

GREEN Fitness				Natural Fitness Training for All		
Enter your data into lightest green cells of the spreadsheet only.				GREEN Fitness Input-Pro		
Input Series	now	mean	sigma	control	Process Series	now
Active Day, hr	16	16.7	0.6		Green Fitness, min	15
Night Sleep, hr	6	6.7	0.6		Cycle Fitness, min	15
Day Sleep/Rest, hr	2	1.3	0.6		Jump Fitness, min	5
Nutrition, Cal	2,000	2,333	289		Speed Cycle, min	15
Water, oz	12	14.0	1.7		Stair Fitness, min	5
Body Fat Store	7%	7.0%	0.0%		Walk Fitness, min	30
Skin Fold, in	0.09	0.193	0.159		Power, ft.lb/hr	325,748
Activity Level	M	H	VL	exception	Time, min	13.5
Mood	M	H	VL	exception	Space Work, ft.lb	73,153
VL-V.Low L-Low M-Moderate H-High VH-V.High					Time Work, hr.lb	2,519
Acceleration	Alignment		Assymetrics		Joint Work, ft	402
Action Breathing	Alpha Intensity		Athletic Zone		Alpha Intensity, AI	12.5
Active Return	Angle of Ascent		Attention Motivation		Range of Motion, in2	4,740
Output Series	now	mean	sigma	control	percentile	CPV Health, %
GREEN Fitness	91%	89%	1%			Respiration, ipm
TrueForm, %	91%	96%	1%	exception		Pulse, bpm
TaperForm, %	84%	95%	0%	exception		Systolic, Hg in
Symmetry, %	100%	98%	1%			Diastolic, Hg in
TrimForm, %	88%	46%	0%			Heart Efficiency
FlexForm, %	110%	59%	8%	exception	100%	Vascular Capacity
Height, in	72.75	73	0		79%	Vascular Pliability
Weight, in	216.5	204	5	exception	100%	Work Pleasure, %
Vertical Density, lb/in	3.0	3	0.1	exception		Arm Strength, lb
Max Muscle X/S, in2	220	245	31			Work Strength, lb
Fat Volume,%	7%	8%	7%		1%	HeadRoom, %
Body Mass Index	28.8	27	0.7	exception	100%	HungerFree, %
Range of Motion, in2	4,319	4,319	0			Stamina, %
						Vitality, %
Balance Sense	Beautification		Bend Therapy		BiDirectionality	Health Advantage, %
Brain Toning	Chemical Speed		Concavity		Cool Fitness	CounterStress
TrueForm Assessment						
Key Dimensions	ideal	Actual Lt	Actual Rt	def	ABC Priority	%
Vertical Head		10				
Head	25.76	24.000	blank	1.76106	B	6.8%
Neck	15.71	18.000	blank	-2.29204	A	14.6%
Shoulder Span	21.80	23.000	blank	-1.2	B	5.5%
Chest	42.80	45.500	blank	-2.6958	B	6.3%
Upper Arm	13.74	15.300	15.300	-1.55553	A	11.3%
Lower Arm	12.76	12.800	12.800	-0.03728		0.3%
Wrist	7.07	7.500	7.500	-0.43142	B	6.1%
Waist	29.45	41.500	blank	-12.0476	A	40.9%
Hip	39.27	42.250	blank	-2.98009	B	7.6%
Top of Thigh	24.19	23.500	23.500	0.690263	C	2.9%
Mid Thigh	22.25	21.000	21.000	1.25033	B	5.6%
Calf	15.71	15.500	15.500	0.207963		1.3%
Ankle	9.27	9.000	9.000	0.267698	C	2.9%

Total	279.79	298.85	blank	-19.0624	TrueForm:	91%
Measurements given in:	inches		Assymetry:	0%	Symmetry:	100%

TaperForm Assessment

Key Dimensions	Ideal	Actual	def	Priority	%
Head	61%	75%	-14%	A	23.0%
Arm	88%	84%	4%	C	4.9%
Chest	69%	91%	-22%	A	32.6%
Hip	75%	98%	-23%	A	31.0%
Leg	72%	74%	-2%		2.3%
Ankle	59%	58%	0%		0.8%
TaperForm:					84%

Diagnostics and Prescriptions

Your body is a gift from God.

Assess your Green Fitness and prescribe future adjustments.

Name	Your Name
Site	Your Address

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GREEN Fitness <i>Feature and Forma Index</i> (Use Find Feature of Edit Menu for Traverse)	
Ab Flex	Heel Raises
Arm Architecture	High Jumper
Bicep-Tricep Flex	Illuminated Scalp Massage
Clencher	Inner Facial
CycleFitness Calculator	Inner Thigh Tenser
Density Analysis	Invocation, Interlude, C
Digitizer	Leg Architecture
Face Gallery	Muscle Mass Matrix
Fashion Gallery	Muscle Physiology
FiveWay PushUp	Pelvic Architecture
Forearm Flex	Physiological Gallery
Foreword	Range of Motion Matrix
Form Gallery	Resistive Bentover Row
Genital and Sexual Health	Resistive Bicep-Tricep C
Girth and Muscularity Assessment via Cranial Proportioning	Resistive Forearm Cycle
Green Energy	Resistive Neck Cycle
GREENCycle	Resistive Pectoral Cycle
GREENFitness Home Station	Resistive Shoulder Cycle
GREENFitness Spa Station	RopeSkip Calculator

GREEN Fitness		Natural Fitness Training for All						
		Indicate L,M,H		Actual	Ideal	Ideal Range		
		Build	Frame	Weight lb	Weight lb	5 %-ile lb	95%-ile lb	
TrimForm		M	H	217	175	162	188	
88%		Moderate	Heavy	lb del	42	Pct-ile	50%	
Build-Adjusted Weight, lb		201		% lb del	24%	Quality	Medium	
Build delta	26	Built del %	-8%	del inches	12.05	(generally attribute to wa		
Red is unfavorable variance				del lb	34	Density Attribut		
Body Fat Profile		Characterization:		Middle Body Concentration				
Mean	Std Dev	Cheeks	Neck	Bicep	Forearm	Chest	Lats	L.Back
7%	3.6%	4%						
		Min						
I will praise thee; for I am fearfully and wonderfully made. Psalm:139.14								

GREEN Fitness		Natural Fitness Training for All				
Orientation of Body Levers inThree-Dimensional Space						
Body Levers	Front-to-Rear		Lateral		Up-Down	
	Y, inch	Y, deg	X, inch	X, deg	Z, inch	Z, deg
Head - Neck	13.5	97	13	93	blank	
Hand (at knuckle) - Wrist			8	115	6	86
Wrist - Elbow			31	148	40.5	193
Elbow - Shoulder	35.5	156			23	101
Shoulder - Spine	4	25			3	19
Trunk (at neck) - Waist	37	112	26	78	blank	
Hip - Knee	43	130	19	57	blank	
Knee - Ankle	30	101	4	13	blank	
Ankle - Ball (of foot)			14	115	8	65
Total	163		115		81	
Mean	27		16		16	
Standard Deviation	15		10		16	
Relative Orientation	46%		28%		27%	
Name		Your Name				
Site		Your Address				
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		Perimeter	Diameter	Cross Section	Bone		Organ		

Major Muscle Group			in	in	sq in		radial in	radial in
Neck			18.0	5.7	25.8	Bicep %-ile	1.5	2
Upper Arm			15.3	4.9	18.6	92%	1.5	
Forearm			12.8	4.1	13.0	Bench %-ile	1	
Chest	Bench	300	45.5	14.5	164.7	96%	1	11.5
Abdomen			41.5	13.2	137.1		1.5	10
Hip			42.3	13.4	142.1	Squat %-ile	1	10
Leg	Squat Lb	650	21.0	6.7	35.1	100%	1	
Calf			15.5	4.9	19.1		0.75	
Total			211.85	67.4	555.5		9.3	33.5
Mean			26.5	8.4	69.4		1.2	8.4
Standard Deviation			14.0	4.5	65.8		0.3	4.3
Radius, in			4.2	4.2	4.7			
Total Body Tetanus, lb			Name	Your Name				
1543			Site	Your Address				
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GREEN Fitness

Natural Fitness Training for All

WarmUp, ReFresh, and CoolDown

Protocols for comfortably raising body and spirit fr







Spirit Fitness Prelude

Read the Holy Scripture aloud
Memorize an important verse from the Bible
Pray for health and strength and stamina

GREEN Fitness Prelude: Body Oxyg

Bathe the entire body with vitalizing ox
Double Breathing: Breathe at least twi
Circulation Cycling: Gently cycle all bo
GREEN Fitness Interlude: Oxygenat
Forceful Double Breathing: Resistively

WarmUp Gallery

Oxygenation

Spirit Breathing & Double Breathing

Neck Roll

Clockwise & Counterclockwise

Arm Roll

Clockwise & Counterclockwise
Cycle at Shoulders and Elbows





Thou therefore, my son, be strong in the grace that is in Christ Jesus. And the things that thou hast heard o

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Forma Resistive Neck Cycle

Alpha Intensifiers		Specification	
Effort, % of max	25%	Muscle X/S, sq in	16.2
Max Rate of Motion, in/s	5	Stress Limit, psi	7
PoseFlex Time, s	1	Max Force, lb	113
Repetitions, no.	8	Actual Force, lb	28
Duty Cycle, % of full	100%	Lever Arm, in	8
Range of Motion, % of full	90%	Swept Arc, deg FR	97
Sets, no.	1	Swept Arc, deg LR	93
		Area Range of Motion, in ²	176
		Muscularity Engagement, %	7%

Initial Posture	Resistive Posture	Forward Move	Resistive
			

The neck is the most neglected part of fitness training, yet pedestal for the most important part of you.

GREEN Fitness		Natural Fitness Training for All	
Forma Resistive Shoulder Cycle			
Alpha Intensifiers		Specification	
Effort, % of max	75%	Muscle X/S, sq in	9.0
Max Rate of Motion, in/s	10	Stress Limit, psi	7
PoseFlex Time, s	2	Max Force, lb	63
Repetitions, no.	8	Actual Force, lb	47
Duty Cycle, % of full	50%	Lever Arm, in	9
Range of Motion, % of full	100%	Swept Arc, deg FR	25
Sets, no.	1	Swept Arc, deg LR	19
		Area Range of Motion, in ²	12
		Muscularity Engagement, %	5%

Initiating Position	Upward Lateral Rotation	Counter Rotation
		

Developed shoulders are a male mark of fitness, and hanger upon which a man's wardrobe is best pres

GREEN Fitness		Natural Fitness Training for All	
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Forma *Shoulder Squaring*

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	6
PoseFlex Time, s	3
Repetitions, no.	8
Duty Cycle, % of full	50%
Range of Motion, % of full	100%
Sets, no.	1

Specification

Muscle X/S, sq in	42.0
Stress Limit, psi	7
Max Force, lb	294
Actual Force, lb	221
Lever Arm, in	9
Swept Arc, deg FR	25
Swept Arc, deg LR	19
Area Range of Motion, in ²	12
Muscularity Engagement, %	9%

Initiating Position



Rearward Lateral Draw



Rearward Vertical Draw



Square shoulders are disappearing as life centers more at desk, table, and steering wheel. Resting hands

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Forma *Upper Hemisphere Flex*

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	12
PoseFlex Time, s	2
Repetitions, no.	8
Duty Cycle, % of full	50%
Range of Motion, % of full	100%
Sets, no.	1

Specification

Muscle X/S, sq in	14.0
Stress Limit, psi	7
Max Force, lb	98
Actual Force, lb	74
Lever Arm, in	29
Swept Arc, deg UD	101
Swept Arc, deg FR	156
Area Range of Motion, in ²	817
Muscularity Engagement, %	7%

High Overhead Start



Lateral Downward Rotation



Lateral Flex Time



Flexing is more than posing. It can maximally stress involved musculature. Counter-stressed micromotion of the

Forma Resistive Pectoral Cycle

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	8
PoseFlex Time, s	3
Repetitions, no.	8
Duty Cycle, % of full	100%
Range of Motion, % of full	100%
Sets, no.	1

Specification

Muscle X/S, sq in	42.0
Stress Limit, psi	7
Max Force, lb	294
Actual Force, lb	221
Lever Arm, in	9
Swept Arc, deg FR	25
Swept Arc, deg UD	19
Area Range of Motion, in2	12
Muscularity Engagement, %	9%

Initiating Position



Clockwise Rotation



Counter-Clockwise Rotation



Pectoral fitness crowns a man's masculinity. Developed pects protecting a good heart picture God's breastplate o

Forma Resistive Bentover Row

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	8
PoseFlex Time, s	3
Repetitions, no.	8
Duty Cycle, % of full	100%
Range of Motion, % of full	100%
Sets, no.	1

Specification

Muscle X/S, sq in	42.0
Stress Limit, psi	7
Max Force, lb	294
Actual Force, lb	221
Lever Arm, in	9
Swept Arc, deg FR	19
Swept Arc, deg UD	25
Area Range of Motion, in2	12
Muscularity Engagement, %	9%

Initiating Bent Position



High Right Rotation



High Left Rotation



The Resistive Bentover Row parallels one of the most popular heavy-weight-lifting exercises: the Bent Row. It do

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Forma Bicep-Tricep Flex

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	6
PoseFlex Time, s	3
Repetitions, no.	8
Duty Cycle, % of full	100%
Range of Motion, % of full	90%
Sets, no.	1

Specification

Muscle X/S, sq in	16.9
Stress Limit, psi	7
Max Force, lb	118
Actual Force, lb	89
Lever Arm, in	13
Swept Arc, deg FR	156
Swept Arc, deg UD	101
Area Range of Motion, in ²	817
Muscularity Engagement, %	5%

Initiating Position



UpCurl & Flex



DownCurl & Flex



Biceps and triceps are the primary work muscles of labor. Good development and maintenance relieves work of it

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Natural Fitness Training for All

Forma Resistive Bicep-Tricep Cycle

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	6
PoseFlex Time, s	3
Repetitions, no.	8
Duty Cycle, % of full	100%
Range of Motion, % of full	90%
Sets, no.	1

Specification

Muscle X/S, sq in	16.9
Stress Limit, psi	7
Max Force, lb	118
Actual Force, lb	89
Lever Arm, in	13
Swept Arc, deg FR	156
Swept Arc, deg UD	101
Area Range of Motion, in ²	817
Muscularity Engagement, %	5%

Initiating Position






Up Press





Clockwise Index



Triceps are uniquely able to resist biceps, and amplify the natural flex-stress curl. You can tricep-press in excess

GREEN Fitness		Natural Fitness Training for All	
Forma Forearm Flex			
Alpha Intensifiers		Specification	
Effort, % of max	75%	Muscle X/S, sq in	12.3
Max Rate of Motion, in/s	6	Stress Limit, psi	7
PoseFlex Time, s	3	Max Force, lb	86
Repetitions, no.	8	Actual Force, lb	64
Duty Cycle, % of full	100%	Lever Arm, in	4
Range of Motion, % of full	100%	Swept Arc, deg LR	115
Sets, no.	1	Swept Arc, deg UD	86
		Area Range of Motion, in ²	48
		Muscularity Engagement, %	8%
Wrist Down		Wrist Up	
			
		Wrist Out	
			
<i>Grasping power for things resides in the forearm; for grasping life, it resides in the Holy Spirit.</i>			

GREEN Fitness		Natural Fitness Training for All	
Forma Resistive Forearm Cycle			
Alpha Intensifiers		Specification	
Effort, % of max	75%	Muscle X/S, sq in	12.3
Max Rate of Motion, in/s	3	Stress Limit, psi	7
PoseFlex Time, s	3	Max Force, lb	86
Repetitions, no.	8	Actual Force, lb	64
Duty Cycle, % of full	100%	Lever Arm, in	4
Range of Motion, % of full	100%	Swept Arc, deg LR	115
Sets, no.	1	Swept Arc, deg UD	86
		Area Range of Motion, in ²	48
		Muscularity Engagement, %	8%
Resisted Low Extension		Resisted High Extension	
			

The forearm in labor-free knowledge work can atrophy into a wasting resource. With easy, natural Green Fitness a

GREEN Fitness

Natural Fitness Training for All

Forma




Clencher

Alpha Intensifiers		Specification	
Effort, % of max	75%	Muscle X/S, sq in	2.0
Max Rate of Motion, in/s	6	Stress Limit, psi	7
PoseFlex Time, s	3	Max Force, lb	14
Repetitions, no.	8	Actual Force, lb	11
Duty Cycle, % of full	100%	Lever Arm, in	4
Range of Motion, % of full	100%	Swept Arc, deg LR	90
Sets, no.	1	Swept Arc, deg UD	30
		Area Range of Motion, in ²	24
		Muscularity Engagement, %	5%

Initial Position

Full Clench

Tight Open

Strong hands mold the world and hold it together. Weak hands can't be strong, but strong hands can be tender.

GREEN Fitness

Natural Fitness Training for All

Forma




Digitizer

Alpha Intensifiers		Specification	
Effort, % of max	50%	Muscle X/S, sq in	2.0
Max Rate of Motion, in/s	3	Stress Limit, psi	7
PoseFlex Time, s	3	Max Force, lb	14
Repetitions, no.	8	Actual Force, lb	7
Duty Cycle, % of full	100%	Lever Arm, in	4
Range of Motion, % of full	100%	Swept Arc, deg LR	90
Sets, no.	1	Swept Arc, deg UD	30
		Area Range of Motion, in ²	24
		Muscularity Engagement, %	5%

Pray Position

Spread Fingers

Separate Palms



The hand is a laboring man's symbol of work. By faith, it is the hand of God in Christ.

GREEN Fitness

Natural Fitness Training for All

Forma *FiveWay PushUp*

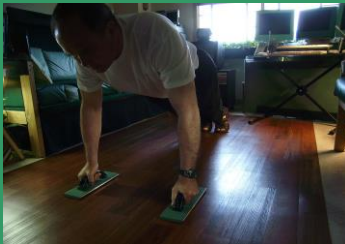
Alpha Intensifiers

Effort, % of max	50%
Max Rate of Motion, in/s	10
PoseFlex Time, s	3
Repetitions, no.	10
Duty Cycle, % of full	100%
Range of Motion, % of full	75%
Sets, no.	1

Specification

Muscle X/S, sq in	58.9
Stress Limit, psi	7
Max Force, lb	412
Actual Force, lb	206
Lever Arm, in	13
Swept Arc, deg FR	156
Swept Arc, deg UD	101
Area Range of Motion, in ²	817
Muscularity Engagement, %	7%

Elevated Position



Std Down Cycle



Forward Cycle



The push up is king of natural exercise, a measure of the physical man. The FourWay embellishes this tradition in

GREEN Fitness

Natural Fitness Training for All

Forma *Ab Flex*

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	1
PoseFlex Time, s	6
Repetitions, no.	8
Duty Cycle, % of full	50%
Range of Motion, % of full	50%
Sets, no.	1

Specification

Muscle X/S, sq in	33.2
Stress Limit, psi	7
Max Force, lb	232
Actual Force, lb	174
Lever Arm, in	0
Swept Arc, deg FR	0
Swept Arc, deg UD	0
Area Range of Motion, in ²	0
Muscularity Engagement, %	2%

FlexPose Position





A robust waist is a laborer's medal of well-fed deservedness. A narrow, muscular waist is the modern sign of beauty.

GREEN Fitness

Natural Fitness Training for All

Forma SuperSquat

Alpha Intensifiers		Specification	
Effort, % of max	35%	Muscle X/S, sq in	81.3
Max Rate of Motion, in/s	12	Stress Limit, psi	7
PoseFlex Time, s	3	Max Force, lb	569
Repetitions, no.	8	Actual Force, lb	199
Duty Cycle, % of full	100%	Lever Arm, in	17
Range of Motion, % of full	90%	Swept Arc, deg FR	101
Sets, no.	2	Swept Arc, deg UD	57
		Area Range of Motion, in2	937
		Muscularity Engagement, %	11%

Single Leg Isolation

Single-Leg Descent

Single-Leg Ascent

Except for prayer, modern man has almost given up deep bending of the legs. The natural squat is aerobic and powerful.

GREEN Fitness

Natural Fitness Training for All

Forma Inner Thigh Tenser

Alpha Intensifiers		Specification	
Effort, % of max	35%	Muscle X/S, sq in	3.0
Max Rate of Motion, in/s	12	Stress Limit, psi	7
PoseFlex Time, s	3	Max Force, lb	21
Repetitions, no.	8	Actual Force, lb	7
Duty Cycle, % of full	50%	Lever Arm, in	19
Range of Motion, % of full	50%	Swept Arc, deg FR	57
Sets, no.	2	Swept Arc, deg UD	0
		Area Range of Motion, in2	0
		Muscularity Engagement, %	1%

Right Tension**Left Tension**

In a knowledge work society, it is the legs that give up soonest to poor health. Practice leg fitness every day, and

GREEN Fitness

Natural Fitness Training for All

Forma *Swing Jump*

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	24
PoseFlex Time, s	1
Repetitions, no.	8
Duty Cycle, % of full	50%
Range of Motion, % of full	90%
Sets, no.	4

Specification

Muscle X/S, sq in	81.3
Stress Limit, psi	7
Max Force, lb	569
Actual Force, lb	427
Lever Arm, in	17
Swept Arc, deg FR	101
Swept Arc, deg UD	101
Area Range of Motion, in2	57
Muscularity Engagement, %	11%

Forward Reach Position (Ct 1)**Rear Swing Position (Ct 2)****Forward Swing Up**

If you can jump, the Swing Jump maximally works against the strongest natural force: gravity. It focuses on CPV

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Forma *Heel Raises*

Alpha Intensifiers

Effort, % of max	75%
Max Rate of Motion, in/s	3
PoseFlex Time, s	3
Repetitions, no.	8
Duty Cycle, % of full	100%
Range of Motion, % of full	90%
Sets, no.	1

Specification

Muscle X/S, sq in	23.2
Stress Limit, psi	7
Max Force, lb	162
Actual Force, lb	122
Lever Arm, in	7
Swept Arc, deg LR	115
Swept Arc, deg UD	65

Area Range of Motion, in2

Muscularity Engagement, %

112

10%

Erect Position

Raise Right Heel to Flex Calf

Return to Erect Position



Conditioning the musculature of this Forma puts spring into your walk, and keeps Spring in your life.

GREEN Fitness

Natural Fitness Training for All

Forma

Total Tetanus

Alpha Intensifiers

Effort, % of max

Max Rate of Motion, in/s

PoseFlex Time, s

Repetitions, no.

Duty Cycle, % of full

Range of Motion, % of full

Sets, no.

75%

1

5

8

100%

1%

1

Specification

Muscle X/S, sq in

Stress Limit, psi

Max Force, lb

Actual Force, lb

Lever Arm, in

Swept Arc, deg FR

Swept Arc, deg UD

Area Range of Motion, in2

Muscularity Engagement, %

220.5

7

1543

1158

0

0



0

0

100%

Initial Erect Position

Total Flex Pose



Simultaneous stressing of all musculature is a demanding achievement in the time dimension of physical fitness.

GREEN Fitness

Natural Fitness Training for All

Forma

Inner Facial

Alpha Intensifiers

Effort, % of max

Max Rate of Motion, in/s

PoseFlex Time, s

Repetitions, no.

Duty Cycle, % of full

75%

1

3

8

100%

Specification

Muscle X/S, sq in

Stress Limit, psi

Max Force, lb

Actual Force, lb

Lever Arm, in

2.0

7

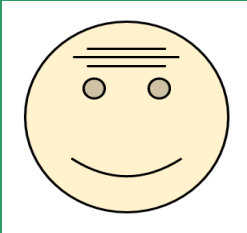
14

11

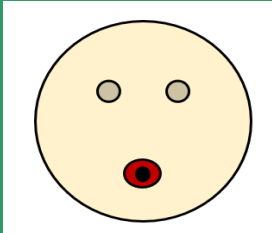
0

Range of Motion, % of full	100%	Swept Arc, deg FR	0
Sets, no.	1	Swept Arc, deg UD	0
		Area Range of Motion, in2	0
		Muscularity Engagement, %	8%

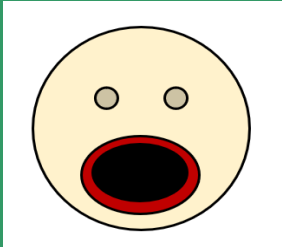
Brow Tense



Pucker Pose



Open Mouth



The face of a child beholds the angels of God. The face of maturity wears life's pain, disappointment, unhappiness

GREEN Fitness

Natural Fitness Training for All

Forma Illuminated Scalp Massage

Finger-Tip Scalp Massage



Sun-UV Lamp Massage Augmentation



Hair used to be the head's protection cushion. With today's civility, it is a beautifying crown depending on scalp v

GREEN Fitness

Natural Fitness Training for All

Forma Skin Color Analysis

Tone 1

Tone 2

Tone 3



Skin composes the FACE for our body, the finishing touch on God's Holy Temple. It adapts by divine guidance to

GREEN Fitness

Natural Fitness Training for All

WarmUp, ReFresh, and CoolDown

Protocols for comfortably raising body and spirit fr

Spirit Fitness Prelude

Read the Holy Scripture aloud
Memorize an important verse from the Bible
Pray for health and strength and stamina

GREEN Fitness Prelude: Body Oxyg

Bathe the entire body with vitalizing ox
Double Breathing: Breathe at least twi
Circulation Cycling: Gently cycle all bo

GREEN Fitness Interlude: Oxygenat
Forceful Double Breathing: Resistively

WarmUp Gallery



Oxygenation

Spirit Breathing & Double Breathing



Neck Roll

Clockwise & Counterclockwise



Arm Roll

Clockwise & Counterclockwise
Cycle at Shoulders and Elbows

Thou therefore, my son, be strong in the grace that is in Christ Jesus. And the things that thou hast heard o

GREEN Fitness

Natural Fitness Training for All

Statistical Recapitulation

	Relative Time	Spatial Work	Time Work
Forma			
Resistive Neck Cycle	5%	1%	1%
Resistive Shoulder Cycle	0%	0%	0%
Shoulder Squaring	1%	1%	1%
Upper Hemisphere Flex	5%	4%	2%
Resistive Pectoral Cycle	1%	1%	1%
Resistive Bentover Row	1%	1%	1%
Bicep-Tricep Flex	9%	5%	4%
Resistive Bicep-Tricep Cycle	9%	5%	4%
Forearm Flex	2%	1%	1%
Resistive Forearm Cycle	5%	1%	2%
Clencher	1%	0%	0%
Digitizer	3%	0%	0%
FiveWay PushUp	5%	14%	6%
Ab Flex	8%	0%	7%
Super Squat	13%	17%	14%

Inner Thigh Tenser	7%	0%	0%
High Jumper	8%	47%	19%
Heel Raises	9%	2%	6%
Total Tetanus	5%	0%	31%
Inner Facial	3%	0%	0%
	100%	100%	100%
Exercise the Body of Christ to the glory of God each day.			

GREEN Fitness

Natural Fitness Training for All

Adult Male Genital Statistics

Erect Length, in *

mean6

minimum4

maximum8

standard deviation0.8

extension from flacid200%

subject6

%-ile above/below mean0%

Erect Circumference, in

mean5

minimum4

maximum6

standard deviation0.7

expansion from flacid150%

subject5

%-ile above/below mean0%

Adult Male Sexual Performance Statistics

Time to Erection, min

mean3

minimum1

maximum10

standard deviation1.5

subject3

%-ile above/below mean0%

Time to Ejaculation, min

mean2

minimum1

maximum5

standard deviation0.8

subject2

%-ile above/below mean0%

duration of male orgasm3-5 sec

* angle from vertical15 deg

** healthy sperm motility > 50%

Eve was fitly made from Adam's rib as life's ideal partner, a cherished extension of his own body. In love, the two

A

He

FOOTNOTE: Input data of the connected Green Fitness Forms are hypothetical. Entries were made to guide

Process-Output Control System


mean	sigma	control	DATA Series	Mean	Std Dev	1-Jun-15	1-Jun-16
20	17		Active Day, hr	16.7	0.6	17	17
26	10		Night Sleep, hr	6.7	0.6	7	7
2	3		Day Sleep/Rest, hr	1.3	0.6	1	1
10	9		Nutrition, Cal	2,333	289	2,500	2,500
2.7	3.1		Water, oz	14.0	1.7	15	15
18	10		Body Fat %	7%	0%	7%	7%
8,667	3,055	exception	Tricep Skin Fold, in	0.193	0.159	0.08	0.125
26.3	9.8		Activity Level	H	VL	H	H
4,333	1155	exception	Activity %	61%	10%	67%	67%
54.0	15.6	exception	Mood	H	VL	H	H
54	16	exception	Mood %	67%	0%	67%	67%
4.0	1.0	exception	Cycle Fitness, min	20	17	0	30
456	10	exception	Green Fitness, min	26	10	32	32
94%	Percentile		Jump Fitness, min	2	3	0	5
16	31%		Speed Cycle, min	10	9	15	15
68	84%		Stair Fitness, min	2.7	3.1	0	6
122	40%		Walk Fitness, min	18	10	30	15
70	92%		Power, ft.lb/hr	8,667	3,055	6,000	8,000
104%	Blood SpO2		Time, min	26.3	9.8	32	32
169%	97%		Space Work, ft.lb	4,333	1,155	5,000	5,000
135%	IPI		Time Work, hr.lb	54.0	15.6	63	63
152%	8		Utilization, %	73%	6%	70%	80%
107			Alpha Intensity, AI	4.0	1.0	3	4
25	100%		Range of Motion, in2	456	10	450	450
328%			GREEN Fitness, %	89%	1%	90%	90%
100%			TrueForm, %	96%	1%	95%	96%
50%			TaperForm, %	95%	0%	95%	95%
50%			Symmetry, %	98%	1%	99%	99%
283%			TrimForm, %	46%	0%	46%	46%
			FlexForm, %	59%	8%	66%	60%
Critical Form Factors							
Down Pacing			Height, in	73	0	73	73
Dance Form			Weight, in	204	5	200	202
Double Breathing			Vertical Density, lb/in	3	0	2.7	2.8
Down Pacing			Max Muscle X/S, in2	245	31	264	262
Elasticizing			Fat Volume, %	8%	7.0%	3%	5%
Environmental Fitness			Body Mass Index	27	1	26.4	26.7
Evacuation			Range of Motion, in2	4,319	0	4,319	4,319
Exertion Engineering			CPV Health, %	103%	11%	97%	97%
Fitness Investment Ratio			Respiration, ipm	11	1	10	10
Fitness Synergy			Pulse, bpm	72	0	72	72
Fitness Training Zone			Systolic, Hg in	113	2	114	114
Flex Advantage			Diastolic, Hg in	69	3	67	67
Focalizing			Heart Efficiency	109%	1%	110%	110%
God's Fire			Vascular Capacity	124%	25%	138%	138%
Grace Form			Vascular Pliability	122%	13%	130%	130%
Green Energy			Work Pleasure, %	128%	12%	135%	135%

Hand Bell	Arm Strength, lb	109	3	112	109
Head Room	Work Strength, lb	33	14	50	25
Heart Efficiency	HeadRoom, %	263%	120%	124%	336%
Heart Saver	HungerFree, %	100%	0%	100%	100%
HOLINESS	Stamina, %	61%	10%	67%	67%
Human Thermal Efficiency	Vitality, %	67%	0%	67%	67%
HyperBreathing	Internal Environment				
HyperCooling	IntraCycling				
Integrative Fitness	Key Form Factors				
Intelligent Fitness	Leveraging				
Intensification	Ligament Lag				
Maintaining it is a Sacred Trust. <div></div>		Mental Spotlighting			
		Metric Maxing			
		MicroMotion			
		MultiPathing			
		Muscle Volume			
		Natural Fitness			
		Natural Stress Threshold			
		Oblique Illumination			
		Octal Repetitions			
		PainFree Zone			
		PainFree Cycle			
		Performance Increment			
		Power Chain			
		Pose Flex			
1-Jul-18	Date				
Your Coach	Coach				
<i>intitiate for men, not to be used for military (war-making) purposes.</i>					



William C. Patterson, Ph.D.

	Pictorial	Skematic	Inspirational
ge		RunFitness Calculator	
		Shoulder Architecture	
		Shoulder Squaring	
		Skeletal Physiology	
Conclusion		Skin Aging	
		Skin Structure	
		SpeedCycle Integrator/Calculator	
		StairFitness Calculator	
		Statistical Recapitulation	
		Stature Assessment via Cranial Proportioning	
		SuperSquat	
		TaperFitness via Cranial Proportioning	
		Torso Architecture	
Cycle		Total Tetanus	
e		Upper Hemisphere Flex	
		Vascular System	
e		WalkFitness Calculator	

Density Analysis							G		
With rising Densification Risk, heighten attention to diet & exercise						Body Mass Index		Optimal B	
Weight kg	Age	Height in	5 %-ile in	95%-ile in	Height cm	Min	Max	Min	
80	30	73	67	78	185	18	25	5%	
Densification Risk		Pct-ile	50%			Actual	29	Actual	
		19%	Quality	Medium			Pct-ile	100%	Pct-ile
(ist)		Build	Waist	Body Fat			Quality	Heavy	Quality
ion Vector		12%	16%				Regress lb	51	Regress lb
Abs/Waist	Obliques	Hips	Thigh	Calf					
11%			6%						
Max									
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Range of Motion Matrix					G	
Lever Length L, inch	Range of Motion a, in2	Range of Motion %	Spheres of Motion A, in2	Spherical Range %		Practice
8	176	4%	804	22%		Precision Motion Patterning
4	48	1%	201	24%		Precision Posture Patterning
12	1,256	29%	1,810	69%		Push-Pull Efficiency
13	817	19%	2,124	38%		Ranging
9	12	0%	1,018	1%		PhysioFeedBack
19	962	22%	4,536	21%		Progressive Relaxation Breathing
19	817	19%	4,536	18%		Refresh Break
17	120	3%	3,632	3%		Rest Zone
7	112	3%	616	18%		SkinFitness
108	4,319	100%	19,277	22%		Space Work
12	480	11%	2,142	22%		Spiritual Primacy
5	477	11%	1,694	18%		Stabilization
					Stamina Return	
					Stress Limit	
					Stretch Break	
					Synergy Fitness	
					Taper	
					ThermoConductivity	

net in	Cross Section, sq in			sq in	%	Three-Dimens
3.5	peripheral bone	9.6	Neck	16.2	7%	Time Study
1.5		1.8	Upper Arm	16.9	8%	Time Work
1		0.8	Forearm	12.3	6%	Total Tetanus
12.5		122.7	Chest	42.0	19%	Trinity Image
11.5	peripheral bone	103.9	Abdomen	33.2	15%	TrueForm
11		95.0	Hip	47.0	21%	Universality
1		0.8	Leg	34.3	16%	Utilization
0.75		0.4	Calf	18.7	8%	Vascular Cap
42.8		335.0	Total	220.5	100%	Vascular Pliab
5.3		41.9	Mean	27.6	13%	Vascular Fitne
5.3		54.7	Std Dev	13.2	6%	Visio Feedbac
		3.7	Radial inch	3.0	70%	% body R Vitality Return
			Diametric inch	5.9	70%	% body D Volumetric R
						WorkIn
		1-Jun-18	Date	Limiting Muscle Volume %		Work Pleasur
		Your Coach	Coach	40%		Work Zone
Intellectual Asset Rights Claimed						

GREEN Fitness Invocation, Interlude, and Conclusion

from rest equilibrium to exertion equilibrium (Prelude), providing interim refreshing (Interlude), and restoring to rest equilibrium (Postlude).

Invocation

Oxygen

Breathe as deep as normal for several respiratory cycles

Loosen joints to motivate circulation within the musculature

Invocation and Respiratory Musculature Exercise

Breathe twice as deep as normal for several cycles



Low Bend

Forward & Backward
Bow Head Fully

Squat Stretch

Full Squat & Full Upward Stretch
Include Rise onto Toes

GREEN Fitness Postlude

Respiratory Equilibrium

Double Breathe under a slowing cadence

Factor respiration downward to your feet

Towel as necessary to a non-perspiring state

Posture Equilibrium

Stand or sit quietly, concentrating on your breath

Increasingly relax all musculature

Mentally compose head-to-foot Relaxation

Mental Equilibrium

Play soft music of slow tempo

Visualize calming scenes from Nature

Pray with thanksgiving to God for the work done

Conclude the Postlude when you are ready to begin

Progress from GREEN Fitness at a comfortable pace

All work is easier when your body, mind, and spirit are in harmony. GREEN Fitness cleanses the body and renews the mind.

If me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also. 2 Timothy 2:2

Formas of GREEN Fitness

Protocol

Ouptut

Space Work, ft.lb	500
Time Work, min.lb	18
Joint Work, ft	18
Alpha Intensity	1.7
Rep Time, s	5
Set Time, s	38
Total Forma Time, s	38
Total Forma Time, min	0.6

Interlace fingers and press back of hands against forehead. Bow head forward. Press palms of interlaced hands against back of head. Bow head rearward. Press fingertips of right hand at right temple. Rotate head clockwise. Mirror move with left hand for counterclockwise rotation. Choose range of motion, rate of speed, and resistive force according to comfort. Incorporate stretchir with protocol to keep neck limber.

Posture**Rearward Move****Clock Rotation****Counter-Clock Rotation**

This Forma is best I know for range and strength excellence. Combat stiff neck syndrome right in the

Formas of GREEN Fitness**Ouptut**

Space Work, ft.lb	110
Time Work, min.lb	2
Joint Work, ft	2
Alpha Intensity	5.4
Rep Time, s	0
Set Time, s	3
Total Forma Time, s	3
Total Forma Time, min	0.0

Protocol


Interlace fingers and lower hands to body front. Raise right shoulder, holding elbow fully outward and high, resisting rotation with left arm. Counter-rotate to extreme high left position, resisting with right arm. Index right shoulder rearward sweeping arc to rear-high-right position. Counter-rotate to left, left shoulder indexed forward. Alternate forward, lateral rearward indexing to complete set. Introduce variety by indexing forward 45 degrees and describing resisted figure 8s or large circles on oblique.

Rt Rearward Index**Counter Rotation****Left Rearward Index****Counter**

ented. This Forma has greater Range-of-Motion than shrugs or presses for muscle development and j

Formas of GREEN Fitness

Ouptut			Protocol
Space Work, ft.lb	515		Stand erect with arms extended laterally, palms down. Symetrically draw rearward at the horizontal, tightening all back musculature. Slightly arch to tighten musculature along the vertical axis simultaneously with cont begun along the horizontal axis. Hold the fully-concave, fully-tensed po briefly. Complete the Forma by return to the original, fully-erect position extending laterally in the opening T-form. Pay close attention to the structure, that it situate back and down in a squared, attention posture. slowly, with perfect symmetry, to complete the set. Burn signals high co focus, desirable tensioning of back and shoulder musculature to re-set on the square.
Time Work, min.lb	17		
Joint Work, ft	2		
Alpha Intensity	8.5		
Rep Time, s	1		
Set Time, s	5		
Total Forma Time, s	5		
Total Forma Time, min	0.1		

Return to Start Position


Pointers

Wardrobe that exposes more body to the sun adds greater health to ex


1/2 hour of sun a day keeps the doctor away


Change into trunks & T-shirt at lunch time to schedule fitness into the c


ds, forearms, and elbows low promotes shoulder rounding. This Forma reverses that, toning the back

Formas of GREEN Fitness

Ouptut			Protocol
Space Work, ft.lb	3,197		Initiate with arms extended overhead. Sweep laterally down in a full circle, slowing to a culminating flex of several seconds. Return to high position, indexing forward about 20 degrees start. Circumscribe an oblique circle, hands re-converging 20 degrees off vertical at rear of body for flex time. Repeat the large, slow, circular moves, indexing the plane of the circle repetition. Involve as much of the upper-body musculature possible in the flexure.
Time Work, min.lb	53		
Joint Work, ft	44		
Alpha Intensity	5.3		
Rep Time, s	5		
Set Time, s	44		
Total Forma Time, s	44		
Total Forma Time, min	0.7		

Re-start 20-deg Forward


Oblique Downward Rotation


Oblique Flex Time


UH Flex transcends the effect of a heavy-lift, while exhibiting the grace of air ballet.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	1,030
Time Work, min.lb	26
Joint Work, ft	5
Alpha Intensity	16.6
Rep Time, s	1
Set Time, s	7
Total Forma Time, s	7
Total Forma Time, min	0.1

Protocol

Interlace fingers and extend arms fully forward. With right-side re focused on the right pectoral muscle, slowly press the left arm in semicircular sweep. Concentrate on maximizing the left-right, pus dynamic for high stress. Progressively contract the left pect and stressfully expand the right pect until clasped hands culminate at right position. Mirror this clockwise motion in a full, counter-clock to complete the rep. Succeeding reps should be indexed upward downward to cover the front body hemisphere in the set. Gracefu weave into concluding reps oblique sweeps, figure 8s, or vertical circle figures.

Pointers

Green Fitness allows you to exercise anywhere.
Seek the inspirational beauty of Nature as your Spa
Your back yard is the closest Nature resort for end-of-day fitness tra

f righteousness.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	1,030
Time Work, min.lb	26
Joint Work, ft	5
Alpha Intensity	16.6
Rep Time, s	1
Set Time, s	7
Total Forma Time, s	7
Total Forma Time, min	0.1

Protocol

Bend forward at the waist until the back is nearly straight and lev Interlace fingers and extend arms fully downward. Gradually rais right upper arm vertically, resisting with the extended left arm. Fo maintaining high stress in right lateral back muscles and rear sho muscles. In a slow, resisted, reverse sweep, raise the left upper a an elbow-high-left position. Again, focus stress on left lateral bac mirrored shoulder muscles. Rep completes by return to the initiat slung position of joined hands. Vary the sweep angle from an LR an oblique cross by forward and rearward indexing of the upward as you complete the set.

Pointer

Back yard fitness places you in a green world easiest on the eye
Green Fitness can be a gardening break that cycles aching musc

es for back musculature what the pre-eminent Bench Press does for the chest.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	3,452
Time Work, min.lb	104
Joint Work, ft	39
Alpha Intensity	15.2
Rep Time, s	9
Set Time, s	70
Total Forma Time, s	70
Total Forma Time, min	1.2

Protocol

With hands at sides, clenched palms up, and forearms indexed laterally away from forward by 30 degrees, slowly perform an air curl. Use flex technology, maintain a tense bicep throughout the motion. Hold flex tension at the top of the curl. Return to the start position, concentrating on tricep tension on the way down, and during the straight-arm tricep sweep. Repeat forma indexing plane of forearm sweep. For alternate forearm sweep, arms laterally at shoulder level. Curl inwardly to full-closure. Flexion-stress on the tricep, intensifying at the full-contraction tricep position.

Side Curl Position



InCurl & Flex



Pointers

It is fruitful to exercise where you garden in

Formas of GREEN Fitness

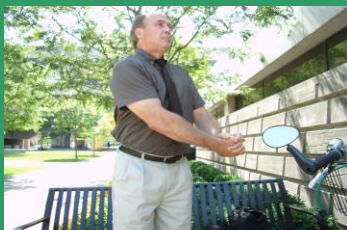
Ouptut

Space Work, ft.lb	3,452
Time Work, min.lb	104
Joint Work, ft	39
Alpha Intensity	15.2
Rep Time, s	9
Set Time, s	70
Total Forma Time, s	70
Total Forma Time, min	1.2

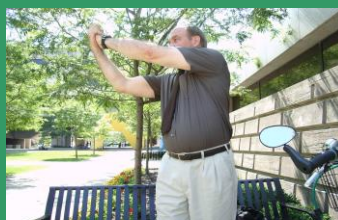
Protocol

Press left palm on right palm. Extend right arm fully low. Curl the right arm upward, resisting with the left. Concentrate on stressing the bicep and left tricep. Uncurl the right arm under resistive pressure. Repeat full duty cycle. Indexing elbow upward, iterate the Vertical Press cycle. Reserve half of set for Lateral Press, extending right arm horizontally to side, and resisting curl action with left palm. Indexing elbow forward, iterate LP arm cycle. Mirror each Bicep-Tricep sweep on the left side of the body. Good practice will cycle both elbow joint and shoulder joint through their respective ranges of motion, and maintain erect posture.

Counter-Clockwise Index



Lateral Press



Pointers

Green Fitness accommodates your v
Green Fitness is Co
It stresses (heats) a small portion of
Green Fitness is a Refreshing Bre
Return from this break time fre

of handbell weights normally used for bicep development by bodybuilders, without resorting to freeweights, gym

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	600
Time Work, min.lb	20
Joint Work, ft	9
Alpha Intensity	16.9
Rep Time, s	2
Set Time, s	19
Total Forma Time, s	19
Total Forma Time, min	0.3

Protocol

Extend arms forward, symmetrically, bent at elbows. Simultaneously rotate wrists in mirrored circles as large as range of motion comfortably allows. Flex both upper and lower forearm musculature to intensify simultaneous contraction-extension str. Monitor each muscle for good contraction-extension cycling, evident musculature definition. Reverse rotational directions on second half of set.

Wrist In



Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	600
Time Work, min.lb	40
Joint Work, ft	9
Alpha Intensity	17.5
Rep Time, s	5
Set Time, s	37
Total Forma Time, s	37
Total Forma Time, min	0.6

Protocol

Extend right arm forward, bent at elbow. Place left hand over back of right hand. Cycle right wrist through full range of motion, resisting with applied left hand. Replicate forma on left side for complete set.

agenda, artistic forearm curvature and good hand-shake strength maintains.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	59
Time Work, min.lb	2
Joint Work, ft	6
Alpha Intensity	16.9
Rep Time, s	1
Set Time, s	11
Total Forma Time, s	11
Total Forma Time, min	0.2

Protocol

Extend arms forward, symmetrically, bent at elbows. Open hands and extend fingers fully forward and along the vertical with flexion. Clench both hands tightly into a fist. Reverse the clench into full open-and-flexed position again. Now curl the fingers and thumb into a flexed, hooked or claw position. Reverse this Finger Clench again to the full open position to complete the rep.

Full Open



Finger Clench



Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	39
Time Work, min.lb	3
Joint Work, ft	6
Alpha Intensity	11.6
Rep Time, s	3
Set Time, s	22
Total Forma Time, s	22
Total Forma Time, min	0.4

Protocol

Extend arms forward, symmetrically, bent at elbows. Put palms together as though praying. Spread fingers and resistively force palms apart, keeping fingertips in contact. Resistively draw palms back together. Repeat the expand-collapse cycle for fingers and palms as reps to complete the set.

Close Palms and Fingers





Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	10,048
Time Work, min.lb	151
Joint Work, ft	49
Alpha Intensity	10.1
Rep Time, s	4
Set Time, s	44
Total Forma Time, s	44
Total Forma Time, min	0.7

Protocol

Assume standard position for a push up. Use wrist-supportive F Handles. Descend slowly to one-inch above floor in standard fo Recover to elevated position, then descend to a point forward o natural low-stop. Recoil slowly, and descend again, now to a po of the natural. Elevate hips for body-shortening. Stop when face inch from floor. Recoil slowly, then descend over the right hand position, simulating a one-hand push-up. Recoil, and repeat ove left hand. Cycle through the same FiveWay process for the sec of the set.

Rearward Cycle



Right Cycle



Left Cycle



a slow-motion artform, less demanding of quantity, more demanding of quality.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	0
Time Work, min.lb	186
Joint Work, ft	0
Alpha Intensity	8.9
Rep Time, s	8
Set Time, s	64
Total Forma Time, s	64
Total Forma Time, min	1.1

Protocol

Ab Flex is appropriate only after reducing the waistline to the TrueForm target. It should not be performed after eating. Assu the Flex Pose position from full erect posture. Bend arms at the elbow, position hands over the abdomen to feel (feedback) the emerging tension. Draw in the abdomen while taking a chest-inflating breath. Maintain this conditon while isometrically contr all abdominal musculature to a chosen tension stress level. Ho the Ab Flex for the chosen Rep's period of seconds, avoiding lig headedness. Relax and HyperBreathe for oxygen replenisher Repeat the Ab Flex cycle to complete the set.

ity. Ab Flex and DailyBread artfully bridge these evolutionary traditions.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	12,486
Time Work, min.lb	347
Joint Work, ft	63
Alpha Intensity	13.3
Rep Time, s	7
Set Time, s	52
Total Forma Time, s	104
Total Forma Time, min	1.7

Protocol

The SuperSquat is a work-intensive GF exercise. Slowly descend from erect position on one leg, folding the other up towards the chest. Gradually ascend from a comfortable full squat, and bring the alternate leg up to a 90 degree, fully-extended position. Flex the airborne leg, concentrating on the thigh, then calf. Rotate the airborne foot several times in both directions to limber the ankle joint. Perform a full set on each side. With each rep, in the extended free leg to equidistant compass points within its horizontal range of motion. For variety, squat partially, and slowly IntraCycle a few times around the mid-height position.

Alternate Leg Extension



Alternate Leg Ankle Flex & Rotation



powerful. The single-leg natural squat is a maximal power move, also sharpening coordination for good balance.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	93
Time Work, min.lb	7
Joint Work, ft	13
Alpha Intensity	3.7
Rep Time, s	3
Set Time, s	27
Total Forma Time, s	54
Total Forma Time, min	0.9

Protocol

The Inner Thigh Tenser addresses important leg musculature at the high inner thigh position: the **gracilis**. Seated, sedentary living causes both outer and inner thigh musculature to lose tone. Less exercised of these two zones, however, is the inner thigh. Green Fitness devotes a separate forma to tone the gracilis muscle and rescue this oft neglected area. From an erect, feet-apart position, lean left, slightly bending the left leg, and straightening the right leg. Tilt the right foot so it aligns with the right leg and slightly digs into the ground. Focus on tension on the inner thigh, using your right hand if need be to feel the gracilis tighten up. Flex the muscle a few times in this position. Repeat the Inner Thigh Tenser on the left side with mirrored symmetry.

their support will keep you standing tall.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	34,157
Time Work, min.lb	484
Joint Work, ft	80
Alpha Intensity	8.2
Rep Time, s	2
Set Time, s	17
Total Forma Time, s	68
Total Forma Time, min	1.1

Protocol

Drop to a forward extension squat on Count 1. Bounce slightly and extend arms fully rearward for Count 2. With another bouncing motion, swing arms forward and upward, springing into the air for Count 3. On touching down, swing arms to the rear again for Count 4. Manage arms like a pendulum during this Forma. They will add to the vertical motion power of the legs, yielding higher fingertip altitude. The Swing Jump can be used adjacent to a graduated vertical leap chalkboard to track your progress. If a basketball hoop is available, position your Swing Jump effort near the hoop, to see how close you come to touching the rim. Swing Jumping is STRENUOUS Green Fitness. It uses the biggest muscles of the body in rapid, maximal contraction against the greatest natural force: gravity. Start slowly, gradually increment reps, don't over-do it.

Vertical Ascent (Ct 3)



Rear Recoil Position (Ct 4)



health through massive leg musculature. Aim High!

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	1,785
Time Work, min.lb	156
Joint Work, ft	15
Alpha Intensity	15.7
Rep Time, s	10
Set Time, s	77
Total Forma Time, s	77

Protocol

Heel Raises are performed on one straight support leg, holding the unengaged leg off the floor in a tuck position. Maintain careful balance as the right heel fully elevates by holding arms in a victory extension, arms counterbalancing a tight-rope walker. Alternatively, steady yourself using an adjacent wall, handrail, or other stabilizer. Hold full heel elevation for flex benefit. Descend slowly, letting the right heel re-contact floor. Then, with left leg at a support rear-lateral position, draw right arch upward fully, concurrently stretching calf and tightening shin muscles. Replicate Right Heel Raises for the reps specified in the set, then mirror the right-side protocol on the left, for the symmetrical set. Perform two-legged Heel Raises if the single-legged protocol is too demanding.

Total Forma Time, min 1.3

is too demanding.

Raise Right Arch to Flex Shin



Return to Erect



Pointer

Work cycling into your fitness day.
Ride to a nice spot and enjoy Green Fitn
It's Fitness Synergy.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	0
Time Work, min.lb	772
Joint Work, ft	0
Alpha Intensity	0.3
Rep Time, s	5
Set Time, s	40
Total Forma Time, s	40
Total Forma Time, min	0.7

Protocol

From an erect position, legs slightly apart, arms obliquely to the contract all musculature. Strive to balance body levers for stat peaks. Aid concentration by directing the compression wave sl full compression for the designated rep time. Invoke HyperBrea replenish oxygen debt. Avoid holding the FlexPose longer than or into hypoxia. Do not HyperBreathe so long as to become diz Tetanus is the most demanding Time Work exercise of GREEN

It reveals man's amazing chemical strength.

Formas of GREEN Fitness

Ouptut

Space Work, ft.lb	0
Time Work, min.lb	4
Joint Work, ft	0
Alpha Intensity	17.8
Rep Time, s	3

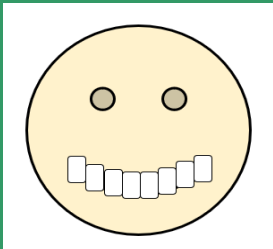
Protocol

The Inner Facial flexes all facial muscles, tightening them, stim blood flow, resculpting them to the natural. The pictorial gallery better than words the contraction status desired. There is little the stretch side of facial muscle action. The intent is to reverse stretching and grin-to-grim sinking of a beautiful face caused by expressionless living, and burdensom trials. Abiding in a happy

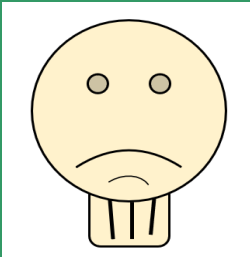
Set Time, s 24
Total Forma Time, s 24
Total Forma Time, min 0.4

every waking hour, as God brings the joy of life in faith, is the true pathway to uplifted visage.

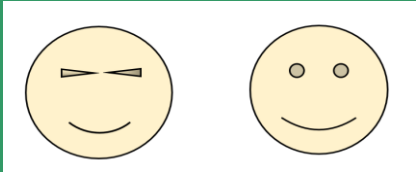
Stress Grin



Chin Flex



Squints and Blinks



s. Revive youth by the Inner Facial and inner faith in God who works all things together for good to those called to

Formas of GREEN Fitness

Protocol

The scalp minimally factors into traditional physical fitness training, but should receive heightened attention. It crowns the head and is the vital organ supporting hair health. Incorporate vigorous scalp massage after hair washing and drying as a minimum. Preceded by partial towel drying, scalp massage accelerates natural hairdrying, obviating the need for heat dryers while intensifying beautification by natural oils. Adding radiant energy via sun lamps to scalp protocol further accelerates drying. More important, exposure to the ultraviolet spectrum retards harmful fungi, seborrhea, psoriasis, and flaking dandruff. Vitamin D production also increases under sun-quality illumination. Green Fitness' Illuminated Scalp counteracts baldness, now common in sedentary knowledge work societies, where the head remains erect, shaded, and stagnantly hot nearly all day. It provides one more way to vitalize body tissue for peak health and beauty.

vitality to complete the perfect image. All things become beautiful in God's time.

Formas of GREEN Fitness

Tone 4



Tone 5



Tone 6



Tone 7



Earth's climate, protecting us from radiant harm by beauteous brown tinting.

GREEN Fitness Invocation, Interlude, and Conclusion

om rest equilibrium to exertion equilibrium (prelude), providing interim refreshing (Interlude), and restoring to n

eneration

xygen

ce as deep as normal for several respiratory cycles

dy joints to motivate circulation within the musculature

ion and Respiratory Musculature Exercise

breathe twice as deep as normal for several cycles



Low Bend

Forward and Backward

Bow Head Fully

Squat Stretch

Full Squat & Full Upward Stretch

Include Rise onto Toes

GREEN Fitness Postlude

Respiratory Equilib

Double Breathe under a slowing cad

Factor respiration downward to your

Towel as necessary to a non-perspir

Posture Equilib

Stand or sit quietly, concentrating on

Increasingly relax all musculature

Mentally compose a Relaxation Wav

Mental Equilib

Play soft music of slow tempo

Visualize calming scenes from Natur

Pray with thanksgiving to God for the

Conclude the Postlude when you are

Progress from GREEN Fitness at a c

All work is easier when your body, mind, &
GREEN Fitness cleanses the body and renews

f me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also. 2 Tim

Joint	Muscularity	Benefit/	Benefit/Cost
Work	Engaged	Cost Ratio	Rank
4%	7%	2.7	16
1%	5%	17.1	3
1%	9%	19.0	2
11%	7%	4.5	10
1%	9%	14.6	4
1%	9%	14.6	4
10%	5%	2.7	14
10%	5%	2.7	14
2%	8%	5.2	8
2%	8%	2.7	12
1%	5%	4.8	9
1%	5%	2.4	17
12%	7%	7.2	7
0%	2%	1.1	19
16%	11%	4.4	11



3%	1%	0.6	20
20%	11%	11.5	6
4%	10%	2.3	18
0%	100%	26.4	1
0%	8%	2.7	13
100%	12%	7.5	



GREEN Fitness Genital & Sexual Health											
Recovery Time, min				Seman Quantity, ml				Healthy Intimacy Time Between Orgasms, min			
mean	20			mean/orgasm (1 tsp)	3.5			mean	10		
minimum	5			minimum/orgasm	2			minimum	5		
maximum	50			maximum/orgasm	5			maximum	15		
standard deviation	8			standard deviation	0.5			standard deviation	2		
subject	20			subject	3.5			subject	10		
%-ile above/below mean	0%			%-ile above/below mean	0%			%-ile above/below mean	0%		
Total Orgasms/Intimacy				Healthy Sperm Count, million/ml				Intimacy Duration, min			
mean	1			mean**	30			mean	10		
minimum	0			minimum	20			minimum	5		
maximum	3			maximum	100			maximum	15		
standard deviation	0.8			standard deviation	23			standard deviation	2		
subject	1			subject	30			subject	10		
%-ile above/below mean	0%			%-ile above/below mean	0%			%-ile above/below mean	0%		
<p>man understanding sexual norms can reference himself to maintain healthy sex life and intelligently seek the woman's pleasure. He washes genitals before sex, requires fidelity for freedom from disease, and manages the woman's fertility cycle. He becomes as one flesh. Genesis:2.20-25</p>											

For new users. Demo pictorials can be replaced with your photos, once you have learned the system. Do not distribute Dr. F's

F
1-Jun-17
16
6
2
2,000
12
7%
0.375
M
50%
H
67%
30
15
0
0
2
10
12,000
15
3,000
36
70%
5
467
88%
96%
95%
97%
46%
50%
73
210
2.9
210
16%
27.7
4,319
116%
12
72
111
72
109%
95%
107%
115%

Whatsoever ye do, do it heartily, as to the Lord. *Colossians:3.23*

GREEN Energy

In a knowledge work society, you can reformulate traditional labor into delightful Physical Fitness Training.

Normal health is maintained by faithfully devoting at least 30 minutes of each day to Physical Fitness Training.

The fit body glides effortlessly through a modern day, and disease-free through modern life.

Artists of today work in the marvelous medium of living bodies, fashioning and perfecting human beauty.

The body freely given you is the finest machine known.

If God has positioned humankind above all in the material universe, should you not maintain yourself like a king, fully fit for the honor.

Man was made in absolute beauty, and no imagination of man has produced a higher work of art.

All work performed to glorify God is honorable work.

You are the sanctuary God has chosen to live in for all eternity.

Every minute devoted to physical fitness training yields hours of stamina for the day.

Do something each day for physical fitness, and you will stay on the road to success.

Devotion to physical fitness maintains you in a healthcare program you always can afford.

All work is easier when body, mind, and spirit are well-prepared.

When you become an instrument of God for His good pleasure working and living become your good pleasure.

GREEN Fitness: Fills you out to God's proportions.

The physically fit fit into more of God's plans.

A body in motion gathers less dust.

GREEN Fitness: Physical tension to relieve mental tension.

The Spirit rides better in a healthy body.

Renewing strength is God's work.

A fit body makes work effortless.

Physical fitness begins in the state of mind.

Strength in trials comes in the preparation.

Without spiritual fitness, physical fitness fails.

Physical fitness is an elevator rising to life's challenges.

GREEN Fitness increases the span of powerful living.

GREEN Fitness: Life on the vine of Christ.

Strengthen your legs to walk with the Lord.

The muscle furnace warms the body in cold weather.

GREEN Fitness: Temple maintenance.

Punctuate knowledge work with physical fitness moments.

GREEN Fitness winds you up each day.

GREEN Fitness: Healthcare paid in time and effort.

GREEN Fitness: Gentle health advances with no retreat.

GREEN Fitness: Anxiety reducer.

Good moves bring good health.

107
25

328%

100%

50%

67%

The Holy Spirit is the light of physical fitness.



Green Fitness Foreward.W

Foreword

GREEN Fitness is a natural program for physical fitness, scientifically designed by William C. Patterson, Ph.D. to develop natural muscularity and skeletal joint flexibility. A total body conditioning experience completed in about one-half hour. GREEN Fitness is learned easily and progressively, with concentration and feedback control refinement. Both learning and practice are self-managed by one's own good judgement. Essentially a Cool Training Process, it can be comfortably enjoyed by nearly everyone: prime men and women, healthy seniors, and active youth. GREEN Fitness is a dawn and dusk physical fitness training.

The GREEN Fitness adaptation in this spreadsheet orients towards male knowledge workers who are invaluable to advanced high-technology society. However, they undergo the longest careers and engage a sedentary life style during both preparation and service that leads to early death, sadly limiting their vital contribution. GREEN Fitness is intended to moderate risks of stroke, cancer, arthritis, hypertension, atrophy, and low back pain. GREEN Fitness training is intended for the lifestyle of highly-educated, highly-serving men of science and technology, and can be used in service careers and heighten quality-of-life return to themselves and others.

William C. Patterson, Ph.D.

2004

StairFitness Calculator

# Sets	4
# Flights/Set	5
# Steps/Flight	15
Rise, in	7
Seconds/Flight	13
Body Weight,lb	216
Energy, Ft.Lb	37,800
Energy, Cal (kcal)	12.24
Energy, W.hr	14.24
Power, W	197
% BMR	237%
Program Time, Min	4

WalkFitness Calculator

Stride, In	36
Pace, Steps/Min	60
Lift, in	3
Distance, mi	0.33
Body Weight,lb	216
Energy, Ft.Lb	2,614
Energy, Cal (kcal)	0.85
Energy, W.hr	0.98
Power, W	6
% BMR	7%
Program Time, Min	10

RunFitness Calculator

Stride, In	
Pace, Steps/Min	
Lift, in	
Distance, mi	
Body Weight,lb	
Energy, Ft.Lb	
Energy, Cal (kcal)	
Energy, W.hr	
Power, W	
% BMR	
Program Time, Min	

Set WalkFitness & RunFitness Indices (any distance) before calculating SpeedCycle v

SpeedCycle Integrator/Calculator

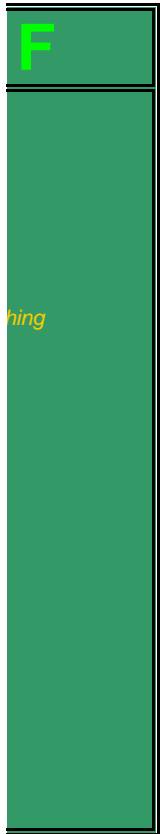
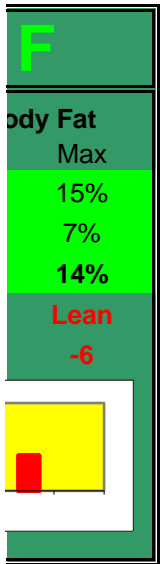
Walk Cycles	10
Walk Interval, s	60
Run Cycles	10
Run Interval, s	60
Body Weight,lb	216
Energy, Ft.Lb	103,431
Energy, Cal (kcal)	33.50

RopeSkip Calculator

Cadence, /s	2.50
Jump Height, in	2.00
Duration, min	4
Body Weight, lb	216
Energy, Ft.Lb	3,456
Energy, Cal (kcal)	1.12
Energy, W.hr	1.30

Cycle Calculator

MPH	
Miles	
Cycle Weight, lb	
Body Weight, lb	
Energy, Ft.Lb	
Energy, Cal	
Energy, W.hr	



Energy, W.hr	38.96	Power, W	20	Power, W	
Power, W	117	% BMR	23%	% BMR	
% BMR	140%	Program Time, Min	4	Program Time, Min	
Program Time, Min	20				

Collateral Fitness Summary

Total Energy, W.hr	56.83
Power Level, W	48.56
Total Program Time, Min	70

Jim Ryun	Roger Bannister	Your Name	Systolic
100	135	122	Point
77%	104%	94%	Percent
3:55.3 mile in HS 1965 (36 yr)	1 st 4-min mile 1954		Diastolic
65	75	70	Point
76%	88%	82%	Percent

Pulse	Pulse	Pulse
72	55	68

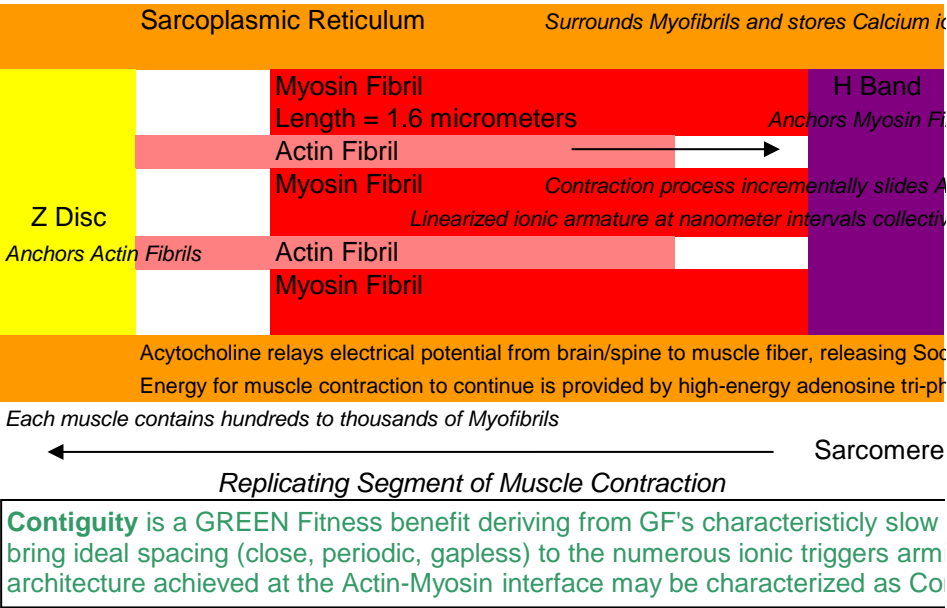
Body Mass Distribution

Total Height	73	Top 1/3>	49	Mid 1/3 >	24
	Height	Girth	Core X/S	Extr X/S	Total X/S
Head	68	24	46		46
Neck	63	17.5	24		24
Shoulders	62	52	215		215
Chest	54	44	154		154
Upper Arm	51	15.875	141	40	181
Waist	46	40	127		127
Lower Arm	42	13	131	27	158
Buttocks	36	41.125	135		135
Thigh	29.5	22.25	79		79
Calf	15	16	41		41
Ankle	7	9	13		13
Foot	2	14.5	33		33

Muscle Physic

Myofilaments are the units of muscle contraction consisting of two Actin Fibrils and one Myosin Fibr

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	G	F
<p>normal (Postlude).</p> <p>oration</p> <p>ence</p> <p>natural rate and depth</p> <p>ing comfort level</p> <p>ation</p> <p>perfect posture</p> <p>axation Wave</p> <p>ation</p> <p>e</p> <p>e bodily assets given you</p> <p>e sensing inner peace</p> <p>confident, unrushed pace</p> <p>and spirit are well-prepared</p> <p>s the spirit for a good day's work.</p> <p>nothy:2.1-2</p>		

Vascular System

Vascular problems dominate the health mosaic of modern Americans. Heart attack, stroke, and hypertension, top the list of fatal illnesses, center around issues of vascular health. Vascular deficiencies are attributable to inadequate exercise of the vascular system. While some interventions stress cardiovascular exercise (aerobics, running), Green Fitness stresses elastic exercise of blood vessels. Under this cool and easy, scientific approach, only small parts of the body are exer-stressed at one time. Furthermore, both components are driven through their full range of motion. The combination of focus and range assures that the vascular system not only expands and contracts diametrically, but also stretches and rebounds longitudinally. This is three-dimensional training and he maintenance for vessels of the body at very low total energy expenditure. Arguably the best pathway to vascular health Green Fitness keeps venal muscularity and elastica well-toned and flexible.

	GF
Musculature	

se

ng

Inferior Obliquus Capitis

Longissimus Capitis

Occipitalis

Platysma

Rectus capitis posterior major

Rectus capitis posterior minor

Semispinalis Capitis

Splenius Capitis

Splenius Cervicus

Sternocleido Mastoid

Superior obliquus capitis

Trapezius

GF

Musculature

ght upward

arward, to high-ral, and bending large

Deltoid

Infraspinatus

Levator Scapulae

Platysma


Rhomboideus Minor

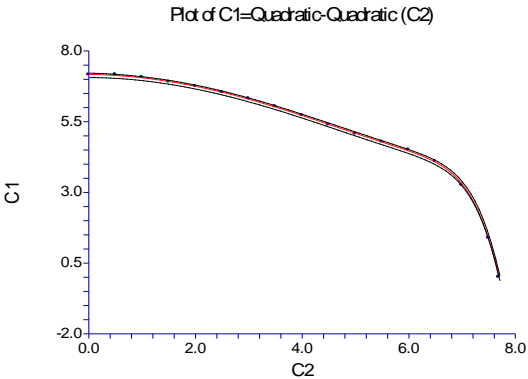
Supraspinatus

Teres Major

Teres Minor

Trapezius





Right Shoulder WCP Dec 2008

Shoulder Width, in	6.56	
Trap Inflection, in	3.75	57%
Trap Height, in	1.37	42%
Shoulder Height, in	3.23	

Polynor
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GF

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. Repeat
ontraction
: shoulders

Musculature

- Deltoid
- Infraspinatus
- Latissimus Dorsi
- Levator Scapulae
- Pectoralis Major
- Pectoralis Minor
- Platysma
- Rhomboideus Major
- Rhomboideus Minor
- Serratus Anterior
- Sternalis
- Subclavius
- Supraspinatus
- Teres Major
- Teres Minor
- Trapezius

like a strung bow.

GF

Musculature

- Deltoid
- Infraspinatus
- Latissimus Dorsi
- Levator Scapulae
- Pectoralis Major
- Pectoralis Minor
- Platysma
- Rhomboideus Major
- Rhomboideus Minor
- Supraspinatus
- Teres Major
- Teres Minor

Skin Aging

Skin is the largest organ of the body on an area basis, is disease, and composes the fascia for bodily beauty and its smooth, pink vitality in youth is something treasured preserving throughout life. Green Fitness exercises the things being equal, GF Formas bring worthy protection from deterioration. The full-body, full-range-of-motion quality ideally maintain the skin's fit to body size and shape. But the skin maintains robustly. Oil secretions continue at a keeping the skin lubricated and feeling smooth. With movement of the skin at each focus of exercise, the outer layer stays thicker. Collectively, these healthy stresses and strains resist sagging, thinning and aging.



Musculature

Resistance
a
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the full-
sweep
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- Deltoid
- Infraspinatus
- Latissimus Dorsi
- Levator Scapulae
- Pectoralis Major
- Pectoralis Minor
- Platysma
- Rhomboideus Major
- Rhomboideus Minor
- Serratus Anterior
- Sternalis
- Subclavius
- Supraspinatus
- Teres Major
- Teres Minor
- Trapezius

Musculature

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- Deltoid
- Infraspinatus
- Latissimus Dorsi
- Levator Scapulae
- Pectoralis Major
- Pectoralis Minor
- Platysma
- Rhomboideus Major
- Rhomboideus Minor
- Serratus Anterior
- Sternalis
- Subclavius
- Supraspinatus
- Teres Major
- Teres Minor
- Trapezius



- GREENFitness Home Station**

- Overhead Spotlight w/ On/Off Switch
 - Full-Length Mirror
 - Height Measuring Scale (Inches) Mirror
 - Green Fitness Concept Array Mirror R
 - Utility Shelf
 - Water Bottle
 - Timer
 - Towel
 - Anatomy Re
 - Weight Scale
 - PushUp Handles
 - Assymetry Hand Bell
 - Desirables
 - Houseplant Array
 - Fresh-Air Wiindow
 - Not Shown
 - Stereo Player w/ or w/o Earphones
- Green Fitness Space Allocation: 6 ft/side**



GREENCycle
Synergy of Transportation and Physical Fitness

costless local transport keep fit as you travel natural stress relief

Ideal for University and Downtown Zoning
free parking no traffic jams road or sidewalk
Comfort-Enhancement Features
Wing Seat: *Cyclist Easy Chair*
Parasol-Umbrella Year-Round Weather Protection
cyclist air-conditioning rain and snow protection
All-Purpose Basket and Rear Carrier
shopping goods books laptops
Electric Propulsion Assist
tame the hills extend the range
LED Safety Lights Front & Rear
Soft Green Finish
easy to apply easy to repair signature of GREENCycle
Frame Wraps
protect finish on forks conceal wiring

GF

Musculature

Bicep Brachii
Coracobrachialis
Deltoid
Infraspinatus
Subscapularis
Supraspinatus
Teres Major
Teres Minor
Triceps Brachii

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cep flex.
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GF

Musculature

Bicep Brachii
Coracobrachialis
Deltoid
Infraspinatus
Subscapularis
Supraspinatus
Teres Major
Teres Minor
Triceps Brachii

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wardrobe any time of day.

the body at any one time
ak in your Office Day.
esh and refreshed.

Stature Assessment

	Ideal Inches
Vertical Head	10
Total Height	72.75
Chin Height	62.75
Shoulder Height	59.45
Nipple Height	52.75
Internipple Distance	10
Waist Height	45.25
Top of Hip & Elbow	42.8
Top of Cleavage	38.6
Crotch Height	32.75
Base of Buttocks	31.05
Fingertip Height	30
Bottom of Knees	20
Bottom of Calf	11

Proportionality Stress **10%**

Critical Attention Factors



GF

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the

Musculature

Anconeus

Bicipital Aponeurosis

Brachioradialis

Extensor Carpi Radialis Longus

Extensor Carpi Ulnaris

Extensor Digiti Minimi

Extensor Digitorum

Flexor Carpi Radialis

Flexor Carpi Ulnaris

Flexor Digitorum Profundus

Flexor Digitorum Superficialis

Flexor Pollicis Longus

Palmaris Longus

Pronator Teres

Fashion Gallery

Place personal pictures of wardrobe for formal

GF

ack
a

Musculature

Anconeus

Bicipital Aponeurosis

Brachioradialis

Extensor Carpi Radialis Longus

Extensor Carpi Ulnaris

Extensor Digiti Minimi

Extensor Digitorum

Flexor Carpi Radialis

Flexor Carpi Ulnaris

Flexor Digitorum Profundus

Flexor Digitorum Superficialis

Flexor Pollicis Longus

Palmaris Longus

Pronator Teres

Face Gallery

Place personal headshot here.



GF

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Musculature

Palmaris Brevis

Abductor Pollicis Brevis

Flexor Pollicis Brevis

Abductor Digiti Minimi

Flexor Digiti Minimi Brevis

Lumbricales

Pronator Quadratus

Adductor Pollicis

Palmar Interroseei

Form Gallery

Place photography of physique here.

GF

e
ms
nd

Musculature

Palmaris Brevis

Abductor Pollicis Brevis

Flexor Pollicis Brevis

Abductor Digiti Minimi

Flexor Digiti Minimi Brevis

Lumbricales

Pronator Quadratus

Adductor Pollicis

Palmar Interroseei

Shoulder Architecture

Place pictures of shoulders here.



GF

Musculature

- Deltoid
- Infraspinatus
- Latissimus Dorsi
- Levator Scapulae
- Pectoralis Major
- Pectoralis Minor
- Platysma
- Rhomboides Major
- Rhomboides Minor
- Supraspinatus
- Teres Major
- Teres Minor
- Triceps Brachii

PushUp
arm.
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oint rear
e is one
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ond half

Torso Architecture

Place pictures of torso front, side, and rear here

GF

Musculature

- External Abdominal Oblique
- Internal Abdominal Oblique
- Rectus Abdominis

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Arm Architecture

Place photos of arms in various positions here



GF

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Musculature

Abductor Hallucis

Abductor Longus

Adductor Brevis

Adductor Magnus

Adductor Minimus

Biceps Femoris

Extensor Digitorum Longus

Flexor Digitorum Brevis

Gastrocnemius

Gluteus Maximus

Gracilis

Pectineus

Peroneus Longus

Rectus Femorus

Sartorius

Tensor Faciae Latae

Tibialis Anterior

Vastus Lateralis

Vastus Medialis

Pelvic Architecture

Place tight swimsuit pictures of hips front, side

GF

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Thigh

Musculature

Abductor Hallucis

Abductor Longus

Adductor Brevis

Adductor Magnus

Adductor Minimus

Biceps Femoris

Extensor Digitorum Longus

Flexor Digitorum Brevis

Gastrocnemius

Gluteus Maximus

Leg Architecture

Place pictures of legs in various positions here

Gracilis
Pectineus
Peroneus Longus
Rectus Femorus
Sartorius
Tensor Faciae Latae
Tibialis Anterior
Vastus Lateralis
Vastus Medialis

	GF
nd rms n, n a l court lose tness. ainst , and	Musculature Abductor Hallucis Abductor Longus Adductor Brevis Adductor Magnus Adductor Minimus Biceps Femoris Extensor Digitorum Longus Flexor Digitorum Brevis Gastrocnemius Gluteus Maximus Gracilis Pectineus Peroneus Longus Rectus Femorus Sartorius Tensor Faciae Latae Tibialis Anterior Vastus Lateralis Vastus Medialis

	GF
gaged rel ing lik end rtive the s tocol	Musculature Abductor Digiti Minimi Abductor Hallucis Dorsal Interossei Extensor Digitorum Brevis Extensor Digitorum Longus Extensor Hallucis Brevis Extensor Hallucis Longus Flexor Digiti Minimi Brevis

uest

Depressor Labii Inferiori

Mentalis

Orbicularis oculi

Levator Labii Superioris

Zygomaticus Major

Zygomaticus Minor

Risorius

Obicularis Oris

Platysma

o his purpose.

GF

Musculature

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remains
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Frontalis

Nasalis

Buccinator

Masseter

Depressor Anguli Oris

Depressor Labii Inferiori

Mentalis

Orbicularis oculi


Levator Labii Superioris

Zygomaticus Major

Zygomaticus Minor

GF

Tone 8



Skin is the envelope of our flesh, rich in beauty as it protects from many environmental harms. Tanning is a reaction to the sun's radiation, forming small light scattering specs called melanin. For good health, the human body should receive at least 30 minutes of sunshine equivalency every day. Overexposure can cause skin cancer, avoidable by use of sun blocking lotions.

Physiology

Epidermis


(Epithelium)

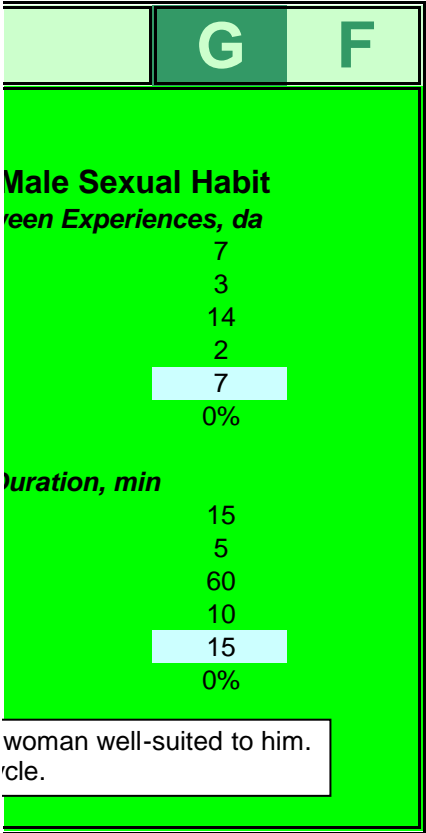
Dermis

Fibrous tissue



	G	F
<p>ormal (postlude).</p> <p>natural rate and depth ing comfort level</p> <p>perfect posture</p> <p>e progressing head to foot</p> <p>e bodily assets given you e sensing inner peace confident, unrushed pace</p> <p>and spirit are well-prepared s the spirit for a good day's work.</p>		

	G	F
		



Patterson's photos.

VMA

am C. Patterson, Ph.D.,
erience can be
with increasing
aged and safe as your
d almost anywhere and
Fitness is ideal dawn

rkers. This group is
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health debilitation and
s of heart disease,
ng easily integrates into
extend their potent

tness Calculator

60
120
9
0.25
216
3,564
1.15
1.34
37
44%
2

alues

ling Calculator

5.00
2.50
55
216
14
0.00
0.01

0.01
0.01%
30

Blood Pressure Diagnostic

Normal	High-Norm	High	V High
<130	130-139	140-159	160+
120	135	150	165
100%	113%	125%	138%
<85	85-89	89-99	100+
80	88	95	105
100%	110%	119%	131%

Pulse (HR) Diagnostic

Low	Normal	High
60	80	100

Body 1/3s

Top

Top

Top

Top

Top

Middle

Middle

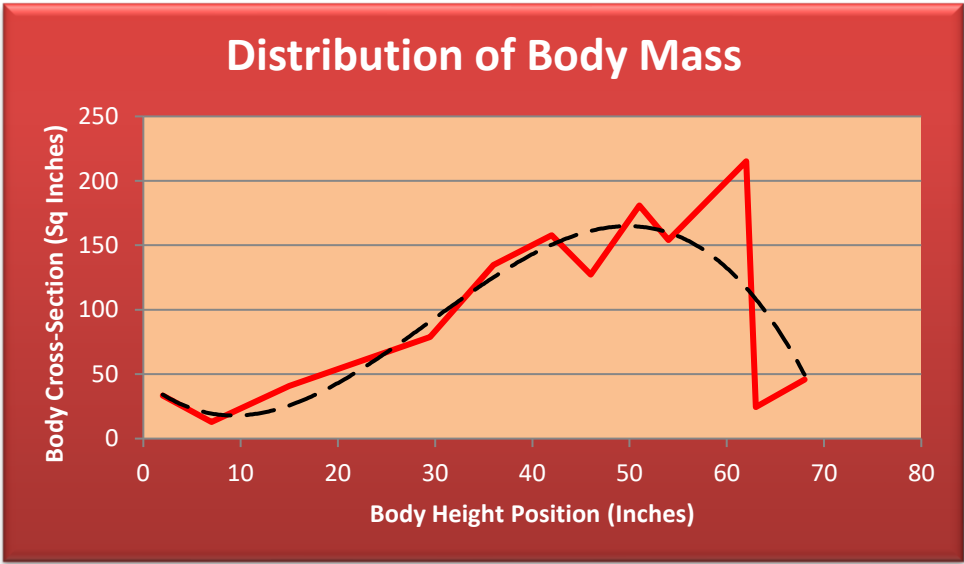
Middle

Middle

Bottom

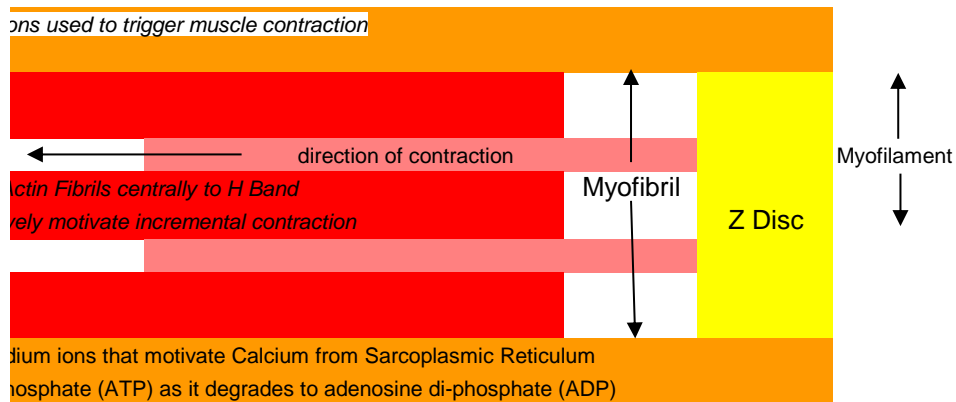
Bottom

Bottom



ology

·il Myofibrils contain 1500 Myosin and 3000 Actin filaments



Length = 2 micrometers when fully streched

strength movements called Micro-Movements. Micro-Movements
ing the muscle during contraction. The more orderly alignment
ntiguous.

Cartilage

Connective
Tissue

Rigid skeleton
Ca's high valence
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nial Piece-Wise Fit

=A+BX+CX²

R²=0.99

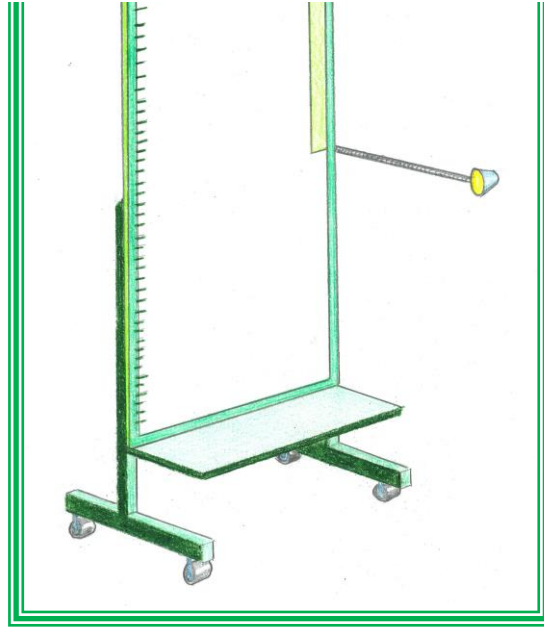
SEE=0.0008

30 iterations

seek roots

its prime barrier to
nviting touchability.
l, and worthy of
skin saliently. Other
from skin atrophy and
ties of Green Fitness
lood supply to and in
a healthy flow level,
aximal push-and-pull
ys more resilient and
etard wrinkling and





GREENFitness Spa Station

Oblique Illumination Flexible Spotlight w/ On/Off/Dim Switch

Full-Length Mirror w/ GREENFitness Logo

Height Measuring Scale (Inches) Mirror Left

Green Fitness Concept Array Mirror Right

Utility Shelf

Water Bottle Timer Towel Anatomy Reference

Radio w/ Earphones Measuring Tape Notebook & Pen

Rolling Frame

Rear of Mirror: Green Nature Scene

Desirables

Houseplant Array

Fresh-Air Window

Weight Scale

PushUp Handles

Assymetry Hand Bell



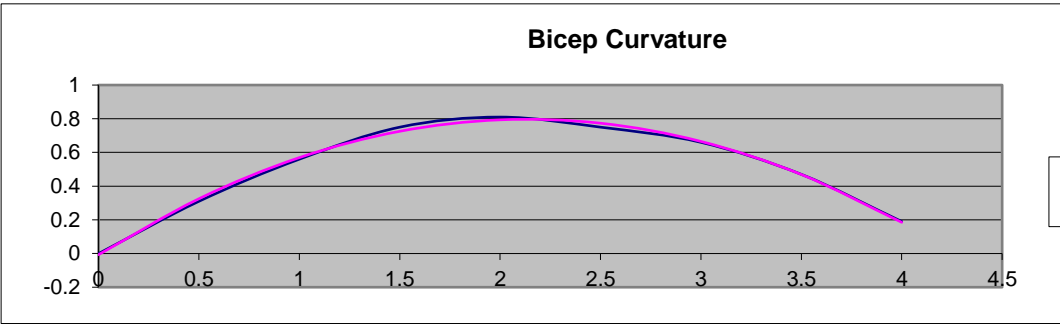
Fitness

length & form enhancement

nes	Est Bicep	Bicep Ht	Bicep L	Bicep L2
k flexibility	-0.00691	0	0	0
	0.325265	0.31	0.5	0.25
	0.56939	0.56	1	1
otection	0.725465	0.75	1.5	2.25
otection	0.79349	0.81	2	4
r	0.773465	0.75	2.5	6.25
	0.66539	0.66	3	9
	0.469265	0.47	3.5	12.25
	0.18509	0.19	4	16

f Nature

ig



t via Cranial Proportioning					Girth and Muscularity A			
	Actual Inches	Delta Inches	Delta %	Abs Delta %	ABC Priority		Ideal Frontal Diameter	Ideal Lateral Diameter
	63	0.25	0.4%	0.4%	C	Head	7.2	9.2
	62	2.55	4.1%	4.1%		Neck	5	5
	54	1.25	2.3%	2.3%		Shoulder Width	21.8	
	10	0	0.0%	0.0%	C	Chest	15	12.25
	46	0.75	1.6%	1.6%		Upper Arm	3.75	5
	41.5	-1.25	-3.0%	3.0%		Forearm	3.75	4.375
	39	0.45	1.2%	1.2%	C	Wrist	2	2.5
	33	0.25	0.8%	0.8%		Waist	11.25	7.5
	32	0.95	3.0%	3.0%		Hips	15	10
	29.5	-0.5	-1.7%	1.7%	B	Upper Thigh	7.3	8.1
	19	-1	-5.3%	5.3%		Mid Thigh	6.875	7.29
	11	0	0.0%	0.0%		Calf	5	5
Net		3.7	3.4%	23.3%	Critical Conditions	Ankle	2.6	3.3
Average		0.34	0.3%	2.1%				
	Stature Form:		98%		0			
4	CAF Severity		13%		Proportional Excellence		87%	

Clothes do not make the man, God does. In His image should a man wear dignity and artistry, cleanliness

il, casual, recreation, etc. here.

Christ is the glory of a man, and the mind of Christ he has is faced with heaven's finest beauty. Trim your

Man stands above all God has created, strong of body, stronger by free-will mind, and unsurpassed in the

The weight of the world rests on a man's shoulders. He bears the load in strengtl

The upper body of man figures V for victory. Behind the breastplate of good men beats a right

re.

The arms and hands of a man have tamed nature and ministered the lovingkindness and tender mercies

3.

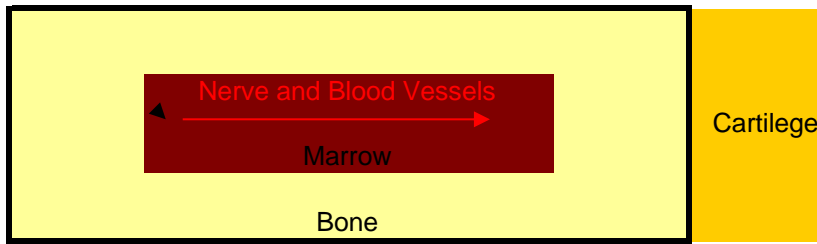
The head and arms and legs of a man move the world; from his loins proceeds the human race,

and rear here.

A man stands strong, kneels even stronger. He has walked the world to bring the Gospel of Jesus Christ.

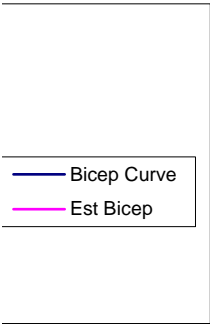
3.

Skeletal Physiology



← Structural Tissue → Connective Tissue

tal structure is mainly Calcium, first element in periodic series with 4 bonding sites
 creates a strongly-bound spatial grid, producing a rigid structural member of high strength
 : Ca ions fire skeletal muscle, it is important to avoid Ca deficiency in the diet
 will rob Ca from the skeleton to provide muscular Ca in cases of dietary deficiency
 ndant, gradual loss of bone density increases breakage risk in senior years
 Avoid osteoporosis by insuring adequate Ca in the diet throughout life
 EN Fitness presses for high Range-of-Motion to keep connective tissue vital
 N Fitness helps deter arthritis, joint pain, dislocation vulnerability, shrinkage of ligamentous tissue



Assessment via Cranial Proportioning						TaperForm Asses	
Est						Head Dia, in	24.000
Ideal	Actual	Delta	Delta	Abs Delta	ABC	Taper	Ideal
Girth/Span	Girth/Span	Inches	%	%	Prioriity	Head-Neck	65%
25.76	24.000	-1.76	-7.3%	7.3%	B	Hourglass	72%
15.71	18.000	2.29	12.7%	12.7%	A	UpperArm-Forearm	93%
21.80	23.000	1.2	5.2%	5.2%	B	Forearm-Wrist	55%
42.80	45.500	2.70	5.9%	5.9%	B	Thigh-Calf	71%
13.74	15.300	1.56	10.2%	10.2%	A	Calf-Ankle	59%
12.76	12.800	0.04	0.3%	0.3%			
7.07	7.500	0.43	5.8%	5.8%	B		
29.45	41.500	12.05	29.0%	29.0%	A		
39.27	42.250	2.98	7.1%	7.1%	B		
24.19	23.500	-0.69	-2.9%	2.9%	C		
22.25	21.000	-1.25	-6.0%	6.0%	B		
15.71	15.500	-0.21	-1.3%	1.3%			
9.27	9.000	-0.27	-3.0%	3.0%	C		
Net		19.06	55.6%	96.7%	Critical	Cranial proportions are realistic, in this array of comparisons Green Fitr	
Average		1.47	4.3%	7.4%	Conditions		
Girth & Muscularity Form:				93%	2		

Assessment via Cranial Proportioning

Actual	Del	Abs Delta %	ABC Priority
75%	15%	14.6%	A
95%	32%	31.8%	A
84%	-10%	9.9%	B
59%	6%	5.8%	B
74%	5%	4.6%	C
58%	-2%	1.6%	
Net	45.2%	68.2%	Critical
Average	7.5%	11.4%	Conditions
TaperForm		89%	2

Proportioning is used by figure artists to create ideal human figures. Its principles are used in a series of tables to compose a benchmark for comparison in setting a desired TrueForm standard in business.

