

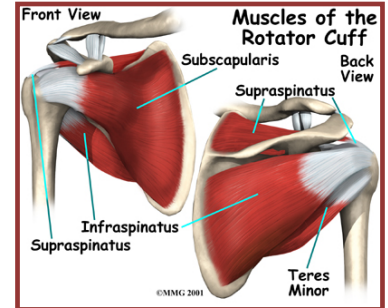


CHI -eNews

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Rotator Cuff Warm-Ups

This movement pattern is more of a concept than a single exercise, especially as it applies to resistance training. Rotator and extension cable work performed in this manner with precision is all about prevention of injuries and maintenance of form and function. Cables provide variable resistance through a nice range of motion. Essential for benchers, pressers, pullers and lifters.



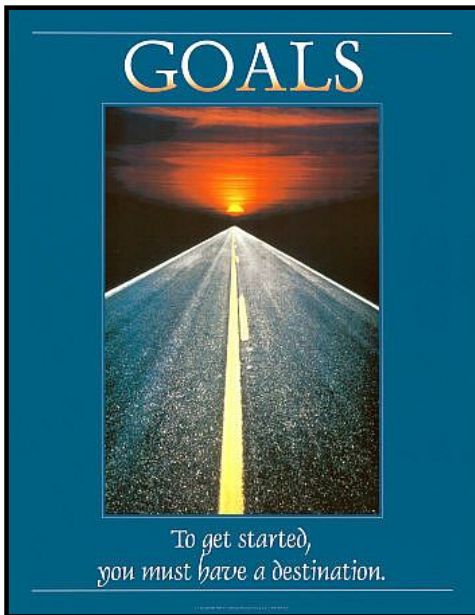
Click Video link > [Cory Holly Demo](#)

Loyalty

Exercise demands time, energy, and a strong commitment. Loyalty to its cause and allegiance to what optimum health requires is mandatory if you expect to achieve a high level of physical health & athletic performance. You must keep a sharp eye on the target you intend to hit.

Be specific and ask yourself the following three questions:

1. What do I want?
Be absolutely clear. No BS. What do you really want to do?
2. Do I know how to get what I want?
Have you done the research? Have you paid the price?
Have you done your due diligence?
3. Am I willing to pay the price?
Be honest, how badly do you want it?



Peak performing men and women are obsessive goal setters. They are motivated by compelling, burning, internal goals. If you write and think and talk about your goals on an ongoing basis, your levels of performance and achievement will improve dramatically almost immediately.

In studies performed on high performing men and women, we know they all have goals. The subconscious mind gravitates towards what these people are thinking about and goes to work immediately to make their goals a reality. We CAN make a difference with our thoughts.

The subconscious mind goes to work to make goal-seekers more alert and aware of opportunities to achieve their goals. It goes to work to bring them ideas and it goes to work to bring them motivation, incentive and insight. When we trust the process of self-actualization to guide us we remain clear and free of impediment. Free to choose. Free to pursue our heart's desire.

Audio Excerpt

SNU Special Guest Interview V2N5 (part 3)

Click Audio link > [Dr. Michael Colgan - Train Your Body From The Inside Out!](#)



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As always...stay well and live free!

Go Big Go Strong Go [CoryHolly.com](#)

Sunset Beach Oahu

A handwritten signature in black ink that reads "Cory Holly".

CHI Motto

"Less is More"