



UNEXPECTED FREE BONUS

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

UNEXPECTED BONUS

BOBBY ZAPP'S

PASSIVE WORKOUT

The easy, step by step health and fitness guide to lose weight, get in shape, so you can live longer
FOR BEGINNERS AND INTER-MEDIATES

Caution:
This eBook
will make
you healthy!

By Bobby Zapp

OF THE PASSIVE WORKOUT BLOG @

www.PassiveWorkout.com/

Caution: This
eBook will
help you lose
weight!

GO THERE NOW AND JOIN THE FREE

21-DAY PASSIVE WORKOUT

CHALLENGE!

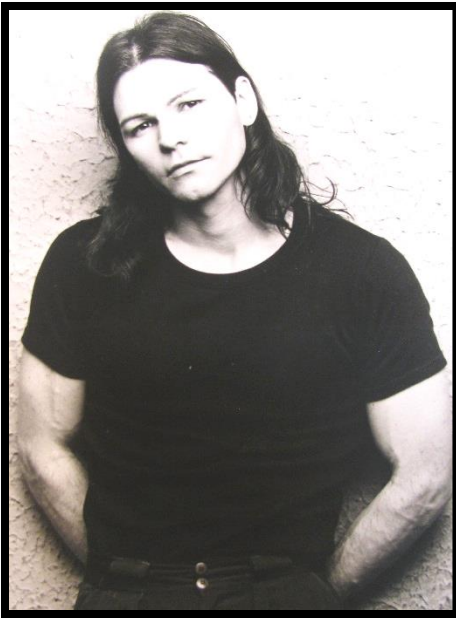
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THE PASSIVE WORKOUT SYSTEMS/ ©2021 PASSIVE WORKOUT SYSTEMS
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The exercises and advice contained within this book may be too strenuous or dangerous for some people, and the reader(s) should consult 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.

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



Bobby Zapp

Welcome. I am so happy you're here. It tells me you're ready to make a change. Getting the "Mini trampoline for cardio" will help you change your life. I've deliberately given you one thing to focus on—getting your body movin every day by giving you powerful information. Note, this does depend on your fitness level, so if you need to consult your physician, please do that. Just start slow.

It's also recommended that you eat very lightly during this challenge because exercising is a mini detox. If you complete this challenge, here's the transformation you can expect. You will lose weight, you will detoxify, and you will gradually feel energized. Yeah, you know you got this...

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, by using the powerful tool of self-discipline to develop the habit of getting their body moving daily, resulting in a transformation that creates a healthy lifestyle.

You are powerful!



A Special Invitation to Join the Super Green Juice/Passive Workout Community

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

The (SGJ/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 new exercise routines or Juice recipes that could add to the Super Green Juice/Passive Workout 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/](https://www.facebook.com/Passiveworkout/) or www.facebook.com/Supergreenjuices/. 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, Health, and Super Green Juices. Bobby Zapp

UNEXPECTED BONUS

Mini Trampoline for Cardio

“If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all.”

~Joey Adams~

The **PassiveWorkout System** would not be complete without some form of cardiovascular or cardio workout, and obviously, cardio workouts can't happen while standing in line at the bank, so it may not be practical to apply the **PassiveWorkout credo** of,

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

But it's your job to creatively come up with workouts to apply this credo, **“wherever you are and whatever you're doing.”**

Regardless of the real-world limitations, cardio is a critical component in the process of optimizing one's health. So it must be something that's done regularly to achieve those goals.

The mini trampoline is an ideal medium for achieving that goal because it's a low-impact exercise that can be performed in your older years. It can also do the job of increase and sustain the heart rate easily, which is why I included the mini trampoline in the **PassiveWorkout System**, even though many other activities can increase the heart rate.

For example, mowing the lawn, riding a bike, or doing physical labor can easily increase the heart rate. But the Mini trampoline is amazingly fun, which is another reason I chose it as the tool to improve your circulatory system. Although, there are two requirements that you must adhere to in order to obtain a successful cardio workout.

First, you must stay in the target range of between 60 to 80 percent of your maximum heart rate, and second, you must strive to perform your cardio workout activity for at least twenty-five to thirty-five minutes.

Meeting both of these requirements will also ensure that you're getting the maximum benefits for your efforts. Let's learn how to calculate your target heart rate.

How to calculate your target heart rate

First, determine your maximum heart rate by subtracting your age from 220. For example, if you're 40 years old, your target heart rate is $220 - 40 = 180$.

Now let's calculate your target range between 60 % & 80%

The low target rate is, $180 \times 0.60 = 108$ beats per minute.

The high target rate is, $180 \times 0.80 = 144$ beats per minute.

When you exercise or do any activity, stay within these target ranges

It is a good idea to check your pulse count to confirm you're within the target range while exercising; this way, you can make adjustments as needed.

It's also important to stay within your target range to reap the greatest benefits. And as a reminder, never go over the target range of 80%. Doing that can add excessive stress on the heart and could lead to a possible heart attack.

You also don't want to go below your low target heart rate of 60%. Doing this will decrease the benefits of your aerobic workout efforts. It's your job to stay conscious of the importance of both target ranges.

A quick word of caution. Always remember to gradually build up to your target ranges if you're a beginner. Also, make sure that you warm up and cool down to lessen the chance of injury. I already discussed this topic in great detail in chapter three.

And as I said, up top, cardio workouts are essential for overall health. But it's essential for the circulatory system, which consists of the heart and blood vessels throughout the body.

The goal of cardio is to strengthen and improve this vast network of blood vessels. You can easily improve and strengthen your circulatory system if you're doing endurance exercises for twenty-five to thirty-five minutes or more at least three to five times a week.

The idea is to keep the heart pumping the blood for a sustained period. Doing this strengthens and increases the size of all the blood vessels. As a result, you're helping to circulate more volumes of blood throughout the system. That will bring more nutrients and oxygen to every cell in the body, which is why working out on a routine basis is so important.

But remember that all of your cardio workouts will also be supported by your **PassiveWorkout Routine** and vice versa.

In chapter four, "**How to consciously breathe deeply,**" I discussed how important breathing correctly is if you want to influence your energy production levels. In fact, cardio workouts and breathing correctly inherently work together to complement each other in the facilitation and improvement

of all aspects of overall health. That's why cardiovascular workouts are included in the **PassiveWorkout System**.

Cardio exercise is also known as aerobic exercise. I will give you two definitions of aerobic exercise, and then I will close out the remainder of this chapter by discussing why I chose the *mini trampoline* for only 60 percent of my cardio workouts. The remaining 40 percent will use various other types of cardio exercises.

The two definitions of aerobic exercise

1. Any movement that stimulates heart and lung activity, producing beneficial changes in the overall health of the body.
2. Any physical exercise of low to high intensity depends primarily on the aerobic energy-generating process.

Aerobic literally means "relating to, involving, or requiring free oxygen." and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism.

In conclusion, I chose the mini trampoline for most of my cardio workouts because it's a very low-impact exercise apparatus, and therefore if the long-term goal is to work out for many years to come. I won't have to endure as much wear and tear on my joints to achieve my health goals.

And finally, I also chose the mini (as I call it) because it's incredibly fun to exercise on it. It's relatively small yet conveniently useful. It requires almost no effort or trouble to set up. It's easy to move, easy to store, and extremely durable. It's absolutely the perfect apparatus for the *PassiveWorkout System*.



Read on. I've enclosed **10** of my **Super Green Juice Recipes** for you to test out.

To really change, it will require you to develop **self-discipline**. This way, you can take action every day or every other day so that you can make

progress and eventually create that healthy body, mind, and spirit that you desire.

My book, **Bobby Zapp's Passive Workout**, discusses self-discipline in detail if you're interested in learning more on that subject. I also discuss many other topics on health and nutrient in my book. Thanks for taking action and believing in yourself. I am here to serve you and gently help you make progress towards losing weight and getting you in shape and truly transforming your life.

Peace. May you find health, joy, and love on your journey to better health. Bobby Zapp



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



Dynamic triceps contraction. Basic
Isometric triceps and bicep press. Basic

10-Juice Recipes

“Ingredients should be limited to only four or five. Why? By limiting each ingredient, they will complement, not compete with each other, as long as those ingredients are in reasonable proportions. So less is more when it comes to making juices or smoothies. Only then can the flavor of each ingredient shine through and be truly appreciated for its taste.”

~Bobby Zapp~

SUPER GREEN JUICE RECIPES

There are many juice books out there that mix hundreds of different ingredients, which create some incredibly awesome juice recipes that are quite nutritious and healthy.

So you don't need yet another 400 recipes, mostly made with fruits, in yet another juicing book. That's why I only created 31 juices recipes, one for each day of the month in my book, [Bobby Zapp's Super Green Juice Guide](#). I decided on this approach because I mainly juice for medicinal purposes. Therefore, I only created juices that have therapeutic benefits.

These therapeutic juice recipes are the exact recipes I use monthly, although I'm always creating and experimenting with new ones. These recipes are also the same ones I use for my [31-day juicing challenge](#), which you can try for free on my website, so share these recipes with your friends or tell them to go to www.PassiveWorkout.com/ and take my 31-day juice challenge.

The juice recipes in my juicing guide were designed for blending, but feel free to use a juicer and follow the exact juicing recipes, excluding the base liquids and certain items that can't be juiced—for example, Avocados. Sometimes due to allergies, people need to substitute one ingredient for another. If that's the case, grab a copy of my book “[Bobby Zapp's Super Green Juice Guide](#)” by visiting www.passiveworkout.com/shop/ and review chapter five, “Juicing Ingredients,” so you can pick different types of ingredients for your juices.

My juice recipes are quite potent—they're potent because I don't use lots of fruits in my juices. I do this because taste is not important when I juice. Potency and optimizing my health is the goal.

Fruits and especially carrots, have too much sugar and thereby add too much sugar to the juice. That's why I decided that adding sugar is not the approach that I would take since it leaves me feeling unbalanced and unstable. Although you shouldn't worry, all the recipes I've created for you taste great, because I made them with fruits. But feel free to remove the fruits if you prefer.

Again, if you're interested in trying all the different juicing ingredients needed to make powerful Super Green Juices, you can find them all in chapter five called "**Juicing Ingredients**" in my book, **Bobby Zapp's Super Green Juice Guide**.

Some of those ingredients include vegetables, fruits, additives, liquids, et cetera. So my book is an essential resource for anyone who wants to learn everything about how to juice, as well as what to juice to begin experimenting and creating some of your own awesome juices.

In this **Unexpected Bonus**, I've only presented 10 out of the 31 juice recipes from my guide, but that's all you need to get started. So if you do take on this challenge, try to be as creative as possible when making your recipes. And when you make a juice that you're excited about, please take the time to share it by posting your recipe(s) in the comment section at www.PassiveWorkout.com/ or post them on my **Facebook** page by typing www.facebook.com/Supergreenjuices/

And finally, always remember to stay light in your spirit, have fun with your day, and be grateful for all that you have—especially for the new challenging opportunities that may come your way. As a rule, strive to keep an open mind and heart if you're feeling lost—because the solution to every problem exists somewhere. It's your job to find the knowledge that's out there so you can heal. And congratulations on trying something new. Okay, below, you'll find my **10 Super Green Juice Recipes**. Enjoy! Peace — Bobby Zapp.

THE STOMACH ACID HEALTH TONIC: YIELDS 16 oz. to 32 oz.

Blending or juicing a hand full of celery twice a day for two months is an excellent way to heal your stomach if you're having issues. *This remedy came from—Dr. Bernard Jensen, renowned clinical nutritionist, author, and philosopher.*



IX

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."

1. SUPER GREEN NERVE TONIC:

YIELDS 16 oz. to 32 oz.

<p>Ingredients: Focus: Nerve Health</p> <p>2 cups distilled water</p> <p>Or coconut water for the base</p> <p>1 cup of cilantro</p> <p>1 cup of spinach</p> <p>1 banana</p> <p>2 cups of blueberries</p> <p>1 tablespoon of brewer's yeast</p> <p>1 tablespoon of lecithin granules</p> <p>4 tablespoons of raw plant protein powder</p> <p>Please drink immediately.</p>	<p>Procedure:</p> <ol style="list-style-type: none">1. Blend base with cilantro, spinach, and banana until liquefied.2. Blend blueberries, brewer's yeast, lecithin granules, and raw plant protein powder until liquefied. <p><i>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</i></p>
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2. SUPER GREEN KALE-ICIOUS:

YIELDS 16 oz. to 32 oz.

<p>Ingredients: Focus: Cancer Fighter</p> <p>2 cups distilled water or oat milk for the base</p> <p>1 cup of cilantro</p> <p>1 cup of kale</p> <p>1 banana</p> <p>2 cups of strawberries frozen</p> <p>2 tablespoons of lemon or lime</p> <p>1 tablespoon of lecithin granules</p> <p>4 tablespoon of raw plant protein powder</p> <p>Please drink immediately.</p>	<p>Procedure:</p> <ol style="list-style-type: none">1. Blend base with cilantro, kale, and banana until liquefied.2. Blend strawberries, lemon or lime, lecithin granules, and raw plant protein powder until liquefied. <p><i>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</i></p>
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3. CILANTRO/SPINACH/CHERRIZER:

YIELDS 16 oz. to 32 oz.

<p>Ingredients: Focus: Heavy Metal Cleanser</p> <p>2 cups distilled water</p> <p>Or hemp milk for the base</p> <p>1 cup of cilantro</p> <p>1 cup of spinach</p> <p>1 banana</p> <p>2 cups of cherries frozen</p> <p>2 tablespoons of wheatgrass powder</p> <p>1 tablespoon of flaxseeds</p> <p>4 tablespoons of raw plant protein powder</p> <p>Please drink immediately.</p>	<p>Procedure:</p> <ol style="list-style-type: none">1. Blend the base with cilantro, spinach, and banana until liquefied.2. Blend cherries, wheatgrass powder, flaxseeds, and raw plant protein powder until liquefied. <p>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</p>
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4. ARUGULA/CHARD/APPLEZINGER:

YIELDS 16 oz. to 32 oz.

<p>Ingredients: Focus: Lung Cleanser</p> <p>2 cups distilled water or coconut milk for the base</p> <p>1 cup of arugula</p> <p>1 cup of Swiss chard stems removed</p> <p>1 banana</p> <p>2 apples</p> <p>3 tablespoons of fresh oregano</p> <p>1 piece of fresh ginger half an inch, peeled</p> <p>4 tablespoons of raw plant protein powder</p> <p>Please drink immediately.</p>	<p>Procedure:</p> <ol style="list-style-type: none">1. Blend base with arugula, swiss chard, and banana until liquefied.2. Blend apples, oregano, ginger, and raw plant protein powder until liquefied. <p>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</p>
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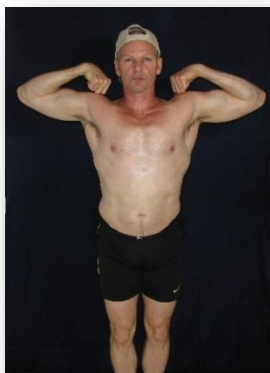
5. SPINACH/CARROT/GINGERADE:

YIELDS 16 oz. to 32 oz.

<p>Ingredients: Focus: Anti-Inflammatory</p> <p>2 cups distilled water</p> <p>Or coconut water the base</p> <p>1 cup of spinach</p> <p>½ cup of carrots</p> <p>1 cup parsley (use cilantro if pregnant)</p> <p>1 cup of pineapple frozen</p> <p>1 tablespoon of turmeric</p> <p>1 piece of fresh ginger half an inch, peeled</p> <p>4 tablespoons of raw plant protein powder</p> <p>Please drink immediately. Caution: if pregnant, substitute parsley with spinach</p>	<p>Procedure:</p> <ol style="list-style-type: none">1. Blend base with spinach, carrots, parsley, and pineapple until liquefied.2. Blend turmeric, ginger, and raw plant protein powder until liquefied. <p><i>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</i></p>
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Tip: If you suffer from prostate enlargement, you should consume plenty of zinc, which is found in ginger, parsley, and carrots, which is an essential mineral.

Tip: Anyone taking blood-thinning medication should avoid parsley. If you are suffering from kidney or gallbladder disease, you should also avoid parsley.



Super Green Juice Body



Super Green Juice

6. SUPER GREEN GIANT:

YIELDS 16 oz. to 32 oz.

<p>Ingredients: Focus: Strength and Energy</p> <p>2 cups of distilled water</p> <p>1 cup of arugula</p> <p>1 cup of swiss chard stems removed</p> <p>1 cup spinach</p> <p>1 banana</p> <p>2 cups of blackberries frozen</p> <p>3 tablespoons of almond butter</p> <p>1 piece of fresh ginger half an inch, peeled</p> <p>4 tablespoons of raw plant protein powder</p>	<p>Procedure:</p> <ol style="list-style-type: none">1. Blend base with arugula, chard, spinach, and banana until liquefied.2. Blend blackberries, almond butter, ginger, and raw plant protein powder until liquefied. <p><i>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</i></p>
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7. CELERY/CILANTRO/CABBAGE:

YIELDS 16 oz. to 32 oz.

<p>Ingredients: Focus: Stomach Health</p> <p>2 cups distilled water or coconut milk</p> <p>1 cup chopped celery</p> <p>1 cup of cilantro</p> <p>1 cup red cabbage</p> <p>½ beet chopped</p> <p>1 tablespoon of lime</p> <p>2 cups of mixed berries frozen</p> <p>3 tablespoons of magnesium powder</p> <p>4 tablespoons of raw plant protein powder</p>	<p>Procedure:</p> <ol style="list-style-type: none">1. Blend base with celery, cilantro, and red cabbage until liquefied.2. Blend beet, lime, mixed berries, magnesium, and raw plant protein powder until liquefied. <p><i>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</i></p>
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8. CHARD/CILANTRO/CABBAGE:

YIELDS 16 oz. to 32 oz.

<p>Ingredients: Focus: Arthritis</p> <p><i>2 cups distilled water</i></p> <p><i>Or coconut water the base</i></p> <p><i>1 cup chard</i></p> <p><i>1 cup of cilantro</i></p> <p><i>1/2 cup red cabbage</i></p> <p><i>1 piece of fresh ginger half an inch, peeled</i></p> <p><i>1 cup of beets chopped</i></p> <p><i>1 whole lime squeezed into the blender</i></p> <p><i>1 cup mixed berries</i></p> <p><i>3 tablespoons of magnesium</i></p> <p><i>4 tablespoons of raw plant protein powder Up the intake of vitamin E to 5,000 international units</i></p>	<p>Procedure:</p> <ol style="list-style-type: none"><i>1. Blend base with chard, cilantro, and red cabbage until liquefied.</i><i>2. Blend ginger, beet, lime, mixed berries, magnesium, and raw plant protein powder until liquefied.</i> <p><i>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</i></p>
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9. THE BLOOD PEPPER TONIC:

YIELDS 16 oz. to 24 oz.

<p>Ingredients: Focus: Blood Cleanse</p> <p><i>1 cup distilled water for the base</i></p> <p><i>½ cup red bell pepper,</i></p> <p><i>1 avocado,</i></p> <p><i>¼ of red cabbage</i></p> <p><i>1 piece of fresh ginger 1 inch peeled</i></p> <p><i>1 and ½ cups mixed berries frozen or fresh</i></p> <p><i>4 tablespoons of lime</i></p> <p><i>½ tablespoon of cayenne</i></p> <p><i>4 tablespoon of raw plant protein powder.</i></p> <p><i>Add 200 mg coQ10</i></p>	<p>Procedure:</p> <ol style="list-style-type: none"><i>1. Blend base with red pepper, avocado, red cabbage, and ginger until liquefied.</i><i>2. Blend mixed berries, lime, cayenne, and raw plant protein powder until liquefied.</i> <p><i>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</i></p>
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10. THE SMOOTH GREEN:

YIELDS 16 oz. to 24 oz.

<p>Ingredients: Focus: Detoxification</p> <p>1 cup distilled water</p> <p>Or coconut milk for the base</p> <p>1 cilantro</p> <p>1 kale</p> <p>½ cup red cabbage</p> <p>½ cups mixed berries frozen</p> <p>1 banana</p> <p>1 tablespoon almond butter</p> <p>1 tablespoon of turmeric</p> <p>4 tablespoons of raw plant protein powder</p> <p>Please drink immediately.</p>	<p>Procedure:</p> <ol style="list-style-type: none">1. Blend base with cilantro, kale, and red cabbage, until liquefied.2. Blend mixed berries, bananas, almond butter, banana, turmeric, and raw plant protein powder until liquefied. <p><i>Tip: Use frozen organic fruit or buy them fresh and freeze them to preserve their ripened freshness; this way, when you blend them up, they'll be like ice cubes, chilling your drink.</i></p>
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Well, I hope you've enjoyed this **Unexpected Free Bonus**. I indeed love to spoil my audience. It's been my pleasure and privilege to present to you this **Unexpected free bonus**. Keep a lookout for more free stuff.

And if you're interested in more juicing or blending recipes like the ones you just read. Please go and check out my latest book on juicing called "[Bobby Zapp's Super Green Juice Guide](#)."

With my book, you can jump right in and learn everything you need to know about juicing. You can also go to www.PassiveWorkout.com/ and join the lifestyle for getting in shape, losing weight, and creating energy the natural way, so you can live longer— by taking the free [31-day Super Green Juice challenge](#).

You can try it out for fun by following the juicing recipes over the next 31-days, and if you want, you can share your experience with my [Facebook](#) community by typing, <https://www.facebook.com/Passiveworkout/> or for the green juice facebook page type, www.facebook.com/Supergreenjuices/.

It's up to you to utilize all the amazing information I've presented and then take action. It's also important that you apply this information every day.

It takes dedication to change your life. I know this because I'm dedicated to change myself and practice what I teach, so you are not alone.

So make a pledge to make progress, and I promise you'll get results and transform your health if you take action. And don't worry if progress is slow. Slow progress is better than no progress. So keep up the effort, and you will obtain your goals.

Like you, I am constantly struggling and tweaking my life. That's why I am here right now. I've struggled, and from that struggle, I found my way. In my struggle, I also found my purpose. To teach, and what is teaching, really? It's serving, and I am grateful for the opportunity to help you.

I truly feel blessed with each new day and the fact that you are here with me. So what is your task? To believe in your abilities and to challenge yourself daily. That's one of the keys to changing your life.

Yeah, we got this, see you soon.

Peace, Health and Juice; Bobby Zapp.



Super Green Juice Body

Use a body stability ball to stretch your spine.

[Buy a Fitness Gear 65cm 1,000lb anti-burst rated](#)

A Special Invitation to Join the Super Green Juice/Passive Workout Community

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

The (SGJ/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 new exercise routines or Juice recipes that could add to the Super Green Juice/Passive Workout 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/](https://www.facebook.com/Passiveworkout/) or www.facebook.com/Supergreenjuices/. 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, Health, and Super Green Juices. Bobby Zapp



Medical Disclaimer

The information on this eBook 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 eBook 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.

Peace, Love, and Juice. Bobby Zapp



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