



THE
LIGHTNESS COMPANION

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BY
TOM FAZIO

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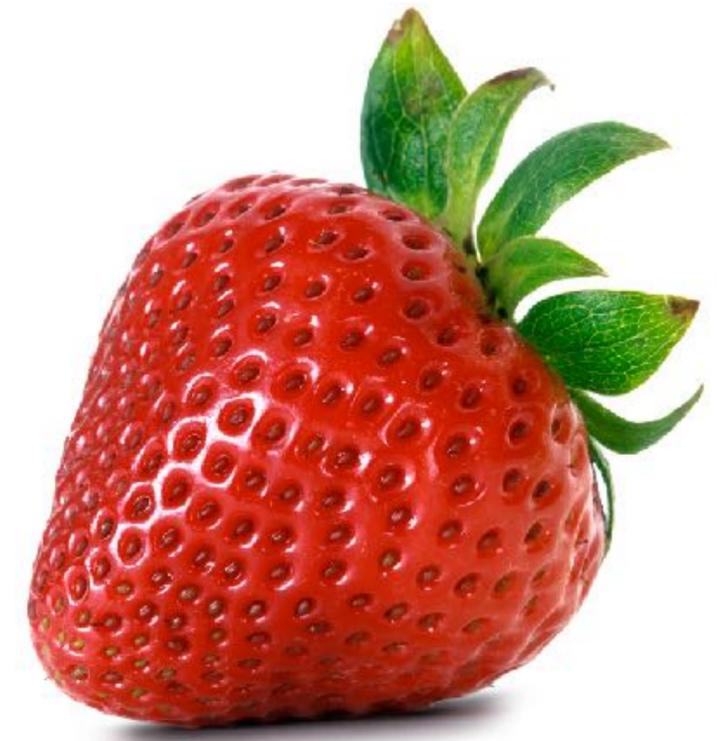
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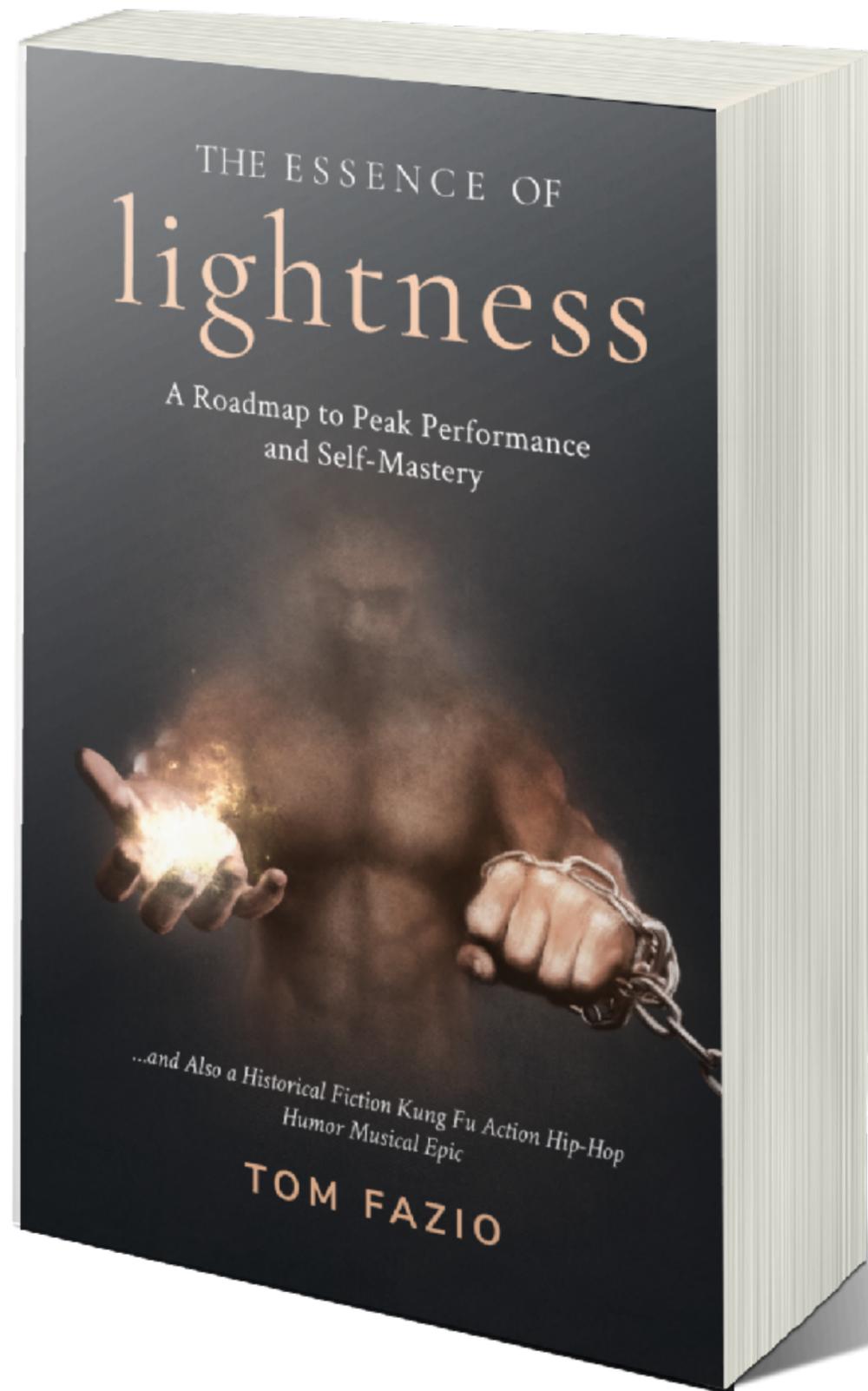
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www.weightlessness.co

**Weightlessness isn't about that
grueling hour in the gym,**

It's about the other 23...





The Essence of Lightness

A Roadmap to Peak Performance
and Self-Mastery.

*...and Also a Historical Fiction Kung Fu Action
Hip-Hop Humor Musical Epic*

Tom Fazio

In the following 2 pages:
Chapter 1 from *The Essence of Lightness*

Available on [Amazon.com](https://www.amazon.com).

Once Upon a Time in Shaolin

Master Shi's stomp resonated deeply within the meditation hall. The reverberating tremors were prominent enough to be felt, eerily so. A space of a basketball court constructed of mountain stone and concrete, human-sized crystal Buddhas lined the wall opposite the wide open entrance, adjacent to two centered, oversized, ornately carved wooden chairs fit for royalty—the Grandmaster himself.

In comparing kung fu skill, if we can claim that, his stomp obviously was the earthquake to my sledgehammer. It's common in China to request a show of kung fu skill. My twenty-five years of martial arts practice at that time wasn't a nothing-burger, but kung fu wasn't even my second language. I was a mutt, a polyglot of martial arts, and Chinese kung fu wasn't even in my top five most competent arts.

I wasn't a stranger to the technique Grandmaster Shi asked me to demonstrate, but I was no expert. The technique is central to most kung fu forms: a stomp that brings one foot to the other accompanied by a centering shift and drop in body weight. It's not terribly aesthetic, but it has function. It's an energy trigger, a lion's roar, a gorilla's chest pound. It's a test of a warrior's qi.

My stomp echoed loudly within our four walls. His stomp penetrated three meters of bedrock and sent tremors throughout the hall, tremors that could actually be felt extending from the floor up my legs, triggering a preternatural fear response that raised hair on the back of my neck.

"You stomp the floor, whereas my energy penetrates all the way through," said master Shi, pointing straight down and then waving his hands apart, indicating dispersion. "This is kung fu."

I had trained with Shaolin monks before, exceptional specimens all, as well as grandmasters of many martial arts, many of whom possessed inhuman power, including Master Su in the north of China, my first qigong and chain whip teacher. Master Wang, my second chain whip instructor, also taught me the foundational Shaolin weapons, as I started at the harder ones and worked backwards. And I trained under another Master Su, my meteor hammer instructor at the Shaolin Temple itself.

But this was the first time in nearly three decades I had witnessed *real* kung fu, the essence of martial arts, the deepest energetic skills that a human is capable of.

The journey to the Shaolin Monastery was an experience unto itself. It began with a cable car, a rickety old death trap full of rattles and bounces, that began not far from the Shaolin Temple. In my first visit to the temple ten years before, a friend and I hiked from the base and spent a full day to get to the monastery. The cable car dramatically shortens the hike but with a bit of fate tempting. After the car arrived, we hiked about an hour along cliff faces with concrete platforms jutting from the sides of vertical cliffs, passing through small caves, and climbing dense forest at points. The last point of passage was a new and improved version of what I recalled as a rickety drawbridge of wood and rope that I dared not cross ten years before

for fear of an Indiana Jonesian calamity, with broken floor planks and frayed suspension rope. I was relieved to find steel cable and brand-new planks this time around.

This time, along the hike with my cohort, I had time to take in the views, eat fresh tomatoes sold by wayside vendors—best tomatoes ever—and pump myself up with a bit of old school hip-hop of the Wu Tang variety in anticipation of meeting a martial arts badass. Method Man feverishly spat:

Yo RZA, yo razor, hit me with the major
The damage, my Clan understand it be flavor
Gunning, humming coming at ya
First I'm gonna get ya, once I got ya, I gat ya
You could never capture the Method Man's stature
For rhyme and for rapture, got niggas resigning, now master
My style? Never!
I put the fucking buck in the wild kid, I'm terror
Razor sharp, I sever
The head from the shoulders, I'm better, than my competta
You mean competitor, whatever, let's get together

After I was asked to accompany my friend Katy, who called in connections to get us access to the part of the monastery walled off from the public, I did a bit of research on the man behind the walls. The YouTube videos of Shi De Jian, of which there are not many, show him practicing his martial patterns on slanted, narrow rooftops that fall into deep ravines, meditating on massive pointed boulders that also have no safe base, and translating animal forms for foreign visitors in a documentary.

It's very difficult to discern real kung fu by watching a video, as the presence of a master and the weight of his touch are needed for a real display of skill, but what I did see, and what you can see for yourself, is a highly skilled craftsman demonstrating a lost art. And martial elements aside, there's true beauty and bravery in his movements.

Among my first hours at the Shaolin Monastery I had witnessed the impossible, the power of a demigod. But over the following days, my own journey was not one of transcendence into a higher plane, but one of stillness, a grounding of sorts where the basics of life (organic vegetarian food, mindful movement, and breathing) took precedence. I trekked to Songshan Mountain in search of an insight that could catapult my skills further; instead, I learned to let go.

When men are direct pedagogical descendants in a lineage of warrior monks, each of whom selects a sole inheritor of their highest knowledge and skills, and then you put that man in a cave for over three decades, well... that man knows things. What he knows I cannot say exactly, but he knows things. His eyes beam with innocence, wisdom, and light. His concentration and conviction are unwavering. His life is exceedingly simple. And his power is legendary.

Master Shi was a monk of the old school, a path that required decades of training and discipline, and, in his case, celibacy, vegetarianism, kung fu, and Zen. I quickly learned that getting answers to questions of depth regarding martial arts skill or qigong was like drawing blood from a stone. Regardless of my query, Master Shi would insist the answer was to practice Zen and eat vegetarian. Oh, and don't fornicate; Buddha forbid.

This was one of those times in life that was both expected yet utterly unimaginable. When you seek out a warrior monk, one of the last true practitioners of Shaolin kung fu, you expect abnormalities. But what you don't expect is something so eerily normal, something so natural and innate that it feels like coming home. Time and space there seemed infinite. Nothing was urgent or unaccounted for, nobody rushing from one place to another or vexed with a mundane problem. Time stood still.

On day two, Master Shi gave us a tour of the monastery grounds, including his personal bedroom of thirty years, a cave at the top of the monastery itself. The local magistrate who was accompanying Katy and me wasn't sure if she would be allowed into the cave, because she's a woman and sometimes women bleed from their nether regions. So, he asked Master Shi, who replied confidently, "It's okay; she's not on her period."

Katy was a bit taken aback, but Master Shi later explained that since the tender age of fifteen he's been able to tell such things due to a very acute sense of smell and subtle shifts in energy. Apparently, if Katy were on her period, she would not have been admitted into the man cave. Katy leaned over to me and sardonically pointed out, "A true warrior doesn't mind getting his sword bloody."

His cave was as humble as caves get, a bed of rickety wood with a few sheets off to the right side, neatly folded. A wall to the left organized several weapons hanging from nails, including a straight sword, a curved sword, a thick chain whip, and thick steel spikes. These were real "live" weapons with sharpened blades and pointed tips, unlike those at the base of the mountain used by tens of thousands of kung fu students who live and train there.

In the back sat a large crystal Buddha that glowed in the dark when lights were turned off. After a few minutes, Katy and I were asked to leave. We weren't sure if the master and the magistrate were talking biz or maybe cave improvements and the need for donations, or Katy spontaneously started bleeding or having the thought of bleeding. It was none of the above. It turned out that Master Shi smelled something synthetic. My deodorant was messing up his cave qi.

Just atop of his cave was a paved concrete platform that served as both roof and private training area. About three meters by four, it contained five thick concrete pillars.

Each was approximately three feet high and distanced a few feet apart, used for balance work above the ground, as well as for striking with the forearms and shins every morning and night. This type of training must be built up over decades, not just months or years, as the adaptations to tendon and bone must be made methodically and gradually.

At one point on the tour, Master Shi flexed his forearm and asked me to squeeze. Men that size shouldn't have forearms so thick and hard that you can't fit your full hand around them. They had become as hard as the pillars he struck daily. A second later, he asked me to feel his arm again and the concrete bulge he just demonstrated was replaced by a vacuum of soft tissue. I could feel straight through to the bone. He was able to display the full spectrum of tension and relaxation within a moment, and to a degree I'd never seen before. "This is kung fu," he reminded.

This secluded rooftop was one of several breathtaking locations on the mountain where Master Shi had been filmed practicing his forms on a pointed ledge overlooking a steep ravine. This spot can be seen in YouTube videos that show him practicing patterns and even locking and throwing disciples literally on the edge of death. His brilliant surefootedness requires several replays of the video to make sure what you're watching is real. It was. And it is.

At one point during our stay, the head of tourism of Henan province, the province hosting the Shaolin Temple, came to visit the monastery to ask Master Shi to stop training on these precipitous edges and tempting fate. His videos had gone viral in China and the government didn't want the flack for promoting reckless behavior with a natural heritage. He's one of a handful of authentic remaining Shaolin warrior monks; one misstep would risk the loss of ancient secrets that few, if any, could replicate.

Master Shi politely declined, telling me later that the fear of death is necessary to practice with true intention, "I don't want to die, so I practice real kung fu. Without fear, I might not grip the ground with my toes properly."

Later, sitting on the balcony of our recently constructed, modern accommodations and overlooking the concrete and mountain stone training platform before us, we sat with Master Shi watching his top disciples practice their forms as the sun was setting behind them. Master Shi shared with us the fantastical origin story of his monastery, as well as that of *his* kung fu, which were not independent from each other.

[Full disclosure, there were likely gaps in my full comprehension due to language and excitement; therefore, this retelling may contain a modicum of embellishment. But the story is basically the same and true, except for those places where it isn't.]



WEIGHTLESSNESS

Key Themes & Principles

Weightlessness isn't a workout, it's a process.

And we might even go further and say it's a philosophical framework that organizes the myriad methods of growth and development out there. At its core are a few key principles and polarities. Most are dissected in *The Essence of Lightness*, but those that carry some of the greatest tension are the 'Tao of Weightlessness', and the 'Anchored Buoy Principle' in standing meditation. From these two tensions stem most of the other central themes, principles, and tools in the craft.

The Tao of Weightlessness



WEIGHTLESSNESS



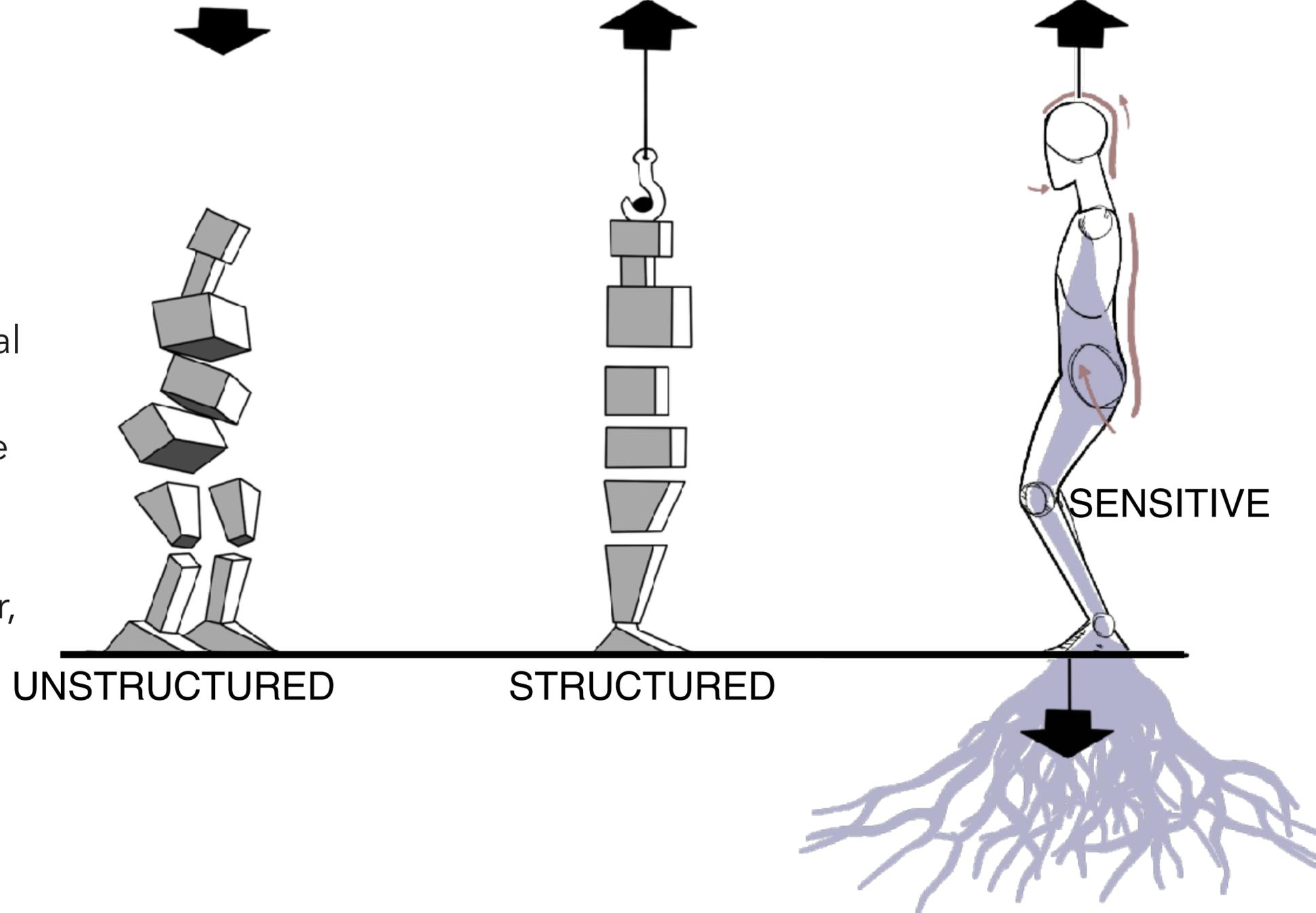
WE ARE ALL TORN BETWEEN TWO SELVES. WE ALL WANT TO DEVELOP, TO PREPARE, TO INVEST IN A BRIGHTER TOMORROW.

WE ALSO DESPERATELY WANT TO EXTRACT AS MUCH QUALITY AND PLEASURE FROM THIS VERY MOMENT. WE SUFFER FROM THE EXISTENTIAL DILEMMA OF KNOWING WE WILL DIE, BUT NOT KNOWING WHEN. AND WE'RE LEFT WONDERING WHETHER WE SHOULD FULLY EMBRACE THIS MOMENT, OR SACRIFICE IT FOR FUTURE ONES.

WEIGHTLESSNESS UNIQUELY ADDRESSES THIS PARADOX BY EMBRACING STRESS, AND CULTIVATING SENSITIVITY.

FROM UNSTRUCTURED TO SENSITIVE

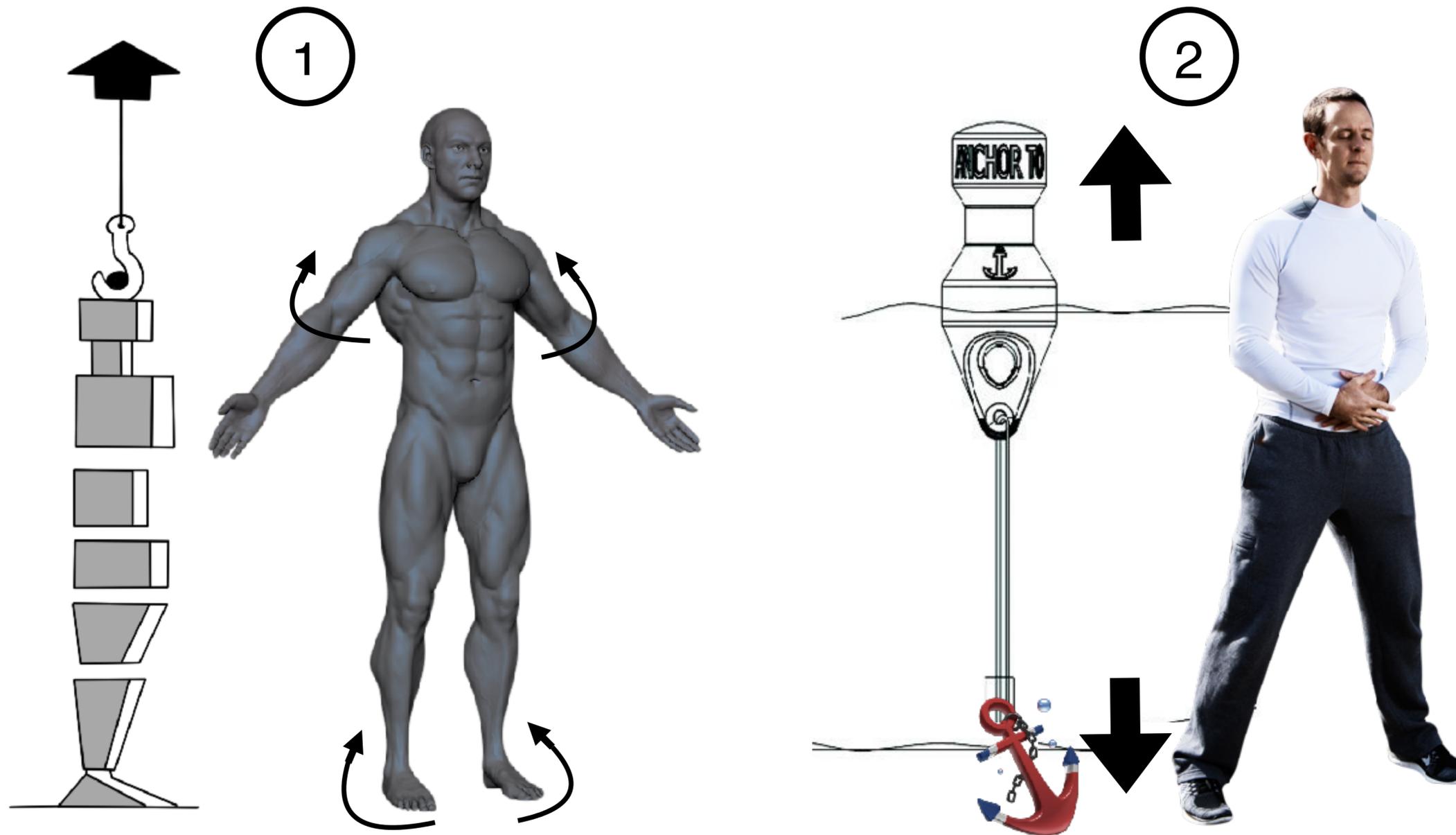
As we progress from unstructured frames (which isn't an absolute thing; we continuously float in and out, largely dependent on self-awareness and structural conditioning) to structured standing, the ever-present force of gravity on our frames, itself a constant stressor, is diminished.



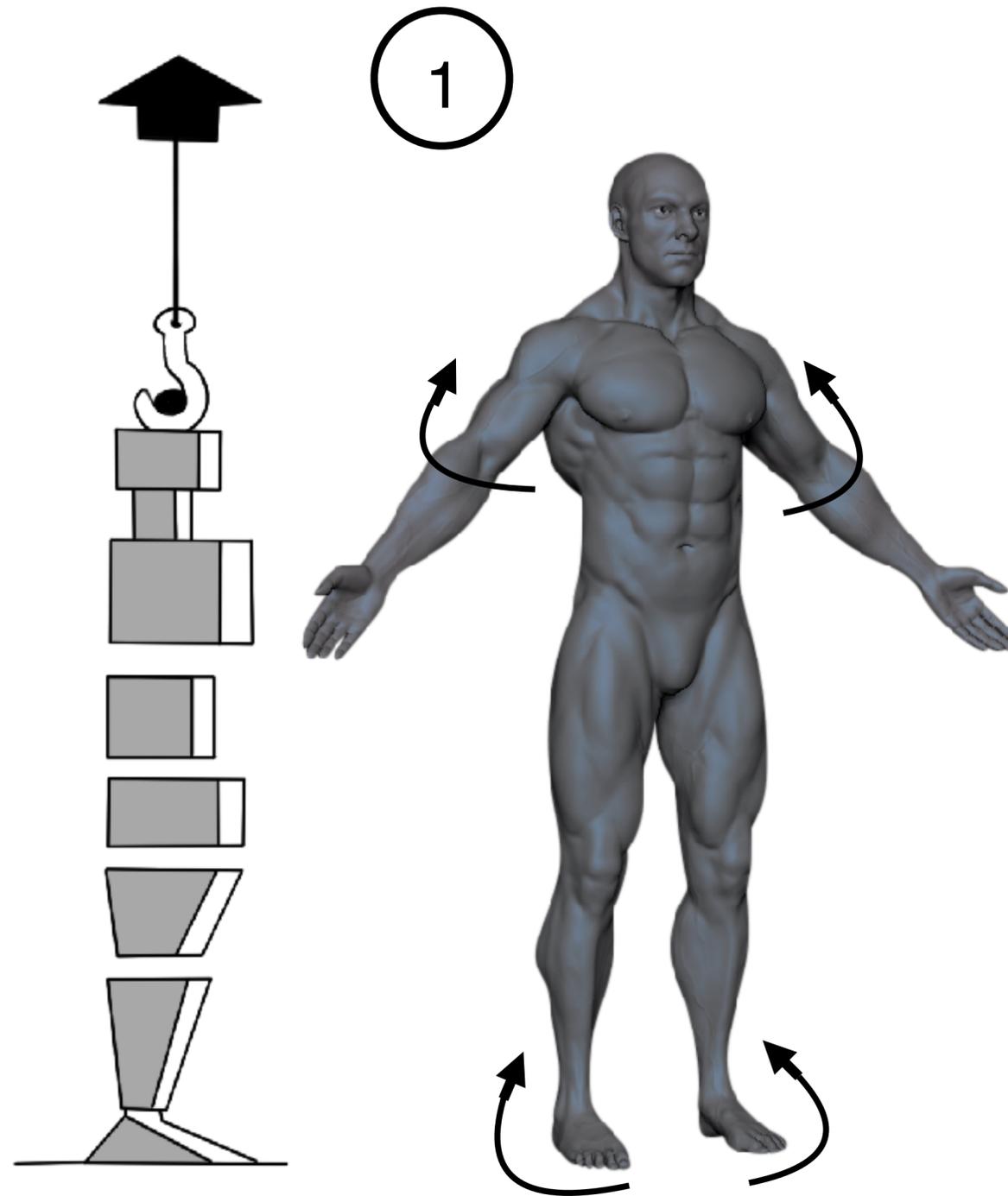
As it diminishes, less tension is required to remain upright. As we release tension that is no longer needed to support our upright frames, maintaining alignment through balance and symmetry, our mind-body comes alive with awareness and sensitivity. This is the birthplace of rejuvenation, health, presence, and performance.

HOW TO STAND: THE ANCHORED BUOY

So how do we do it? Apply the structural cues on the following 2 pages in the order listed to 1) create balance, symmetry and natural lift and 2) release tension from your frame, allowing your relaxed tensegrity structure with effective stacking to maintain your posture with diminishing degrees of tension over time.



(Image 1 represents the framing sequence that aligns and stacks the body as it's built—to resist gravity. Image 2 retains that alignment while eliminating all the tensional factors used to set it. Your frame is an anchored buoy—floating yet rooted.)

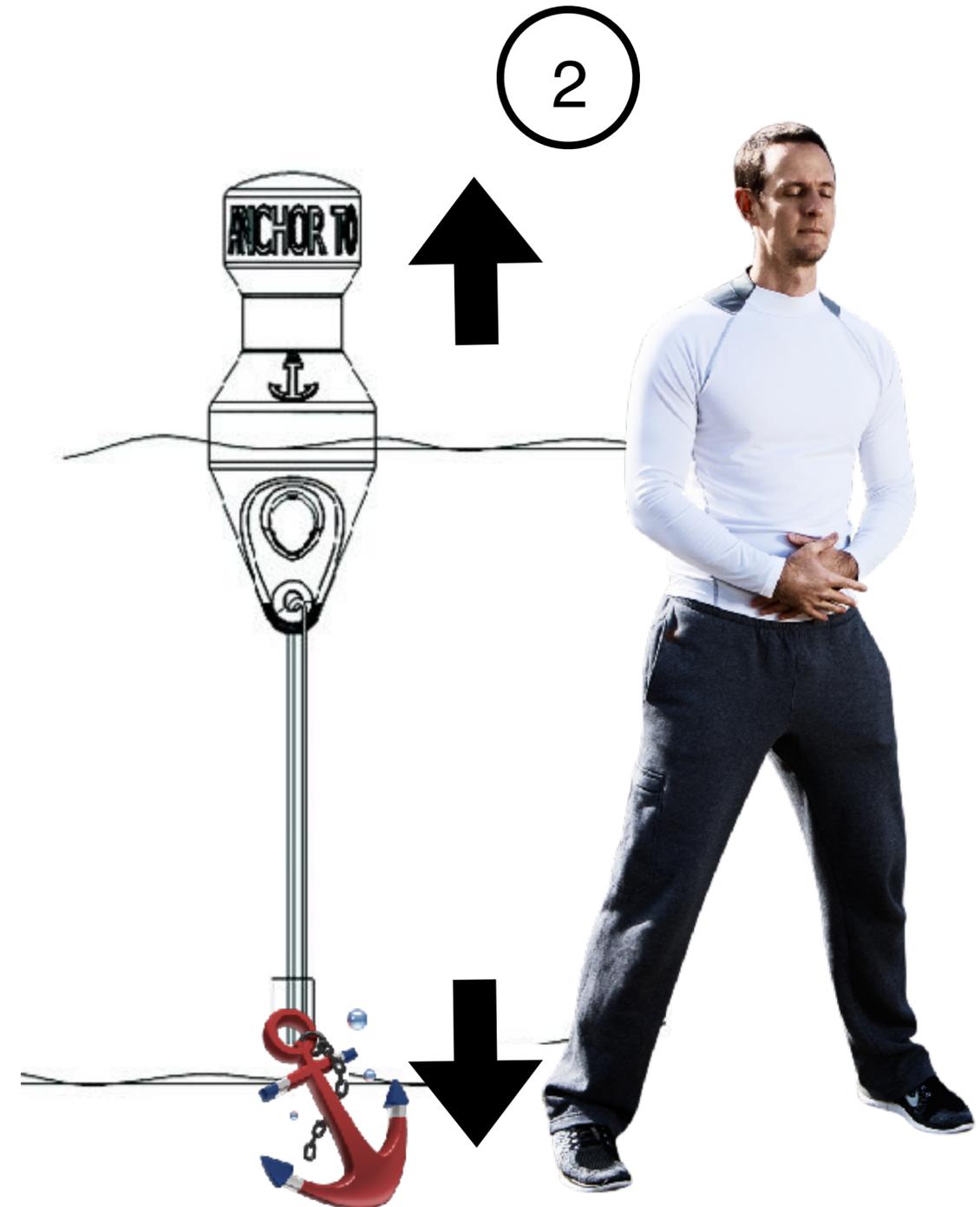


Stacking / Rising Sequence:

- ▶ Feet parallel
- ▶ Externally rotate feet (apply force, not actually rotating the feet) to create torque in the hips
- ▶ Tighten quadriceps and hamstrings
- ▶ Tighten your glutes
- ▶ Tighten your abs
- ▶ Externally rotate shoulders
- ▶ Lift crown point, elongating your entire frame
- ▶ Place tongue to roof of mouth just behind the palate

Sinking / Relaxing Sequence:

- ▶ Relax all muscles and loosen all joints, relaxing—face, jaw, shoulders, abdomen, thighs, knees, ankles, feet—working back down the body.
- ▶ While leaving your head drawn up, allow your frame to sink in relaxation, creating space within your body, like an anchored buoy drawn between sinking and lifting forces—lifted by the buoy above yet rooted by the anchor below.
- ▶ Maintain your stacked structure with diminishing degrees of tension over time. Maintain awareness of and survey for tension that may creep back in. Sense. Feel. Be present.





WEIGHTLESSNESS

Assessment

Objective assessments are essential for honest feedback on performance and program design. One cannot write a holistic prescription without data, that is, without knowing where you are across key pillars today. There is no universal workout in Weightlessness. The key to rapid and sustainable growth is accurately identifying where on the Weightlessness Spectrum you currently are, and then allocating the right intensity, volume, and frequency of work across key pillars.

Take this assessment to launch your Weightlessness Process, and then again every four to six weeks. In keeping with the theme that you're only as strong as your weakest link, use your weakest metric in each pillar to determine your level within

GUIDELINES FOR THE ASSESSMENT

- 1) Perform each of the strength exercises in the exact order shown. Rest exactly 3 minutes between each exercise.
- 2) Take no more than 3 sets to reach your max dead lift, resting no more than one minute between each set.
- 3) For the pushups and squats, any pause at the peak of either one counts as a rest and means the set is over. Reps must be continuous or they don't count.
- 4) Skip any exercise you don't know, or are not comfortable with. Any skipped exercises default you to level one of strength.
- 5) Rest 5 minutes and perform the stretching techniques. If you can perform the first three you're at level two. If you can perform all five you're at level three. There are no gradations, it's a pass-fail test.
- 6) Your slowest breath count and your highest reverse count can be tested externally to your strength test. You should not perform the breathing test after training.
- 7) For slow breathing, take ten slow, continuous, even breaths and time them. Make sure you're using abdominal breathing, keeping the chest relaxed. Sit with erect posture.
- 8) If you don't already know your highest count, it's unlikely you're at level three. Test a reverse 500 count. If you can manage, you can attempt level two concentration. If you falter, you're at level 1.

WEIGHTLESSNESS SELF-ASSESSMENT

STRENGTH TEST	LEVEL ONE	LEVEL TWO	LEVEL THREE *
<input type="checkbox"/> RUN 1 KILOMETER IN...	>5 MIN	<5 MIN	<4 MIN
<input type="checkbox"/> DEAD LIFT	<BODYWEIGHT	BODYWEIGHT X 1 REP	BODYWEIGHT X 5 REPS
<input type="checkbox"/> 100 BURPEES (NO PUSHUP) IN...	>12 MINS	<12 MINS	<8 MINS
<input type="checkbox"/> PUSH UPS	<20	20-30	30+ OR 1 ARM PUSH
<input type="checkbox"/> DEEP SQUATS (ASS TO HEELS - 3 SECOND PAUSE AT BOTTOM)	—	5-10	10+ OR 1 LEG SQUAT

FLEXIBILITY TEST	LEVEL ONE	LEVEL TWO	LEVEL THREE *
<input type="checkbox"/> ACTIVE STRAIGHT LEG RAISE ARMS OVERHEAD	NO	YES	YES
<input type="checkbox"/> FLAT PALM FORWARD BEND	NO	YES	YES
<input type="checkbox"/> DEEP SQUAT HEELS ON GROUND	NO	YES	YES
<input type="checkbox"/> FRONT SPLITS	NO	NO	YES 170 DEGREES+
<input type="checkbox"/> CENTER SPLITS	NO	NO	YES 160 DEGREES+

MEDITATION TEST	LEVEL ONE	LEVEL TWO	LEVEL THREE *
<input type="checkbox"/> 10 BREATHS IN...	<5 MINS	5 MINS+	8 MINS+
<input type="checkbox"/> REVERSE COUNT OF...	<500	500+	800+

***LIGHTNESS CANDIDATE**



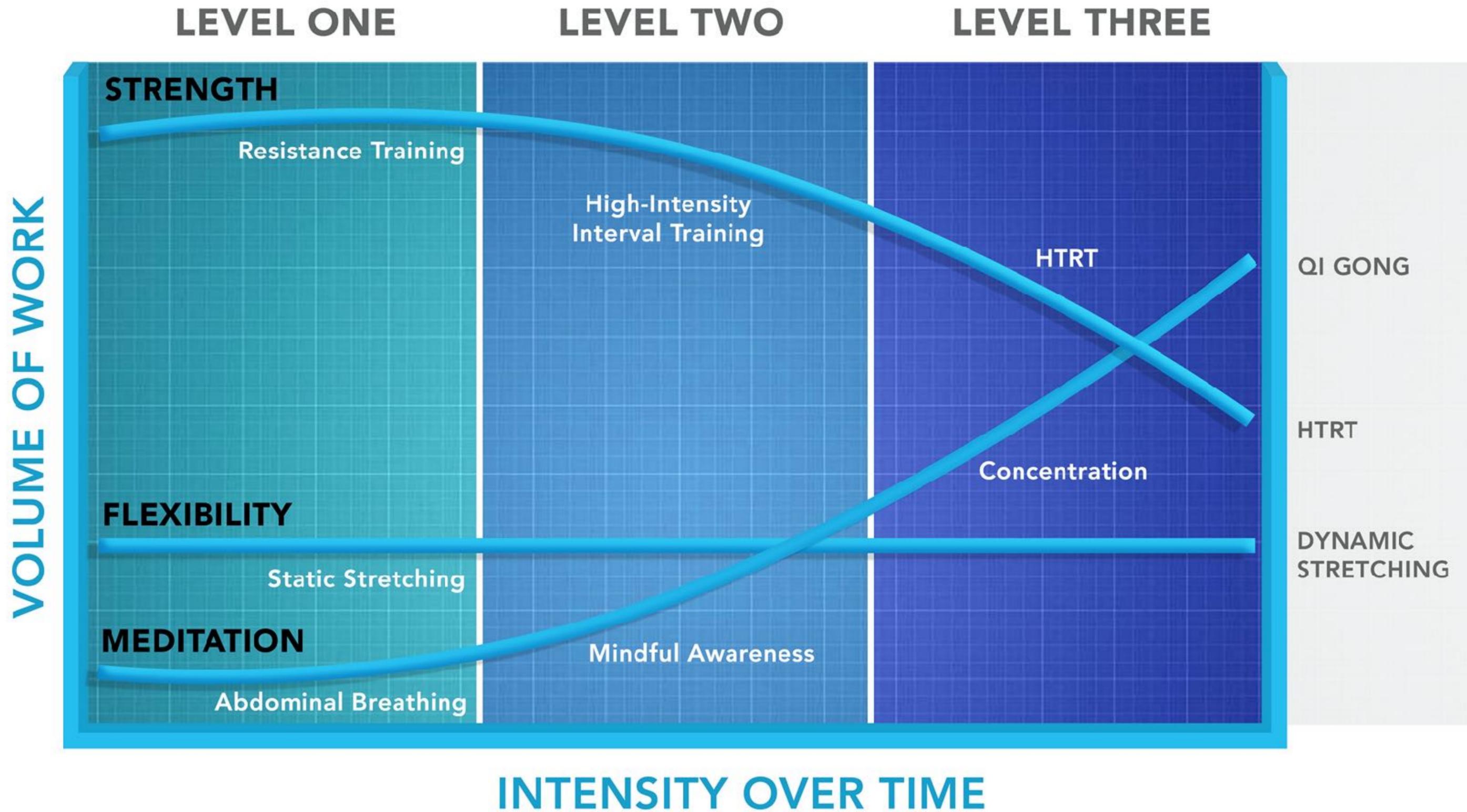
WEIGHTLESSNESS

The Spectra

The Spectra are what make Weightlessness the most powerful, minimalistic, integrative mind-body system there is. For they not only allow you to map your progress weekly, but give you insights into exercise selection, load, volume, and intensity at various levels. The Weightlessness Spectrum also demonstrates how the three pillars relate to one another during a trainee's progressive process. The person who understands the spectra can not only train themselves, but can train others in holistic development.

Review 'The Weightlessness Scroll' in *The Essence of Lightness* for detailed analysis of these spectra.

THE WEIGHTLESSNESS SPECTRUM



THE STRENGTH SPECTRUM

LEVEL ONE

LEVEL TWO

LEVEL THREE

STRUCTURE

STAMINA

POWER

RESISTANCE
TRAINING

HIGH INTENSITY
INTERVAL TRAINING

HIGH TENSION
RESISTANCE TRAINING
(HTRT)

BALLISTIC
WEIGHT
TRAINING

HTRT

SKILL

EFFORT/TIME



THE FLEXIBILITY SPECTRUM

LEVEL ONE

LEVEL TWO

LEVEL THREE

ALIGNMENT

MOBILITY

AGILITY

STATIC STRETCHING
(FRONT & REAR LINES)

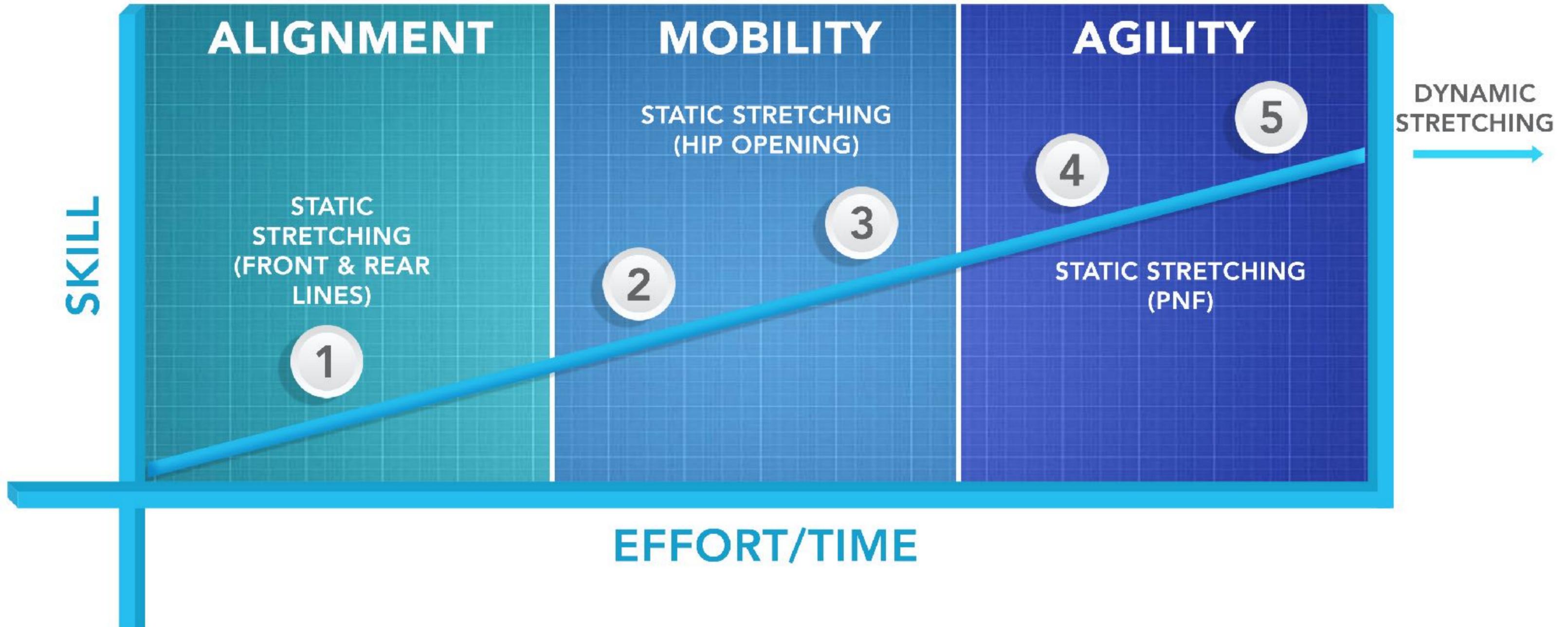
STATIC STRETCHING
(HIP OPENING)

STATIC STRETCHING
(PNF)

DYNAMIC STRETCHING

SKILL

EFFORT/TIME



THE MEDITATION SPECTRUM

LEVEL ONE

LEVEL TWO

LEVEL THREE

BREATH CONTROL

AWARENESS

CONCENTRATION

ABDOMINAL
BREATHING

MINDFULNESS
PRACTICES

FOCUS
TRAINING

QI GONG



SKILL

EFFORT/TIME

1

2

3

4

5



WEIGHTLESSNESS

Weightlessness Workout Samples

THESE ARE ONLY SAMPLES! These are not intended as universal workouts. They should not replace the work needed to understand and design relevant prescriptions based on your personal metrics and performance. This is not just another workout fad. Weightlessness is a minimalist approach to holistic performance that allows for laser targeted prescriptions. If you cannot yet adjust or prescribe your workouts, carefully read the 'Weightlessness' and 'Process Scrolls' in *The Essence of Lightness*, paying careful attention to principles of intensity, periodization and volume allocation. In the following samples, the level 1 workout should be done 3 days per week. Levels 2 and 3 should be performed and adjusted based on your performance metrics and personal recovery time. Some might train 3 days per week, alternating A and B workouts, or 4 days, also alternating A and B.

WEIGHTLESSNESS LEVEL 1 PROGRAM

WARM—UP

Superset (3 sets)

Jumping Jacks - 1 min
Supported Deep Squat Hold - 1 min

STRENGTH

4 sets of 12 reps each

PUSH (Recommended: Push ups)
PULL (Recommended: Bent rows)
SQUAT (Recommended: Weighted lunges)
PRESS (Recommended: Shoulder press)

CARDIO & TWIST | CORE

Superset (4 sets)

Burpees x 15
Plank - 1 minute

FLEXIBILITY

3 cycles

Forward bend
Deep Squat

Hip Flexors
Front Splits

MEDITATION

Reverse Count from 100
Mindful Awareness - 5 min

RX | Supplement | Highest
Reverse Count
or 10 Breaths

WEIGHTLESSNESS LEVEL 2 PROGRAM

WORKOUT A

WARM-UP

Superset (3 sets)

Jumping Jacks - 1 min
Deep Squat - x 15

STRENGTH CIRCUIT

4 sets of 40|20 secs
(1 min max rest between sets)

PULL | 40 secs (Recommended: Bent rows)
REST 20 secs
BURPEES 40 secs (No push up)
REST 20 secs
PUSH | 40 secs (Recommended: Push ups)
REST 20 secs
TWIST | CORE | 40 secs (1 Leg V-sits)

FLEXIBILITY

3 cycles

Forward bend
Deep squat

Hip Flexors
Front Splits

MEDITATION

Reverse Count from 100
Mindful Awareness - 5 min

RX | Highest Reverse
Count or 10 Breaths

WORKOUT B

WARM-UP

Run 9 min + 1 min Sprint

STRENGTH

5 sets of 8-10 reps
each

INTERVAL

8 sets of 30|15 sec

SQUAT | (Dead Lift or Weighted Squats)
PRESS | (Recommended: Shoulder Press)

CHOOSE ONLY ONE:
BURPEES
HIGH KNEES
MOUNTAIN CLIMBERS
TWIST HOP

FOR EXAMPLE:
BURPEES 30 sec on
REST 15 sec
BURPEES 30 sec on
REST 15 sec...etc

FLEXIBILITY

3 cycles

Forward bend
Deep squat

Hip Flexors
Front Splits

MEDITATION

Reverse Count from 100
Mindful Awareness - 5 min

RX | Highest Reverse
Count or 10 Breaths

WEIGHTLESSNESS LEVEL 3 PROGRAM

WORKOUT A

WARM-UP

Superset (3 sets)

Jumping Jacks - 5 min
 Deep Squat - x 50 Pushups - x 50

STRENGTH

5 sets of indicated
 reps (except CORE)

PUSH (1) | (Recommended: Bench Press)
 15,10, 5, 5, 5
 PUSH (2) | (Recommended: Dips)
 15,10, 5, 5, 5
 PULL | (Recommended: Pull-ups)
 10, B, 5, 5, 5
 TWIST | CORE | V-sits x 50

FLEXIBILITY

3 cycles

Forward bend Hip Flexors
 Deep squat Front Splits
 RX 5 cycles Front &
 Center Splits

MEDITATION

Reverse Count from 100
 Mindful Awareness - 5 min

RX | Highest Reverse
 Count or 10 Breaths

WORKOUT B

WARM-UP

Run 9 min + 1 min Sprint

STRENGTH

5 sets of indicated
 reps (except SQUAT
 and CORE)

SQUAT | (Recommended: DeadLift)
 10, 8, 5, 5, 5
 PRESS | (Recommended: Shoulder Press)
 10, 8, 5, 5, 5
 JUMP SQUAT | 4 sets of x 15 (<1 min rest btw sets)
 TWIST | CORE | Crunches x 50
 Twist Hops x 50

FLEXIBILITY

3 cycles

Forward bend Hip Flexors
 Deep squat Front Splits
 RX 5 cycles Front &
 Center Splits

MEDITATION

Reverse Count from 100
 Mindful Awareness - 5 min

RX | Highest Reverse
 Count or 10 Breaths

WEIGHTLESSNESS

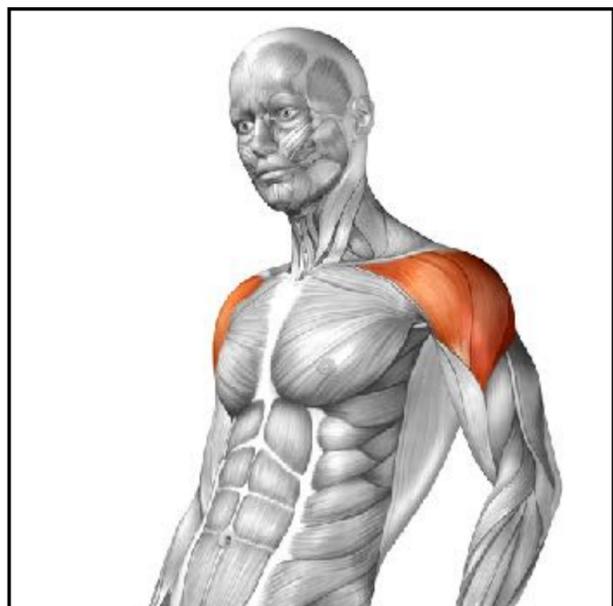
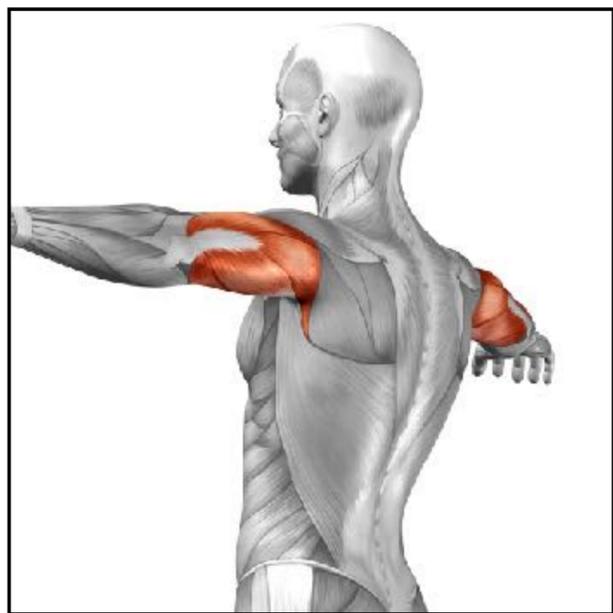
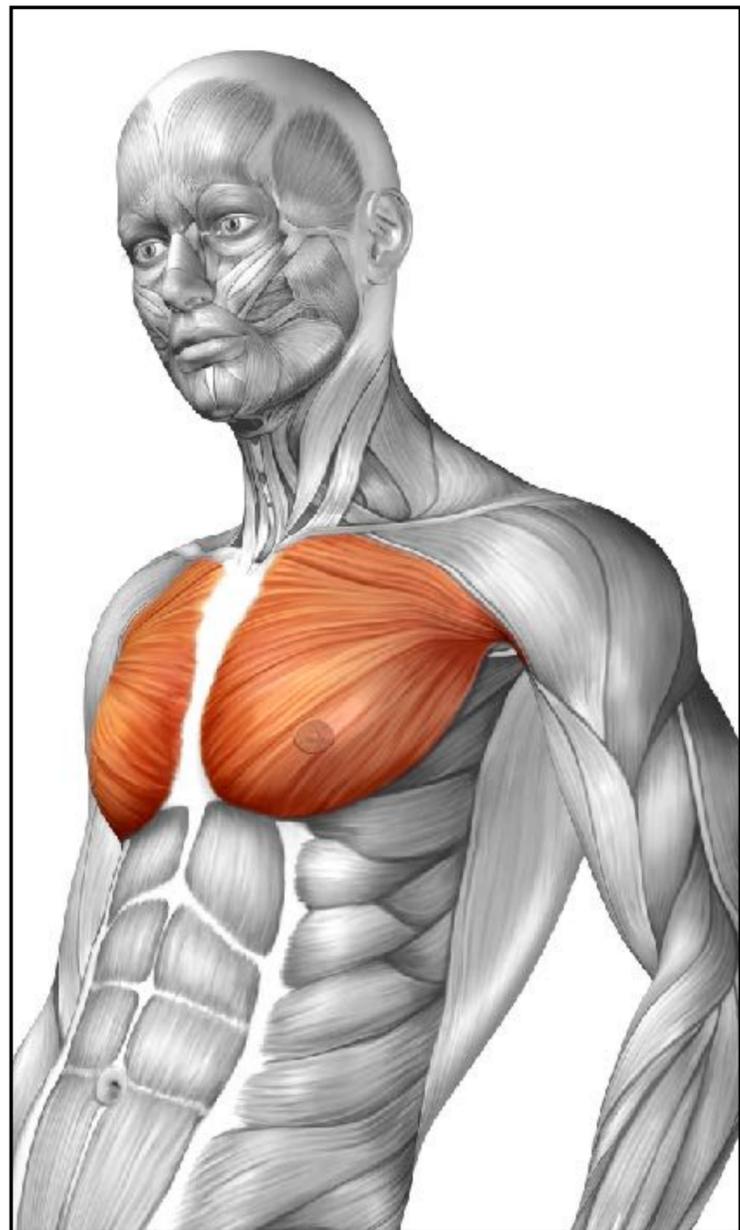
Strength Vectors



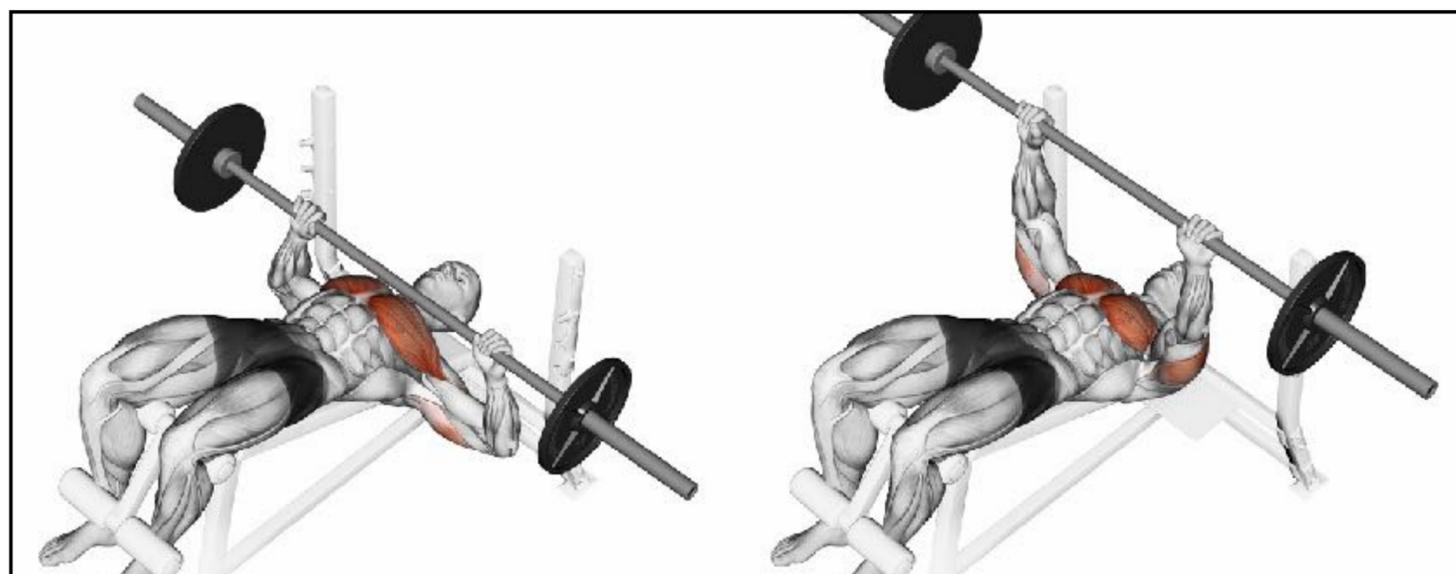
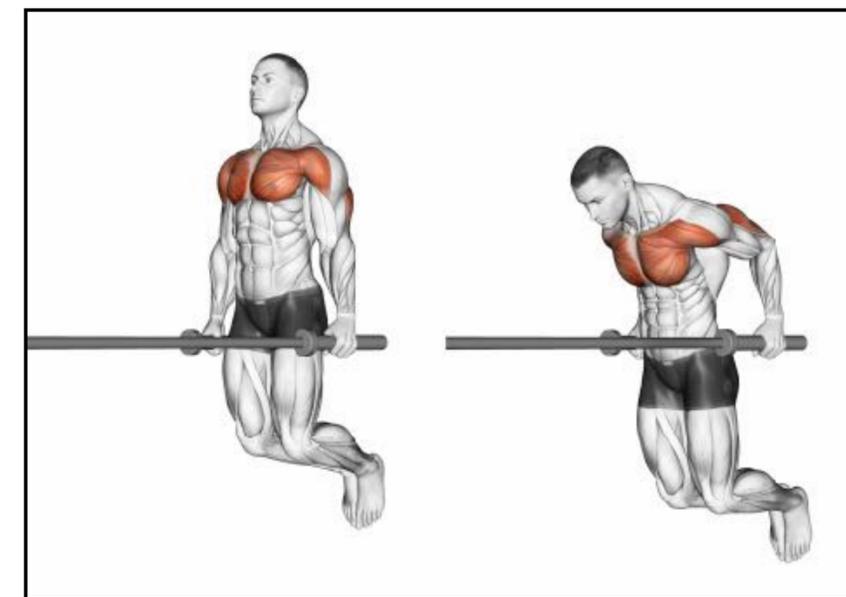
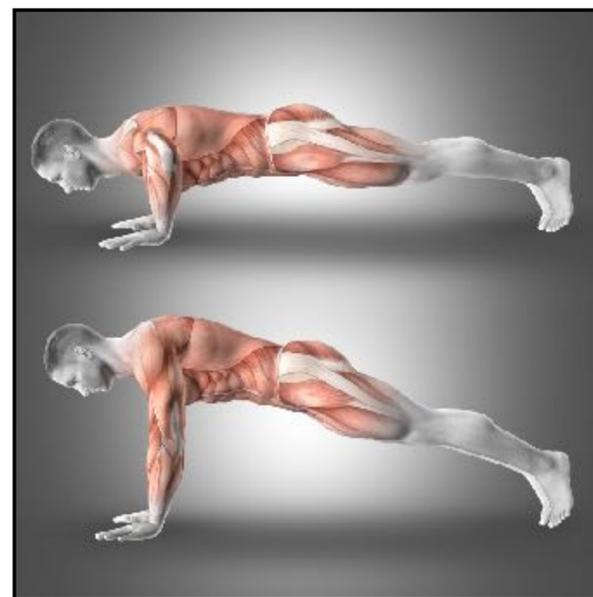
WEIGHTLESSNESS

Push Vector

MUSCLES ENGAGED



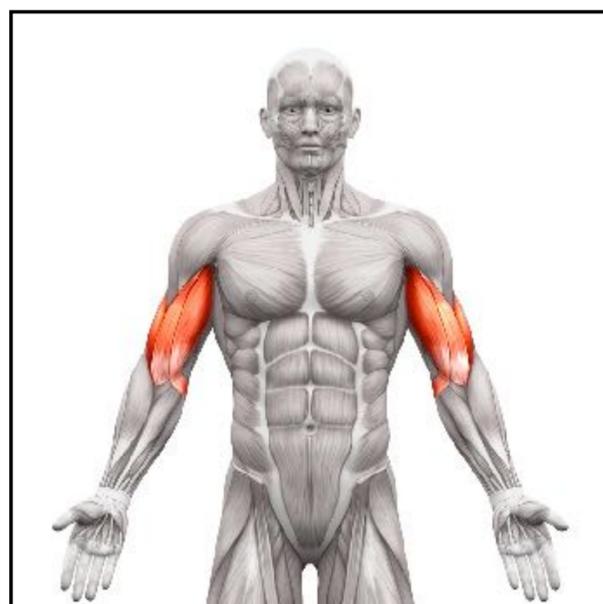
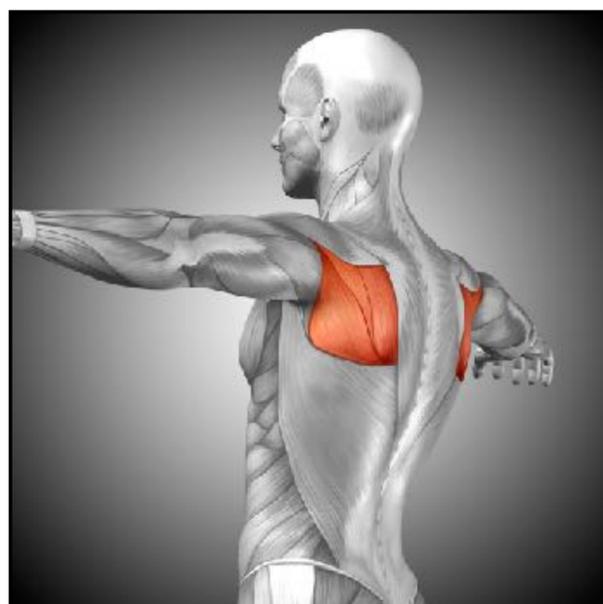
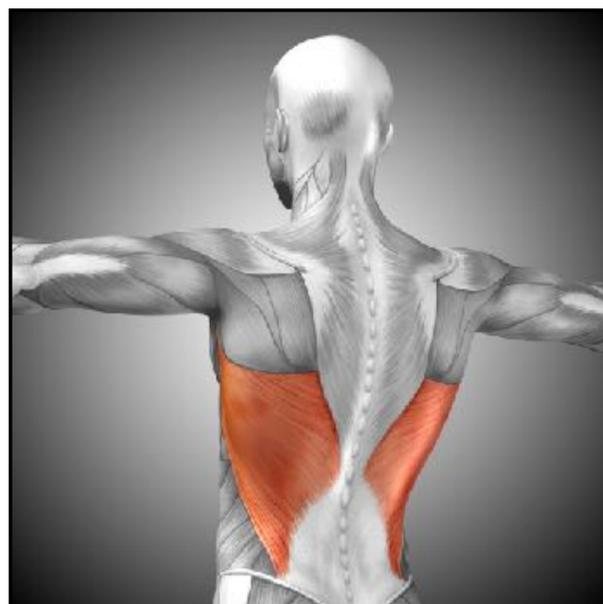
BEST COMPOUND EXERCISE OPTIONS



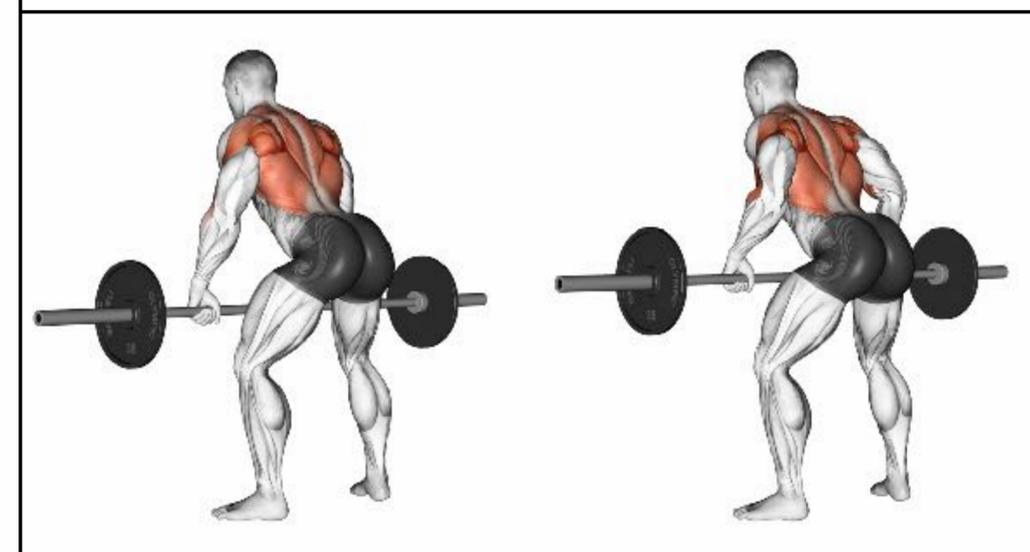
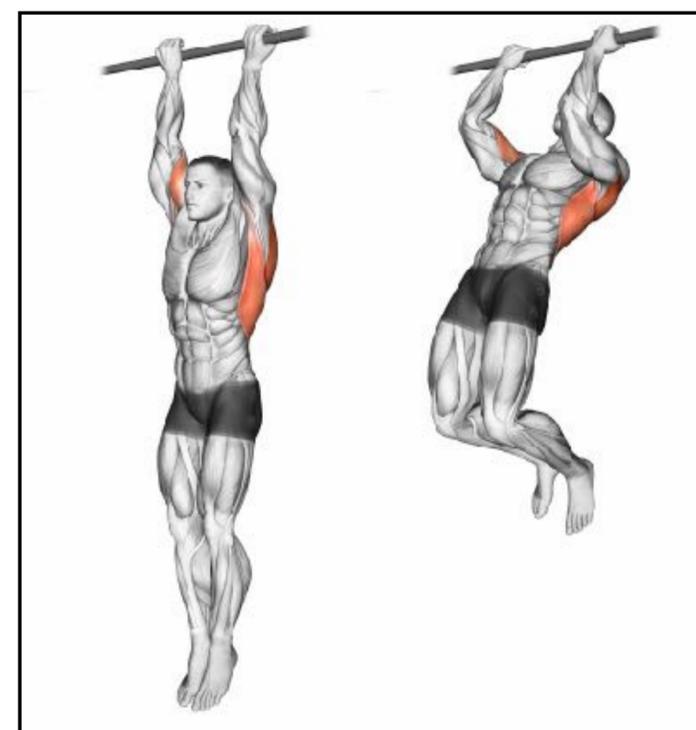
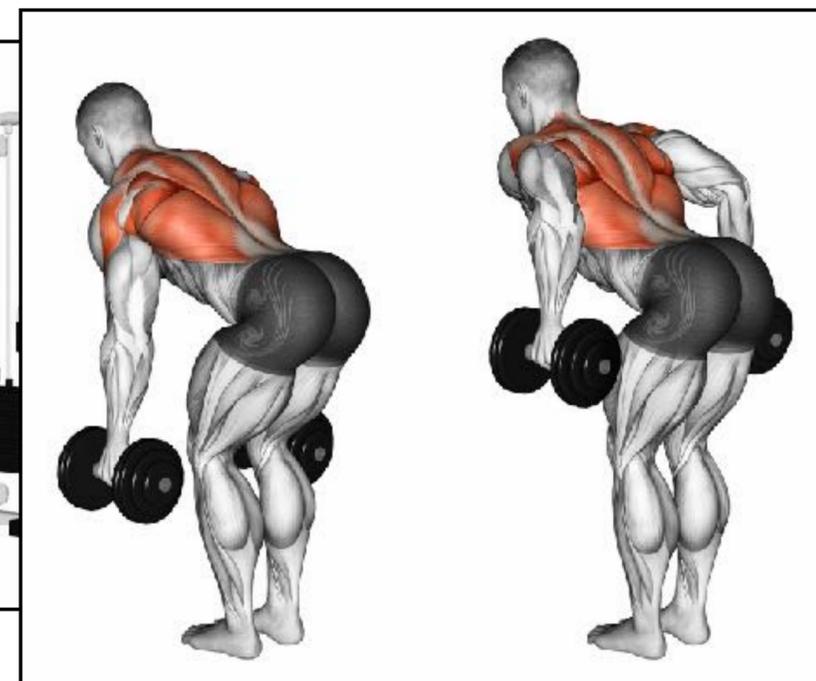
WEIGHTLESSNESS

Pull Vector

MUSCLES ENGAGED



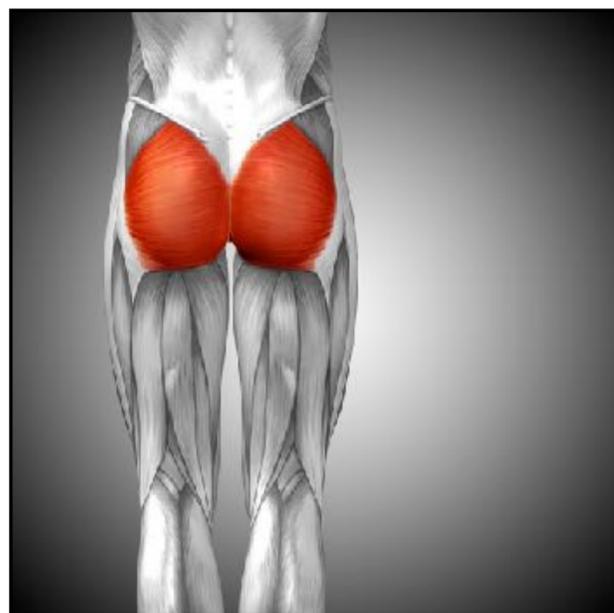
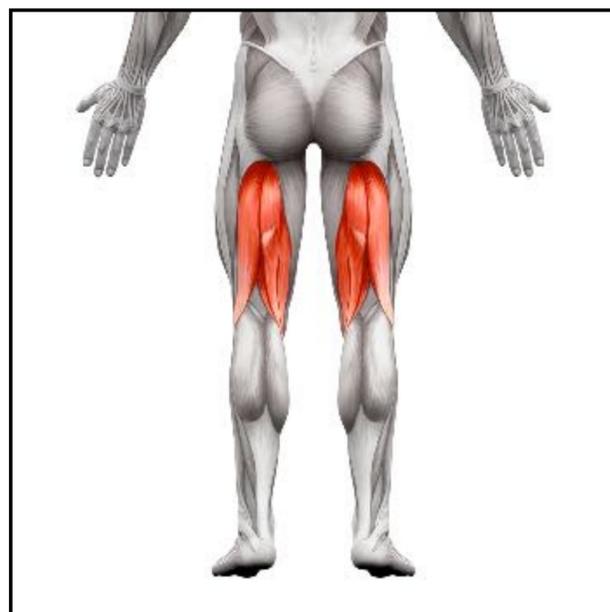
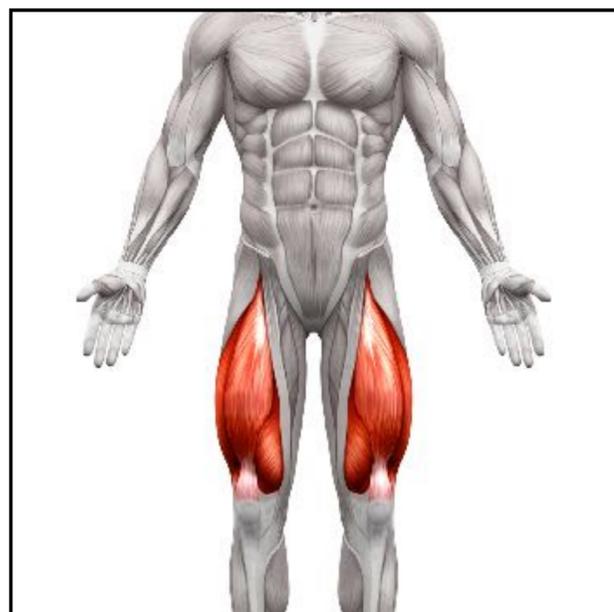
BEST COMPOUND EXERCISE OPTIONS



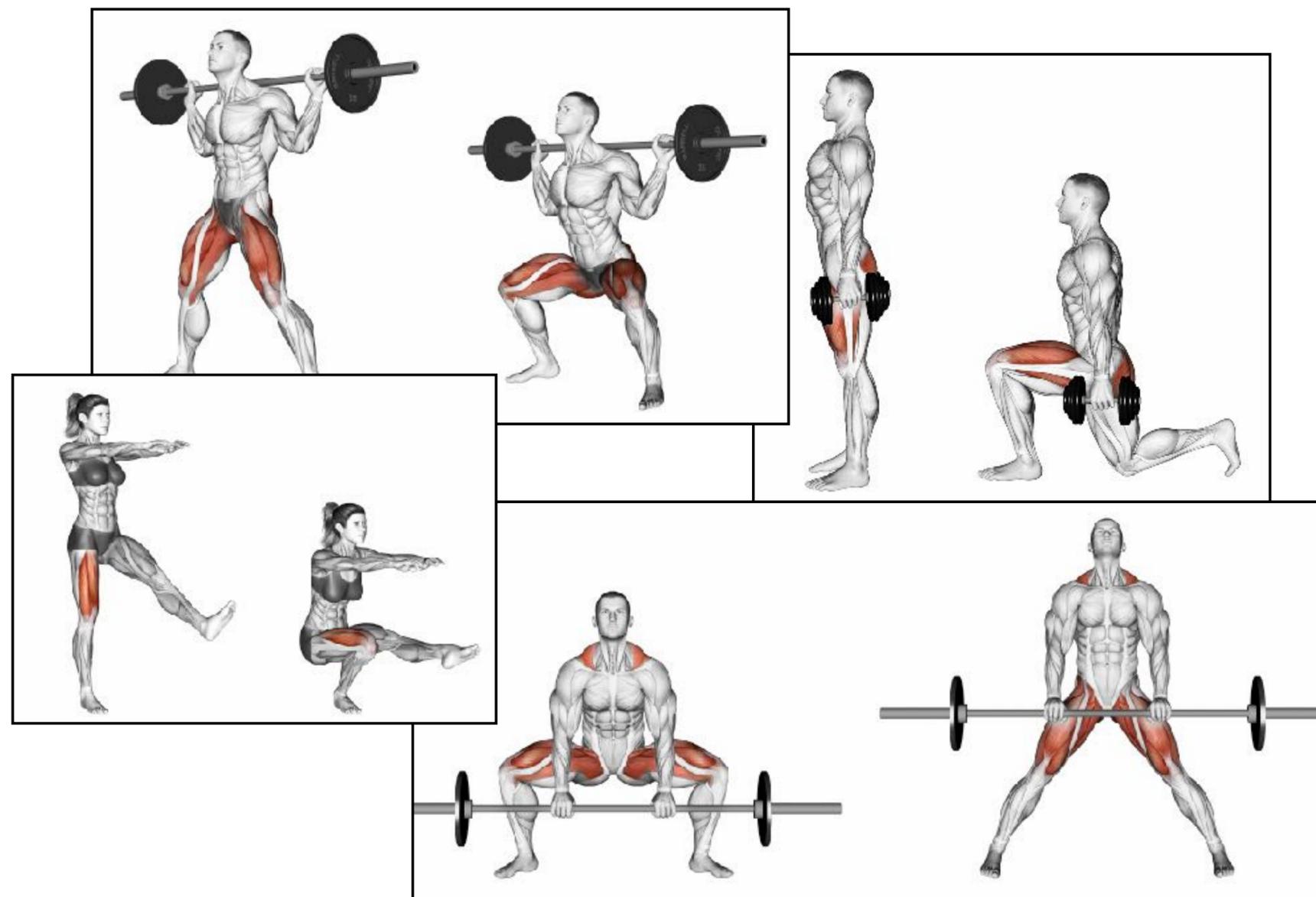
WEIGHTLESSNESS

Squat Vector

MUSCLES ENGAGED



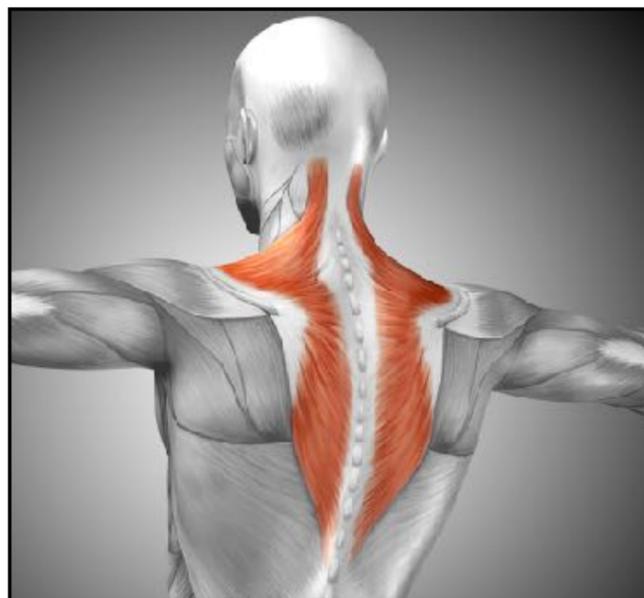
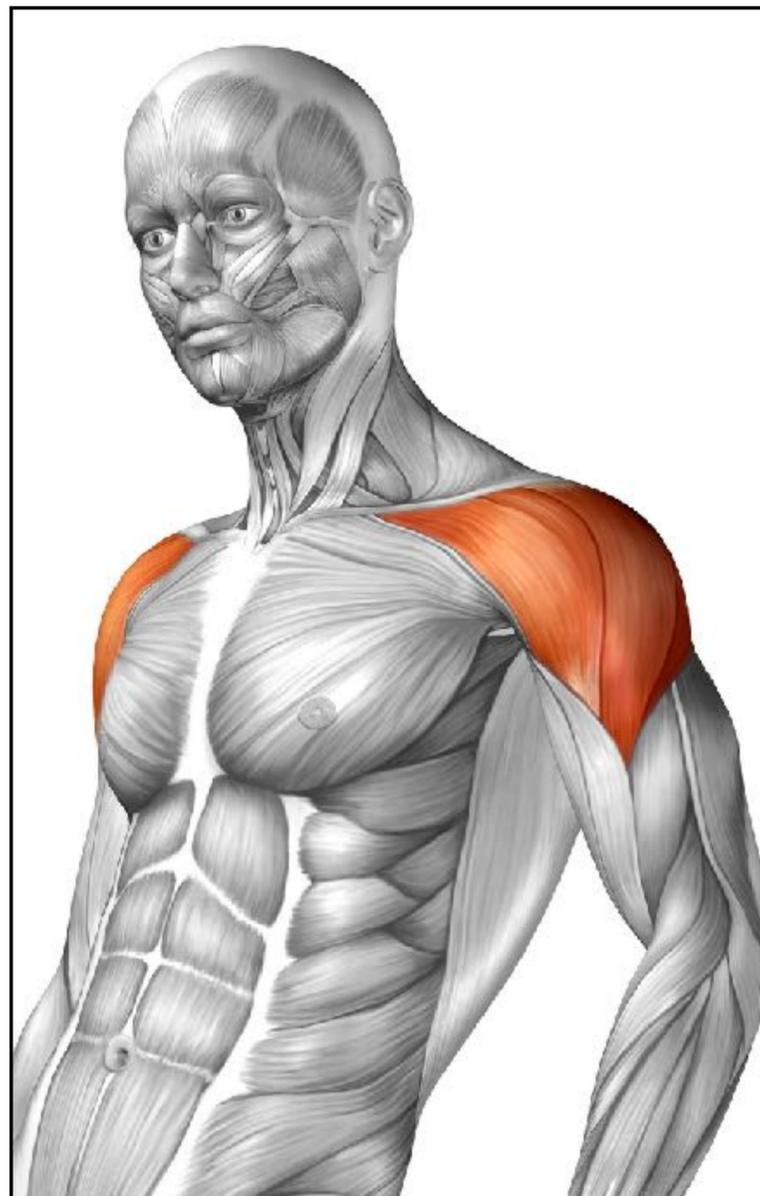
BEST COMPOUND EXERCISE OPTIONS



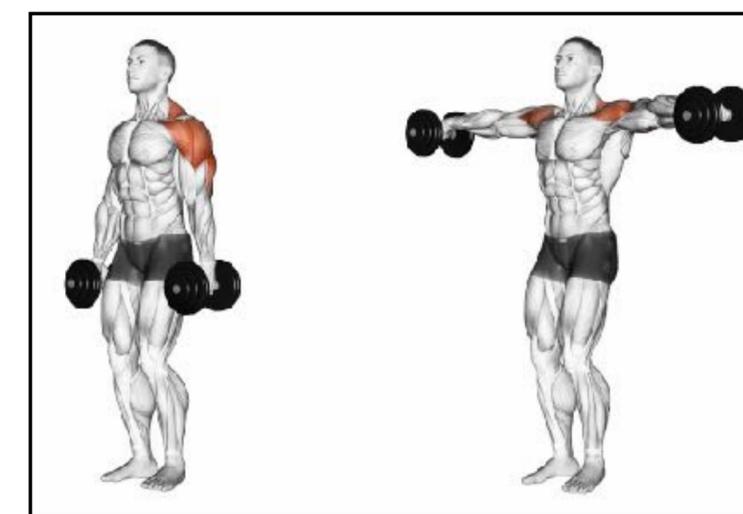
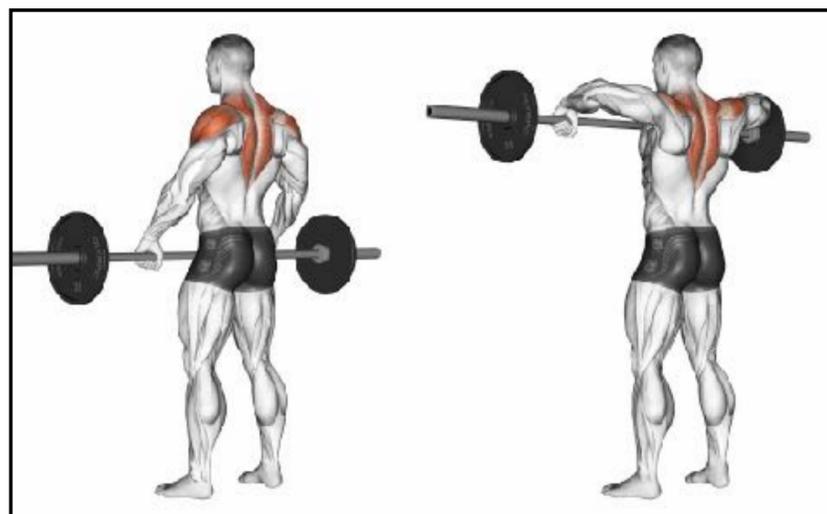
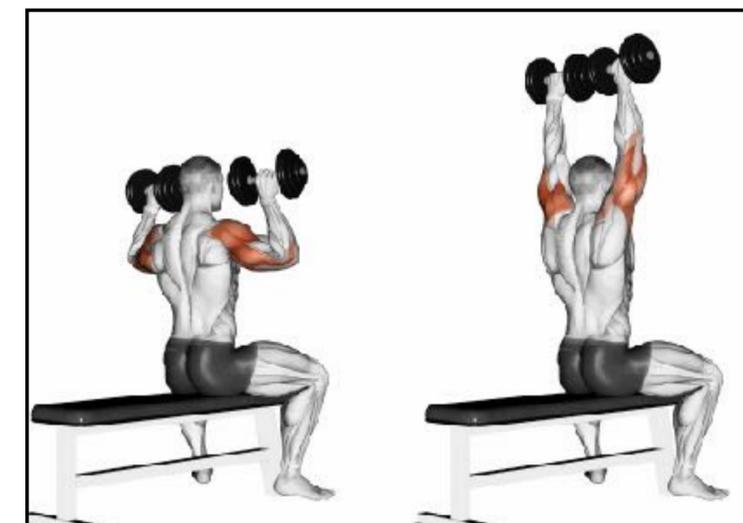
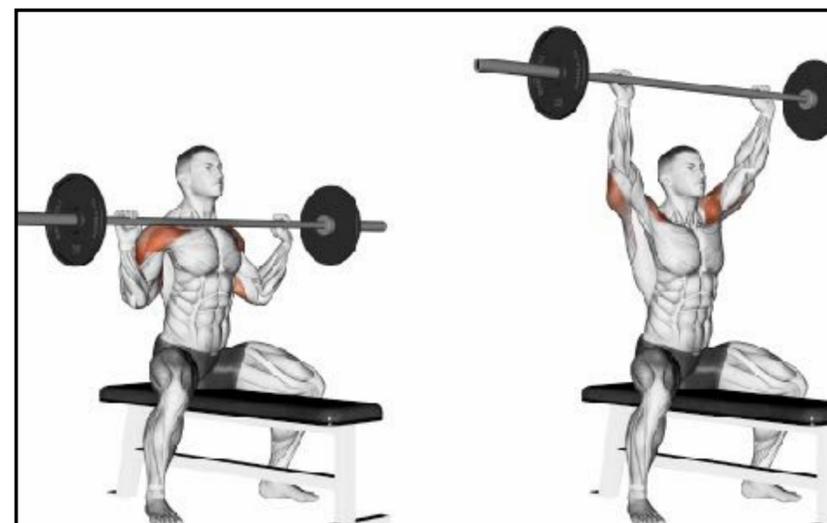
WEIGHTLESSNESS

Press Vector

MUSCLES ENGAGED



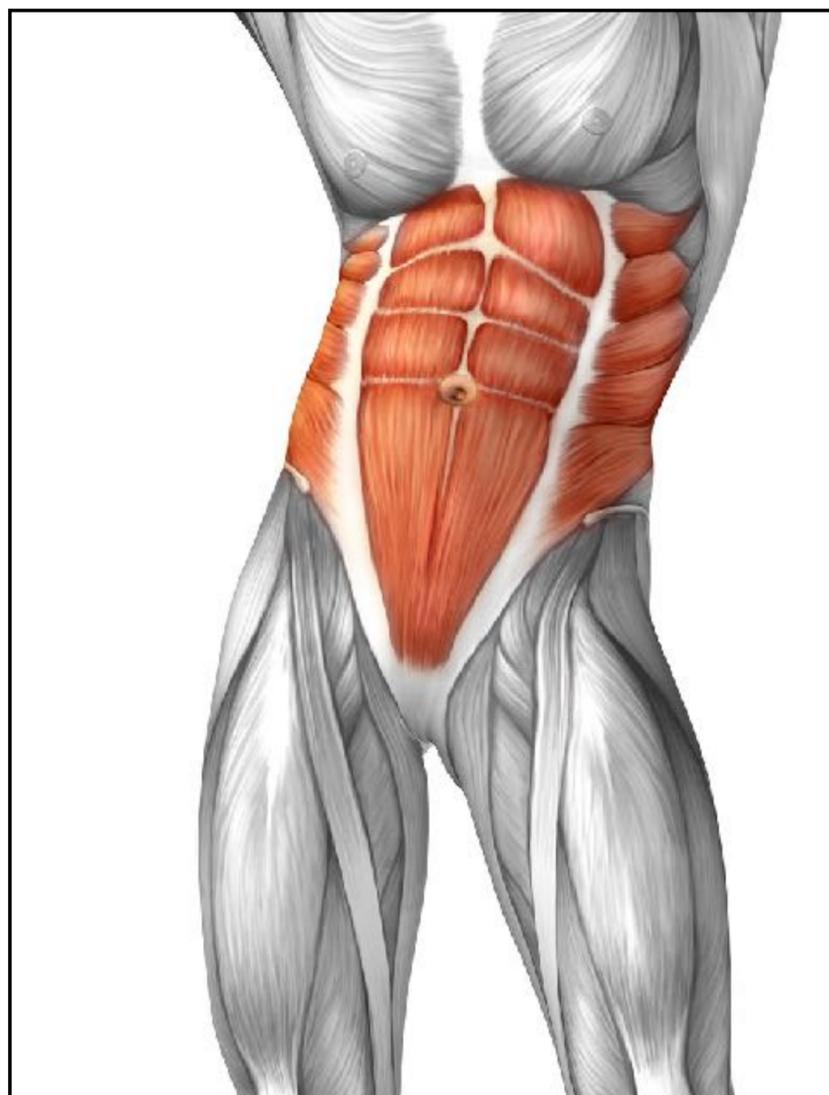
BEST COMPOUND EXERCISE OPTIONS



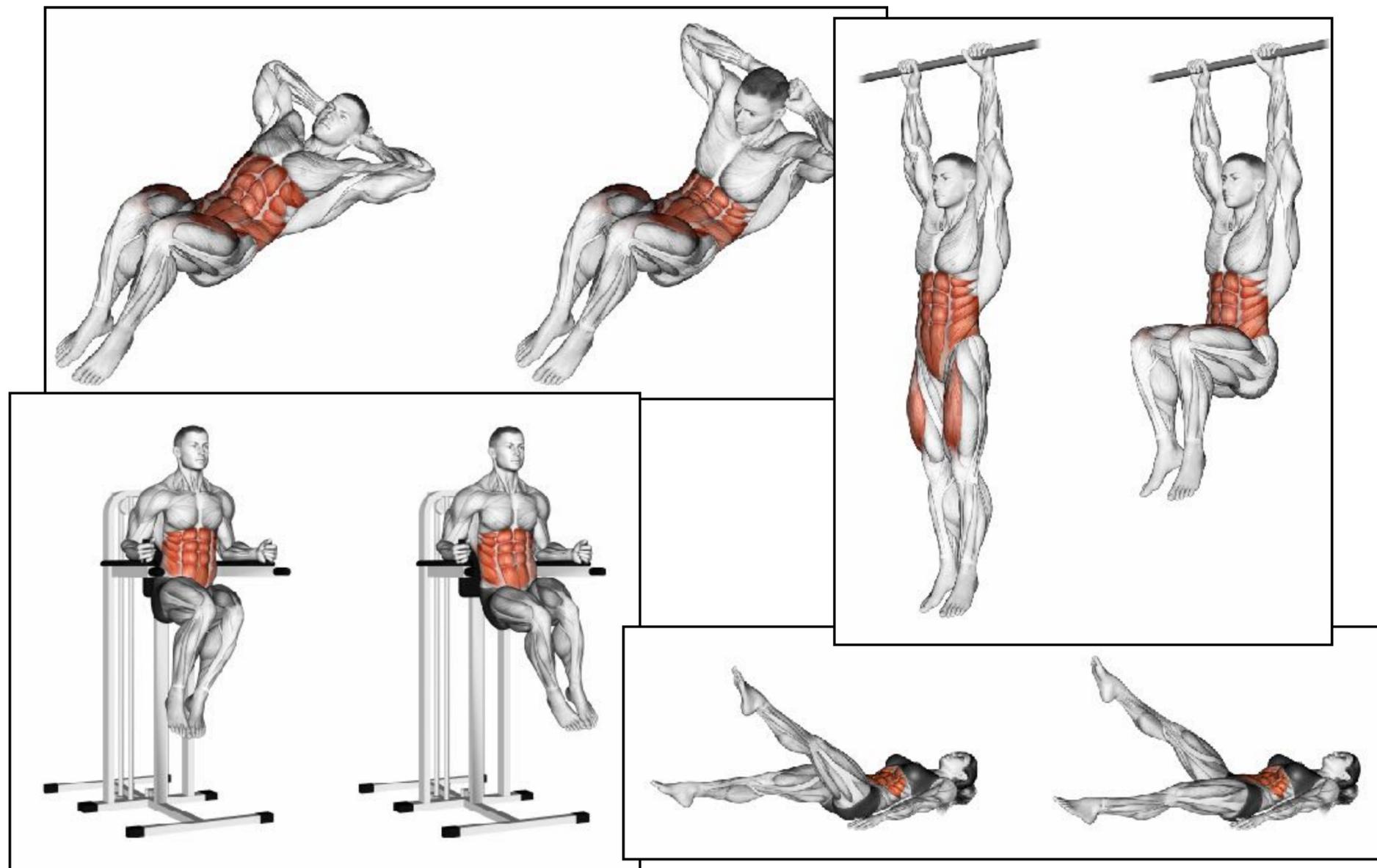
WEIGHTLESSNESS

Twist Vector

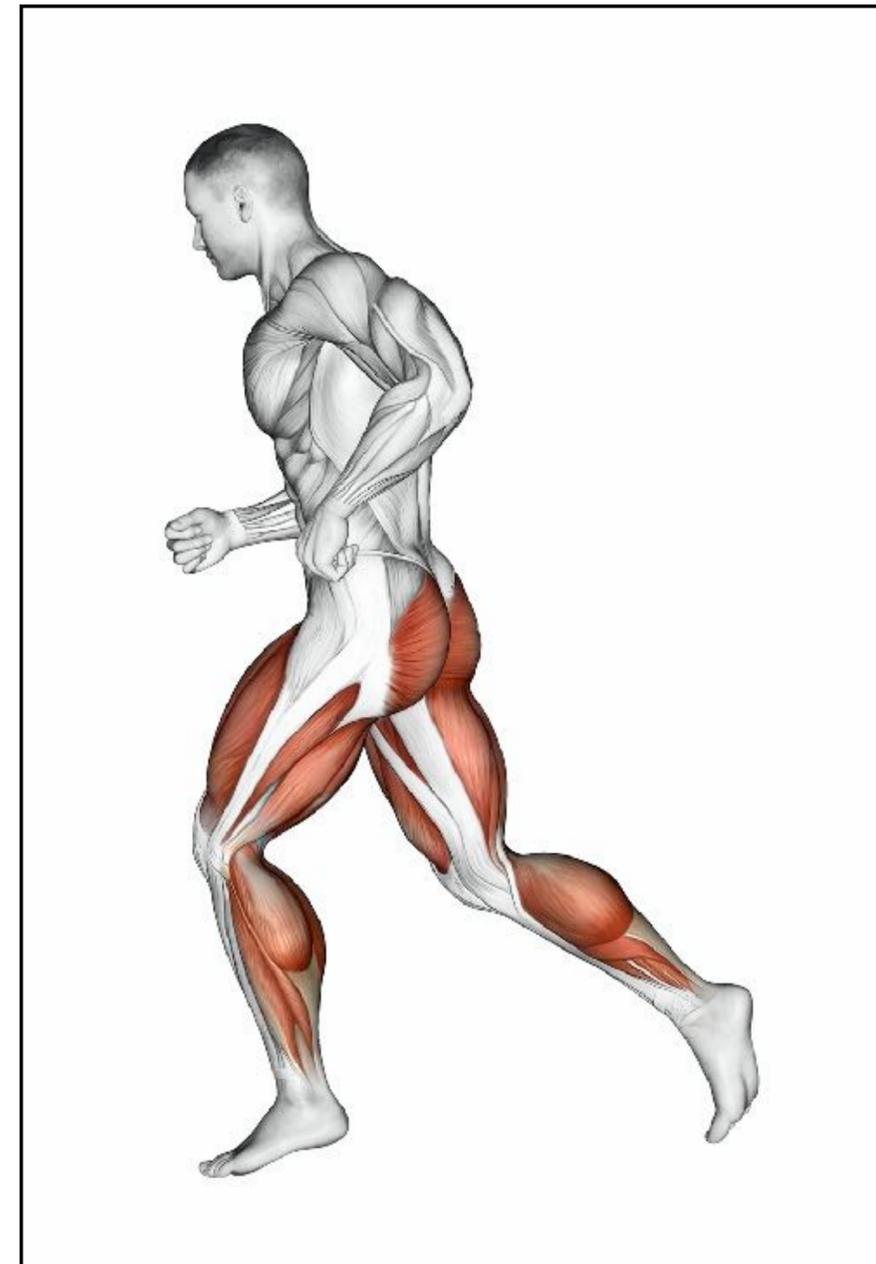
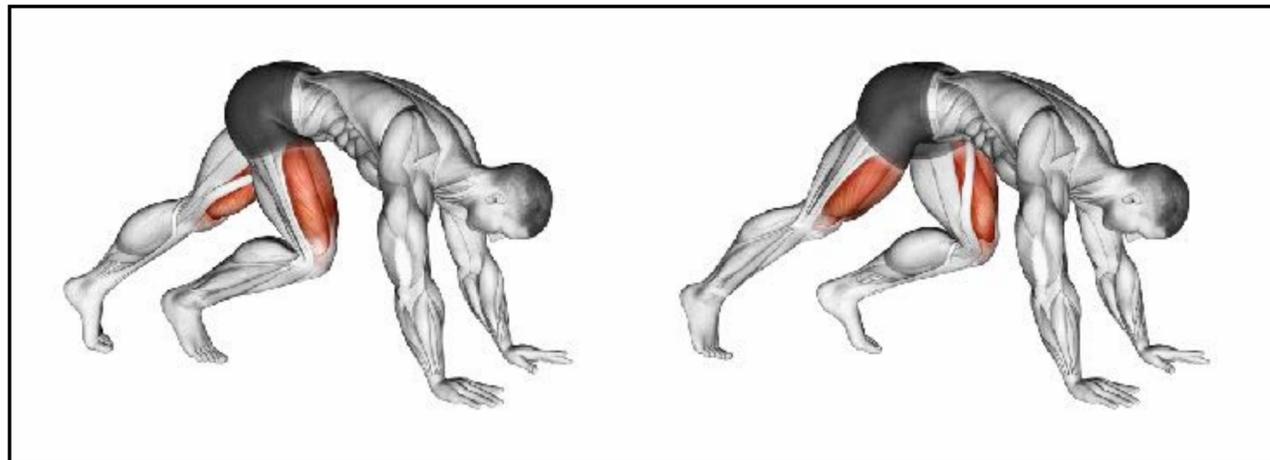
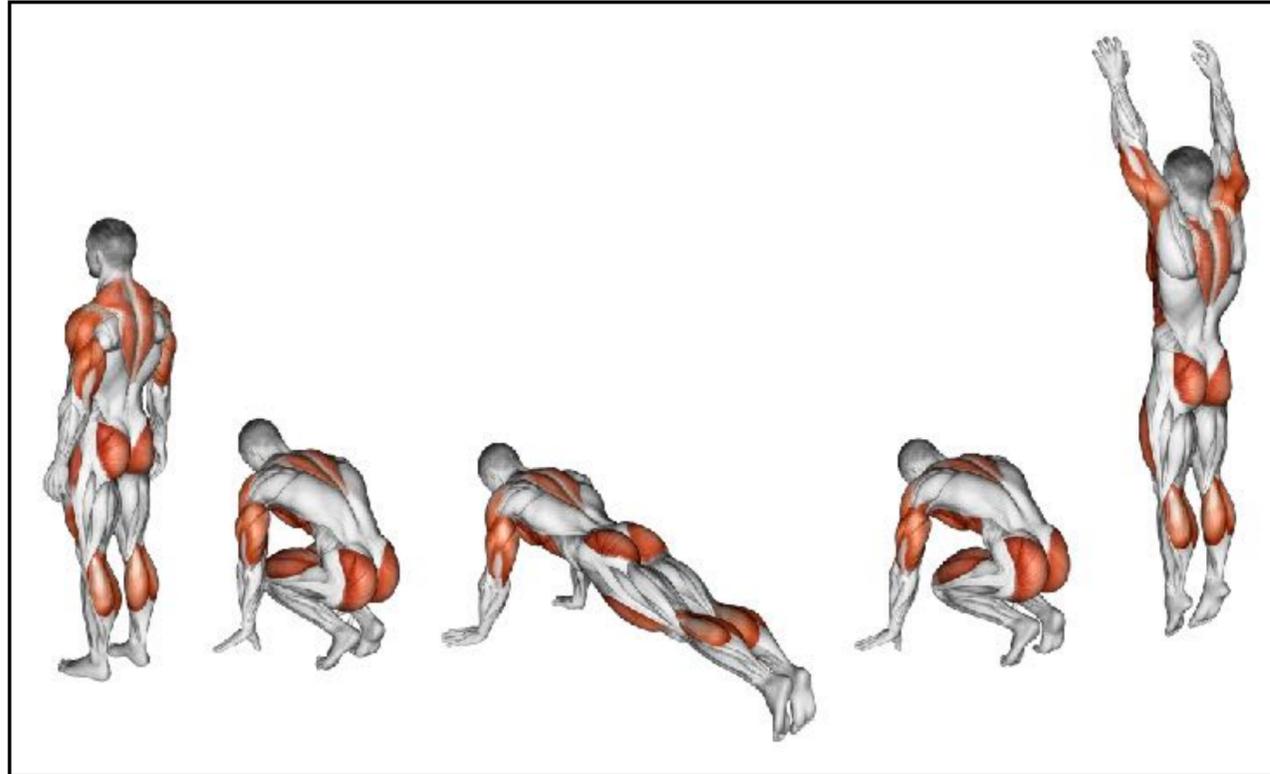
MUSCLES ENGAGED



EXERCISE OPTIONS



Stamina & HITT Exercises



WEIGHTLESSNESS

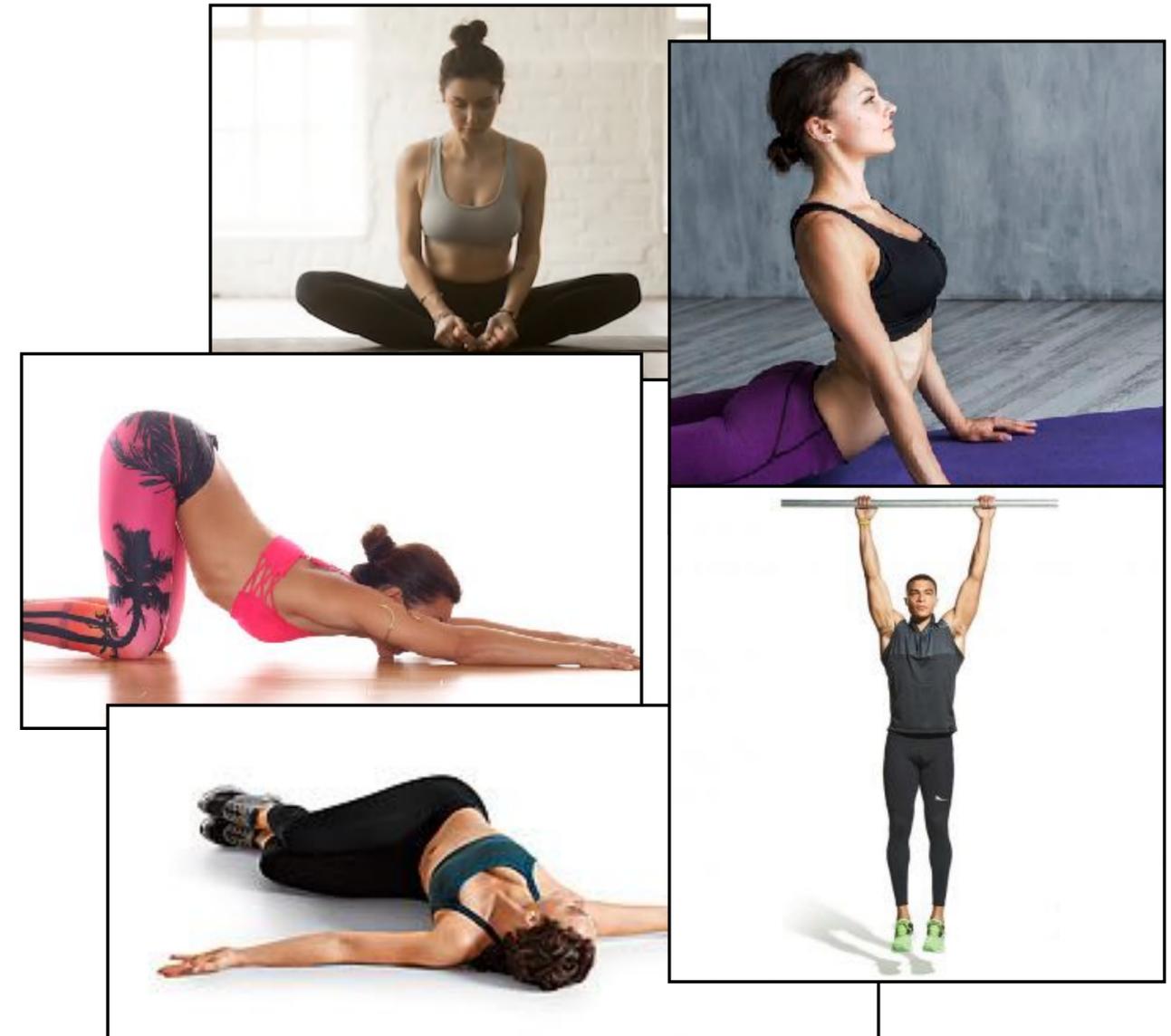
Flexibility Metrics



Key Metrics | The Big 6



KEY SUPPLEMENTS





WEIGHTLESSNESS

Workout Log

Track your efforts, and make a concerted effort to advance your personal records (PR's) every few workouts. You do not need to attempt PR's every session, though you should track your heaviest efforts, which, for levels 2 and higher in strength, that is generally your third set of each exercise.

You should focus on tracking strength in 1 primary lift per vector for at least 4 weeks before shifting focus to another lift (if ever).

WEEK # _____

STRENGTH

	EXERCISE OPTIONS STICK WITH 1	WORKOUT A WEIGHT X REPS		WORKOUT B WEIGHT X REPS	
Sprint Speed x 1 Min		MPH OR KPH:		MPH OR KPH:	
Squat	DEADLIFT / SQUAT / LUNGE	WEIGHT:	REPS:	WEIGHT:	REPS:
Push	BENCH / DIP / PUSHUP	WEIGHT:	REPS:	WEIGHT:	REPS:
Pull	PULL-UP / ROW / SHRUG	WEIGHT:	REPS:	WEIGHT:	REPS:
Press	SHOULDER PRESS / HANDSTAND PUSH	WEIGHT:	REPS:	WEIGHT:	REPS:

FLEXIBILITY

		WORKOUT A	WORKOUT B
Forward Bend		% TO TARGET:	% TO TARGET:
Deep Squat		% TO TARGET:	% TO TARGET:
Front Split		% TO TARGET:	% TO TARGET:
Center Split		% TO TARGET:	% TO TARGET:
Back Bend Advanced	LEVEL 3 AND LIGHTNESS ONLY	% TO TARGET:	% TO TARGET:

MEDITATION

		WORKOUT A	WORKOUT B
Reverse Count	NUMBER OF SUCCESSFUL ATTEMPTS AT CURRENT COUNT:	COUNT #	COUNT #
10 Slow Breaths	IN X MINUTES	TOTAL TIME:	TOTAL TIME:



THE WEIGHTLESSNESS PROCESS

TRANSFORMATION | INTEGRATION | PEAK PERFORMANCE

A 12 WEEK REMOTE TRAINING PROGRAM

~~What You'll Learn~~

How You'll Grow

- You'll unburden your mind of fears, judgments, and self-doubt
- You'll unburden your body of excess weight, stiffness and heaviness
- You'll build a lean, athletic body
- You'll discover things about yourself you've never known
- You'll improve your awareness of the world around you
- You'll develop tools to manage stress and uncertainty in life
- You'll discover how your mind and body are an integrated whole
- You'll see yourself, your relationships, and the world in a new way

THIS ISN'T FITNESS TRAINING,
IT'S TRAINING FOR LIFE.





WEIGHTLESSNESS

Weightlessness Pillars

NUTRITION



HEALTH &
AESTHETIC
PHYSIQUE

STRENGTH



POWER

FLEXIBILITY



ADAPTABILITY

MEDITATION



PRESENCE

Weightlessness Benefits

Weightlessness Peak Performance

Curriculum and Call Schedule

MIND-BODY FOUNDATIONS
BODY TRANSFORMATION

GETTING BEYOND DIETS AND WORKOUTS...
HUMAN NUTRITION & STRESS-ADAPTATION

PEAK PERFORMANCE
INTEGRATING BODY AND MIND

STRUCTURE OF BODY & MIND, NON-
ATTACHMENT, AND THE ENERGY STORY

MASTERY
INTRO TO LIGHTNESS

ENERGY, QIGONG, HEALING, COLD
EXPOSURE & INFINITE POTENTIAL

WEEK 1/2

W NUTRITION...
ENERGY
TURNOVER &
FASTING



WEEK 3/4

STRUCTURE, TORQUE &
STRESS ADAPTATION

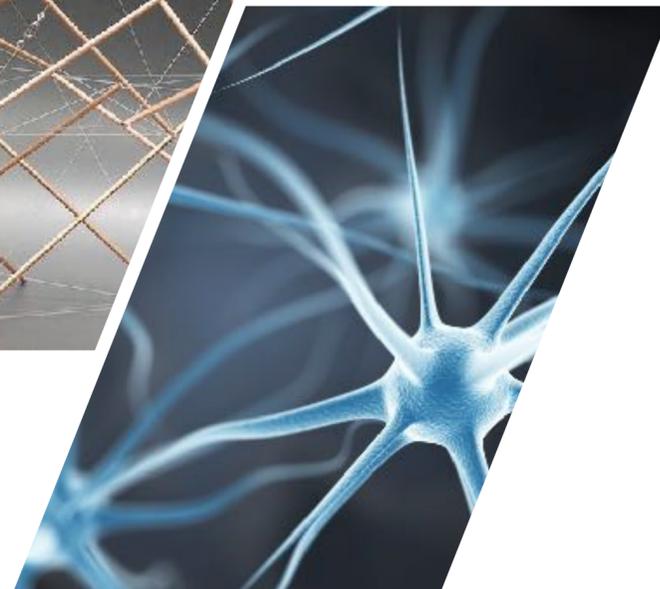
WEEK 5/6

TENSEGRITY &
ENERGY
ACCUMULATION
(BIOCHEMICAL)



WEEK 7/8

W MEDITATION, EGO
& NEURAL PLASTICITY



WEEK 9/10

QIGONG & ENERGY
ACCUMULATION
(BIOELECTRIC)



WEEK 11/12

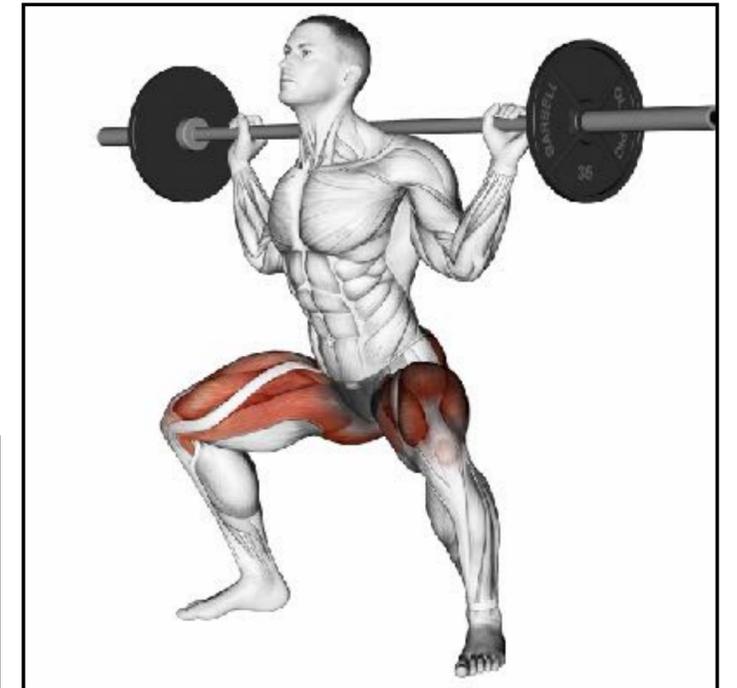
INTRO TO LIGHTNESS
PATH TO MASTERY





What You'll Get

- 12 Week Personalized Weightlessness Program
- A Minimalistic Paradigm for Personal Peak Performance
- 7 Remote Group Calls on Mind-Body Development
- One Personal Consultation/Assessment with Tom Fazio
- 2 Custom Program Revisions
- Designated Chat Forum for Theory Discussion and Support
- Weightlessness Original Content: Encompasses the Technical and Philosophical Foundations of Mind-Body Peak Performance, released prior to each call
- An Introduction to Lightness & Self Mastery Principles: Qigong & More



Program Materials



WEIGHTLESSNESS

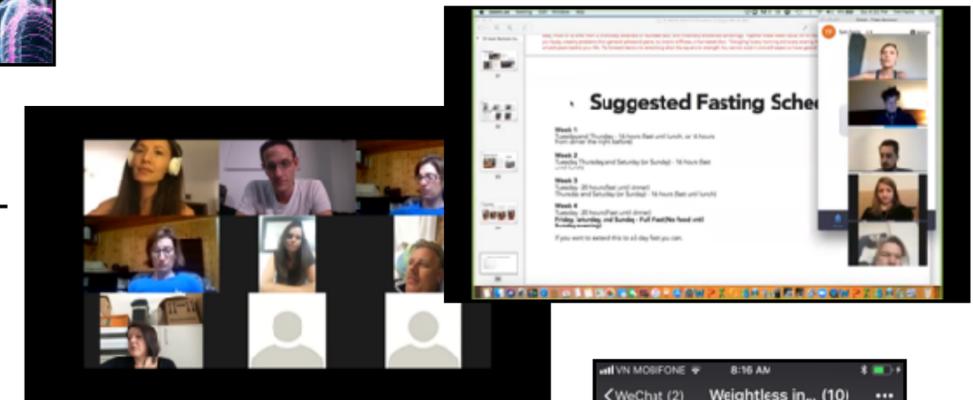
Over 6 hours of Original Weightlessness Video Content



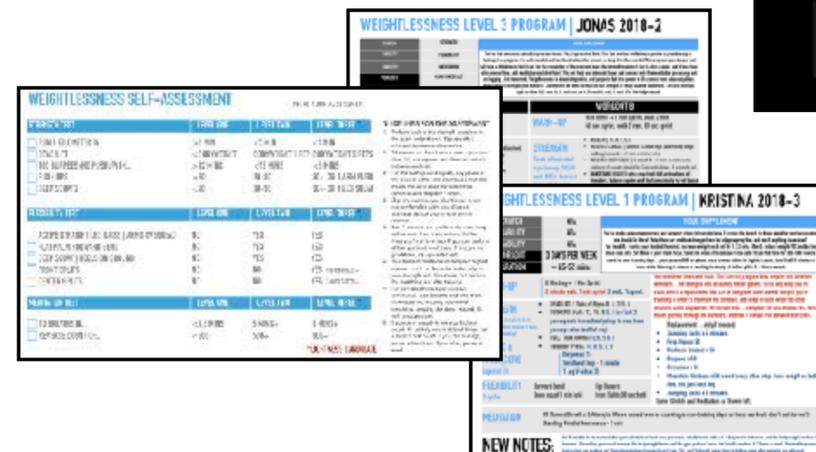
6 PDF's Outlining the Science of Weightlessness - Mind and Body Development & Integration (Course book divided into bimonthly segments)



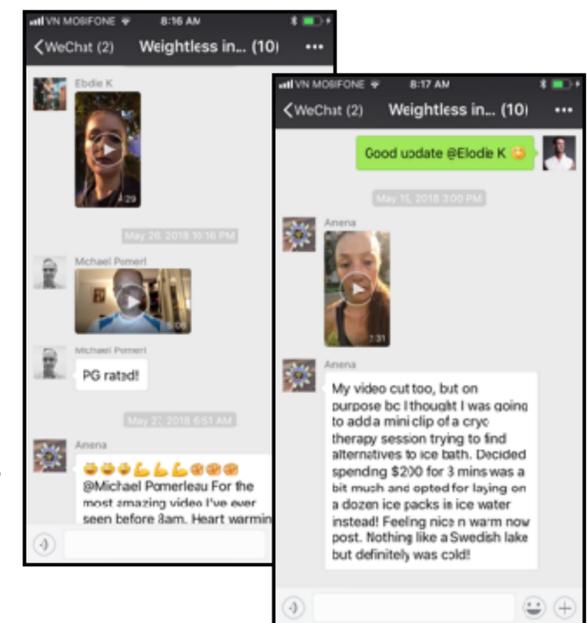
7 Remote Group Calls on Mind-Body Theory and Life Applications of Weightlessness Principles



Up to 3 Assessments and Customized Weightlessness Programs



Designated Chat Forum for Ongoing Q&A, Content Updates and Community Support.



WEIGHTLESSNESS

Tom Fazio

Founder of Weightlessness Training

Tom Fazio is a peak performance coach, a martial artist of 30 years, an author, and founder of the mind-body integration system Weightlessness.

For years Tom has been one of the most sought after personal trainers and body transformation specialists in Shanghai, China. His no-nonsense, unorthodox approach to mind-body training has made him an effective catalyst to extreme transformation among those who have found no success with conventional methods.

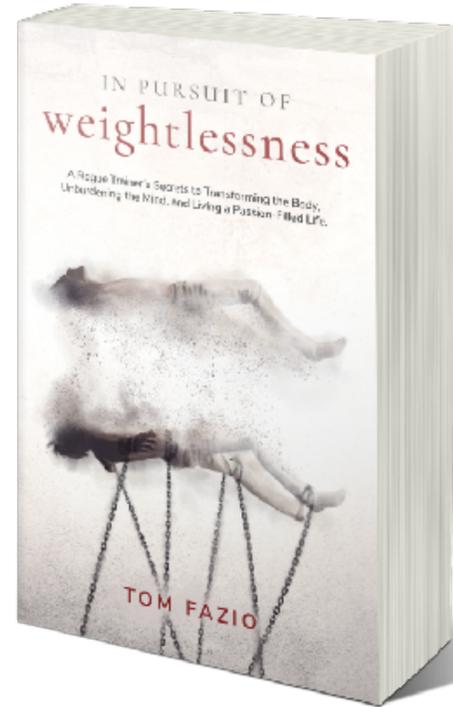
After publishing "Weightlessness" in 2014, Tom committed fully to the development and propagation of his mind-body system Weightlessness by way of committed peak performance programs comprised of tribes of high performing individuals - entrepreneurs, executives, athletes, and fitness experts.

Join the Tribe at: www.weightlessness.co



By Tom Fazio

THE WEIGHTLESS TRILOGY: (Available on Amazon.com)

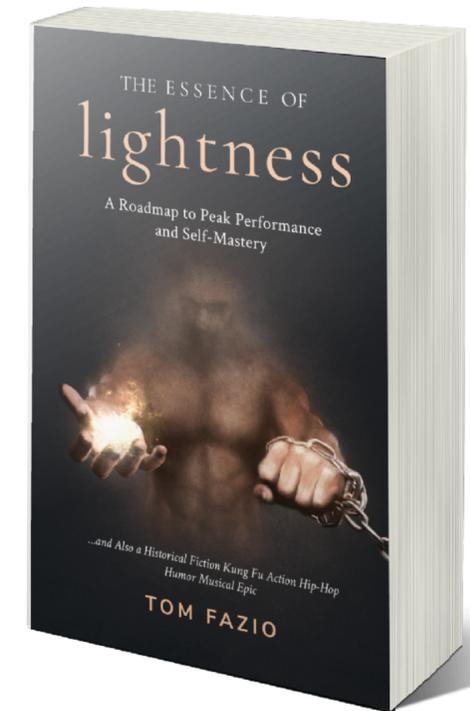


In Pursuit of Weightlessness (Weightless Trilogy #1)

... is a journey through the trenches of mind-body fitness. It explores principles of peace, power, and enlightenment under the iron fists of Shaolin monks, high on hallucinogenic mushrooms, amid unexpected homelessness, and through random dice-dictated experiments. In it, you'll learn exactly what's required to transform the body, unburden the mind, and become weightless.

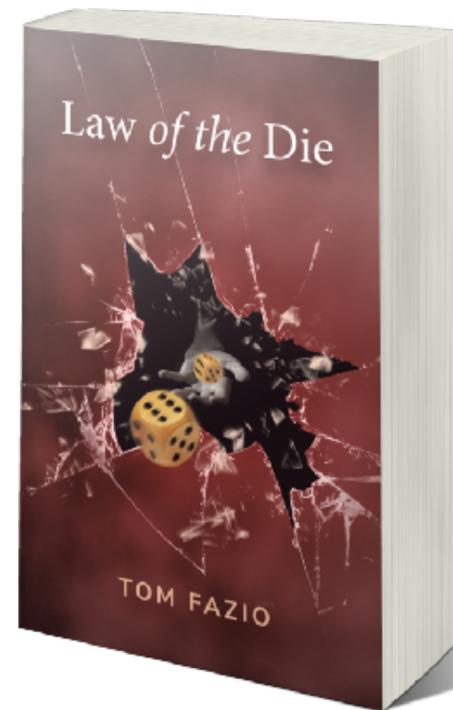
The Essence of Lightness (Weightless Trilogy #2)

... unveils the comprehensive philosophy and methodology of Weightlessness. It looks deeply at our mind-body hardware and proposes concrete, actionable life practices that empower us to navigate uncertainty with power and grace. It also contains the origin story of Grandmaster Flash, and his discovery of the Art of Lightness.



Law of the Die (Weightless Trilogy #3)

Can good luck be designed? Two unlikely heroes with little in common are bound to one another across time by the most unlikely of fortunes. Should challenges exceed their abilities, they'll embrace the power of randomness and roll the dice, and in so doing provide insights that allow you and me to navigate uncertainty in our own lives.



FOR THE CHILDREN (Available on Amazon.com)

Here Now Breathe is a story about the challenges we all face, big or small, and a reminder that the secret to being strong and weightless in life is already within us.

