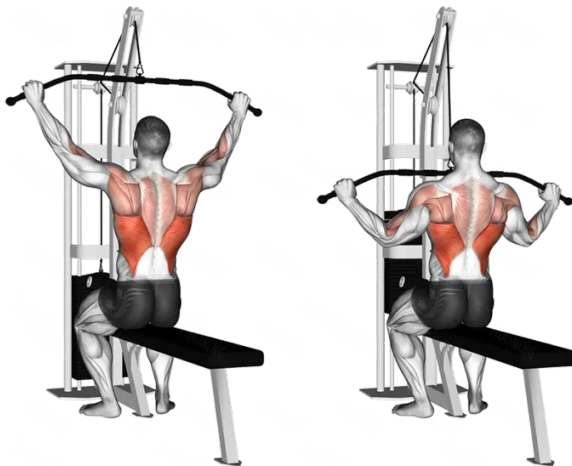
You're going to love these back workouts..

A: Latissimus Dorsi Pulldowns (Wide Grip and/or Close Grip):

Quantity: Do 3-5 sets of 10-12 reps on heavy weight or 15-20 reps on light weight. Keep your butt on the seat and never jerk your body back and forth to perform this lift!

You can also do 6-8 reps on your heaviest weight, but make sure you don't drop the weights upon releasing it as the sound can be very disruptive to those around you.

Be sure to experiment with different attachments like double-handle, close-grip handles, and wide bars, as they will target your muscles differently than a normal lat bar.



MILLION DOLLAR FITNESS



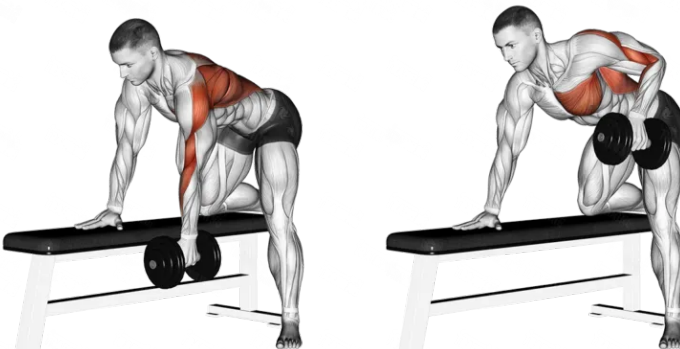
Above shows a different version of lat pulldowns, which is my preferred way of developing this muscle.

To me, it provides more stability while training lats.

B: One-Armed Dumbbell Row:

Quantity: Same as A.

Keep a straight back and never rock back and forth while doing this lift.



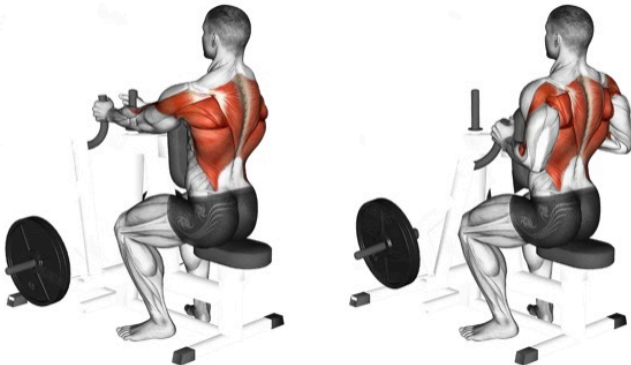
MILLION DOLLAR FITNESS

C: Seated Cable or Machine Rows:

Quantity: Same as A.

Just make sure the height of your chair and pad on your chest (if using a machine) is adjusted according to the dimensions of your body.

Doing this exercise correctly and with stability will get you optimal results in your back region.



MILLION DOLLAR FITNESS

D: T-Bar Rows with Handle:

Quantity: Same as A.

Be careful of ego lifting here. Many people act like gorillas on this raised platform, but end up straining themselves to look like they're the king of the jungle!



Above shows the T-Row Bar. However, not every gym has this machine available. Below shows the same exercise with a barbell.



MILLION DOLLAR FITNESS

E: Pull-ups:

Quantity: Same as A.

Pull ups are excessively difficult for those of different body types. In other words, not everyone is skinny and fit enough to pull themselves up.

If you're healthy enough, it is recommended to be able to pull yourself up at least once, at the minimum.

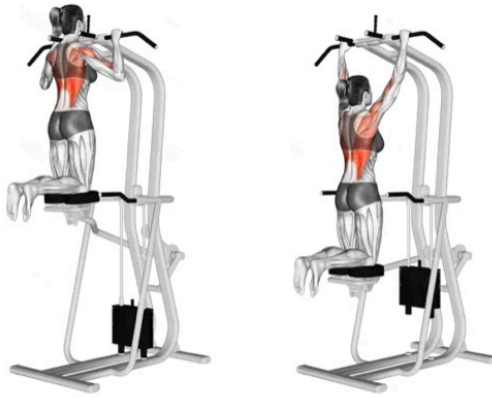
Let there be no shame in your game as it is not an embarrassment if you're not able to do multiple pull-ups, like most people would want you to believe.

If your gym provides an assist-weighted mechanism, try to use it if needed. It's a great way to get started if you want to learn how to do pull-ups correctly.



MILLION DOLLAR FITNESS

Below shows a weight-assisted pull up machine.



Naturally, I had a hard time performing pull ups.

It didn't come to me easily.

However, after using the machine for pull-ups, I was able to do far more repetitions than ever before.

Three reps turned into ten—and ten eventually turned into thirty!

Then, when I finally went to the bar to perform the pull-up without any assistance, I was flying up and down! I can even do one-arm pull-ups multiple times!

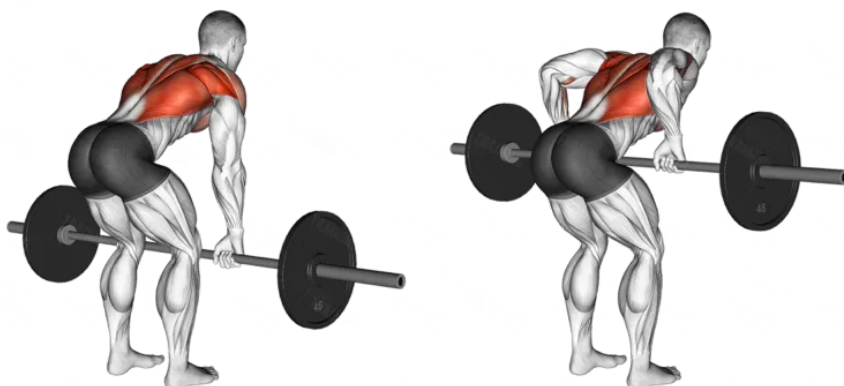
From only being able to do a few at a time, it was truly a miracle for me to do a bunch of pull-ups without any major struggle. Try it for yourself!

MILLION DOLLAR FITNESS

F: Bent Over Row (Dumbbells or Barbell):

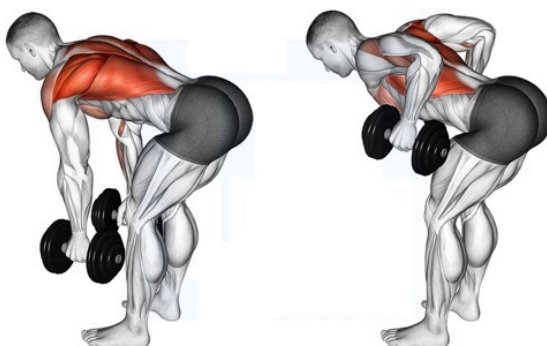
Quantity: Same as A.

You can go heavier on this exercise, as long as you don't strain yourself.



Above shows barbell rows, which can be a challenge.

Below shows dumbbell rows, which are a little easier.



My Personal Favorites: Exercises A and C.

Doing 6-12 sets is enough for maintenance and steady growth.

Do not exceed 18 sets of back exercises, unless you consult with a professional trainer.

Side Note: I only train trapezoids about 6x per year simply because they are usually naturally strengthened through the other exercises.

I also have pretty big ‘traps’ as well. By enlarging them, I would end up intimidating people for no reason.

However, if you are lacking in this area, you can do 3-5 sets of shrugs to obtain more thickness in your trapezoidal muscle region.

See, I told you..

I got your BACK!

So keep reading!

Exercise 4: Power Arms

In this section, we will uncover both bicep and tricep workouts so that you can develop the strongest arms possible.

Like chest and shoulders, training arms is where many people strain their bodies to “show off” how strong they are.

While lifting heavy weights can be beneficial in this area, many people are commonly injured in their neck, back, and elbows as they continually perform ego lifts in this region.

However, if you take your time by selecting the right weights along with slow and controlled reps, you can build a dominant physique without injuring yourself.

Keep in mind that if you're doing the other exercises in the previous pages, your bicep and tricep muscles will already have been impacted due to the dozens of reps performed prior to getting to your arm workout.

Therefore, if you are already on the verge of being sore, it is best to finish with only 3-6 sets each of biceps and triceps (6-12 sets total), as you will still look like a Greek statue the next day after doing your gym workout.

MILLION DOLLAR FITNESS

A: Bicep Curls (Dumbbell, Barbell, or Curl-Bar):

Quantity: 3-6 sets of 8-12 reps.

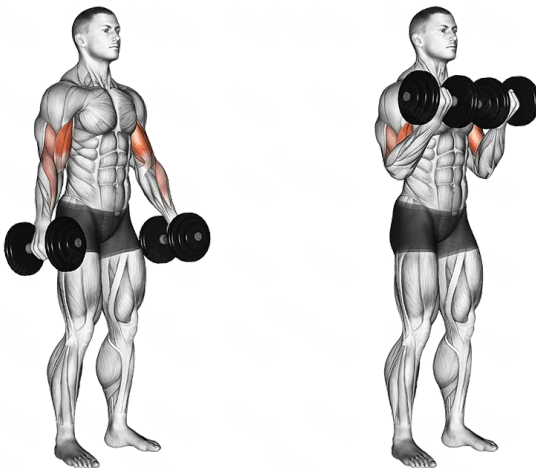
Or until you feel the burn!

While you can train both arms at the same time, training arms individually will often give the best results.

You can start on low weights and then go high to build momentum..

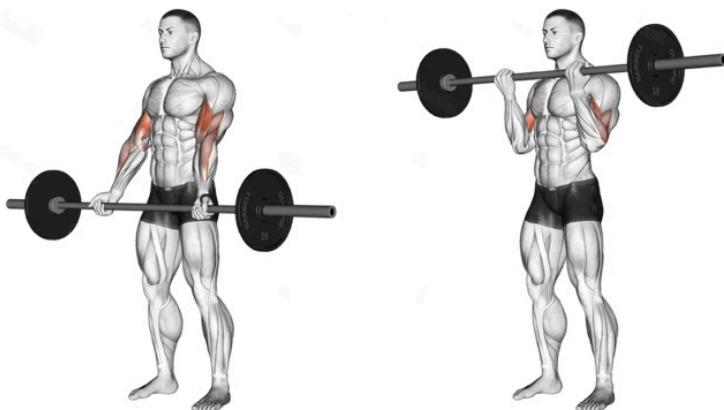
Or you can start high and go low for a nice burnout set.

You can also pick various weights to confuse your muscles, which can give you superior results.



MILLION DOLLAR FITNESS

Below shows a standing barbell curl.



Dumbbell bicep curls are the most common exercises performed at the gym.

If you do them often, you'll see exactly why!

You can also do these with dumbbells while seated, as shown below. I do seated dumbbell curls very often.

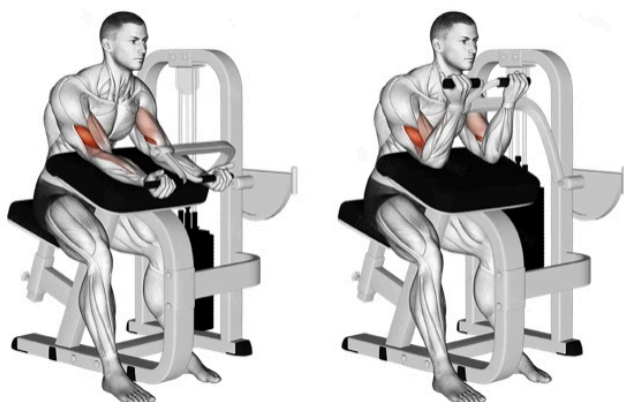


MILLION DOLLAR FITNESS

B: Preacher Curls (Machine, Dumbbell, or Curl Bar):

Quantity: Same as A.

With this exercise, you can also start with heavier weights and then descend to lighter weights—or vice versa. Below shows my favorite machine for biceps.



C: Cable Curls:

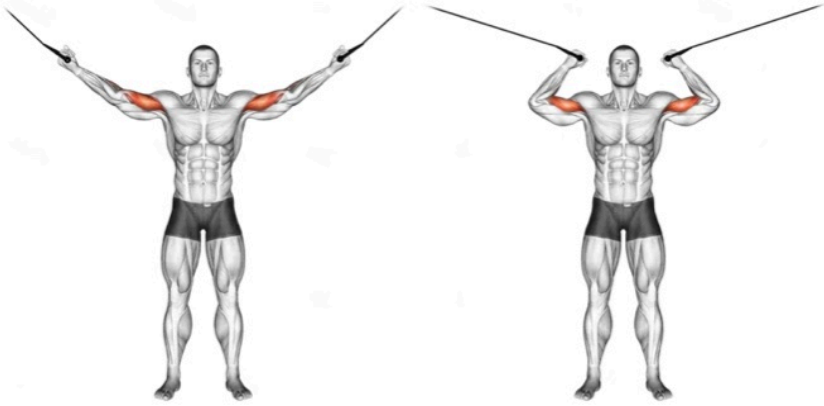
Quantity: Same as A.

You can do these with both arms at a time or each arm individually. You can start with lower weights, then go up—or vice versa.

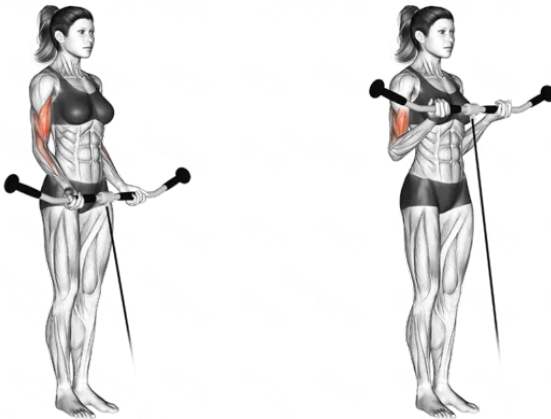
While doing individual arms may take longer, it is easier to focus on the reps, which can maximize the final results. I do these often for more concentration.

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For a major bicep workout, you can start with lower weights (2 sets with 12-16 reps), then go up in weight (2 sets with 8-10 reps), and finally come back down in weight for a burnout session (2 sets with 12-16 reps).



Below shows another variation of bicep curls with cables, which provides a great boost in power.



MILLION DOLLAR FITNESS

D: Tricep Pulldowns (With Rope or V-Bar Attachments):

Quantity: Same as A.

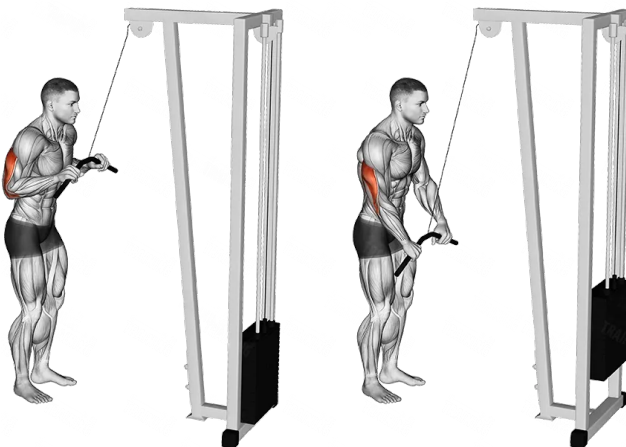
Stand straight while doing this. Many people make the mistake of bending over while attempting this exercise, which can cause strain.

Also, make sure to bring the weight to nipple height to maximize effectiveness.

Finally, put weight back gently as it startles many people if you drop it.

Shown below, this is my favorite tricep workout.

In fact, I do it on every single upper body workout!



MILLION DOLLAR FITNESS

E: Standing or Seated Overhead Tricep Extensions (Dumbbell or Barbell):

Quantity: Same as A.

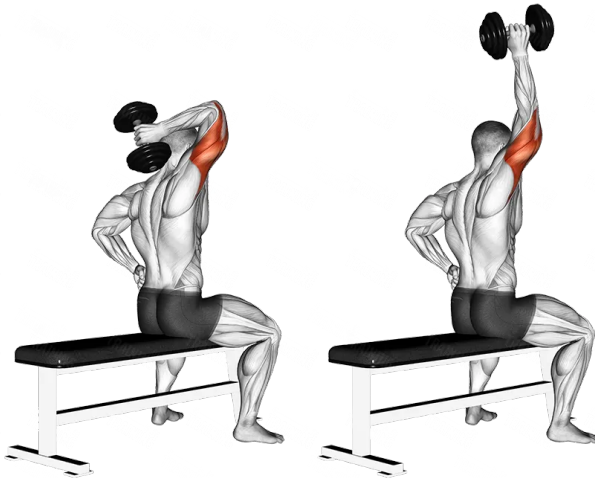
Special Note: I find it easier to do this exercise with dumbbells on each individual arm with lighter weight while standing.

The slower you go, the better it feels.

This is my second favorite tricep workout.

I usually alternate this exercise with tricep pulldowns
OR do them right after.

Either way, these will give you massive triceps!

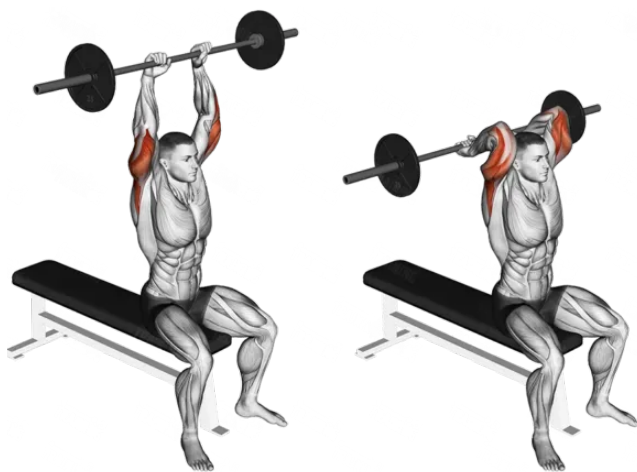


MILLION DOLLAR FITNESS



Above shows seated extensions with dumbbells.

Below shows seated triceps extensions with a barbell.

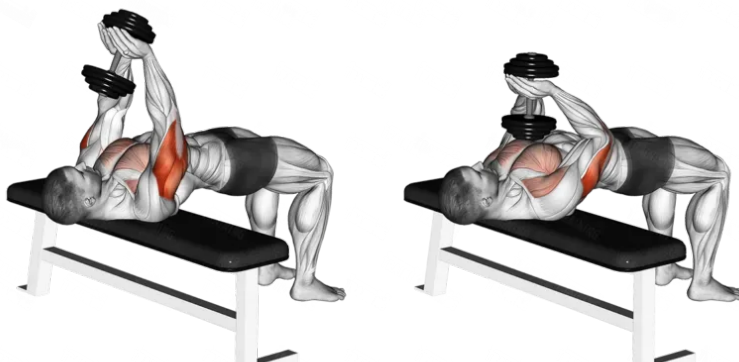


MILLION DOLLAR FITNESS

F: Skull Crushers (Dumbbell or Curl-Bar):

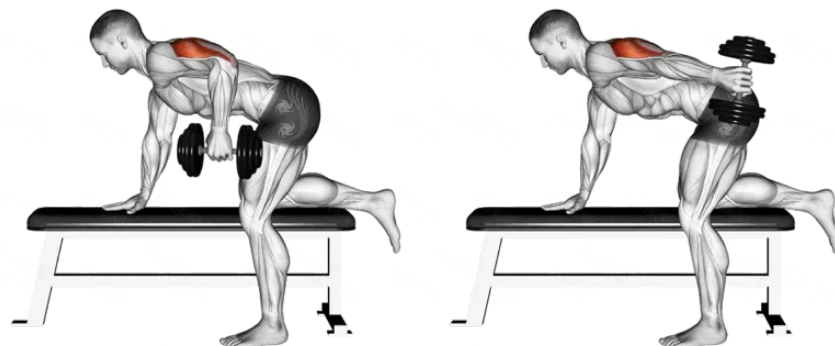
Quantity: Same as A.

Just don't hit your head with the weights!



G: Standing Dumbbell or Cable Tricep Kickbacks:

Quantity: Same as A.



MILLION DOLLAR FITNESS



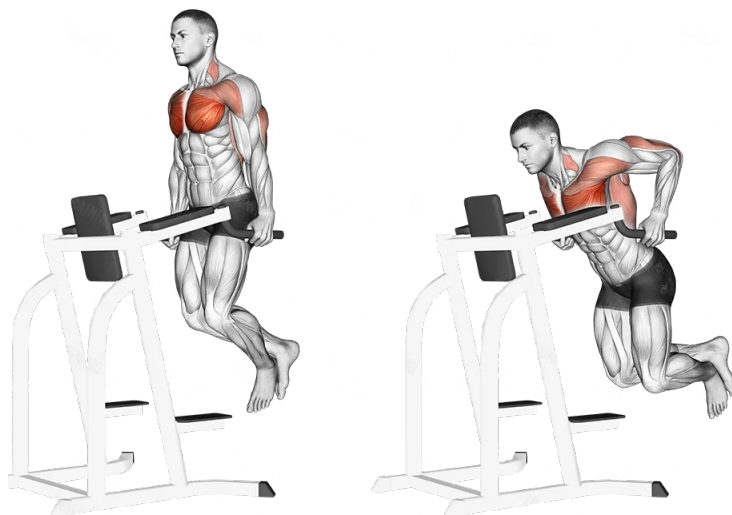
H. Dips (On Dip Bar or Bench):

Quantity: Same as A.

This is my third favorite triceps workout. It's a good alternative exercise to use, if you're capable of doing them.



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Above are dips while using a “Captain’s Chair.”

Below are dips on a machine, which I do very often.



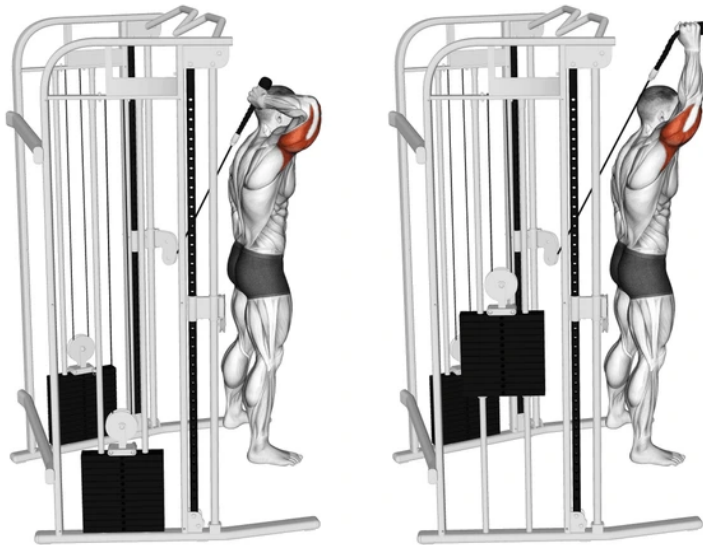
MILLION DOLLAR FITNESS

I. Overhead Tricep Cable Pulls:

Quantity: 3 Sets of 12-20 reps at a very low weight for maximum effectiveness.

This exercise provides a nice burnout, especially after doing 6-12 sets of triceps.

For me, it feels extremely safe to use cables to finish overhead tricep lifts, as it shows you how sore you actually are.



Above shows triceps pulls from a lower angle.

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Below shows triceps pulls from the highest setting possible, which is my preferred method of training.

Due to the burn, overhead tricep cable pulls are usually the very last exercise I do for my upper body workouts. It's so fun to do that I hardly consider it an exercise since it's more like a stretch!

Furthermore, I love them so much that I do them almost every single time I go to the gym for upper body training!



My Personal Favorites: Exercises A, B, C, D, E, H, and I.

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**ARE YOU
READY TO
SEE MY
ENTIRE
UPPER BODY
WORKOUT?**

If so, then turn the page!

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My *entire upper workout* in order is usually..

1. **Chest:** Dumbbells, Bench, Flies or Machine: (3-6 Sets total)
2. **Shoulders:** Dumbbell Presses, Lateral Raises (Dumbbells or Cable), Frontal Raises (Dumbbell or Cable), Reverse Flies on Machine (12 Sets Minimum)
3. **Back:** Machine or Cable Lats and Rows (6 Sets)
4. **Biceps:** Cable, Preacher, and/or Dumbbell Curls (3-6 Sets)
5. **Triceps:** Cable Pulldowns, Dips, and Overhead Dumbbell (6-9 sets)
6. **Abs:** (3-5 Sets)
7. **Cardio:** (30-60 minutes, Optional)

Fastest Workout: 30 Sets Minimum: 60-90 Minutes
(Without Cardio)

Power Workout: 40 Sets Maximum: 90-120 Minutes
(Without Cardio)

Preferred Workout with Cardio and/or Basketball:
150-180 Minutes

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When I exercise for 3 hours, I call it my ‘Gladiator Workout.’

I only do Gladiator Workouts twice per month.

And I only do them after a full day of rest.

If I want to bulk up my muscles after my workouts, I eat heavily.

If I want to cut fat, I eat minimally.

If I’m bored, I workout.

If I’m busy, I workout.

If I’m tired, I workout.

Either way, I never skip the gym!

*Ready for the
next exercise?*

Exercise 5: Core (Abdominal Muscles and Obliques)

Core workouts are usually the most neglected of all exercises by the majority of gym goers.

Furthermore, just like your back, you can't always tell how strong someone else's core is by looking at them in merely street clothes.

Nor can you predict how strong someone's stomach area is.

For example, some people have abs that show visibly, but it doesn't mean they are actually strong physically.

Meanwhile, other people have layers of fat over their stomachs, but they can have one of the strongest cores of all-time.

Either way, when it comes to performing in life and sports, your abdomen and oblique areas are the "core" of all basic fitness movements.

Simply put, without a strong core, it is harder to do everything in life. But with a strong core, you can move with brevity and master all activities.

Finally, core workouts should be done 3-5x per week.

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While completing 3-12 sets is good for your body, sometimes it is best to train your core until it begins to burn.

You can do them quickly in 5-10 minutes for a quick and effective burnout—or you can take your time and do a heavier workout in 15-30 minutes.

Sometimes, you can even add it in before or after your stretching session and/or cardio workout, which is a wise common practice.

In fact, if you can't get into the gym or need a simple workout, a 30 minute stretching and core workout combined can keep you in shape without adding extra soreness or stress to your body—and you'll thank yourself the next few days for getting it in!

Technically, there are thousands of exercises that can be done in the core area. Whether you're using machine weights, laying on the floor, or doing calisthenics, you will always find the perfect repertoire that fits your fitness needs.

Special Note: If your abs begin to cramp, stop exercising them immediately.

It is not worth risking an injury by pushing yourself to do more than you should in this area.

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Abdominal strains are very common and can heal within a day or two.

Therefore, be sure to give yourself the required rest if you are extremely sore.

A: Core Floor Exercises:

There are far too many calisthenic workouts to list.

Research this area by typing in ‘ab calisthenic exercises’ or ‘core workouts’ into Google, YouTube, or any other reliable search engine.

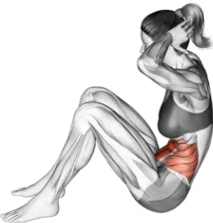
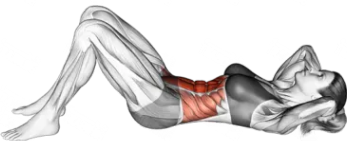
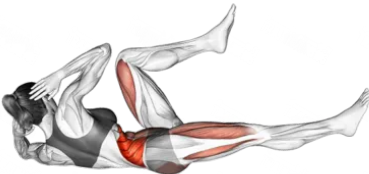
There are millions of online fitness instructors who have mastered the art of teaching you how to do core workouts.

Just type into YouTube, “[10 minute ab workout](#)” by Pamela Reif, who already made a phenomenal video on the topic!

There are many other videos on core training that are easy to follow. Just make sure you find one that works for you!

My personal favorite core exercises are planks, leg raises, bicycle kicks, Russian twists, crunches, mountain climbers, ab-wheel roll outs, and knee tucks.

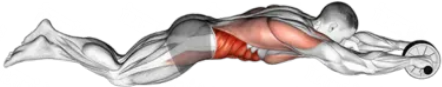
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B. Machine Weights:

Leg raises on a ‘captain’s chair,’ ab machine crunches, and decline abs on a bench with weighted plates are by far my favorite core workouts to practice.

Either way, use whatever machines you have at the gym. Just make sure the workouts serve your body.

There are many ‘strange’ machines out there for your abdomen that are not worth attempting—so don’t force yourself to do core workouts that feel extremely uncomfortable to your body.

However, if you find easy machines to work with that are adjustable and practical to your body, then go for it!

Machine weights are also effective—and it is my absolute go-to exercise for core training.



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MILLION DOLLAR FITNESS

My Personal Favorites: While doing floor exercises can be achieved in every area, I love machine exercises simply because they are the easiest to begin with before or after a main workout.

Since your core quickly becomes accustomed to one type of training motion, it is best to switch it up often to ‘confuse’ your muscles.

Trying different core workouts will allow you to maximize your gains in order to produce optimal results in the end.

Doing 3-5 sets of core exercises is usually enough for each training day. Do 6-12 reps, if your body can handle it without cramping up.

Do not train core for more than five days in a week.

If you type in key phrases like ‘abs for women’ or ‘core for men,’ your search will give you a broader range of selections, which you can potentially include in your general workout.

Keep in mind when researching workouts, there are no particular ones that are designed for men or women individually, as both genders basically have the same skeletal systems.

When it comes to your abs..

You're either working them hard.

Or you're hardly working them at all!

- Daniel Ally

Exercise 6: Power Legs, Lower Back Workouts, and Finishers

It is a well known fact that 80% of gym-goers completely refrain from training their lower extremities—while some people mostly focus on legs for aesthetic and performance purposes.

And that’s why they have “chicken” legs that don’t quite match their upper body.

However, it is foundational to build your legs. It allows you to work longer, be stronger, and to fully conquer your day!

Furthermore, it is important to understand the muscle groups in your legs and lower back, especially when it comes to having an elite and complete body composition.

In other words, many people neglect one part of their body while only focusing on another. For example, you could have a strong gluteus maximus but weak calves, or vice versa.

If this is the case, your body will be adversely affected in your overall performance both in life and athletically.

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Remember, your legs are going to support you for the rest of your life.

Overall, I find that training legs twice a week benefits me the most. Personally, I do a heavy leg workout each week, followed by a light workout 3-5 days later.

I also add in cardio and basketball at least 3 times a week to test my fitness levels and ensure that my body is performing at its peak.

A: Squats:

Quantity: Do 3-5 sets of 8-12 squats in total.

There are many different types of squats you can do.

Whether you do machine squats, hack squats, barbell squats, dumbbell squats, kettlebell squats, bodyweight squats, or any other type of squat—the most important thing is to get 90 degrees down to the ground to maximize your exercise, but only if you are an intermediate to advanced athlete.

It is also important to protect your back, as many people overload their weight in their ego lifts.

Be willing to use a weightlifting belt for more protection, especially when it comes to doing your heavier sets.

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Here are more specific rep recommendations:

- To gain maximum explosiveness and power, do 4-8 reps of the highest weight possible (best for powerlifters and heavier athletes)
- To be a balanced athlete, do 10-15 reps of medium weight.
- To build endurance, do 15-20 reps on lighter weight (best for runners and ball players).

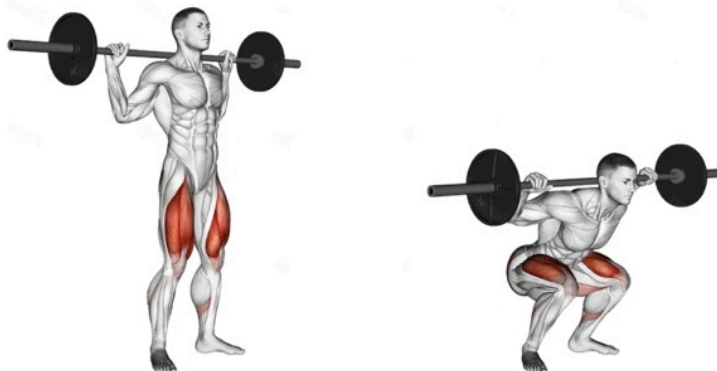
Do 3-5 sets of any of the above.

If your legs begin to give out, or you're experiencing extreme soreness, then discontinue the exercise and end your session immediately.

Do not put yourself through unnecessary pain for the sake of squatting. It's better to be able to return to the gym in a couple days rather than being out of commission for the next few weeks or months due to a simple mistake. Be sure to use a squat rack and find a spotter to help on heavier weights.

Bonus Tip: Since squats require at least 2 minutes of rest, you can probably do 20-30 calf raises (see Exercise H) in between each squat set, especially since these muscles are not as connected with each other as other muscle groups.

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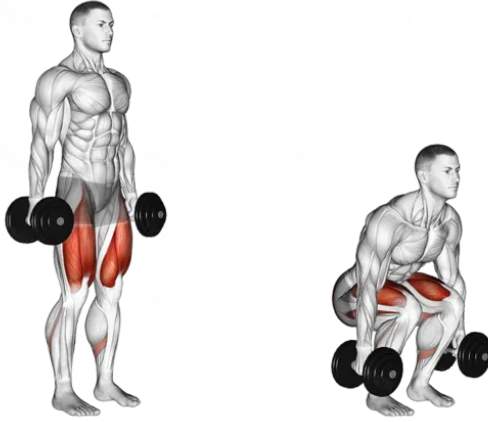
Above: Barbell squats are often the hardest, but they're worth the effort.

Remember, you don't have to go heavy on these to get a great workout. Doing your body weight for a dozen reps or so can be 'good enough' in most cases.

Below: Dumbbell squats are a little easier. This position brings the best results with light weights.



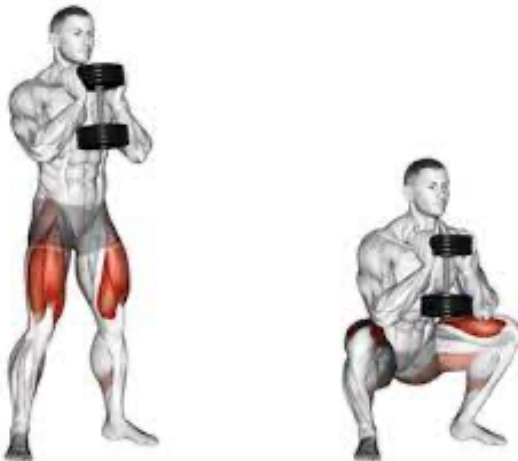
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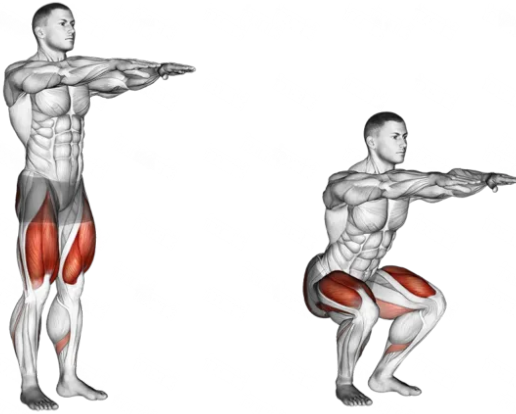
Above shows dumbbell squats. It is best to do these with lower weights.

Below shows one of my favorite exercises.

It's challenging, but single-dumbbell frontal squats are an exercise I always come back to every other time!



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Above shows the absolute minimum squat that can be done. You can do these anywhere: at the airport, in the shower, and even on the dance floor!

Below shows one of the hardest squats known to humans—but it's still my personal favorite! I do these at least twice a month.



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Above shows a machine-assisted squat. You can also find one that faces the opposite way. These are a great alternative to hack and barbell squats.

Below show 'Bulgarian' squats. These are not for beginners, but if you can pull them off, your blood will be pumping for the rest of your workout!



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B: Lunges:

Quantity: Same as A.

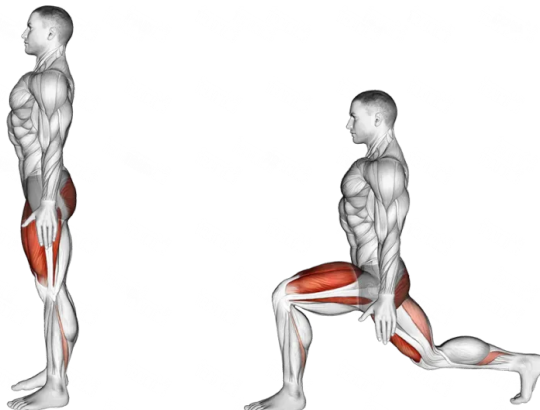
Except it is best to start out without weights to warm up. Doing lunges without weights is also helpful if you're a beginner or elderly.

If you need to add weights, start off by holding smaller dumbbells by your side or use a shortened barbell, which can be hoisted behind your neck.

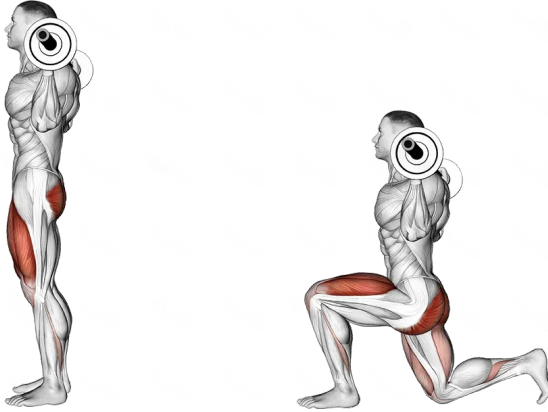
You can also start with heavy weights and go lighter.

Keep in mind that doing both squats and lunges can be extremely difficult on your body, so it's best to choose one or the other in your workouts.

Typically, I do squats one day a week and then lunges 3-5 days later in order to maximize my leg strength.

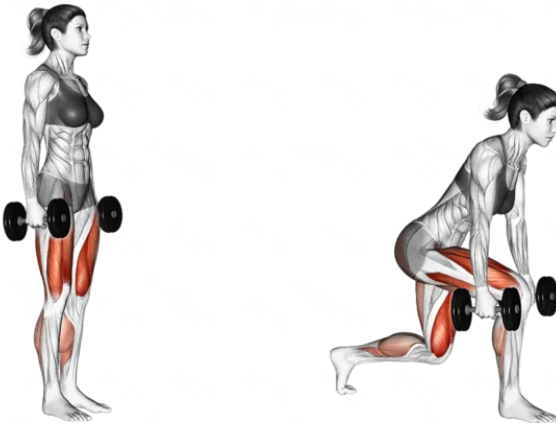


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Above shows weighted barbell lunges. They're good for the body, but can be hard on the neck and back, so only do them if your body can handle it.

Below shows dumbbell lunges. I like to do these the most because it provides the most control while giving maximum burn.



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C: Leg Extensions:

Quantity: Same as A.

The key to doing leg extensions on the machine is all about setting it at the right level.

Additionally, many people tend to overdue their leg extensions, simply because they think that it will give them massive ‘thunder’ thighs.

However, thickening your thighs to a certain degree will be very uncomfortable and defeat the purpose of overall functionality. Therefore, it is best to do 3-4 sets of 12-20 reps on medium weight.

Leg extensions are fun and easy. Because it’s a much easier workout, you can complete a full session within 10 minutes.



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D: Leg Curls:

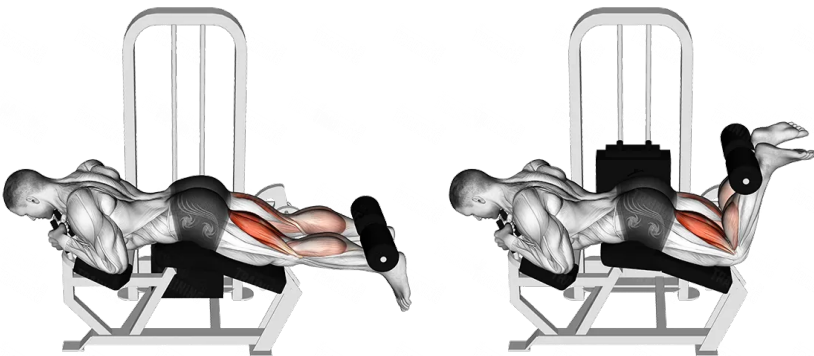
Quantity: Same as A.

You can do these workouts slowly with low-medium weight. Decreasing the weight for burnout sets of 15-20 reps is also effective.

Leg curls can also be alternated with leg extensions.

If you go back and forth between leg extensions and curls, you can complete both workouts of six sets within 12-15 minutes.

If you feel any strain, stop doing the exercise immediately, as the hamstring muscles are more delicate than other muscle groups.



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E: Donkey Kicks:

Quantity: While standing, do 3-5 sets of 10-12 reps with weights or 20-30 reps on the floor without weights for each leg.

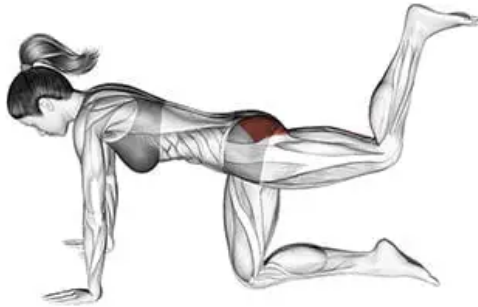
There is no rush while doing this exercise. In fact, going slower and steady during your training session will produce better results.

If your gym has a machine-assisted or cable weight exercise for this area, then it is an excellent way to complete your donkey kicks.



Above shows donkey kicks with cable weights.

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Above shows donkey kicks without weight while on the floor. Doing it without weights is still a great workout and highly recommended for your health!

Below shows donkey kicks being performed on a smith machine. Be extra careful when trying this out!



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F: Hip Abductors and Adductors:

Quantity: Same as A.

Just make sure you get maximum extension on these.

Training hips and inner thighs is often overlooked by people, especially men. However, it's one of the most essential muscle groups to concentrate on.

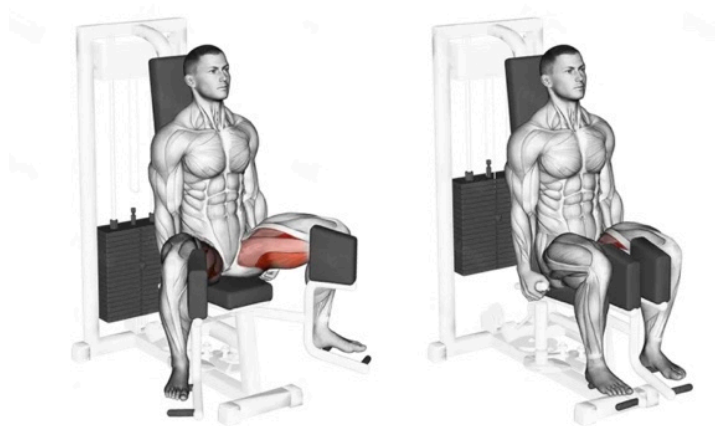
In just 12-15 minutes, you can completely turn your life around by adding hip abductors (below) and adductors (next page) into your workout.

Actually, they are typically the last of my leg exercises simply because they are so easy to do! You can always switch between both of these workouts!



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So much quickness and coordination could be added by training abductors and adductors.



In the above exercise (hip abductors), you can add tremendous stability and balance, even to your most ordinary steps.

If you are an athlete, you can create deception speed and agility just by training your hips!

And the best part?

No one can see how strong your hip adductors and abductors are, unless you're a slimmer, curvy woman who wears tight and thin fabric.

That means you can hide one of the most powerful parts of your body without anyone ever realizing it!

G: Deadlifts:

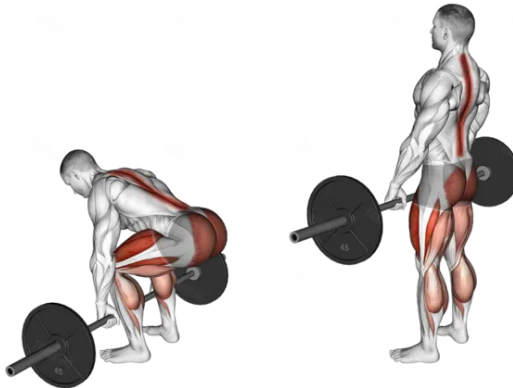
Quantity: Same as A.

Doing lighter weights on deadlifts usually gives the best results, especially since this is an easy workout to strain your back on.

Strangely, deadlifts (like squats and bench press) are the most criticized exercises—and you will be policed by those who subtly watch you as they want to ensure your ‘safety’ on this lift.

However, there’s no need to ‘flex’ about how strong you are while doing this exercise. Just simply do what you can and don’t worry about what others think while doing your deadlifts.

After all, these new ‘detectives’ are not the ones who’s going to be sore from these deadlifts, you are!



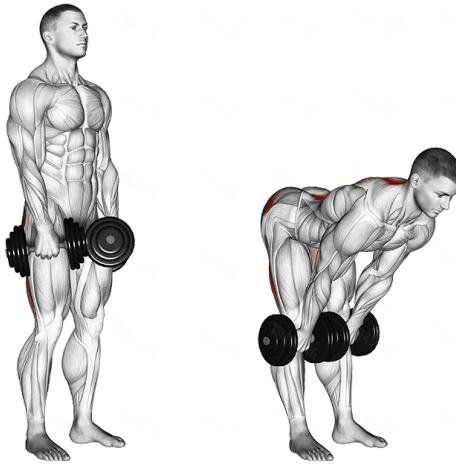
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While it takes more effort to load up the plates (see photo on last page), this exercise targets more muscle groups than any other leg exercise on the planet.

Below shows dumbbell deadlifts.

These are my preferred exercises simply because they are easier on my body and quicker to set up.

There's also far less policing by onlookers nearby.



Dumbbell deadlifts are my personal favorite.

I do these on every leg workout. Heavy weights on my major days for strength building. Lighter weights on my easier days for maintenance.

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H: Calf Raises (Standing or Machine Assisted):

Quantity: Calf raises can be done without weights or with weights in 3-5 sets.

If you do it without weights..

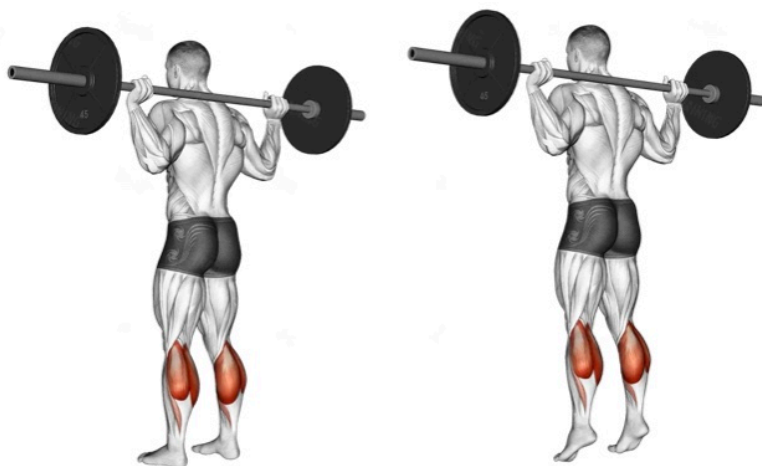
Do 30-50 reps, if you're a beginner.

Do 50-100 reps, if you're a normal athlete.

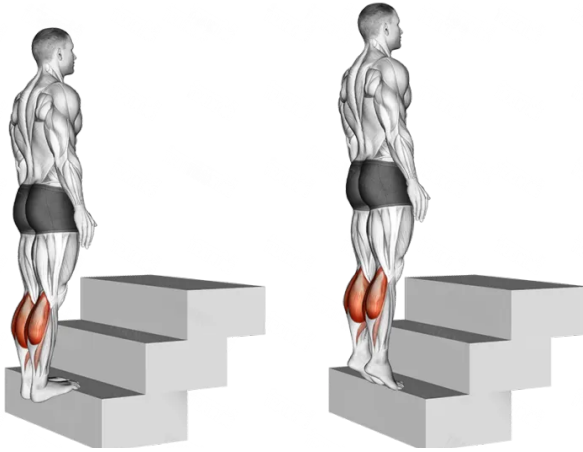
Do 100-200 reps, if you're a superior athlete.

Never exceed 250 reps a day, unless consulting with a professional trainer.

If using weights, then do the same as Exercise A.



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Above are standing calf raises.

They are completely underrated.

In fact, every news network should gather together to do a global broadcast on how important calf raises are.

Personally, I do 100-150 reps at least twice per week.

They make your legs, ankles, and feet significantly stronger too.

The best part about calf raises is that you can do them during a long shower or while waiting for others!

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Above displays a seated calf raise. These can be hard on your knees, if you're new to this exercise.

However, this workout is extremely beneficial, if you can tolerate the complexity of this machine.

The machine below is my personal favorite.



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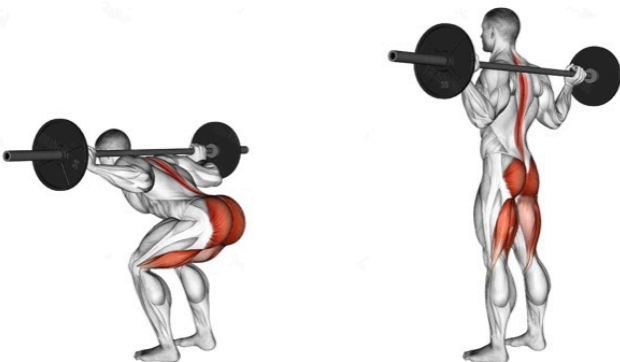
I. Good Mornings (Machine, Cable, Dumbbells, Smith Machine, Weighted Vest, or No Weights):

Quantity: Same as A.

Below shows Good Mornings with a single dumbbell. Doing these with cable weights or weighted vests is also beneficial.



Below shows Good Mornings with a barbell. You can also do the same motion without any weight.



J. Leg Press:

Quantity: Same as A.

You can also do 15-30 reps in 3 or 4 sets with lighter to medium weight.

It's often better to do leg presses with a decline (pictured below), as it targets your legs with far more emphasis than a flat-level leg press.

Just make sure to use a spotter and/or emergency stoppers when performing this exercise.

Key: Take your time while doing these, especially on heavier sets. Usually, longer 2-3 minute breaks can be extremely beneficial as you recover from each set.



K. Hip Thrusts: (Dumbbells, Hip Thrust Machine, Smith Machine, EZ Curl Bar, Barbell, or No Weights)

Quantity: Same as A.

Hip thrusts provide great power, acceleration, and balance to your overall body.

It is also instrumental for the humping motion, if your goal is to improve your procreational skills in the bedroom.

This exercise can be difficult to learn because of how challenging the overall set-up can be.

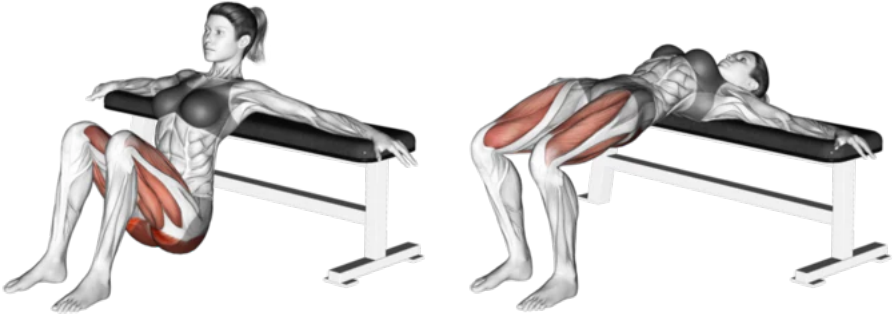
A hip thrust is also an awkward motion, so it can look funny to others. It can also feel funny if you're doing it around others in a busy gym.

Still, learning this powerful exercise can change your life.

This workout can lead to many types of injuries. Therefore, do not hurt yourself by attempting this exercise.

When using weight, always put a foam pad on your lap to protect the weight from crushing, squeezing, or rubbing against your thighs or stomach.

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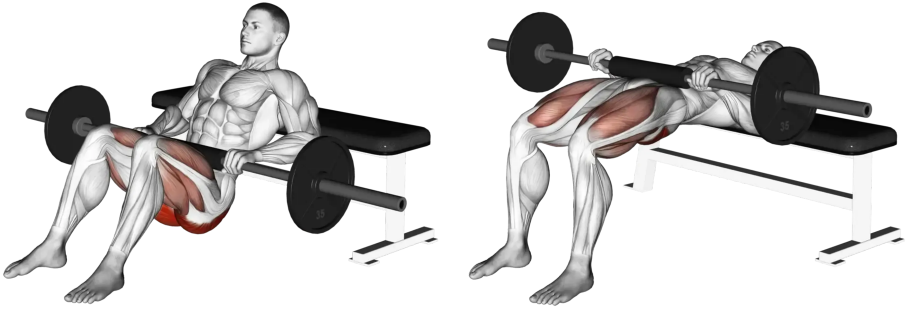


Above shows an example of hip thrusts on a the edge of the bench without any weight. If you're a beginner, then this is the best way to do hip thrusts.

Below shows a hip thrust with dumbbells. It's far easier than using a barbell, especially since it offers the most stability and control.



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Setting up with a barbell, which is shown above, is easier than it looks. Just add your weight, put on a foam pad to protect your stomach or thighs, then lift it onto your lap to perform the exercise!

If you want more stability, safety, and control, then use the Smith Machine, which is shown below. This is my second favorite way to perform hip thrusts.



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And finally, the ‘Rolls Royce’ of hip thrusts is using the plate-loaded machine.

This machine is *my absolute favorite*.

It simply targets the right areas in the right ways. It also one of the greatest secrets to building a bigger butt.

There are different types of hip thrust machines, so just make sure you learn how to use them correctly before performing this exercise.

Take your time with doing these. Slower is better. The more control you have on this machine, the better it will be when performing the hip thrust exercise.



MILLION DOLLAR FITNESS

**Are you sure
you're ready to
see my entire
leg workout?**

If so, flip to the next page!

Personal Favorites: All!

It is common to do 15-30 sets of leg, hips, and lower back exercises.

Do not exceed 40 sets without consulting a trained professional.

My entire leg workout in order is usually..

1. Squats or Lunges (3-5 Sets)
2. Leg-Press or Hip Thrusts (3-5 Sets)
3. Calf Raises (3-5 Sets)
4. Deadlifts (3 Sets)
5. Leg Extensions (3 Sets)
6. Leg Curls (3 Sets)
7. Hip Adductors (3 Sets)
8. Hip Abductors (3 Sets)
9. Abs (3-5 Sets)
10. Cardio (30-60 minutes, Optional)

Long Workout:

24 Sets Minimum for 60-75 Minutes

With Cardio: 90-120 Minutes

The two-hour workout is only recommended for superior athletes.

Short Workout:

Same as above, except with lighter weight.

Usually I will skip hips and cardio to finish within 45 minutes.

Note: If there's absolutely no way to train legs for the week due to busyness, extensive traveling, family emergencies, or vacations, then just do...

60 squats, 60 lunges, and 80 calf raises (in 10 total sets of 20) for 200 total reps without any weights, which can be achieved within twenty minutes with breaks included.

Be sure to adjust reps and sets accordingly.

**Did you get
your sweat in yet?**

**Send me an email to
info@danielally.com if these
exercises are helping you!**

Exercise 7: Cardio

Besides stretching and core, cardio is the foundational exercise for all people.

Almost everyone can do cardio—including 95% of physically disabled people.

Even if you are in a wheelchair, have amputated limbs, elderly, or have limited abilities, you can still spend several hours a week improving your cardiovascular activities.

Doing cardio is not only important for your fitness needs, but it is also an important element for your heart and other vital organs.

When you do cardio, your veins are flowing, your blood is pumping, and your heart is racing as the sweat is dripping.

Furthermore, your lungs are opened, your mind is clearer, and your adrenaline is rushing.

Equally important, cardiovascular activities allow you to be creative in everything you do.

Whether you use it to get your mind off of your daily problems, struggles, and challenges—or use it to

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troubleshoot some hassles you might be dealing with—it is the perfect connector to focusing on any subject God is calling your attention to.

There is a ‘runner’s high’ phenomenon that also happens when you are training in a cardiovascular manner.

Simply put, this is when your mind, spirit, and body elevates to levels that exceed your normal capacity.

And this natural ‘runner’s high’ usually comes after 10-15 minutes of moderate to heavy training.

In these times, you can fall into deep moments of reverent prayer with God, infinite encouragement during hard times, mindful meditation to alleviate stress, and even encounter transcendent epiphanies that can dramatically change your life.

Therefore, here are some recommended cardiovascular activities that can help you to advance both athletically and in life.

Final Note:

It is not advisable to do all of these exercises in one week. However, you can pick and choose which ones suit you best and switch them up according to the needs of your body.

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A: Treadmill:

For beginners, start at 5-20 minutes on the treadmill at medium speed, 1-5 times per week.

For normal people, do 15-45 minutes.

For advanced athletes, go for 60-90 minutes.

Do not exceed 120 minutes for any reason, unless it involves walking or you're training for a super athletic endeavor that requires great endurance, like a triathlon or marathon.

To add more to your treadmill workouts, you may also add an incline or do interval sprints along the way.

For incline, adjust your treadmill to levels 1 to 3.5, as this will help you to burn calories faster while also developing your shin muscles. You can go past an incline of 3.5, if you're walking.

For interval training, you may add maximum speeds for 30-90 seconds at a time for every 1-2 minutes of jogging.

Repeat the process for 10 minutes at the minimum for the best results.

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Quick Tip: Wear a sweater if you want to maximize your workout, as it helps you to sweat a lot faster and release more calories from your body!

When on the treadmill, it is fine to hold onto the handle bars—but do not get into the habit of depending on them to support you unless you are severely overweight or physically challenged.

In other words, don't be one of those people who are trying to run at abnormally high speeds while hanging onto the handle bars in great desperation.

Instead, hold the handle bars gently (if needed) and let them guide you smoothly in your workout without them being a major factor in your exercise.

You can always run on a track or on the street.

Just learn the distances and plan accordingly.

Also, make sure to drink twice as much water as you think you need. You never want to be dehydrated when you're performing cardio exercises of any kind!

Reminder: Running on the treadmill can become excessively boring. Therefore, make sure to play good music or listen to positive content.

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If you are a guardian of your mind, do not allow yourself to drown in silly commercial music.

More importantly, treadmill exercises can help you stir up your imagination on the highest level.

Don't be afraid to take a pause to write down important information and ideas that come to your mind.

In fact, I get some of my greatest inspiration on the treadmill. Even if I'm in flow, I'll still put the treadmill to walking speed at 3 mph to jot down an note that only takes a few quick seconds to record!



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B: Stair Master:

There are three main ways you can exercise on the stair master.

You can go fast at lower resistance, which makes it easier and allows you to go at speedier rates for endurance purposes and fat burning.

Or can go slower at higher resistance, which will be harder and give you a deeper burn for strength training and body toning.

You can also do interval training at various speed and resistance levels.

For example, you can do 2 minutes on high resistance and 1 minute on low resistance.

Or you can go 2 minutes on low resistance and 1 minute on high resistance.

But the main key is to stay on the mid to top-level stairs, not the bottom.

The Stair Master can deliver a lot of results in a little time. Even 5-10 minutes after a major workout could be a major benefit to your life.

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Either way, this is how you start..

Do it for 3-5 minutes for beginners.

Do it for 5-15 minutes for intermediate.

Do it for 15-30 minutes for advanced athletes.

Do it for 30+ minutes for elite athletes.

Do not exceed 90 minutes unless you consult with a trained professional or are going at slower speeds for weight loss.



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C: Elliptical:

Same as A.

Using the elliptical is one of the best workouts, if you are a beginner.

It's also an easy machine to get onto when your already exhausted from a workout.

Do not underrate this machine, even if you are an advanced athlete.



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D: Biking (Stationary or Outdoor):

Same as B.

Biking is a great workout, especially for your quadriceps.

Even a 5-10 minute biking session after a workout can help you enormously.

And if you're biking outdoors, always use a helmet!



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E: Jump-Roping or Mini Hops:

If jump roping, do it for 1-2 minutes for beginners, 3-5 minutes for intermediate, and 5-10 minutes for advanced athletes.

With mini hops, you can stand in the same place while jumping 1-3 inches off the ground.

Do 50-100 reps for beginners.

Do 100-200 reps for intermediate athletes.

Do 200-300 or more reps for advanced athletes.

Do not exceed 500 reps unless you consult with a professional trainer.

You can break down your sets in increments of 30s, 50s, or 100s at a time for optimal results.

For example, if you're doing 150 reps, you can do 5 sets of 30 hops.

Note: Jump roping can be extremely challenging if you're new at it. Keep in mind that it doesn't come naturally to many people.

If this is the case, then avoid doing this exercise.

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The image on the bottom left shows a normal jump roping session. You can always get creative with how you jump with a rope.

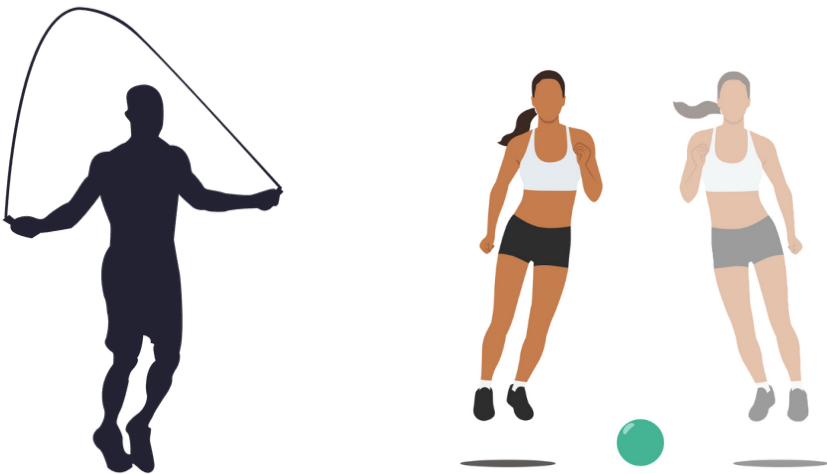
Search for ‘advanced jumprope exercises’ online to learn more.

Even if you can only do 1-3 jumps to begin with, just keep going and you’ll get a lot better soon.

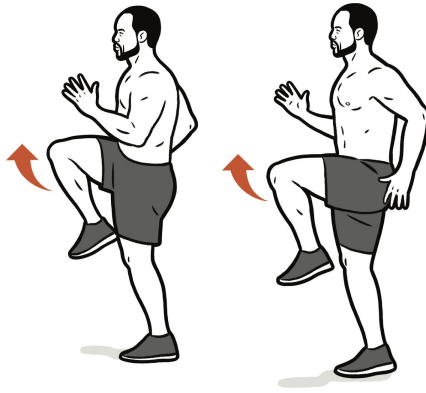
The bottom right image shows lateral mini hops over a medicine ball.

You can do 10-20 reps of these.

You can also use a dumbbell or agility ladder to jump over.

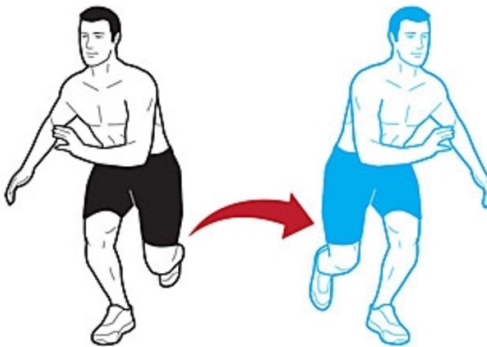


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You can also do high knees while walking or in a stationary position, as shown above. A jumping knee can also be performed, if you have the athletic ability.

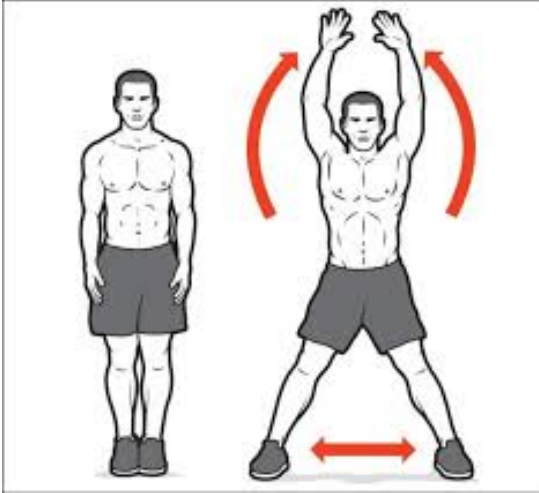
Below shows an single leg jump exercise alternating from left to right. This is wonderful for increased lateral movement and overall agility.



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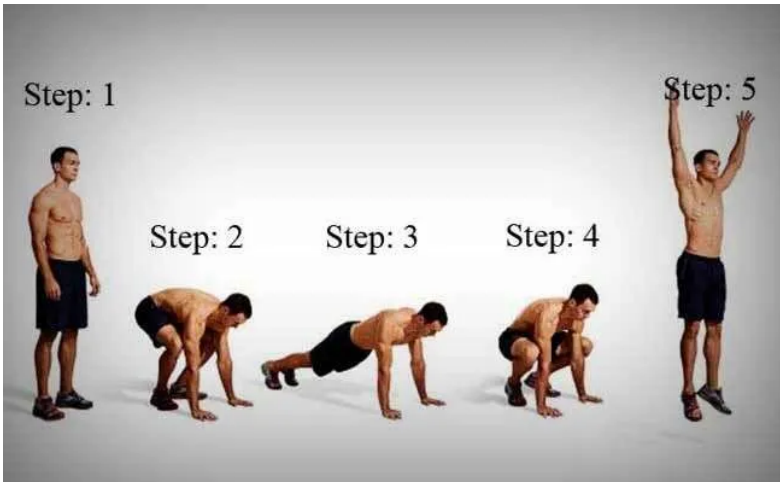
F: Jumping Jacks:

Quantity: Same as E, except do half the amount.



G: Burpees:

Same as E, except do 25-50% of the amount.



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H: Swimming:

Quantity: Swim 4-6 laps of 25-50 meters if you are a beginner swimmer.

Swim 6-12 laps of 25-50 meters if you are an intermediate swimmer.

Swim 12+ laps of 25-50 meters if you are an advanced swimmer.

Just make sure you don't submerge your phone into the pool!

Be sure to wear goggles, a cap, and comfortable swimwear to maximize your exercise.

There are so many helpful exercises to do in the water. Just research, "[Best aquatic exercises](#)" on social media and you'll find one that's easy to follow.



I: Long Walks:

Taking long walks has changed my life forever.

It allows me to think creatively as I am able to ideate some of my greatest plans, strategies, and inventions.

My long walks are usually 30-60 minutes, but I've walked for more than three hours before.

How to Start:

Whether you're walking in the neighborhood, the cemetery, local plazas, malls, on a treadmill, or the woods—you can always get a good workout by navigating the preferred destination of your choice.

Remember, the duration of your walk could be for 30, 45, 60, 75, 90, or even 120 minutes at a time.

Either way, you must find your ideal time frame and plan according to your level of fitness.

If you plan to walk for more than two hours, make sure to bring a water bottle to hydrate.

Also, it is wise to sit down and rest for a few minutes before continuing on your path, even if its for 5-15 minutes.

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You can also stretch while you're out there!

If you plan to take a nature walk, do not get caught in the negative elements of adverse weather.

For example, if it's too hot, cold, windy, rainy, or snowy—be sure to dress accordingly and wear adaptable shoes for the respective terrain.

To be ill-prepared will spoil an endeavor that you should've thoroughly enjoyed.



Exercise 8: Plyometrics for Explosiveness–Speed, Agility, and Vertical Training

A: Sprints: Every person has a different fitness level when it comes to running full speed.

Before attempting sprints, make sure you are fully stretched out and you are confident with your body's performance.

Quantity: For beginners, do 3-5 full speed sprints at 50-100 meters.

For intermediate sprinters, do 5-10 sprints for the same distance.

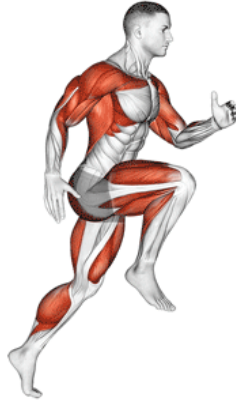
For advanced athletes, do 10-20 sprints for the same distance.

If you plan to do more than 20 sprints or go for a longer distance, consult with a professional trainer as only superior athletes should strive to complete this task for performance reasons.

The majority of people are not able to do sprints.

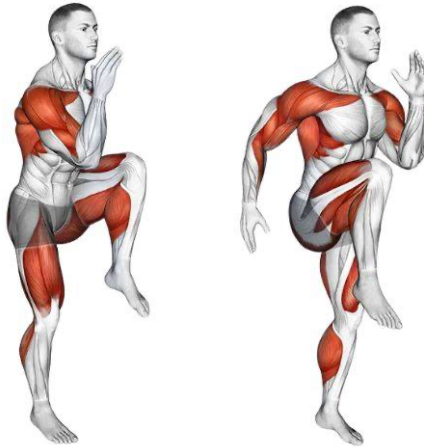
Therefore, make sure you're able to fully perform this exercise before deciding to attempt it.

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Above shows an image of a man sprinting. If you can do this, you'll feel your hips opening up and your legs becoming a lot more fluid.

Below displays a high knee sprint. You can do these at your preferred speed for 25-50 meters per set.



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B: Box Jumps:

Quantity: Set a reasonable height that you can clear and do 3-5 sets of box jumps for 10-12 reps at the minimum, or 15-20 reps at the maximum.

It is best to increase your height by three to six inches at a time, but only if you can jump over it successfully.

Box jumps are usually reserved for normal to advanced athletes, so it is not a recommended exercise for most people.

One final note to mention: It is very easy to hurt yourself while doing box jumps.

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However, due to the beautiful art of jumping around, your body will normally tell you whether or not you can make the leap.

For example, when you run up to something that is higher than what you can jump, your brain instantly signals to your legs that the jump is unlikely, which causes you to reconsider.

Therefore, be prudent in the estimation of your verticality without making a silly error that could've been prevented prior to a bad landing.

Above shows the box jump being performed.

Below shows the same thing, except it's being done on a stable flat bench.

To prevent injury, make sure that your box or bench does NOT move while doing each jump.



C: Step-Ups:

First, you must determine the height of what you would like to step over multiple times in your training.

For normal people, they can clear a bench which is typically situated 18-20 inches (45-51 centimeters) off the ground. However, if you are new to your fitness journey, it is okay to use 3-6 inches (7.5-15 cms).

Of course, if you are an advanced athlete, you can start with 24-30 inches (61-76 centimeters) and up.

If you're an advanced athlete, it's also common to use light dumbbells or barbells for each step-up you do.

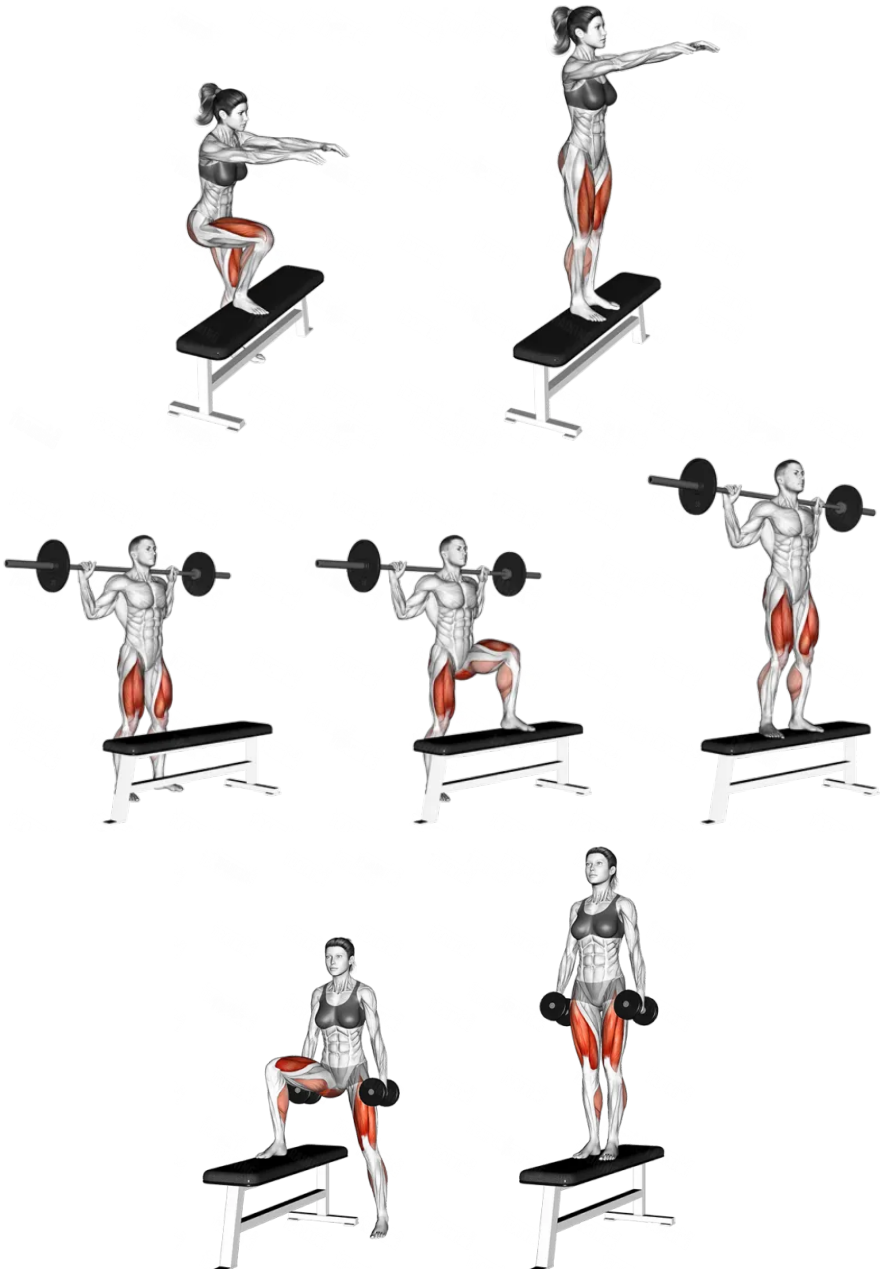
Quantity: Each step up exercise should consist of 3-5 sets of 10-20 reps.

You can step-up from the front or the side, depending on which leg muscle groups you want to hit. Both frontal and side step-ups are beneficial.

When it comes to judging how many step-ups you should do, always consider the height of the steps, weights of the dumbbells used, speed of your step-ups, and level of soreness.

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On this page, you'll see frontal step ups with no weight (top), side step-ups with dumbbells (middle), and frontal step-ups with a barbell (bottom).



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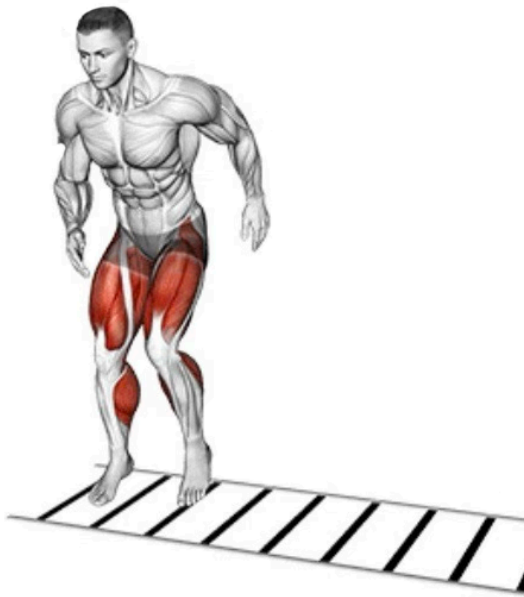
D: Lateral Shuffles:

Do 3-5 sets for 10-50 meters while keeping your body lower to the ground.

You can also do these in a stationary position too.

If you do it this way, then complete 3-5 sets for 12-20 reps. You may use resistance bands to increase the intensity of your training.

There are many training videos that can help you to understand the various types of lateral shuffles that can be done for speed and agility training.



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E: Sled Push or Pulls:

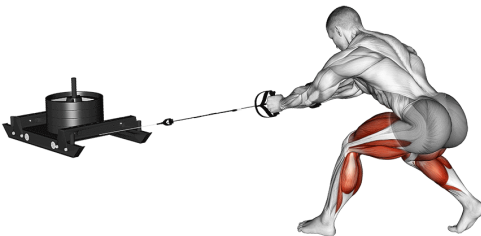
Quantity: Same as D, except choose a weight that is comfortable to move without straining your body.



Above shows sled pushes.

Sled pulls are shown below.

Selecting the right weight is paramount in this exercise. Using both exercises will significantly train your quads and hamstrings.



My Favorites: All.

However, I tend to focus more on step-ups, box jumps, lateral shuffles, and sprints—as they are conducive to the kind of speed, quickness, vertical jump, and explosiveness required for intense basketball play, which is what I enjoy.

It is best to do plyometrics 1-2 times per week.

If plyometrics are too much for your body, then understand that cardio is a perfect alternative that offers less impact to your bones, muscles, and joints.

However, if you're an advanced athlete, then please realize that plyometrics are an ideal substitute for normal cardio training on the treadmill, bike, elliptical, or anything of this nature.

A perfect schedule would be five days of training for cardio and plyometrics. For example, 2 days of cardio and 3 days of plyometrics, or vice versa.

**Now it's time to put your
fitness to the test with
some fun activities!**

**Turn to the next page and
you'll know what I mean!**

Exercise 9: Sports or Hobby of Choice

It is beneficial to test out your physical abilities through the application of competitive sports.

For many, playing sports is a barometer of their fitness level—and you can often tell where you are physically by how you assert yourself athletically.

Everyone has their own preferences.

It is wise to find a community of people where you can practice your sport of choice responsibly with limited chance of injury.

Many common sports include:

- Volleyball
- Baseball (or Softball)
- Tennis
- Pickleball
- Gymnastics
- Martial Arts
- Boxing
- Football
- Basketball
- Racketball
- Squash
- Cricket
- Hiking

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- Biking
- Dodgeball
- Bacci
- Golf
- Bowling
- Frisbee
- Wrestling
- Skating
- Dance
- Cheerleading
- Lacrosse
- Soccer
- Rugby
- Ping Pong
- Billiards
- Water Polo
- Horseback Riding
- Hockey

Or any other sport.

Personally, I play basketball a minimum of two times per week and a maximum of four times a week.

I play 3-5 full court games and prepare myself by training my legs either the day before the session or right before walking on the court.

You must decide which sport is right for you, if any.

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It is not required to play any sports but you can learn many life lessons, gain friendships, and obtain personal wins along the way that will last in your memory for a lifetime.

If you are a professional person, do not get caught up in the competition too much.

It is unwise to get into needless fights or strain yourself in an injury simply because you're trying to win a "game" against your opponents.

**ARE YOU
READY TO SEE
MY WORKOUT
SCHEDULE
FOR THE
ENTIRE WEEK?**

Then you know it's time to flip to the next page!

My Typical Workout Schedule

When it comes to achieving the perfect body, you cannot go to the gym 1-3 times per week.

Just think.

If you went to work for a few times a week, would you get results?

So why are you doing this at the gym?

You must go five or six times per week to obtain optimal fitness growth.

Therefore, don't cheat your body on the growth and development it so desperately needs!

Monday:

- Heavy Leg Workout
- Stretching and Core
- Cardio or Sports

Tuesday:

- Full Upper Body
- Stretching and Core
- Light Cardio or Sports Practice

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Wednesday:

- Stretching and Core
- Heavy Cardio, Light Leg Workout, and/or Sports

Thursday:

- Stretching and Core
- Cardio or Sports (If Not Completed Yesterday)
- Rest (Only if I Exercised Yesterday)

Friday:

- Heavy Leg Workout
- Stretching and Core

Saturday:

- Rest Day
- Stretching and Core (Optional)
- Nature Walk (Mandatory on Rest Days)

Sunday:

- Stretching and Core
- Leg Workout (If One Leg Exercise Was Missed)
- Light or Heavy Cardio (Even After Leg Workout)

Note: Although nature walks can happen daily, it is absolutely mandatory for me to do on my rest days!

Balance is the key to fitness.

*When you can stay coordinated on each
or both feet against the pressure, then you
are sure to become an exceptional athlete.*

- Daniel Ally

Bonus Tip of the Century:

I found that using a calf-stretcher like this one for 3-5 minutes a day can dramatically change your life:



By using a slant board daily, I was able to significantly strengthen my ankles, calves, and achilles, which allows me to boost my overall performance.

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*Fitness success requires major
strains, pains, gains, brains and veins.*

So push yourself to train..

Especially if you wish to maintain!

- Daniel Ally

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Special Note From the Author

I hope and pray that these exercises were of benefit to you and your loved ones.

Whether you use some of them or all of them, it gives me great satisfaction to know that I've given you my absolute best.

I am immensely happy to finally share my full body exercise with the world. Now, you must use this training to your fullest advantage.

While writing this book, I used all of the exercises to maintain the shape that I'm in. It's been a tremendous benefit to my body, mind, and soul.

And I hope you can do likewise.

Veritably,

Daniel Ally

www.danielally.com

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Other Works by Daniel Ally

- *You Are the Boss!*
- *The Winner's Lifestyle*
- *The Abundance Mentality*
- *7 Steps to Massive Success*
- *How to Beat the Devil (Part 1 and 2)*
- *Million Dollar Advice Series (7 Books)*
- *How to Become a Millionaire*

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About the Author

Daniel Ally is a serial entrepreneur, strategic investor, and prolific author.

He is known for his riveting speeches, and has given the most famous speech on “How to Become a Millionaire” on TEDx.

His teachings have reached EVERY single country in the world and his work has impacted the lives of countless people.

With over one billion views across all of his platforms, Mr. Ally has inspired, educated, & encouraged people from all walks of life.

He currently operates a book publishing company, a marketing agency, a consulting business, and has a successful real estate portfolio.

His hobbies include playing chess, basketball, cooking, taking nature walks, reading, spending time with family, & traveling to different countries to give hope to many people who are looking for practical truth around the world.

If you would like to work with him directly, please feel free to email him at info@danielally.com

You may also visit his website at www.danielally.com

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