PWOC

Protestant Women of the Chapel

Materials:
-white board or chart paper
-markers

WORKSHOP: LIVE BY THE SPIRIT

The Key to a Fit, Healthy Body

by Morgan Cornstubble

LEADER'S GUIDE

RELEVANCE: Our bodies are a gift from God, and He not only wants us to care for them, He has provided the help we need to achieve and maintain physical fitness through His Spirit. We should follow His principles for a healthy diet and exercise regularly and effectively to become physically fit and stay that way.

CONTEXT: This content is best suited for a workshop setting.

TIME: 75 minutes

HOOK YOUR AUDIENCE: (10 Minutes)

Everyone wants to be healthy, to be slim, and to look great—*what works against you?* What keeps you from a healthy diet and from exercising as you should?

Allow your participants to answer this question and write responses on the board. Keep the atmosphere light- the people in front of you are looking for hope and inspiration from this workshop.

> *Note to Trainer: This "What works against you?" list will be referenced throughout the workshop. Take your time with this activity. Allow your participants to provide the bulk of the content- they will be more invested if they generate the information.*

Answers may include but are not limited to:

- *Lack of time*
- *Don't know where to start*
- *Past failures*
- *Lack of self control*
- *Hating to get up early in the morning*

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

Physical Fitness Definition: Wiki.answers.com defines it this way: **"The ability to function efficiently and effectively without injury, to enjoy leisure, resist disease, and to cope with emergency situations."**

Optimal physical fitness means an optimal level of:

- **cardiovascular fitness**
- **muscular strength**
- **flexibility**
- **achievement and maintenance of ideal weight**

Note to Trainer: This is the working definition of Physical Fitness for the workshop and will be referred to throughout. The main points are based on the content of this definition.

In other words, it's being able to do what you need to do and want to do without hurting yourself or getting sick. For example, if you're a mother with a baby, you need to be able to tote that baby in a carrier across a parking lot or up the stairs without becoming incapacitated the next day!

MAKE YOUR POINT 1: GOD WANTS US TO CARE FOR OUR BODIES (5 Minutes)

Look with me at four key concepts regarding the care of our physical bodies:

1- Your body belongs to God and not to you.

- **1 Corinthians 6:19-20** (NASB) *Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.*

2- Your body, a temple of His Spirit, is important to God.

- **1 Corinthians 3:16-17** (NASB) *Do you not know that you are a temple of God and that the Spirit of God dwells in you? If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are.*

3- We are stewards of our bodies and are responsible for taking care of them.

- Look again at 1 Corinthians 3:17; God will destroy the one who destroys His temple- because it's holy. Our bodies are gifts from God that we're to use to bring Him glory *(see 1 Cor. 6:20 above)*.

4- If our bodies belong to God, and our motive in caring for them is to be a good steward of this great gift and to bring God glory, it makes sense that we will experience opposition (as we saw on our "What works against you"

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

list). We are not left alone to do this in our own strength! The Holy Spirit, whose temple our bodies are, gives us the self-control we need to overcome the opposition and do what's best for our bodies.

- **Galatians 5:22-23** (NASB) *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control**; against such things there is no law.*
- **Galatians 5:25** (NASB) *If we live by the Spirit, let us also walk by the Spirit.*

ENGAGE YOUR LEARNERS 1: (15 Minutes)

Small group: **Spiritual attacks come from three sources: the world, the flesh, and the devil. Break into groups of 3-4 and classify the items on our "What works against you" list as being attacks from the world, the flesh, or the devil. Can you think of other items that belong on this list? Write them down and classify them as well.**

Whole group: Go down the "What works against you" list together to classify the attacks, then ask for other examples (that the small groups came up with) of attacks from the world, the flesh, and the devil that we may be faced with as we seek to become and stay physically fit. You can add these to the original list of what works against us in fitness. After completing the list, have someone read each of the verses below, then make the point that the Spirit gives us power to overcome the flesh when we are walking by the Spirit (we have repented of sin and given Him control by obedience) and that He leads us into all truth so we can recognize the lies of the world and the devil.

- **Galatians 5:16-17** (NASB) *But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.*
- **John 16:13** (NASB) *But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come.*

Note to Trainer: This can be a powerful activity as you address the roadblocks that your participants mentioned at the beginning of the workshop. You are helping them to see the situation with spiritual eyes. Be in prayer that God's Holy Spirit would be moving in women's hearts and minds to bring new understanding.

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

MAKE YOUR POINT 2: GOD HAS GIVEN US PRINCIPLES FOR A HEALTHY DIET

(10 Minutes)

A good diet is important to God and is essential for a healthy body. Look at the definition of physical fitness again to see why our diet is so important *(give your participants a moment to look at the definition).* You can't have cardiovascular fitness or muscular strength without proper nutrition and you can't achieve and maintain ideal weight while consuming too many or too few calories.

<u>Proper Nutrition:</u> God has given us dietary principles in His Word. The following diet principles, taken from the book *What the Bible Says About Healthy Living*, by Rex Russell, M.D. (1996), are great guidelines to follow for healthy eating.
Note that these rules are not for our salvation but for our health.

1. Eat only what God designed for food.

Before the flood, God gave people seed-bearing plants and fruit (Gen 1:29-30) and plants of the field (Gen 3:18) for food. After the flood, He added animals (Gen 9:3-4) with restrictions on the types of animals to be eaten in the Mosaic Law (Deut 14:3-21). Basically, the types of animals excluded from the diet were those which feed on waste, like pigs, carrion-eating birds, shellfish, etc. Blood and covering fats (the fat layer under the skin of cattle, sheep, and goats) were also forbidden, and now we know that these contain the highest concentrations of toxins in the body.

2. As much as possible, eat foods as they were created.

The less refined the food is, the better. Try to choose unbleached flour over bleached, butter over margarine, water over Diet Coke, etc. Our highly processed foods often process-out essential enzymes, other nutrients, beneficial fiber, and likely other good things that haven't even been discovered yet!

3. Avoid food addictions; don't let any food or drink become your god.

- **1 Corinthians 6:12** (NASB) *All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.*

<u>Correct Calorie Consumption:</u> The right caloric intake is the way to achieve and maintain a healthy weight.

The average moderately active woman between the ages of 31-49 needs about 2000 calories each day to achieve and maintain a body-mass index of 21.5

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

(http://www.webmd.com/ diet/features/estimated-calorie-requirement). **In our culture, most people take in too many calories each day and find themselves overweight. Why? Our food supply is high in calories and refinement, because that's what's in demand. It tastes good and lasts a long time on the shelf. People like the convenience of fast food! This is also why diets are so popular.**

U.S. News and World Report Best Hospitals 2014 Edition **featured in an article, "The Case for Skipping Meals"** *(Brink, Susan pp. 85-87).* **Called the "FastDiet" or "The Two-Day Diet", it's nothing more than intermittent fasting. A woman in her 30's or 40's would eat only 500 calories (about a fourth of her normal intake) on two days a week, then eat freely on the other five days. People featured in the article lost about a pound a week and were able to stick with the plan long-term. This plan reduces intake by 3000 calories per week which probably comes close to the amount we tend to over-consume in our high-calorie culture. This is one option of many. Moderation is key. Pray about it; see what God has in mind for you.**

Fasting, of course, is a spiritual discipline with numerous spiritual benefits. It benefits the body as well by giving it a "rest" to catch-up in eliminating toxins (*Healthy Living*, p.92). **Fasting also helps with the mental battle against unhealthy eating by breaking food addictions as well as keeping you from constantly focusing on how much you're eating.**

ENGAGE YOUR LEARNERS 2: (10 Minutes)

Break into groups and develop a list of favorite tips for healthy eating and/or healthy caloric intake to share with the entire group.

MAKE YOUR POINT 3: **EXERCISE REGULARLY FOR HEALTH AND FITNESS**

(10 Minutes)

Look at the physical fitness definition again. We want to function without injury, enjoy leisure, resist disease, and be able to cope with emergencies.

Exercise only minimally helps with weight loss or gain. You can't out-exercise a poor diet! (Toned muscles do look better than flab, though!)

You want to be prepared for whatever God's purpose is for you: running after children (or grandchildren!), helping someone up a flight of stairs, etc. Many men and women in the Bible were called upon by God to do physically demanding things. *Ask for examples (Abraham and Isaac going up the mountain, Elijah's long run and mountain climb, David's battles…).*

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

How should we exercise?

1- Our doctors tell us to get an hour of exercise on most days, but don't panic! Our government's DHHS guidelines are more specific, suggesting 75 minutes of vigorous aerobic exercise per week (fast walking, running, biking, etc.), 150 minutes of moderate aerobic activity per week (easy walking, vacuuming, just moving around!), and strength training twice each week.

2- Any exercise program should include aerobic activity to increase your heart rate (cardio), weight lifting to increase your muscular strength, and stretching for flexibility. Mix up routines to keep yourself from becoming bored and to keep your muscles responding, and start at a level that's comfortable for you and increase it when it becomes too easy. If you haven't exercised vigorously for a long while, check with your doctor to be sure you don't hurt yourself!

3- Don't let exercise become your god, either. Proverbs 31:17 says, "She girds herself with strength and makes her arms strong," but that was only a small part of her time!

Examples of exercises *(ask for input for each of the 3 categories):*

1- **Cardio**: *quick walking, running, rowing machine, biking, swimming, dancing, boxing, jump rope… (Aim to keep your heart rate in the target of 75-80% of your maximum heart rate, which is 220 minus your age- e.g. 139-148 beats per minute for a 35 year old).*

2- **Flexibility**: *yoga, gymnastics…*

3- **Strength**: *weightlifting (free weights or machine), push ups, pull-ups, squats…*

Lately, the trend has been to exercise using intense, short periods of strength and agility training so that your heart rate is greatly increased, then given a brief rest period before another burst of exercise. This is the basic idea behind Cross Fit and Tabata routines. A Tabata routine is 4 sets of 20 seconds of an exercise (like jumping rope) performed as many times as possible followed by 10 seconds of rest. Each 20-second period can be of the same exercise or a different exercise. These are easy to fit into short periods of time at home, like during a commercial break while watching television. *Demonstrate some easy exercises like burpees, jumping lunges, box jumps or steps, V-sits, mountain climbers, tuck jumps, squats, and planks.*

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

ENGAGE YOUR LEARNERS 3: (10 Minutes)

Perform a Tabata routine doing squats, jumping lunges, followed by squats and jumping lunges again to show how easy and challenging they are at the same time. If time allows, ask for ideas on how to incorporate exercise into their routines and how to stick with it.

APPLY IT TO LIFE: (5 Minutes)

Don't be a slave to unhealthy eating (over-eating, under-eating, poor diet), to lack of exercise or over-exercising, or to pre-occupation with your diet and exercise!

- **Galatians 5:1** (NASB) *It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.*
- **Galatians 5:16** (NASB) *But I say, walk by the Spirit, and you will not carry out the desire of the flesh.*

Listen to the Holy Spirit's nudging, or you'll look back with regret.

Remember to pray as well: commit your works to the Lord, and your plans will be established. (Proverbs 16:3).

> *Note to Trainer: Take this opportunity to speak words of encouragement to your participants. Fitness is notoriously associated with struggle. Validate your women. Consider making yourself available to them beyond the workshop as they endeavor to put these concepts into practice.*

Have your learners write down one healthy eating goal and one exercise goal, then tell their neighbor when they'll start. It would be good if they could also pray with that person, asking God for help and strength.

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

Non-Exhaustive Resource List

Local no- or low- cost fitness centers:

- Harney Gym on post (Nautilus machines, cardio machines, indoor pool, water aerobic classes)
- CrossFit Bubble on post by Harney Gym (free weights, rowing machines, CrossFit equipment, CrossFit classes)
- Gruber Gym on post (huge selection of weight machines, free weights, and cardio machines)
- Riverfront Community Center in Leavenworth (indoor track and pool, weight room, cardio room, mini-trampolines, classes like Zumba, dance, yoga, Crossfit, Tae Kwon Do, self-defense)
- Army Wellness Center in Eisenhower Hall (free assessments to determine your metabolic rate and BMI, nutrition classes)

Websites for nutrition/exercise information:

- mayoclinic.com/health/fitness (heart rate info, BMI calculation)
- shape.com (flexibility test, exercises)
- livestrong.com (lots of useful exercise and nutrition info)
- webmd.com (my go-to for medical info)
- ironmajorcrossfit.com (the CrossFit community on post where you can reserve a space in their "on-ramp" orientation course and see their WOD: workout of the day with useful links to how-to videos)
- youtube.com Yes, youtube, which has a plethora of how-to videos for any exercise you can imagine!

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

PWOC

Protestant Women of the Chapel

WORKSHOP: LIVE BY THE SPIRIT

The Key to a Fit, Healthy Body

by Morgan Cornstubble

PARTICIPANT'S VERSION

RELEVANCE: Our bodies are a gift from God, and He not only wants us to care for them, He has provided the help we need to achieve and maintain physical fitness through His Spirit. We should follow His principles for a healthy diet and exercise regularly and effectively to become physically fit and stay that way.

INTRO: Everyone wants to be healthy, to be slim, and to look great.

- **What works against you?**

PHYSICAL FITNESS DEFINITION: Wiki.answers.com defines it this way: **"The ability to function efficiently and effectively without injury, to enjoy leisure, resist disease, and to cope with emergency situations."**

Optimal physical fitness means an optimal level of:

- **cardiovascular fitness**
- **muscular strength**
- **flexibility**
- **achievement and maintenance of ideal weight**

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

I. GOD WANTS US TO CARE FOR OUR BODIES

Four key concepts regarding the care of our physical bodies:

1- Your body belongs to God and not to you.

- **1 Corinthians 6:19-20** (NASB) *Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.*

2- Your body, a temple of His Spirit, is important to God.

- **1 Corinthians 3:16-17** (NASB) *Do you not know that you are a temple of God and that the Spirit of God dwells in you? If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are.*

3- We are stewards of our bodies and are responsible for taking care of them.

- Look again at 1 Corinthians 3:17; God will destroy the one who destroys His temple- because it's holy. Our bodies are gifts from God that we're to use to bring Him glory *(see 1 Cor. 6:20 above)*.

4- If our bodies belong to God, and our motive in caring for them is to be a good steward of this great gift and to bring God glory, it makes sense that we will experience opposition.

- **Galatians 5:22-23** (NASB) *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control**; against such things there is no law.*

- **Galatians 5:25** (NASB) *If we live by the Spirit, let us also walk by the Spirit.*

ACTIVITY: Spiritual attacks come from three sources: the world, the flesh, and the devil. Break into groups of 3-4 and classify the items on our "What works against you" list as being attacks from the world, the flesh, or the devil. Can you think of other items that belong on this list? Write them down and classify them as well.

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

- **Galatians 5:16-17** (NASB) *But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.*

- **John 16:13** (NASB) *But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come.*

II. GOD HAS GIVEN US PRINCIPLES FOR A HEALTHY DIET

PROPER NUTRITION: God has given us dietary principles in His Word. The following diet principles, taken from the book *What the Bible Says About Healthy Living*, by Rex Russell, M.D. (1996), are great guidelines to follow for healthy eating. *Note that these rules are not for our salvation but for our health.*

1. Eat only what God designed for food.

2. As much as possible, eat foods as they were created.

- The less refined the food is, the better.
- Our highly processed foods often process-out essential enzymes, other nutrients, beneficial fiber, and likely other good things that haven't even been discovered yet!

3. Avoid food addictions; don't let any food or drink become your god.

- **1 Corinthians 6:12** (NASB) *All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.*

CORRECT CALORIE CONSUMPTION: The right caloric intake is the way to achieve and maintain a healthy weight.

- The average moderately active woman between the ages of 31-49 needs about 2000 calories each day to achieve and maintain a body-mass index of 21.5 *(http://www.webmd.com/ diet/features/estimated-calorie-requirement).*

- "FastDiet" or "The Two-Day Diet"- A woman in her 30's or 40's would eat only 500 calories (about a fourth of her normal intake) on two days a week, then eat freely on the other five days. This plan reduces intake by 3000 calories per week which probably comes close to the amount we tend to over-consume in our high-calorie culture. This is one option of many. Moderation is key. Pray about it; see what God has in mind for you.

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

ACTIVITY: Break into groups and develop a list of favorite tips for healthy eating and/or healthy caloric intake to share with the entire group.

III. EXERCISE REGULARLY FOR HEALTH AND FITNESS

How should we exercise?

1- Our doctors tell us to get an hour of exercise on most days, but don't panic! Our government's DHHS guidelines are more specific, suggesting 75 minutes of vigorous aerobic exercise per week (fast walking, running, biking, etc.), 150 minutes of moderate aerobic activity per week (easy walking, vacuuming, just moving around!), and strength training twice each week.

2- Any exercise program should include aerobic activity to increase your heart rate (cardio), weight lifting to increase your muscular strength, and stretching for flexibility. Mix up routines to keep yourself from becoming bored and to keep your muscles responding, and start at a level that's comfortable for you and increase it when it becomes too easy. If you haven't exercised vigorously for a long while, check with your doctor to be sure you don't hurt yourself!

3- Don't let exercise become your god, either. Proverbs 31:17 says, "She girds herself with strength and makes her arms strong," but that was only a **small** part of her time!

EXAMPLES OF EXERCISES:

1- **Cardio**:

Note: Aim to keep your heart rate in the target of 75-80% of your maximum heart rate, which is 220 minus your age, e.g. 139-148 beats per minute for a 35-year-old.

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

2- **Flexibility**:

3- **Strength**:

Lately, the trend has been to exercise using intense, short periods of strength and agility training so that your heart rate is greatly increased, then given a brief rest period before another burst of exercise. This is the basic idea behind Cross Fit and Tabata routines. A Tabata routine is 4 sets of 20 seconds of an exercise (like jumping rope) performed as many times as possible followed by 10 seconds of rest. Each 20-second period can be of the same exercise or a different exercise. These are easy to fit into short periods of time at home, like during a commercial break while watching television.

APPLY IT TO LIFE:

- **Galatians 5:1** (NASB) *It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.*
- **Galatians 5:16** (NASB) *But I say, walk by the Spirit, and you will not carry out the desire of the flesh.*

Listen to the Holy Spirit's nudging, or you'll look back with regret.

Remember to pray as well: commit your works to the Lord, and your plans will be established. (Proverbs 16:3).

Write down one healthy eating goal and one exercise goal, then tell your neighbor when you'll start. You may want to pray with that person, asking God for help and strength.

- **Healthy eating goal:**

- **Exercise goal:**

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.

Non-Exhaustive Resource List

Local no- or low- cost fitness centers:

- Harney Gym on post (Nautilus machines, cardio machines, indoor pool, water aerobic classes)
- CrossFit Bubble on post by Harney Gym (free weights, rowing machines, CrossFit equipment, CrossFit classes)
- Gruber Gym on post (huge selection of weight machines, free weights, and cardio machines)
- Riverfront Community Center in Leavenworth (indoor track and pool, weight room, cardio room, mini-trampolines, classes like Zumba, dance, yoga, Crossfit, Tae Kwon Do, self-defense)
- Army Wellness Center in Eisenhower Hall (free assessments to determine your metabolic rate and BMI, nutrition classes)

Websites for nutrition/exercise information:

- mayoclinic.com/health/fitness (heart rate info, BMI calculation)
- shape.com (flexibility test, exercises)
- livestrong.com (lots of useful exercise and nutrition info)
- webmd.com (my go-to for medical info)
- ironmajorcrossfit.com (the CrossFit community on post where you can reserve a space in their "on-ramp" orientation course and see their WOD: workout of the day with useful links to how-to videos)
- youtube.com Yes, youtube, which has a plethora of how-to videos for any exercise you can imagine!

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/3.0/ or send a letter to Creative Commons, 444 Castro Street, Suite 900, Mountain View, California, 94041.