

[Blog post](#)

Get your MOJO back and Improve Your Health and Fitness with this Safe Exercise Program.

At 58 years of age, I was one of the younger Grandpa's. This should have given me an edge. Or at least an age advantage. I was sure I'd be the one with more energy. Except I wasn't. In fact, all the other grandparents were older than me, yet I was the first to collapse into the sun-lounger exhausted.

Boy, was I embarrassed.

That was last summer. When I was invited to the back-yard BBQ family get-together, to spend time with the grandchildren, nieces and nephews, whilst they played in the summer sun. The first time we were all together as one big family.

But I felt like a Grandpa who was 78 or even 88 years old. Yet I was still 58 years young!

What had happened to me? Of course I knew the answer. I had let myself go. I was totally out of shape. The pressure of work, family and life. That was my excuse anyway, and sticking to it.

It was annoying to think back, because years ago I did regular safe exercise with a few buddy's, at our local basketball court, which helped me stay trim.

Fast forward a decade or two and I'm outrun by my 3 year old niece. Worse still, my counterpart from the other side of the family, Grandpa Joe, isn't even out of breath!

How did I get here?

Basketball was a good sport for me because I'd loved it growing up. It was a genuine passion of mine and I still watched plenty on TV. The thrill of shooting hoops, dribbling, the crossover and between-the-legs moves.

And I'm not alone. There's a good chance YOU'VE experienced this, because;

- More Americans play basketball than any other team sport.
- And Over 26 million Americans play basketball regularly

(According to the National Sporting Goods Association)

And whilst I did miss playing basketball, I remember there was something else ...

... something else had dampened my enthusiasm over the years, something I had tried to forget about. The sprains and sore muscles. The small injuries. Nothing major. Just those continuous small niggles that wear you down and take all the fun away.

S-T-R-E-T-C-H-I-N-G your muscles helps you exercise, safe from injury, right?

For years I'd assumed stretching would be a part of safe exercise. It seemed natural to copy the Pro's and put in a stretch routine, hopefully preventing my constant set-backs. But it didn't seem to make much difference. Eventually I exercised less and less. And then stopped.

Of course this data wasn't available back then;

- 2023's Sports Medicine Australia's Interview with Dr Ross Cairns of Sport Health said of one study ***"Stretching does not prevent the most common injuries"*** and in another study ***"stretching did not reduce injuries significantly at all (all types of stretching were looked at)"***.

Back in the family garden, collapsed in a chair, I was exhausted. I'd only managed one full lap (all 30 yards of it) with Lilly, my youngest Niece, and her imaginary pet Unicorn 😊.

I had to make a change.

I wanted to participate with the grandkids. Not be a spectator.

Embarrassed and ashamed, I swallowed my pride and asked Grandpa Joe how he had so much energy?

What he shared with me, changed my life!

A gift from Grandpa Joe – a workout with a difference



What Grandpa Joe shared with me, was a fitness program focused on ... can you guess? ... yes, you're right. My favourite sport – Basketball. The odds!?

Only, this was a basketball exercise program with a difference. It was a HYBRID program. A combination of Basketball and Yoga. A safe exercise program. The creators had scientifically designed it to be more than the sum of its parts. Each discipline had its own incredible benefit, but was so much more when put together in a special safe way.

'But isn't yoga just another form of stretching' I initially wondered?

Nope. I learned it was much more.

Because yoga poses develop your core strength AND full muscle movement maintains your body's flexibility. When you add it to a cardio workout, the HYBRID system helps prevent injury. Which was just what I needed, a safe exercise program.

- Research by Naveen G Halappa, published in The Journal of Bodywork and Movement Therapies in April 2023, shows overwhelming research evidence concluding;
"Yoga should be integrated within exercise and sports sciences mainly to prevent & manage musculoskeletal injuries".

That was just over a year ago. So what can I report today?

My reactions feel faster. I feel more alert. More coordinated. And as it's a safe exercise program, I no longer worry about hurting myself.

An evaluation of a yoga-based exercise program among 700 community-dwelling people aged 60 + years, reports overwhelming positive feedback, with one member saying ***"I'd been less flexible and I've certainly found the yoga has helped with that. And it's also helped build up my posture and strength, core strength"*** and ***"I can say that my balance definitely improved"*** (Female, 63).

Which is just what Grandpa Joe had said.



But it's worth remembering that anybody can do this program. Young or old, un-fit or cross-fit. And you don't need to be a basketball fan either. There's something very therapeutic about controlling a bouncing basketball!

A fitter life is a richer life

Anyway, I'm afraid I've got to leave you now. You see, I have somewhere important to go. Can you guess where? Yup, you guessed right for a second time.

To see the grandkids again.

And if last weekend was anything to go by, it will be a blast.

Because you see, when there's a chorus of little voices singing "Grandpa, Grandpa, come play", I'm very happy to report that that "Grandpa" they're singing to, is me!

Click [here](#) for your **Free Guide** to Hybrid Fitness and safe exercise – the Basketball-Yoga-Blast, to see how your life can change whilst also having a BLAST!

Online Ad

Basketball Cardio & Yoga Flex | Supercharged Body & Mind | HYBRID Body and Mind Fitness

www.basketballyogablast.com/YourFreeHybridFitnessGuide.

Safely workout with basketball drill fitness + yoga flexibility, summer offer ends soon.

Basketball + Yoga = Safely Fit. Your hybrid exercise program EXTRA BONUS ENDS JULY.

Landing page & opt-in form

Supercharge Your Health and Happiness with a Unique HYBRID Exercise Program, Safe for Anyone at Any Age.

Shape your dream figure without fear of muscle strains or injury using basketball fitness drills and yoga flexibility – all in the comfort of your home.

When you're on the beach enjoying the sun, sea and scenery, in as little as 6mths from now, you'll wonder what secret is hidden in this program that is so simple and so much fun to do.

Created and developed by LeBron James and other famous NBA players, alongside the Yoga Guru Kino MacGregor, to guide you toward complete mastery of your body and your mind. Get your free report now, to discover how to feel great every day -

- A fitness routine to GET EXCITED about – exercise while watching your favourite teams play on TV - for a double hit of adrenaline!
- The HYBRID system protects you with increased CORE STRENGTH – making your life EASIER in many small ways, eg. lifting shopping from car trunk, picking up the children, as well as PREVENTING muscle strains from daily life.
- Regular Yoga practice helps calm your mind, REDUCING STRESS and manifesting more HAPPINESS in your day – for healthy relationships at work, at home and with friends.

You'll need to be as fast as LeBron down the court, or as passionate about life as Kino, to get the chance to register for a limited edition of 100 LeBron James signed Basketballs or 100 Kino MacGregor signed Yoga Mats – but hurry, there's only 100.

**GET FREE REPORT ON BASKETBALL-YOGA-BLAST +
how to get limited edition signed basketball / yoga mats – Complete Form Below**

**GET FREE REPORT
'BASKETBALL-YOGA-
BLAST' - CLICK NOW**



LeBron's Beach Yoga

LeBron James says "Yoga isn't just about the body, it's also about the mind, and it's a technique that has really helped me". (Source: Cleveland.com)

Email

From: "YogiMaster, BasketballYogaBlast Members Program"

Subject: Workout Your Body & Safely Train from Home, Like NBA Pro's

Dear Basketball-Yoga-Blast fitness enquirer,

If you're getting ready for the new basketball season and even have some live game tickets lined up, PLUS you were thinking about finally getting yourself in shape, then below is your PERFECT MOTIVATION.

You see, if watching your team on TV gets you hot under the collar, imagine actually being on the court, playing with your team. Your heart racing. Muscles burning. Pushing yourself to your limits. Impressing your favourite all-star players as well as your many crowds of fans! That would motivate you to get in shape, wouldn't it!

OK, we can't promise you the crowds of fans. Nor playing in the live game.

But we can promise you MOTIVATION. That you will feel the 'beat' of the game, as well as the 'beat' of your heart, as you exercise and drill just like the Pro's. Simply follow the program in the comfort of your own home. And for that extra kick of adrenaline, do it whilst the game's on TV!

It will almost be like you were there!

In your free report, you found out about some of the personal tips, tricks and hacks LeBron uses in his own personal training, but there's much more to learn.

Find out-

- *Why stretching before and after exercise has no proven benefit.*
- *How playing more than one sport is THREE TIMES as effective as playing only one, but only if you know in what combination.*
- *Why LeBron James swears by a regular yoga practice to safely keep himself in shape.*
- *Why the OPTIMUM DURATION of this program per session is only 30 mins.*
- *And how to apply for those autographed limited edition of 100 LeBron signed basketballs and Kino signed Yoga mats.*

Click here to find details about the equipment included in your special offer package "the Basketball-Yoga-Blast exercise program".

To get ready for the new season and get in shape, click NOW. There's only 7 days left, and only hours remaining for your secured, autographed ball and mats – they're insanely popular.

Yours enthusiastically,

YogiMaster, Members Program Advisor, BasketballYogaBlast

PS. Just in case you're a little apprehensive about the 'after effects' of a good workout, **fear not**. You won't miss a day at work or tip-toe around the house with sore muscles. This special HYBRID program has been created and developed for results without strains and sore muscles – a safe exercise program. Find out how, here.

Supercharge Your Fitness with Unique HYBRID Exercise Program - Safe for All

How to get started on the road to your dream body without fear of muscle strains or injury, using an exciting and fun training program in the comfort of your home - combining basketball fitness drills and yoga flexibility routines for fast results.

Dear future HYBRID exerciser,

What are the **3 BIGGEST Road Blocks** for anyone looking to start an exercise program to get fitter, lose weight and better health? According to Physio-pedia.com they are;

1. Motivation
2. Time
3. Injury

MOTIVATE YOURSELF

How will you **MOTIVATE** yourself with the basketball-yoga-blast fitness program? The answer is 'Team Spirit'. There are over 26 million Americans playing basketball regularly, which means you are part of something BIG. This program is designed by LeBron James and his coaches, and is designed to have you feel like you're at The Games on a winning streak!

- Get **motivated** by working out in front of the TV when your game's on.
- Watch your progress on the included FREE wearable fitness tracker and feel your **motivation** grow.
- And if you're a little lacking motivationally, your wearable even sends you personalized **motivational messages** direct to the screen!
- **Motivate** yourself as you picture your new 'self' on the beach.
- Each training video has extra motivational tips included.
- Did we mention it's also FUN !? Now that's **MOTIVATIONAL!**



["my main issue wasn't the getting starting, it was staying motivated ... I just lost interest. Not with basketball-yoga-blast though, I'm one year in and still excited – my best with other programs was only 6 weeks!" **S.Staynes**]

(Side note: Motivational training programs written by famous sports figures, regularly sell for \$100 PLUS.) Get your basketball-yoga-blast HERE

MAKE THE MOST OF EVERY MINUTE

This program has been meticulously put together to maximize your effectiveness. Do you think professional sports players waste any of their **TIME**? Of course they don't.

- Each session strictly 30 minutes in duration – **saving your time** for other important things in life.
- Staged training from beginner to advanced, means no “learning” – you just follow along in **no time at all**.
- The HYBRID mix of basketball and yoga is like highly concentrated medicine, making sessions more **EFFECTIVE** than regular exercise, reaching your goals **IN LESS TIME**.



[“..people involved with athletics are better disciplined, better focused, and healthier overall.”
Amateur Basketball Clubs of America, Head Coach]

(Side Note: Did you know some time management systems are priced in the thousands \$\$\$?) Get your basketball-yoga-blast [HERE](#)

PROTECT YOURSELF – HAVE NO FEAR

The third biggest hurdle preventing people getting started in exercise, is fear of injury or strain. Staying **INJURY-FREE** can be difficult. However, using the power of simple Yoga Asana's (the poses), Yoga Guru, Kino MacGregor, working with our scientists AND Pro basketball players have built the HYBRID system;

- Strengthen muscles and joints in harmony with your basketball drill, developing full range of movement, for **injury-free recovery**.
- Build powerful 'core strength' to prevent injury with **everyday protection**.
- Expand and enlighten your mind with Yoga mindfulness sessions and become 'aware' of your body like never before. An awareness so deep, you always stop **BEFORE INJURY** occurs.

[“At 62 years old, I'm fitter but also stronger, yet never feel like I'm pushed too far or made to 'feel my age'. I just keep getting better and better” **M.Baytes**]



(Side Note: A chiropractor or physio specialist will set you back \$200+ per hour, EVERY HOUR!
Prevention is better than Cure!)

Get your basketball-yoga-blast [HERE](#)

NO MORE EXCUSES!

So that's the top 3 hurdles preventing people starting an exercise routine, completely smashed out the park (or court!). No more excuses. Now just imagine what's possible.

✓ Imagine yourself at the beach. New body. New look. New feel.

- ✓ Imagine more confidence than you've ever had before.
- ✓ Imagine being excited about the future. Passionate about life.

PROFESSIONALLY DESIGNED

The newly formed but fast growing **FitR Inc.** brings you the basketball-yoga-blast program with all the research, testing and quality checks you'd expect, having been :

1. Designed with LeBron James and Kino MacGregor and refined by scientists.
2. Approved by NBA coaches.
3. Signed off by sports medicine experts and chiropractors.
4. Backed by official medical doctors.
5. Endorsed by many other NBA players and Yoga teachers.

THE EXCLUSIVE OFFER INCLUDES

- | | |
|--|----------------|
| • Six online videos, Pro Sports designed. Beginner through Advanced. | Value \$249.99 |
| • A wearable BBYB branded fitness tracker. | Value \$139.99 |
| • Instructions for use. | (Inclusive) |
| • Healthy Mind & Body Tips Sheet and Wall Chart | Value \$8.99 |
| • An NBA-quality basketball | Value \$35.99 |
| • A High quality Yoga mat | Value \$15.99 |
| • A high-quality handy carrying case for basketball AND yoga mat | Value \$19.99 |

The total package is valued at \$470.94 and would be an absolute bargain. TOTAL \$470.94

But you won't pay \$470.

Remember this is a special HYBRID program, put together by the Sports Pro's and complimented with the very best quality equipment. THIS IS NOT AVAILABLE ANYWHERE ELSE.

So if not \$470, what will you pay?

Well, you won't pay even **HALF OF THAT !**

Because we are offering this special HYBRID program at less than half price.

BUT THAT'S NOT ALL.

For the first 100 successful applications, we have "special stock" of personally autographed :

- 100 x Basketballs signed by LeBron James.
- 100 x Yoga Mats signed by Kino MacGregor.

Never to be re-stocked. Never repeated.

So don't delay.

All this is yours for a limited time at ONLY \$179 – CLICK HERE

That's a **63% discount off** the market valued price of \$470, which was already worth every penny.

Get ready to have some fun and achieve your dream body.

Yours Sincerely,

YogiMaster

BasketballYogaBlast Members Program Advisor

P.S. Fully supported product for your peace of mind

- Backed by experts
- REAL PEOPLE customer support team available 9 – 6 ET, Mon to Fri
- 100% money-back guarantee – no questions asked refund

Get your basketball-yoga-blast HERE for ONLY \$179

