

JAY'S 30-DAY VORTEX BASED MATHEMATICS WORKOUT PLAN BASED ON VORTEX MATHEMATICS AND FOCUSED BREATHING

AN INTRODUCTION TO MY LIFTING SYSTEM

DON'T HAVE HOURS TO DEDICATE TO THE GYM? YOU DON'T NEED "HOURS." YOU ALSO DON'T NEED HEAVY ASS WEIGHT. AS WE AGE, WE NEED TO AGE WELL, AND WHAT YOU NEED IS A DESIRE TO GET BETTER, ON YOUR OWN, ON A DAY-TO-DAY BASIS. NO DIET CAN SAVE YOU. NO TRAINER CAN SAVE YOU. ONLY A DESIRE TO BE BETTER THAN YOU WERE YESTERDAY, OR EVER, FOR THAT MATTER.

OBVIOUSLY, YOU NEED TO TAKE YOUR NUTRITION SERIOUSLY. THAT DOESN'T MEAN EATING SEVERAL TIMES A DAY. YOU NEED TO CLEAN OUT AND RESET YOUR COLON. A GOOD WAY TO DO THAT IS FASTING. A 24, 48, 72, OR EVEN A 7-DAY FAST ARE HELPFUL. IF YOU CAN'T DO THAT, TRY INTERMITTENT FASTING. YOUR BODY NEEDS TIME TO DIGEST ALL THE STUFF YOU'VE BEEN EATING, AND IT CAN'T DO THAT WHEN YOU'RE CONSTANTLY EATING. LITERALLY.

ALL THAT BEING SAID, LET'S BREAK DOWN VERY LIGHTLY VORTEX MATHEMATICS AND FOCUSED BREATHING. VORTEX MATHEMATICS SIMPLY PUT, IS A SYSTEM BASED ON THE CONNECTION BETWEEN THE NUMBERS 1-9. 9 IS THE RULER NUMBER OF THE GROUP, AND THE OTHER TWO CARDINAL NUMBERS ARE 3 AND 6. AN EXAMPLE OF THIS IS THAT $3+3=6$, AND $6+6=12$, WHERE $1+2=3$. 3 AND 6 ALWAYS ROTATE AROUND EACH OTHER WHETHER YOU DIVIDE THEM IN TWO OR DOUBLE THEM. VORTEX MATHEMATICS ALWAYS DOUBLES. 9 ALWAYS EQUALS 9. $9+9=18$, $1+8=9$. $18+18=36$, $3+6=9$. THE REST OF THE MATH IN THE SYSTEM GOES AS FOLLOWS, AND YOU CAN DOUBLE AS MUCH AS YOU WANT BUT FOLLOW THE TRAIL $1>2>4>8>7>5$. $1+1=2$, $2+2=4$, $4+4=8$, $8+8=16(1+6=7)$, $7+7=14(1+4=5)$. THESE ARE ALL BALANCED BY THE POLARITY OF 3 AND 6, RULED BY THE ABSOLUTION OF 9. THIS IS WHAT NIKOLA TESLA WANTED US TO UNDERSTAND, THE POWER OF 9.

FOCUSED BREATHING. YOU CAN FIND MORE ON THIS WITH THE ARTICLE BY MANTAK CHIA [HERE](#). IN AN EPISODE WITH LONDON REAL, MANTAK EXPLAINS HOW DEEP BREATHING, DONE BY EXPANDING THE CHEST AND RAISING THE ELBOWS ABOVE THE HEAD WITH EACH EXPANSION, SHOULD BE DONE EITHER 9, 18, OR 36 TIMES. YOU'LL SEE IN THE ARTICLE I LINKED THAT MOST OF THE EXERCISES ARE DONE 3X, AND SOME WITH THE COMPLETE NUMBER OF 10.

WHAT I WANT YOU TO FOCUS ON, DURING THE FOLLOWING, IS BREATHING AND FOCUS DURING EACH REPETITION, MAKING SURE TO FOCUS ON ACTIVATING THE MUSCLE FULLY, IN YOUR "MIND" AND "BODY." THE REPS WILL BE BASED AROUND 9, WE WILL BE EITHER DOUBLING THE 9 TO REACH 18 OR DOUBLING THE 18 TO REACH 36, EITHER WAY WE END WITH THE RULER NUMBER OF 9, WHICH WILL HELP US FOCUS INTERNALLY AND MENTALLY EVEN MORE. ALSO, WHAT IVE FOUND IS THAT TYPICALLY IN WORKOUTS, THE NUMBERS WE GO TO ARE USUALLY 6, 8, 10, 12, OR 15. MOST OF THESE NUMBERS STILL CENTER AROUND THE RULING POLARITY NUMBERS OF THE VORTEX SYSTEM, BUT GOING TO 9 OR 18 OR 36 HELPS US TO FOCUS OUR WORKOUTS EVEN FURTHER, SINCE THESE NUMBERS ARE TYPICALLY FOREIGN TO US WHEN IT COMES TO LIFTING.

WITHOUT FURTHER ADIEU, THIS WORKOUT PLAN IS BUILT FOR A MONTH, BUT YOU CAN USE IT AS LONG AS YOU WISH.

THINGS TO REMEMBER:

-WEEK 1: NO DROPSETS, JUST COMPLETE THE WORKOUT.

-WEEK 2: ADD 1 DROPSET TO THE LAST SET (REPS 9/18/ OR 36 ACCORDING TO YOUR LEVEL)

-WEEK 3: ADD A DROPSET TO THE FINAL TWO SETS (REPS 9/18/ OR 36 ACCORDING TO YOUR LEVEL)

-WEEK 4: TRY ADDING DROPSETS TO THE FINAL 3 SETS (REPS 9/18/ OR 36 ACCORDING TO YOUR LEVEL)

WHAT IS A DROPSET? DROP THE WEIGHT $\frac{1}{3}$ OR $\frac{1}{2}$ AND DO THE REPS LISTED ACCORDING TO THE DIFFICULTY YOU NEED.

-CORE IS ESSENTIAL, WE WILL BE WARMING UP WITH CORE THREE DAYS OF THE WEEK, AND USING THE STAIRMASTER OR INCLINE TREADMILL AT THE HIGHEST INCLINE AND AROUND 3 MPH FOR A LIGHT SWEAT AND TO WARM OUR BODIES UP. STRETCHING FOR AT LEAST FIVE MINUTES AT THE END IS ESSENTIAL.

WE WILL BE OVERLAPPING MUSCLES TO ACHIEVE FULL EXHAUSTION. THIS ALSO FORCES OUR BODY TO RECOVER THE AREA PROPERLY AND ENSURES THAT WE GIVE AMPLE TIME FOR REST, AS THERE WILL BE SEVERAL DAYS OF RECOVERY IN BETWEEN BODY PARTS.

THE SPACES ARE TO RECORD YOUR SETS AND WEIGHTS, SO YOU CAN EASILY COMPARE YOUR WEEK TO WEEK PROGRESS. MAKE SURE YOU PUSH YOURSELF. NOBODY CAN PUSH YOU. YOU HAVE TO WANT TO GET BETTER FOR YOU, AND THIS IS PHYSICALLY THE EASIEST WAY TO SEE PROGRESS BEING MADE.

DAY ONE: 9 EXERCISES-CHEST AND TRICEPS

EXERCISE	WEEK 1	WEEK 2(1 DS)	WEEK 3(2 DS)	WEEK 4(3 DS)
PUSHUPS <u>4 x 9/18</u>				
HANGING LEG RAISES <u>4 x 9/18</u>				
WEIGHTED ROMAN TWISTS <u>4 x 18 EACH</u> SIDE				
FLY MACHINE(HOLD FOR 1 SEC) <u>3 x 18</u>				
INCLINE DB BENCH <u>4 x 18,18,9,9</u>				
INCLINE HAMMER STRENGTH <u>4 x 18,18,9,9</u>				
FLAT BB BENCH <u>3 x 18</u>				
TRICEPS ROPE PUSHDOWN <u>3 x 36</u>				
DIPS <u>3 x 18</u>				

*items in gray are the Warmup Items, *DS =dropset for non-core exercises

*splits indicate you can choose reps based on your difficulty level (i.e. 9/18 indicates you can do either 9 or 18, 9/18/36 means you can do either of the three)

*if a comma splits the numbers the sets descend in that order(i.e. 18,18,9,9 there are four sets, one of 18, another of 18, another of 9, and another of 9)

PERSONAL WORKOUT AND NUTRITION NOTES-TAKE NOTES DAILY:

**-DID I EAT TO PROVIDE THE RIGHT AMOUNT OF NUTRIENTS FOR MY BODY? OVEREAT?
UNDEREAT?**

-DID I ACTUALLY WORK TO IMPROVE OR DID I WASTE MY TIME?

-AM I FOCUSED ON GETTING BETTER FOR THE RIGHT REASONS OR WRONG ONES?

-IS THIS FOR VANITY OR FOR HEALTH? WILL I BE CONSISTENT? AM I FORMING GOOD HABITS?

-DID I STRETCH DAILY? AM I TAKING STRETCHING SERIOUSLY?

-OTHER NOTES

DAY TWO: 9 EXERCISES-TRICEPS AND SHOULDERS

EXERCISE	WEEK 1	WEEK 2(1 DS)	WEEK 3(2 DS)	WEEK 4(3 DS)
ROMAN TWIST 3 X 36 TOTAL				
PIKES 4 X 9/18				
LYING SIDE ELBOW/KNEE TOUCHES 4 X 18 EACH				
TOUCH-THE-SK Y WEIGHTED SIT UPS 4 X 9/18				
CLOSE GRIP BENCH 3 X 18				
V-GRIP PUSHDOWNS 3 X 36				
3-WAY DELTS: FRONT(ALT), LATERAL, REAR 3 X 9/18				
OVERHEAD FLYES(PALMS FACING IN) 3 X 9/18				
ALT. DB PRESS 3 X 18				

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PERSONAL WORKOUT AND NUTRITION NOTES-TAKE NOTES DAILY:

**-DID I EAT TO PROVIDE THE RIGHT AMOUNT OF NUTRIENTS FOR MY BODY? OVERTREAT?
UNDERTREAT?**

-DID I ACTUALLY WORK TO IMPROVE OR DID I WASTE MY TIME?

-AM I FOCUSED ON GETTING BETTER FOR THE RIGHT REASONS OR WRONG ONES?

-IS THIS FOR VANITY OR FOR HEALTH? WILL I BE CONSISTENT? AM I FORMING GOOD HABITS?

-DID I STRETCH DAILY? AM I TAKING STRETCHING SERIOUSLY?

-OTHER NOTES

DAY THREE: 9 EXERCISES-SHOULDERS AND BICEPS

EXERCISE	WEEK 1	WEEK 2(1 DS)	WEEK 3(2 DS)	WEEK 4(3 DS)
INT/EXT ROTATION <u>3 x 36</u>				
LYING SIDE ELBOW/KNEE TOUCHES <u>3 x 36</u>				
CALF TOUCHES <u>3 x 36</u>				
EZ BAR CURL + PRESS <u>3 x 18/36</u>				
MACHINE SHOULDER PRESS <u>3 x 18</u>				
CABLE ROPE FRONTAL RAISE <u>3 x 36,18,18</u>				
CABLE ROPE CURLS <u>3 x 36,18,18</u>				
PREACHER MACHINE CURLS <u>3 x 18</u>				
ALT. DB CURLS(SUPINAT ED GRIP) <u>3 x 18</u>				

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PERSONAL WORKOUT AND NUTRITION NOTES-TAKE NOTES DAILY:

**-DID I EAT TO PROVIDE THE RIGHT AMOUNT OF NUTRIENTS FOR MY BODY? OVEREAT?
UNDEREAT?**

-DID I ACTUALLY WORK TO IMPROVE OR DID I WASTE MY TIME?

-AM I FOCUSED ON GETTING BETTER FOR THE RIGHT REASONS OR WRONG ONES?

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-OTHER NOTES

DAY FOUR: 9 EXERCISES-BICEPS AND BACK(DS IF YOU WANT THE WORK)

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
10 MIN STAIRMASTER OR TREADMILL				
HANGING KNEE RAISE <u>3 X 18</u>				
PUSHUPS <u>3 X 18</u>				
EZ BAR CURLS <u>3 X 18/36</u>				
CABLE 2-HANDLE CURLS <u>3 X 36</u>				
DB ROMANIAN DEADLIFTS <u>3 X 18</u>				
EZ BAR BENT OVER ROWS(SQUEEZE) INTO RDLs <u>3 X 18</u>				
CABLE ROWS(1 SEC SQUEEZE) <u>3 X 36,18,18</u>				
LAT PULLDOWNS(1 SEC SQUEEZE) <u>3 X 18</u>				

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PERSONAL WORKOUT AND NUTRITION NOTES-TAKE NOTES DAILY:

**-DID I EAT TO PROVIDE THE RIGHT AMOUNT OF NUTRIENTS FOR MY BODY? OVEREAT?
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-DID I ACTUALLY WORK TO IMPROVE OR DID I WASTE MY TIME?

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-OTHER NOTES

DAY FIVE: 9 EXERCISES-BACK AND LEGS

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
10-MIN STAIRMASTER/ TREADMILL				
CALF TOUCHES <u>3 X 36</u>				
PIKES <u>3 X 9/18</u>				
BACK HYPEREXTENSIO NS <u>3 X 18</u>				
BULGARIAN SPLIT SQUAT <u>3 X 9/18 EACH LEG</u>				
DB STEP UP + REVERSE LUNGE <u>3 X 9 EACH LEG</u>				
NARROW STANCE LEG PRESS <u>3 X 36,18,18</u>				
SMITH MACHINE NARROW STANCE SQUAT <u>4 X 9</u>				

DB GOBLET SQUAT 3 X 18				
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-OTHER NOTES

DAY SIX: 9 EXERCISES-LEGS

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
10 MIN STAIRMASTER/ TREADMILL				
LYING SIDE ELBOW/KNEE TOUCHES <u>3 X 18 EACH SIDE</u>				
BODYWEIGHT LUNGES <u>3 X 18 EACH</u>				
BODYWEIGHT SQUATS <u>3 X 36</u>				
SINGLE-LEG LEG PRESS <u>3 X 18 EACH</u>				
LYING HAMSTRING CURLS <u>3 X 36, 18, 18</u>				
WEIGHTED DB LUNGES <u>3 X 18, 9, 9 EACH</u>				
KETTLEBELL/D B SUMO SQUAT				

<u>3 x 18</u> <u>(SQUEEZE TOP)</u>				
KB/DB SINGLE ARM SQUAT + PRESS <u>3 x 9/18 EACH</u>				

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LASTLY, IF YOU FEEL COMFORTABLE, TAKE PROGRESS PICS ONCE WEEKLY AND IF YOU FEEL LIKE YOU DID WELL AFTER A MONTH, FEEL FREE TO SHOOT ME A DM ON MY INSTAGRAM OR EMAIL ME YOUR RESULTS AND ILL POST THEM ON MY PAGE!

I'M ALL ABOUT YOUR SUCCESS AND THAT'S WHY THIS PROGRAM IS FREE! BEING A FORMER TRAINER, I WILL TELL YOU I SPENT MORE TIME PUTTING THIS TOGETHER(6 HOURS) THAN I TYPICALLY SPENT WHEN I WAS GETTING PAID TO DO IT. I JUST CARE ABOUT YOU GETTING BETTER. LET'S DO THIS TOGETHER!!

**JAMES TAYLOR
FORMER TRAINER
FREELANCE WRITER
AUTHOR**