

Get Thin or Get Eaten

Gabriel Method Workout

Gabriel Method Exercise is brief, intense, playful, bendy, and includes plenty of rest. Best of all, it changes your biochemistry so you burn fat all day long. Set aside 20 minutes, 2-3 times per week, and you'll see and feel more benefits that you've previously experienced using old school, long and boring gym-style workouts.



2

DOWNWARD DOG STRETCH: This Yoga pose is a great way to help stretch the 5 muscle groups in your upper body. Place both hands and feet on the ground and try and press both your hands and heels into the ground, hold for about 30 seconds. If you're not that flexible you can do this pose on a hill to make it easier, the bigger the incline the easier the pose.



4

PLANK POSE: Press your outer arms inward, firm the bases of your index fingers into the floor and resist from dropping your lower back into the floor. Keep your core engaged to help support your back from dropping. This position is a great way to work your chest and core muscles. You can hold this pose from 30 seconds to 1 minute, the longer the hold the deeper the intensity.



6

CHILD'S POSE: You can rest in between sets by going into this soothing and restful pose. You just sit back into your ankles, while feeling a stretch in your front legs, knees, quadriceps and hips.



8

FORWARD STRETCH: After you've completed the set, you can go into a forward stretch by leaning over and using your arms to pull against your heels or the back of your legs to engage and stretch your hamstrings and butt muscles for that deeper flexibility.

Get Thin or Get Eaten Resistance Set 1 (repeat 2 - 3 times)



1

WARM-UP: A dynamic, fun and high-energy warm-up helps loosen up every major joint of the body, prevent injuries, and prepare yourself for a really fun work-in. This standard warm-up series is just 5 minutes long, and many of my readers say it's the only warm-up series they'll ever do again—because it's fun!



3

DOWNWARD DOG PUSH-UPS: After holding the downward dog position for 30 seconds you will already feel the work-out in your triceps and shoulders. You can add more intensity by doing some push ups which deepen the strength training while still getting flexibility and stretching work done.



5

PUSH-UPS: From a plank position you can push down into the ground and back up, you can do push-ups on your knees if it's too intense on your toes. Any of these 2 variations will still be working out your chest muscles and core, so you'll still receive the benefits.



7

CHIN-UPS: Work out your biceps and latissimus muscles by doing chin ups. You can either use a pull-up bar or a set of stairs to help you hang while keeping your feet on the ground. Then you can use your legs to help you raise your chin up and over the bar or stair. You don't need to have strong upper body strength to do this, you can use your legs to help you. Alternatively, you can use a door and a chair to perform this exercise.

New You in the New Year

5-Week Coaching Intensive | 22 Jan - 24 Feb 2018 | Online Program

Join Jon Gabriel and his most-trusted team of advisors for this 5th-annual 5-week transformational program where you'll be led step-by-step through the core Gabriel Method principles, given clear and simple action steps, and find the real and lasting solution to your weight problem forever.

SAVE THESE DATES | **5-WEEK COACHING INTENSIVE**
22 JAN - 24 FEB 2018 | ONLINE PROGRAM

100% INSTANT ACCESS DIGITAL PROGRAM

January							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28			

LEARN MORE

The Program Includes

- Weekly Core Lesson Classes (include live Q&A)
- Weekly Guest Lectures w/Expert Advisors
- Ongoing online discussions throughout
- Ongoing action steps, assignments & visualizations
- Access to the Exclusive Facebook Group For Extra Support

Program Benefits

- Understand your own unique biology from the inside out
- Learn how to effectively turn off your FAT Programs
- Leverage the power of your mind to transform your body naturally
- Learn to use exercise to change your hormones—so no more “calorie burning” just for the sake of it
- Find deep peace, a sense of purpose and meaning
- Transform your attitude, and awaken your inner joy
- Connect with like-minded people all over the world