



Another Cool Free Bonus Resource

BOBBY ZAPP'S PASSIVEWORKOUT

THE STEP BY STEP HEALTH AND FITNESS GUIDE
TO LOSE WEIGHT GET IN SHAPE SO YOU CAN LIVE LONGER



FIRST EDITION

Have you read Bobby Zapp's Super Green Juice Guide? Buy It Now!

**ANOTHER COOL FREE BONUS
RESOURCE**
BOBBY ZAPP'S
PASSIVEWORKOUT

*The step by step health and fitness guide,
to lose weight, get in shape, and boost energy*
FOR BEGINNERS AND INTERMEDIATES

By Bobby Zapp

OF THE PASSIVE WORKOUT BLOG @

www.PassiveWorkout.com/

Caution:
This eBook
will make
you healthy!

Caution: This
eBook will
help you lose
weight!

**GO THERE NOW AND JOIN THE FREE
21-DAY PASSIVE WORKOUT
CHALLENGE!**

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Published March 26th, 2021 /First edition

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The exercises and advice contained within this book may be too strenuous or dangerous for some people, and the reader(s) should consult a physician before engaging in these activities. The author/publisher of this book is not responsible in any manner whatsoever for any injury which may occur through reading and following the instructions herein. The juicing recipes are intended to provide information about the preparation and use of juices containing whole foods and medicinal herbs. It is not intended as a substitute for professional medical care. The publisher/author does not represent or warrant that the use of recipes or other information contained in this book will necessarily aid in the prevention or treatment of any disease. Thus the publisher/author specifically disclaims any liability, loss, or risk, personal or otherwise, incurred as a consequence, directly or indirectly, of the use and application of any the contents of this book. Readers must assume sole responsibility for any diet, lifestyle, or treatment program they choose to follow. If you have any questions regarding the impact of diet and health, speak to a healthcare professional. The author has tested the recipes, and to the best of his knowledge, they are safe and nutritious for ordinary consumption and use. Please, for those of you with food or other allergies or who have special food requirements or health issues, please read each recipe carefully to determine whether or not they may create a problem for you. All recipes are consumed at the risk of the consumer.

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For consultations visit my website at: www.PassiveWorkout.com/: There you can join the Beta group and help create the new, "Passive Workout e-Course."

A special invitation to join the PassiveWorkout community

I wanted to extend this special invitation to you, **the action taker**, to join the PassiveWorkout Community. This community I created lets you know that you're not alone in your efforts to transform your life.

The (PWC) is also the perfect space for like-minded exercisers who are deliberately focused on taking action every day to **get that body movin'** to get and stay connected in an effort to support each other. I know from experience that if you support people, they have a much better chance of reaching their goals. That's why I've created a space where everyone can support each other on their journey to better health.

I also wanted people to have a place to go to connect where they could, give and receive encouragement, share their experiences, inspire, talk about their progress, discuss the book and its concepts, partner up for accountability, post questions and suggestions, share videos, and even share green juices or exercise routines that could add to the PassiveWorkout System community.

So you see, it was clear that I needed to create this community—especially given the simplicity, convenience, and power of social media today. Providing my audience with an online community where they could exchange ideas and interact with each other was an easy decision that's critical for lasting success.

Therefore, allow this community to become a space where you find accountability, inspiration, progress, and real change. Because when individuals support each other in a genuine way that's filled with grace, gratitude, and love, amazing things can happen. That's why I made it my mission to provide you with all the resources that you'd need to achieve the highest levels of self-transformation, not only with health and fitness but in all areas of your lives. Whatever the reason, you need to know that you're not alone in your efforts to transform your life.

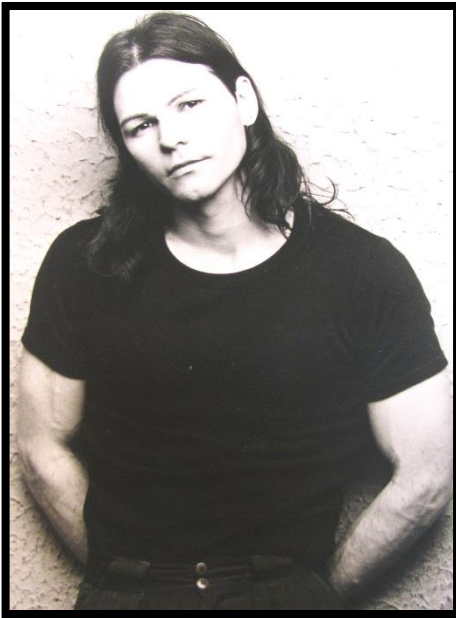
So please accept my invitation and click on this link ([Facebook](#)) and request to join my community or type [Facebook.com/Passiveworkout/](#). I do moderate the community and check in regularly and welcome you with open arms. If you'd like to connect with me personally, please feel free to email me directly at [Passiveworkout@Passiveworkout.com/](mailto:Passiveworkout@Passiveworkout.com) if you have any questions. I love to connect and do my best to answer every email.

Peace, Bobby Zapp

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Have you read Bobby Zapp's Super Green Juice Guide? Buy It Now!



Bobby Zapp

The Passive Workout System eBook was inspired by a conversation I had with my good friend Eamon on January 13th, 2016. I've been mentoring and coaching Eamon in songwriting, health, and life at various stages of his career as an artist, which, I must say, has been my honor.

In case you're not familiar with Eamon, he's an incredibly talented American R&B hip hop singer-songwriter who is most known for his hit single, "I don't want you back."

Eamon, this eBook is dedicated to you! Thank you for inspiring me and for trusting me to teach you and influence your journey in life. You are indeed the "SOULFUL SINGER."

Please support Eamon @ <https://eamonstore.com/> and Bobby Zapp @ www.PassiveWorkout.com/ or join my Facebook group by clicking this [Facebook](#) link.

"Don't let school interfere with your education." ~Mark Twain~

THE PASSIVE WORKOUT MISSION

To motivate millions and millions of people to make progress using the powerful self-discipline tool to develop the habit of getting their body moving daily, resulting in a transformation that creates a healthy lifestyle.

Please note that my system is not for advanced students, although anyone can benefit from my system. It wasn't created specifically for the younger generation. It was created for beginners, intermediates, and for people who are struggling and can't seem to make progress.

This book is dedicated to my children and father:

Rumi Zen, Nirah Zatira, and Zadayah Blyss, each one of you, have given me more than I have ever given you. Thank you.

Please be aware that everything I do is for your future.

You have all my love, support, understanding, and wisdom.

It's my prayer that each of you can create a great life full of health, growth, and opportunity. Please use this book as an inspiration to take action and to follow your dreams. I love you all with all my heart.

To my father: Robert T. Zappalorti Sr., you have always been an example of action, integrity, reliability, perseverance, and dedication to me. You are my hero and greatest mentor. I love you more than words can say.

And finally, I dedicate this book in loving memory to Fred Anderson, Angelia Starks, and Michael Zappalorti, rest in peace.

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BONUS RESOURCE

“Our greatest resource is our ability to learn and then apply what we’ve learned.”

~Bobby Zapp~

SOME BASIC PRINCIPLES TO KEEP IN MIND

Principle #1: You must keep a truthful food journal to analyze what you are really eating. That’s how change starts.

Principle #2: You must cleanse and detoxify your body first before you can obtain true health and energy! If you do not, no matter what actions you attempt, you will never achieve weight loss or any other outcome.

Principle #3: You must exercise in some way, which will help you detoxify. Also, add lots of sodium ascorbate or vitamin C to help with the detox phase. It will also help lessen the uncomfortable withdrawals from addictive substances, allergy-producing foods, and toxic chemicals.

Principle #4: The food you eliminate is just as important as the food you are consuming. This elimination process is also part of the detoxifying phase.

Principle #5: The food you eat determines 95% of your overall health and energy levels.

Principle #6: Eat fiber to detoxify and for your regular diet.

Principle #7: Use herbs to detoxify.

Principle #8: Repair your body with the anti-aging powers of “Super Green Juice.” Only put the best stuff in your body.

Principle #9: Eat beans and legumes.

Principle #10: Make your own amazing soups from scratch.

Principle #11: Give up fried foods.

Principle #12: Do not make excuses. You cannot have it both ways; you can't lose weight and get in shape if you make excuses and do not eat right and exercise.

Principle #13: Eat in peace in a relaxed way and chew your food to aid with digestion.

Principle #14: The quality of the food is more important than the quantity. You can eat 1,000 calories of junk food or 1,000 calories of salad. They are equal in calories, but clearly, a salad is healthier and richer in minerals and vitamins, etc.

Principle #15: Exercise is more critical than dieting for losing weight.

Principle #16: The body has the ability to store food as fat to keep from starving. That has been important for people throughout the ages for survival. The body learned to store food as fat when there was an abundance of food to eat, and when there was no food to eat, the body burned those calories slowly for survival.

So the reason why dieters lose weight and gain it back—is due to this principle. We must overcome this hypothalamus protection. Be aware that our task is to reset this regulatory mechanism that wants to store fat and bring us back to homeostasis.

How do you reset this hypothalamus? Aerobic exercise does the Job. By improving your heart and lung capacity by exercising regularly, let say, with TWENTY to THIRTY minutes of aerobic exercise within your target heart rate, you can change everything in terms of losing weight. You can do this!

Principle #17: Don't be afraid if you've gained weight when you get on the scale. That happens because when you are working out, you're creating muscle, which weighs more than fat. So stay the course; you will lose weight.

Principle #18: Simply eat less. You are not as hungry as you think you are.

Principle #19: Remember, you deserve to be healthier, so repeat this affirmation. "I love and approve of myself; I deserve to be happy and healthy."

Principle #20: Stay peaceful and positive, and practice forgiveness.

Two of my favorite Passive Workout Exercises:



Isometric calf raise, squat, bench-press push-up.
Dynamic calf raise, squat, bench-press push-up.

Basic
Basic



Dynamic triceps contraction.
Isometric triceps and bicep press.

Basic
Basic

Peace, Bobby Zapp

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So please accept my invitation and click on this link ([Facebook](#)) and request to join my community or type [Facebook.com/Passiveworkout/](#). I do moderate the community and check in regularly and welcome you with open arms. If you'd like to connect with me personally, please feel free to email me directly at [Passiveworkout@Passiveworkout.com/](mailto:Passiveworkout@Passiveworkout.com) if you have any questions. I love to connect and do my best to answer every email.

Peace, Bobby Zapp

Medical Disclaimer

The information in this eBook/website is not intended to be used as medical advice or to replace a one-on-one relationship with a qualified healthcare professional. The statements made in this book/website have not been evaluated by the Food and Drug Administration. Always work directly with a qualified medical professional before attempting to treat any illness or medical condition with diet and lifestyle or when changing or discontinuing any prescription medications. Always check with your doctor before starting any new diet or fitness program.

Credit for the information in this book disclaimer

I have read and listened to information on health and nutrient and many other topics discussed in this book for the past thirty years. Thus, I simply cannot take credit for any of the information in this book other than to say that I've gathered it all in one place and wrote it all in my own words in a cohesive, organized way for you, the reader, to use. This way, it's easy for you, the reader, to consume and learn from without having to do the research yourself.

What I can take credit for is the **PassiveWorkout System** idea, which is a mindset of exercising anytime, anyplace, all-day-long, by just adding an exercise. Remember my PassiveWorkout credo:

“Wherever you are and whatever you're doing, just add an exercise.”

THE PASSIVE WORKOUT MISSION

To motivate millions and millions of people to make progress by using the powerful self-discipline tool to develop the habit of getting their body moving daily, resulting in a transformation that creates a healthy lifestyle.

This book is an example of taking action, staying consistent, and not stopping until the mission is complete. I do what I teach.

Peace, Love, Fitness, and Juice. Enjoy the journey. Bobby Zapp



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