All Gain
No Pain
The Action Guide

Keep your comeback on track

By
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Action and consistency are your keys to success with any sort of behavioral change or following a new program. **ALL GAIN, NO PAIN: The Action Guide** is your checklist to keep you on track and progressing forward to regain muscle, increase energy, and feel great!

Things you may want to do (but are reviewed in Chapter 20) because I know you’re going to want to get started as soon as possible.

Do the following:
- Measure your waist (at the level of your belly button after a full exhale)
- Weigh yourself first thing in the morning (after you go to bathroom!)
- Take your “BEFORE” photos in gym shorts: Front, side, and back

Now let’s get started!

**Read Chapter 1.**

**Check here on completion of reading Chapter 1**

**Action Item #1:** Get a notebook… and maybe a cup of Neuro Coffee (my personal favorite).

Get a notebook right now and write down your story.

Find a quiet place. Think about it. Write it in long hand.

Where have you been?
What have you tried in the past?
What do you want to achieve with your All Gain, No Pain Program? Describe your destination.
If you had unlimited time and resources, what will your life be like when you’re successful?
Lastly and most importantly, write down why you’re starting All Gain, No Pain.

Be specific.
Check here on completion of Action Item #1

Read Chapter 2.

Check here on completion of reading Chapter 2

Action Item #2: Make a list of all the things in your life that place demands on your time and may increase your stress levels.

Don’t censor yourself. Write it all down. Don’t judge, just write.

Make a second list of all the things you do for yourself to restore and replenish your energy and vitality. Include your favorite activities that you would do more often if you had time.

Knowledge is power.

Check here on completion of Action Item #2

Read Chapter 3.

Check here on completion of reading Chapter 3

Action Item #3: Make a list of any current or past aches or pains that attract your attention.

Do any movements always seem to feel tight or restricted?

This will be your check off list as you progress through All Gain, No Pain and rebuild your fit, pain-free body.

Check here on completion of Action Item #3

Read Chapter 4.

Check here on completion of reading Chapter 4

Action Item #4: Take this breathing test.

Start a timer on your smart phone and see how many normal breaths you take in a minute. Try not to manipulate your breathing or alter it in any way.

Was it more than 12?

Did you have to cheat and intentionally slow your breathing?

How long can you exhale after a normal breath?
Shoot for a 10-second exhale and see how difficult it is.

Write an entry in your notebook describing what happened.

Check here on completion of Action Item #4

Read Chapter 5.

Check here on completion of reading Chapter 5

**Action Item #5:** Answer these three questions in your notebook.

What have you been told by your doctor or health professional in regard to the cause of any past injuries or pain?

What did you believe is the cause any past of pain or injury?

Knowing what you now know about pain, how does this change things?

Check here on completion of Action Item #5

Read Chapter 6.

Check here on completion of reading Chapter 6

**Action Item #6:** Review Action Items one through five.

Do you see how much of your progress is under your control?

Jot down any questions you may still have as there is more understanding to be gained from the No Pain Principles.

Watch the following videos on [www.billhartman.net](http://www.billhartman.net):

Bill’s Morning Ritual
Meditation builds the hardware to reduce stress

Check here on completion of Action Item #6

Read Chapter 7.

Check here on completion of reading Chapter 7

**Action Item #7:** Write down any of the No Pain Principles that peak your interest for later review.
Watch the following videos on www.billhartman.net:

Key elements of Resilience (where to start)
Daily self check-in (how am I doing?)

Check here on completion of Action Item #7

Read Chapter 8.

Check here on completion of reading Chapter 8

Action Item #8: Complete your self-assessment.
Document all of your test results in your notebook.
Store your test result photos and videos for future comparisons.

Check here on completion of Action Item #8

Read Chapter 9.

Check here on completion of reading Chapter 9

Action Item #9: Take a few moments to become aware of your breathing.
Don’t make any efforts to change how you breathe at first. Simply feel how your abdomen, chest, and ribs move.

Where do you expand when you breathe?
How much effort does it take?
Are you breathing through your nose or mouth?

Now review and complete the described breathing exercise above.
How do you breathe afterward?

Watch the following videos on www.billhartman.net:

What is a breathing pattern?
Breathing against active abdominals

Check here on completion of Action Item #9

Read Chapter 10.

Check here on completion of reading Chapter 10

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**Action Item #10:** Do a quick self-test.

Touch your toes, squat, or turn your shoulders from side-to-side to get a feel for how you move.

Now, try the lazy bear exercise described above. Use the breathing technique from Chapter 9 and emphasize long, complete exhales and quiet (not big) inhales.

Recheck your movement.

Can you feel the difference?

Watch the following videos on [www.billhartman.net](http://www.billhartman.net):

What are daily resets?
Building resets into your day

Check here on completion of Action Item #10

Read Chapter 11.

Check here on completion of reading Chapter 11

**Action Item #11:** Take out your notebook.

Write down which nutritional principles you’re already successfully executing. Reinforce them and be consistent.

Identify and write down which principles are you familiar with but don’t execute consistently?

Decide on which principle you will add to your day and focus on that one principle. Solidify your new behavior before moving on.

Watch the following videos on [www.billhartman.net](http://www.billhartman.net):

Nutrition is not about food… it’s behavior.

Check here on completion of Action Item #11

Read Chapter 12

Check here on completion of reading Chapter 12

**Action Item #12:** Make note in your notebook of when you feel a lack of energy.

Do you wake up tired in the morning?
Is there a lull in your energy midmorning?
Do you crash in the late afternoon?
Do you lose energy and motivation in the evening?

After following your All Gain, No Pain Program for a month, recheck your answers to these questions. Are they different?

**Watch the following videos on** [www.billhartman.net](http://www.billhartman.net):

- What does a capacity circuit look like?
- The Talk Test

  **Check here on completion of Action Item #12**

**Read Chapter 13**

  **Check here on completion of reading Chapter 13**

**Action Item #13:** Make notes on how you can improve your sleep starting tonight.

Start with small changes like setting a wake-up time and sticking to it.

Go to Headspace.com. Download the app and try the free sessions.

Make notes on how you can start your day with success.

Create your daily ritual?

  **Check here on completion of Action Item #13**

**Read Chapter 14**

  **Check here on completion of reading Chapter 14**

**Action Item #14:** Jump to Appendix 1 and take 5 minutes to review the general structure of your *All Gain, No Pain* program. This will enhance your understanding as we expand on each component of the program in subsequent chapters. Now return to Chapter 15.

  **Check here on completion of Action Item #14**

**Read Chapter 15**

  **Check here on completion of reading Chapter 15**

**Action Item #15:** Get your notebook.
Write down one new behavior to implement to improve your sleep.

Write down one new behavior to improve your daily supportive nutrition.

Write down how you’ll increase focus on your breathing (Resets? Meditation?).

Write down which days you’ll focus on building your capacity (see appendix 1 for ideas).

Implement one new behavior starting now.

Check here on completion of Action Item #15

Read Chapter 16

Check here on completion of reading Chapter 16

Action Item #16: Find a quiet space to think or meditate for a moment.

Picture in your mind how you’ll see your physical self after achieving your goals.

Make the picture a more muscular and leaner you as clearly as you can.

Take out your notebook.

Write a paragraph to define what you saw in your mind.

Mark this page in your notebook to read every Monday morning.

Watch the following videos on www.billhartman.net:

Bill’s evolution from 21 to 51
Smaller dogs live longer

Check here on completion of Action Item #16

Read Chapter 17

Check here on completion of reading Chapter 17

Action item #17: Take out your notebook.

List your current behaviors that fill your stress bucket.

List your current behaviors that drain your stress bucket.
How full is your stress bucket? What can you do to make sure you refill the resources in your stress bucket?

**Check here on completion of Action Item #17**

Read Chapter 18

**Check here on completion of reading Chapter 18**

**Action Item #18:** Determine which days per week that will be your more intensive exercises days.

Start with scheduling your Primary exercises 4 days apart. For instance, if you perform a Primary Exercise on Monday, your next intensive exercise day will be Friday.

Commit to that schedule for your initial *All Gain, No Pain* Program.

You may find that you can tolerate more frequent or less frequent higher intensity days, but this provides your starting point.

**Watch the following videos on [www.billhartman.net](http://www.billhartman.net):**

Understanding auto-regulatory training for Primary Exercises
Symmetrical vs. Reciprocal Exercises

**Check here on completion of Action Item #18**

Read Chapter 19

**Check here on completion of reading Chapter 19**

**Action Item #19:** Review your self-assessment from Chapter 8.

Do you have any limited movements?

Do you have any movements that are consistently uncomfortable?

Take a quick look at Appendix 3 and review some of the exercises that you may use to avoid painful movements. Mark your favorites for future reference to use in your exercise program.

**Watch the following videos on [www.billhartman.net](http://www.billhartman.net):**

The *All Gain, No Pain* Statute of Workout Limitations Explained
Example Modified Exercise: The Landmine Press

**Check here on completion of Action Item #19**
Read Chapter 20

Check here on completion of reading Chapter 20

Action Item #20: Get your notebook set up tonight.

Get your heart rate monitor, scale, and tape measure.

Take your measurements (waist at your belly button level after a full exhale and your weight).

Schedule your first workout and get started on your first All Gain, No Pain Program tomorrow!

Regularly visit www.billhartman.net for updates, advice, Q & A, and articles to keep you informed and successful.

Watch the following videos on www.billhartman.net:

Success is not a linear process
The Scale and Tape Measure

Check here on completion of Action Item #20

Review Appendix 1 to better understand the All Gain, No Pain workout structure

The pre-written programs provide an example of how you’ll structure your own workouts. You may wish to try them out before you lock in on your individualized program. Keep in mind that you will be able to zero in on your own needs better than a pre-designed program.

Review Appendix 2 to better understand how you’ll determine your Primary Exercise weights, and how to know how many sets to do. It takes just a little bit of practice to reap the benefits of auto-regulatory training.

Refer to Appendix 3 to learn proper execution of your All Gain, No Pain Exercises. You’ll also find these descriptions and videos at www.billhartman.net.

Appendix 4 will offer a couple of examples in regard to starting to rebuild your capacity. There are many ways to go about this. Visit www.billhartman.net for more methods and ideas.
Are you still struggling with unproductive workouts and a lack of progress?

**It’s Time to Work with Bill Hartman**

**Gain Direct Access to the Coaches’ Coach**  
**Who Solves The Problems**  
**The Others Can’t and**  
**Rebuild the Lean, Muscular Body**  
**You’re Working So Hard For**

Technology has made the world a very small place. We are no longer limited by distance or location. We can now communicate as if we’re in the same room even when we are half a world away.

I know this because I’ve worked with people from all over the world. They even come to see me in person from as far away as Australia and Japan. This just boggles my mind, but enough about me.

I understand your frustration. I’ve been there myself. You have the motivation, but you’re not seeing the results. Maybe you’re even hurting yourself in the process. Aches and pains keep creeping up just when you feel like you’re about to make progress.

It’s not your fault.

You’ve been misled and misguided by unqualified, copycat trainers and the media in all its forms, especially social media.

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Everyone keeps telling you that it’s easy. You already know it’s not easy.

You know there are no “secrets.”

You know there are no magic exercises.

What you need is a strategy. YOUR strategy.

*Everyone needs a coach. It doesn’t matter whether you’re a basketball player, a tennis player, a gymnast or a bridge player.* - Bill Gates

A great coach takes the time to understand you and your specific needs. Instead trying to fit you into a predetermined system that leads to your frustration, a great coach adapts the program to you.

If you’re reading this then you already have the answer to question “What do I do now?”

If you commit to the ALL GAIN, NO PAIN Principles, you’ll have a great start to your own personal comeback. I realize that after you read my book, you may want more. More coaching and instruction. More and faster progress. A personalized approach.

YOUR strategy.

And I’m ready to help you.

Periodically, I take on a limited number of virtual mentoring and coaching clients. You get the same direct attention that you’d get as if you were training right here in my own fitness facility here in Indianapolis, Indiana.

You’ll experience the same interview process that my in-person clients experience. You’ll be assessed head to toe via my virtual assessment process to determine your personal needs. You’ll learn the strategies that you’ll need to establish a pattern progress that will accelerate your gains each week. You’ll establish a regular routine of nutrition, exercise, and recovery based on your specific needs and designed just for you. You’ll be expected to establish and maintain regular contact with me via email and scheduled, personal virtual consultations.

If you’re ready to commit, please go to [http://www.billhartman.net/blog/coaching/](http://www.billhartman.net/blog/coaching/) and fill out the preliminary application and to receive more information.

To your success,

*Bill*