

DEAR READER,

4-19-2020

HEY. I HOPE YOU ARE DOING WELL.
 ASIDE FROM THE EMOTIONS I'M DEALING
 WITH THAT I SHARED WITH YOU LAST WEEK I'M
 FAIRING ALRIGHT. THE BIGGEST, OR RATHER I
 SHOULD SAY MOST IMPORTANT, CHANGE IN MY LIFE
 IS MY HEALTH. EVER SINCE THE 2015 SITUATION
 I'VE HAD CARDIAC PROBLEMS. I COULDN'T WORKOUT
 THE WAY I WANTED TO. BUT FOR THE LAST COUPLE
 MONTHS I'VE TOLD MYSELF, THE HELL WITH IT, AND
 HAVE PUSHED MYSELF EVERYDAY. I'M NOW HEALTHIER
 THAN I'VE BEEN IN SEVERAL YEARS. TO GIVE YOU
 AN IDEA OF HOW HARD I'M PRESSING MY HEART I'LL
 GIVE YOU MY CHEST, DELT & TRI WORKOUT. MY
 DAY 1 - MORNING. - ALWAYS START AND END W/ 1000 JUMPING
 JACKS.

100 DECLINE PUSHUPS (SHOULDER WIDTH)

100 REGULAR PUSHUPS (" ")

100 DIPS

EVENING

200 INCLINE PUSHUPS (WIDE)

100 REGULAR (WIDE)

100 DIPS (WIDE)

100 FLY (TIE SHEETS TO BARS, PULL BODY WEIGHT)

AS MANY AS I CAN CRUSIFIX PUSHUPS.

DAY 2 - AFTER NOON

AS MANY AS POSSIBLE, LITTLE REST,

DECLINE DIAMOND PUSHUPS

REGULAR DIAMOND PUSHUPS

OVERHEAD TRICEP PRESS

SHRUGS

LAWNMOWER PULLS

SIDE BODY DELT RAISES.

END WITH 2,000 JUMPING JACKS OR MORE.

YOU SEE, MY HEART COULDN'T HANDLE THAT 8 MONTHS AGO. 3 SETS OF PUSHUPS AND IT'D BECOME SLIGHTLY ARRHYTHMIC. MEDICAL DIDN'T GIVE ME ANY TREATMENT EITHER. SO... I DON'T KNOW HOW... BUT I'M HAPPY I CAN. I WORKOUT JUST AS HARD ON MY LEGS, ABS & BACK & ARMS. I'M GLAD I HAVE THIS I CAN THROW MYSELF INTO.

HAVE YOU EVER DEALT WITH HEARTBREAKS? WHAT DID YOU DO TO GET THROUGH IT? IF YOU HAVE, I HOPE I HEAR FROM YOU SOON! TAKE CARE! UNTIL NEXT TIME.

YOURS TRULY,

ST AUG