Belly Buster: Starting from a standing position; raise both arms directly above your head; bring your arms down to hit your stomach with both fists / hands; then go down with both hands to touch your toes; bring both fist / hands back up to hit your stomach; and then raise both hands back over your head.. This will be one (1) belly buster, & then you repeat the process...

On that note, I bid my fellow New Afrikan Black Brothas / Sistas a peaceful journey & a Black Power Salute towards taking better care of ourselves.. *POWER TO THE PEOPLE!!!*

"Dare To Struggle,
Dare To Win,
Tashiri..."

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NEW AFRIKAN PHYSICAL FITNESS 101

Critical to the overall success/development of our New Afrikan Nation is our physical conditioning as individuals... Our New Afrikan Nation is only as strong as each individual link that formulates the essentials of our ~~day to day struggle/existence~~, as a well established nation of people...Henceforth, just as it is imperative that we must exercise our minds everyday by doing some form of reading that is geared towards stimulating a revolutionary conscious of the world events which directly or indirectly, affect the oppressed masses of humanity, it is also very imperative that we maintain a consistent exercise regimen that will facilitate & promote the proper balance of being in good health, positive spirits, & good physical conditioning that will enable us as a people to stand firm in defending our people/New Afrikan Nation from the unyielding attacks of U.$. aggression (imperialism)...

We must take our physical conditioning seriously, because whether we are in good physical shape or not, can ostensibly be the determining factor as to whether the enemy (state repression) prevails, or whether our New Afrikan Nation perishes... Too many of our fellow New Afrikan black brothas/sistas have suffered untimely deaths on account of bad health/medical illnesses, which have resulted from them not properly taking care of themselves, & by virtue of this truth, our fellow New Afrikan black brothas/sistas have not been struggling with the proper balance of both political education & physical conditioning...

The U.$. government has adamantly done away with the majority of the physical education programs in the inner city ghettos (public schools)...So the onus is on us to take the initiative & start taking better care of ourselves, so with that I hereby offer the people, (2) two primary exercise routine(s) that if done on a regular/consistent basis, it will lead to the central goal of taking better care of ourselves... meaning, at a minimum these exercise routine(s) should be done at least 3x's a week...

** <u>NOTE:</u> Before engaging in any of these exercise routines, be sure to stretch & warm up your muscles for about a good 15 to 20 minutes in order to prevent injury... Also, to really challenge yourself, jog in place for a good 15 seconds between each exercise... Doing these exercises as a collective (group) is also recommended, as it will enhance/uplift the communal spirit of our fellow brothas/sistas by developing the practice of struggling/working together...**

<u>*Basic Exercise Routine:</u>

100	Jumping Jacks
25	10 Count Burpies
50	Cherry Pickers
25	8 Count Burpies
50	Knees to Chest
25	6 Count Burpies
50	Squats
25	4 Count Burpies
50	Sit-ups
25	Jasiri Burpies
50	Leg Lunges
50	Push-ups

Chest Bursters / Chain Breakers: Start from a standing position with both of your feet directly in front of your chest area, with your elbows raised up & pointing outwards; you then motion both arms outwards & then back inwards while keeping the same position that you started with; and you motion back / forth as if you're breaking an invisible chain, using a 1, 2, 3, = 1 count; & repeat this process..

Windmills: Starting from a standing position, with both arms raised to your sides; start with your right arm / hand & reach down to touch your left foot, while keeping your left arm / hand out to your left side; bring your right arm / hand back up to be raised back out to your right side; switch arms so that your left arm / hand is now reaching for & touching your right foot; bring back up & repeat the process...

Shoulder Shrugs: From a standing position, you should have both of your arms down to your sides, & then slowly rotate your shoulders either forward, or backwards, your preference...

Mountain Climbers: Kneel down to the ground / floor with both hands on the floor; slightly move both hands forward while keeping them on the ground; raise your lower torso up as if you're about to get into track runners position; bring one leg forward; and then rotate both legs back / forth as if running while maintaining the same position.. You may use a single count, which will be 1, 2, 3, 4, etc. Everytime you rotate your legs back / forth; or you may use a (3) count which will be, everytime that you rotate your legs back / forth 1, 2, 3, that will equal (1) one mountain climber..

Knees To Chest: Starting from a standing position; then lift your left leg up as if trying to hit your knee in your chest; bring left leg down; and do the same with your right leg & repeat the process..

Squats: Starting from a standing position with your legs slightly spread apart; then lower yourself (body) down to the ground or as close as possible; and then raise yourself back up & repeat the process…

Sit-Ups: You lay down on the ground, & bring your legs in to about half-way from where your feet were when your legs were completely laid out straight; you then raise your upper torso (with your hands locked behind your head) towards your knees; and then lower your upper torso back towards the ground, but not completely to the ground.. You then repeat the process..

Leg Lunges: Starting from a standing position, you then step one leg forward (right / left) while simultaneously lowering your knee of your other leg to the ground; push yourself back up to a standing position by using your out-stretched leg in which you will simultaneously bring back in, switch legs; & repeat the process..

Rocking Chair: Start from a standing position with both arms stretched out in front of you; you then go down as if you is going to touch your toes while simultaneously going down into a squat position while simultaneously keep your arms in front of you the whole time; raise your arms up / down; and then rock yourself back up to a standing position, & repeat the process..

A More Advanced Exercise Routine

200	Jumping Jacks
50	22 Count Burpies
100	Rocking Chairs
50	18 Count Burpies
100	Chest Bursters/Chain Breakers
50	14 Count Burpies
100	Windmills
50	10 Count Burpies
100	Shoulder Shrugs
50	8 Count Burpies
100	Mountain Climbers
50	6 Count Burpies
100	Belly Busters
50	4 Count Burpies
200	Push-ups
50	Jasiri Burpies
200	Sit-ups

For those individuals who may not be all too familiar with the particular type of exercises that are listed within this new Afrikan Physical Fitness 101 pamphlet, here is an entailed description of how to do each exercise correctly.

What is a Burpie?

The Burpie exercise can be essentially done in a multiple variation of ways/forms, but the majority of them is basically executed with you starting in a standing position; Then you go down to a push-up position; Do a push-up; & then get back up to a standing position…This is what we New Afrikan prisoners call a regular burpie i.e. "6 Count Burpie…" I'll list the other variants of burpies;

22 Count Burpie: This exercise consists of a total of (5) five push-ups + five kick ins.. You start from a standing position; then go down to a push-up position; do a push-up; remain in a push-up position & then kick your legs / knees in towards your chest; then kick your legs / knees back out so that you're back in a push-up position; you do another push-up & then kick your legs in / out again.. You repeat this process 5x's & on the 5th leg kick in, you jump back up to a standing position.. This will be the equivalent of (1) one 22 Count Burpie.. This burpie is called a 22 Count Burpie because from start to finish of each single 22 Count Burpie that you do, there is a total of 22 movements that you'll be doing..

18 Count Burpie: The same process as above, but this time, you will only be doing (4) four push-ups and (4) four kick ins..

14 Count Burpie: The same process as above, but this time you will only be doing (3) three push-ups; and (3) kick ins..

10 Count Burpie: The same process as above, but this time, you will only be doing (2) two push-ups; and (2) two kick ins..

8 Count Burpie: Starting from a standing position; you go down to a push-up position; you do (2) push-ups; & get back up to a standing position..

6 Count Burpie: The same as (8) eight count burpie, but instead of doing (2) push-ups, you only do (1) one push-up..

4 Count Burpie: Starting from a standing position, you go down as if you're going to go to a position of doing a push-up.. But you don't go to a push-up position, as soon as your hands hit the ground / floor, you kick your legs out backwards / behind you & then kick your legs back underneath you & get up to where you're back at a standing position..

Jasiri Burpie: Starting from a push-up position; do a push-up; kick your legs / knees in towards your chest; and then you kick your legs / knees back out to where you're back in a push-up position.. And no point during this exercise ~~do you ever~~ get up!! ~~Once~~ you kick your legs / knees back out, that is the equivalent of (1) one Jasiri burpie, & you repeat this process until you reach your designated top number..

Now To The Calisthenic Exercises

Jumping Jacks: Starting from a standing position, with your hands / arms at your side, you then jump straight up in the air, while simultaneously raising your arms up while also popping your legs out; you bring your legs back in, while you also simultaneously bring your arms back down to your sides, & you repeat over & over..

Cherry Pickers: Starting from a standing position with your legs spread apart in a 45% degree angle; you then bend over with both of your hands touching your left foot; and then to the center; and then touching your right foot, and then you raise back up to a standing position & repeat the process..