

**Movement Reborn**

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# MOVEMENT **REBORN**

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*"A SPECIAL PIECE OF MY LIFE'S WORK"*

**ENGINEERED BY:**

**PERNELL BOBBY EDWARDS JR**

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# WELCOME VIDEO

[Click Here](#)



SEMET FITNESS NATURAL EVOLUTIONARY TRAINING (SEMET) CULTIVATES THE HEALTH OF THE MIND-BODY CONNECTION. AS THE BRAIN BECOMES MORE INTELLIGENT DURING EXERCISE— ABLE TO PICK OUT AND RECEIVE THOUSANDS OF MOTOR NEURON CONNECTIONS AT A TIME— THE BODY FOLLOWS UP.

YOUR QUALITY OF LIFE IMPROVES DRASTICALLY AS YOU DISCOVER HOW CAPABLE YOU ARE OF BEING STRONG, MOBILE, SUPPLE AND HEALTHY FROM THE INSIDE OUT.



Movement Reborn

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WE MUST CREATE SPACE IN ORDER TO RENEW HABITS,  
VALUES OR BEHAVIORS. THE NEW SPACE MUST BE  
FILLED WITH A HABIT EQUAL TO OR GREATER THAN THE  
OLD HABIT FOR LONG-TERM ADOPTION

THE INSTITUTE OF THE BALANCE BETWEEN LIFE &  
DEATH THE DIFFERENCE BETWEEN LIVING AND THE  
WALKING DEAD

WE CREATE SPACE WITH HABITS GREATER THAN



Pull The Trigger

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# The Institute of LyFe

## :Lower Stimulation **Regimen**

DESIGNED BY: **PERNELL BOBBY**

Exercise Scientist | Social Experimentalist | Servant  
World Traveler

### Warm UP

- ~ Child's Pose (Breathe)
- ~ Wall Sit Kickers (BW)
- ~ Walking Lunges (BW)
- ~ High Plank - Scorpion
- ~ High Plank - Sprinters Lunge
- ~ Downward Dog - Calf Rock

\*Take your time here. It's all about activation of each muscle group.

- ~ High Knees
- ~ Wideout Squats
- ~ Jump Squats
- ~ Push Up - Rotation
- ~ Bear Crawl

**PULL THE TRIGGER**

**45 SECS**

\*Don't forget to breathe! Inhale vs. Exhale otherwise you'll get light headed\*

### Cool Down

- ~ Upward Dog
- ~ Reverse Crab
- ~ Tricep Stretch
- ~ Sumo Squat Hold
- ~ Quad Stretch (Engage)
- ~ Child Pose - Arm Stretch
- ~ Scorpion (Laying Face Flat)
- ~ Downward Dog (Stretch your heels)

**MORELYFE**

**30 SECS**

\*Don't skip the cool-down! Recovery is crucial for your results\*

**BREATHING & PATIENCE = RESULTS**

- With = W/
- Dumbbell = DB
- Kettlebell = KB
- Alternate = ALT
- Body Weight = BW
- Medicine Ball = MB

# KEY

### Lower Body Massacre

#### Double KB Deadlift || 4 Sets 20 Reps

3 points of contact [Pinky, Big Toe, Heel Bone] Cement feet  
W/ Feet cemented externally rotate your knees (Opens Hip)  
Rip your chest open, down and back. Breathe. Engage Core  
Drag back from the heels, calves, hamstrings, glutes & stand tall  
Breathe & recheck positioning. Form first over intensity  
Reverse the previous steps to return to the starting position

#### Jump Lunges || 4 Sets 20 Reps

Take a large step in-line w/ your hip, landing flat on the heel.  
Flex the ankle shifting pressure diagonally into the heel, abs tight.  
Drag back through the hamstring standing tall; alt forward leg, jump.  
Land softly on your front heel after mid-air alternation. W/ tall torso.  
Keep your core engaged & take your time! It's not a race.  
Breathe & recheck positioning. Form first over the intensity

#### Wall sit w/ DB curl || 4 Sets 1 minute

Sit symmetrically against the wall 90 degree [Heels, Knees, Hips]  
Head, shoulders, abs & hip sealed to the wall. Drilled heels into dirt  
W/ elbows anchored into the ribs, curl DB's from hips - shoulders  
Control the DB's to the starting position. Full body sealed w/o space.  
Breathe & recheck positioning. Form first over intensity

Don't skip the cool-down! Recovery is crucial to your results.

**Breathing & Patience = Results**

#### BW Squats

**MORELYFE**

Deep Squats w/ pause || 5 second hold **3 Sets**

Speed Squats || 50 Reps {Burn Out} **Abs**

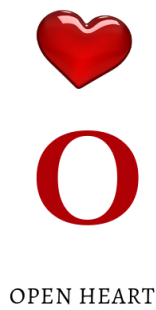
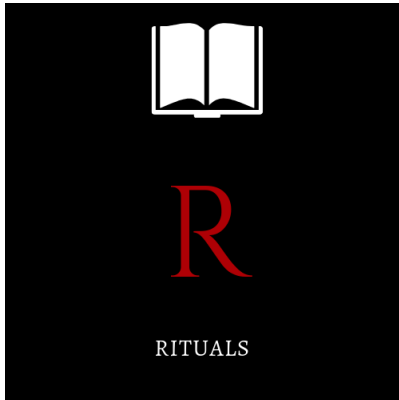
- Bicycles
- Side Plank
- Mountain Climber
- Hollow Hold
- JackKnife

**3 sets**  
**45 seconds (each)**  
**Slow Repetitions**  
**Control!**

# LYFE LESSONS

RITUALS | OPEN HEART | CRYSTALLIZED DREAMS | CANNY | OPTIMIZATION | PART 2

## 6 INSIGHTS TO REWIRE NEURONS



Pull The Trigger

# L.I.G.H.T. Theory

LEARN | IMPROVE | GRATEFUL | HELP | TRY

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At the end of every night allow your mind to process the L.I.G.H.T. Theory presented by Semet Fitness & established by The Institute of LyFe

WHAT HAVE YOU **LEARNED** TODAY?

HOW WILL YOU **IMPROVE** TOMORROW?

WHAT ARE YOU **GRATEFUL** FOR?

WHOM & HOW DID YOU **HELP** TODAY?

&

LIST SOMETHING NEW YOU **TRIED** TODAY.

Pull The Trigger



# L.I.G.H.T. Theory

LEARN | IMPROVE | GRATEFUL | HELP | TRY

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## EXAMPLES:

**L**

TRAVEL TO FOREIGN COUNTRIES HAS GOTTEN EASY AFTER LEARNING A FEW WORDS TODAY IN THE LOCAL LANGUAGE

**I**

EVERY DAY I'VE SEEM TO STRUGGLE WITH LISTENING TO MY CO-WORKERS BUT OUR RELATIONSHIP IMPROVED TODAY AFTER I SET BOUNDARIES!

**G**

I'M GRATEFUL FOR THE INSTRUCTION AND SIMPLICITY BEHIND MY COACHES NEWEST EXERCISES. I'M ABLE TO STAY MORE CONSISTENT!

**H**

HOLDING THE DOOR FOR THE HANDICAPPED WOMAN BROUGHT ME MUCH JOY TODAY. I LOVE BEING OF SERVICE!

**T**

I'VE ALWAYS BEEN AFRAID TO TRY HONEY IN MY COFFEE AS AN ALTERNATIVE TO SUGAR, BUT THE TASTE WAS QUITE LOVELY.

FOR THE NEXT **30 DAYS** REVIEW YOUR DAY WITH THE **L.I.G.H.T. THEORY** IN MIND. REMEMBER YOU CAN BE GRATEFUL OR HELP MORE THAN ONE PERSON IN A GIVEN DAY. BE CONFIDENT & WATCH THE POWER OF MANIFESTATION

AIM FOR IMPROVEMENT, NOT PERFECTION



YOU  
TUBE

# Reference Index

JUST IN CASE YOU MISSED PERTINENT  
INFORMATION ABOVE, THIS INDEX WILL LINK  
YOU DIRECTLY TO WHERE YOU WISH TO GO.

## **R.O.C.C.O.O.**

Grateful Interview

Breathing

Warm UP

Lower Stimulation

Cool Down

Pull The Trigger

## **WELCOME VIDEO**

Dr. Carlos Aponte

**3 Ways**

Movement Reborn

Rituals

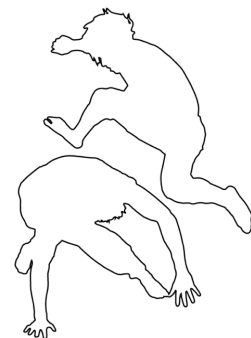
Open Heart

Crystallized Dreams

Canny

Optimization

Part 2



PODCAST

SEMET  
FITNESS

# Spiritual Blueprint Zodiac

By: Pernell Bobby



GENERAL FOCUS  
READING



**Beginners  
Blueprint**



WRITTEN  
SOLUTIONS



PERSONAL  
RECORDING



1:1 SESSION



**Clairvoyant  
Blueprint**



GRAPHIC + WRITTEN  
SOLUTIONS



PERSONAL  
AFFIRMATIONS  
CRYSTAL  
RECOMMENDATIONS

IF YOU'RE  
INTERESTED IN  
BECOMING MORE  
INTELLECTUALLY  
INTIMATE WITH THE  
MOTIVATIONS DEEP  
WITHIN YOUR  
SUBCONSCIOUS

BOOK 1 ON 1

CLICK HERE **TODAY**

SCHEDULED HERE!

# Follow-up Sample

## A F F I R M A T I O N S

- > My **Drive** is linked to **Humanity's Transformation**
  - > My **Intuition** is Spot on, **I trust** my Feelings
  - > I Accept my *intense emotions* as a **strength**
- > I Claim **Wealth & Abundance** with *Patient Building*
  - > **Optimism** is my compass through *darkness*
  - > I **purge** my *problems*, before encouraging others
  - > I **Accept** my *Sensual Nature*, Without Apology.
- > I no longer fear my **Dream Space**, instead, I Trust
  - > I **Manage** My Energy & Control my Environment

Sun: Aries 5th/6th | | Mars: Scorpio 12th | | Asc: Scorpio

## C R Y S T A L S

**Sugilite**

Psychic Focus, Deep Thinkers  
on spiritual planes  
Emotional Healing

**Turquoise**

Self-realization  
Aligns Chakras, Aid  
Transformations, Internal  
Serenity

**Black  
Onyx**

Absorbs & transforms Negativity,  
Energy Protection  
Aids Emotional & Physical  
Stamina

THE WESTERN WORLD  
MEETS  
THE EASTERN ORIGINS

**FOUNDER: SEMET FITNESS**  
**JUAN J. MARTINEZ**

We Appreciate Your  
Investment

**THE INSTITUTE OF LYFE**  
**PERNELL BOBBY**  
**EDWARDS JR**

