

# **SUPERPOSITIVITY EXERCISE**



# **SUPERPOSITIVITY EXERCISE**

*How to Workout & Be  
Superhealthy Forevermore*

VICKRANT MAHAJAN



**Superpositivity**  
BOOKS

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***Yes Thank You Universe***



# Contents

Conscious Choice	9
Acknowledgements	11
Introduction	13
Element # 1 <i>Honour Your Breath</i>	19
Element # 2 <i>Actively Stretch</i>	29
Element # 3 <i>Power of Cardio</i>	39
Element # 4 <i>Push Some Weight</i>	47
Element # 5 <i>Yes I Am Superhealthy Forevermore</i>	59
Postlogue	65
About the Author	69





# Conscious Choice

This is a book about activating the energy of conscious choices in life. Commensurate with the theme, you will find a stylistic variation in this book:

- ~ It is a global practice to write you, us, we and they in lowercase but I in uppercase. I realise that it's an unconscious usage, an unaware assertion of one's supremacy. For, if i is uppercased then so should you, she, he, they. Why not make it simpler? By applying the same rule to all personal pronouns. So, throughout this book, i have consciously used i in the lowercase.



# Acknowledgements

For the immeasurably beautiful gift of life, i am ever-increasingly grateful to:

The Universe and its energy, that lives on infinitely in my consciousness.

My parents, Veenaa and Sham Kishore Gupta, and my sister, Niddhi Gupta, for their unlimited love and support.

The 108 billion human beings that have ever lived, the 7.5 billion that live today, the trillions of plants and the octillions of other life forms throughout the cosmos, who have all contributed to my superawesome journey on this planet. I am the oneness of them all.



# Introduction

As I shared in the book *Superhealthfulness*, "The highest state of human wellbeing — superhealthfulness — is based on the ONE Principle: Outlook, Nutrition, Exercise." We have already spoken about the outlook aspect of Superpositivity in the book *Superpositivity* and the nutrition aspect in the book *Superpositivity Nutrition*. In this book, we will talk about the exercise aspect, and how to optimise it to complete the circle of superhealthfulness.

A human being is composed of five levels of existence: consciousness, spiritual, feeling, mental and physical. Outlook broadly takes care of the first four levels. By developing

## SUPERPOSITIVITY EXERCISE

the outlook of superpositivity, we access infinite consciousness, connect deeply with our spirit, enrich our feelings and strengthen our mind. But when it comes to the physical level, there are two elements that work synergistically to ensure the body's optimal wellbeing: nutrition and exercise. Out of these, i'd say, nutrition is 70 percent and exercise is 30 percent.

If nutrition is the foundation upon which the structure of wellness is built, then exercise is the cement that fortifies that structure. If health is a 100-metre sprint, then nutrition is the first 70 metres but without the final 30 metres, the sprint would be incomplete. Imagine if a sprinter stopped at the 70-metre mark, and thought that the sprint is complete — would it?

In a way, that's what we all do. While running a 100-metre sprint, we stop at the 70-metre mark, thinking that our work is done! But is it? The balance 30 metres is important as well — and in fact, the finishing distance is what distinguishes the winners from the also-rans. The way most of us look at nutrition and

## INTRODUCTION

exercise, we just take care of our nutrition — run the first 70 metres — and think that we have completed the sprint. But exercising regularly — running the final 30 metres — is superimportant as well. If how we started off the blocks sets our momentum, then how we finish the race defines us.

Eating optimally sets the momentum for our health but exercising optimally truly defines it. Though one-handed claps are possible, a clap is best when it is performed with both hands. Similarly, while there are exceptions of people leading a healthful life only by managing their nutritional intake, health flourishes best when it is a synthesis of nutrition and exercise.

Exercise is a very broad term, and there is a multitude of ways to exercise. Though there are four main types of exercise — breathing, stretching, cardio, strength training — there are thousands of exercises that emerge from them. Without going into what exercise in particular is best among all of them, in this book, we will focus on the underlying principle of optimal exercise.

## SUPERPOSITIVITY EXERCISE

The purpose of this book is not to judge, compare or endorse any exercise over the others. Rather, the purpose of this book is to guide you to exercises that are universal, most easily practicable, most effective, least restrictive and require the least amount of technical skill, gift or resources.

You will find that all exercises recommended are unisex and can be practised by anyone from the age of 10 to 100 and beyond — ideally, before 10, a child should get their exercise from active play and outdoor sports. The exercises suggested in this book are gentle enough on the body yet give you abundant stimulus for physical wellbeing. Also, it must be emphasised that this is not a fad book on how to build big muscles or have an hourglass figure. There is nothing wrong with either approach, but if that's your goal, you'd have to customise a workout program that aligns with your goal. Or, in other words, another book would serve your fitness goals much better.



## INTRODUCTION

This book is about the collective human species, and how its fitness level can be raised so that every human being can live superhealthfully, free from all medical conditions. It is about enabling everyone to have a basic yet firm understanding of the essential types of exercise and how to integrate them to live optimally in their physical body. Wherever you live, whatever you do, you can practise the Superpositivity Exercise program, even if you have zero prior experience of exercise or if you have been sedentary all your life.

All one truly needs to embark on the road of Superpositivity Exercise is not knowledge, skill or resources but intent — the intent to become the highest and most complete version of oneself, without any excuse or limitation whatsoever.

Superpositivity Exercise is based on the belief that exercise is not meant to be a chore but a pleasure. The core purpose of exercise is not to make you dreary but to make you happy. In fact, not just health but happiness should be

## SUPERPOSITIVITY EXERCISE

the natural outcome of exercise. That's why Superpositivity Exercise — which could also be called the Happy Workout — is centred on the HAPPY Principle. The word HAPPY, in this context, is an acronym of 5 letters, and each of those letters stands for an element of exercise. Let's go over those elements one by one.

## Element # 1

### H = HONOUR YOUR BREATH

When most people think of exercise, their first thought is of an intense physical workout like running, weight training, cycling, swimming and so on. Almost everyone discounts the importance of breathing as an exercise. But it is the most fundamental of all exercises. Come to think of it, you can do without almost anything in your life — car, wallet, books, furniture, credit card, passport, clothes, Internet, friends, family — at least for *some* time, say a few hours! But there's one thing that you can never do without.

## SUPERPOSITIVITY EXERCISE

And that is your breath! I implore you to come up with anything else on this planet that is *as* indispensable. You won't be able to, because you take out breath and there is zero life on this planet. Breath is sacrosanct to life. Period. In fact, *breath is life!*

But how much attention do we consciously give to it? In fact, 99.9999 percent of human population is completely oblivious to their breath, and take it for granted. They do nurture their body and mind, but when it comes to breathing, they pay more attention to their neighbour's dog (or the neighbour) than their own breath!

They're driven by the belief that thought is the most important thing in life, the perpetrator, the originator of life. But mull over this: in deep meditation and sound sleep, complete thoughtlessness is actually a possibility. Yogis and advanced spiritual practitioners experience it regularly. And even the multitudinous masses have touched in their life a state without thought — even if once, even if

## HONOUR YOUR BREATH

it was involuntary and even if it lasted a few seconds. However, has there been anyone who has lived without a single breath in their life? There isn't because there *can't* be! You can prolong a breath but you can't miss it or go without it.

When it comes to Superpositivity Exercise, the key is to be completely conscious of one's breathing. And the more conscious one is of one's breathing, the more mastery one will acquire over one's life, and the more creatively — rather than reactively — one will respond to what happens around us.

The journey of Superpositivity Exercise has to invariably start with honouring or activating the breath. There are several ways to engage the power of conscious breath. Over millennia, countless seekers and spiritual practitioners have tried to harness the power of breath in a multitude of ways. The most dedicated of these practices has been pranayama (breath control), which is an integral part of yoga. Now, there are scores of pranayama

## SUPERPOSITIVITY EXERCISE

techniques — and they are all effective in one way or another, as are organised breathing practices elsewhere in the world.

In the context of Superpositivity Exercise, the first 5 minutes of the program have to be devoted to conscious breathing. If you already practise a breathing technique — and find it beneficial to your wellbeing — then please continue to do it by all means. And if you are open to experimentation, then you could try a very simple yet effective breathing technique that I have been practising for years. Here's how to do it.

Sit comfortably in your chair, on your bed or on the floor or you may even stand. Straighten your spine. Turn your chin slightly upwards, and close your eyes. Keep a soft, gentle smile on your lips. Take a deep breath. And go inside with your breath as lovingly as you can, as joyfully as you can. Hold your breath gently, feeling the very magic of life resonate within you. Now exhale slowly. And go with the outgoing breath as far as you can, as

## HONOUR YOUR BREATH

superpositively as you can. Hold that state of zeroness as comfortably as you can. Now take another slow, deep, happy breath. Inhale slowly. Once again hold your breath lovingly. Now, exhale slowly, watching it as it joyfully leaves your body. And hold that state of zeroness as comfortably as you can.

The goal in this exercise is to take only 3 to 4 breaths per minute over 3 minutes. And to focus only on the joy of breathing, without being distracted by anything else. After 10 breaths or so, as you inhale, silently repeat these words Yes Thank You Universe. Let these four magical words resonate within you. Keep a relaxed smile on your face. Breathe consciously and as you say these words, watch them in your inner being. It's almost as if you are reading and hearing Yes Thank You Universe. Imagine these words as bright and illuminated as the sun, gently sloping in an upward direction. Keep your singular focus on these words. If any thought or sound distracts you, just observe it gently and let it

## SUPERPOSITIVITY EXERCISE

pass naturally. Just stay centred in the energy of Yes Thank You Universe.

Feel acceptance, gratitude and appreciation for life and a connection to infinity as you say these words silently and as you watch them illuminate your inner being. Express your unconditional faith in the Universe and an unlimited love for life in its entirety. Let your spine be straight and let your breathing be smooth and rhythmic without having to strain whatsoever. Keep a smile on your face throughout, and keep focusing on Yes Thank You Universe.

Practise this state of superpositivity over 10 breaths. After around 5 minutes or 20 breaths overall (or longer if you want to), rub your palms together and press them softly on your eyes and face. Open your eyes gently. This breathing exercise is also a form of powerful meditation called Superpositivity Meditation.

Every session of Superpositivity Exercise should start with conscious breathing. It'd take around 5 minutes, but it'd powerfully



## HONOUR YOUR BREATH

set the base for the rest of the program. In order to perform effective stretching, effective cardio and effective strengthening, breath is the primary fuel. It is conscious breathing — and the consequent transport of oxygen to our cells — that truly strengthens our heart and lungs rather than a physical activity by itself. But almost every fitness program overlooks the significance of breathing as an integral part of the program. As a result, most people forget to do conscious breathing independently. That's why it is important that the first 5 minutes of the Superpositivity Exercise program be devoted to superpositive breathing. And then, over and above that, one can do it through the rest of the day. Because once one has learnt to breathe consciously, or exercise breath consciousness, one has truly learnt the fundamentals of Superpositivity Exercise.

Besides these 5 minutes of conscious, superpositive breathing, every now and then, draw your attention to your breath. Take a few deep — or superpositive — breaths every hour

## SUPERPOSITIVITY EXERCISE

or as often as you remember. You could do it even while working.

Since breath is the first act of life, a superpositive person breathes with consciousness. Slowness is its first aspect. While a normal person breathes 16 times a minute, a conscious person breathes 5 to 6 times a minute. Aware of the fact that the slower one's respiratory rate, the more optimum one's life functioning. Stress increases one's respiratory rate and relaxation lowers one's respiratory rate. The inverse is true as well. The slower you breathe, the more consciously you breathe, the more relaxed you will be, the more glowing your health will be. The key to optimal wellbeing is to be centred in breath consciousness. Once you do that, you will have an infinite energy to work with, and there is nothing that is ever going to be "impossible" for you. Just like the same flower can grow in the Amazonian jungle, and its seed in your flower pot, your life and its ideas take on myriad, self-sufficient forms too, because the

## HONOUR YOUR BREATH

life energy supporting everything on the planet is always the same — the universal breath. Just like our source, the Universe, does everything with total involvement, if we do the same — breathe the present breath with total involvement — then the infinite realm of superhealthfulness will be ours to experience. Forevermore.



## **Element # 2**

**A = ACTIVELY STRETCH**

The Universe is designed on the very principle of stretching. When it was born, it was a tiny primordial atom, smaller than a pore on our skin. Over the past 13.76 billion years, it has stretched itself over an expanse that contains an estimated 500 billion galaxies, containing 30 billion trillion stars and over 100 billion trillion planets. Every form of matter in the Universe is a tribute to the stretching process. The Universe itself, still expanding after billions of years, is the perfect archetype of stretching.

## SUPERPOSITIVITY EXERCISE

We human beings epitomise the principle of stretching by virtue of our very existence: from a tiny atom infinitely smaller than a pinpoint, we evolve into full-grown humans, five, six, seven or eight feet tall. Nature converts a tiny seed into an entire orchard. A single coin has mass sufficient enough to be converted into energy that can light up an entire city for a few hours. A moment stretches into a minute, an hour, a day, a week, a month, a year, a decade, a century, a millennium and eventually into eternity.

Stretching is the basis of creation and also the foundation of health. Just like the cosmos has manifested thanks to stretching, superhealthfulness manifests thanks to stretching.

A large proportion of physical pain in the human body is caused due to tightness of muscles, which in turn leads to poor posture, which in turn compromises the optimal functioning of the body. Also, as the human body ages, its range of motion diminishes.

## ACTIVELY STRETCH

By stretching regularly, this can be neutralised. Stretching loosens up muscles and activates joints, preparing them for the rigours of day-to-day life.

In the human body, when the mobility of joints and muscles reduces, the susceptibility to injury and illness increases. Stretching is so important to the body that many health experts justifiably classify it as a form of exercise by itself — independent of other forms of physical activity. In fact, stretching is so versatile and beneficial that it could be as readily performed as a standalone exercise as integrated into a broader exercise program.

Research tells us that people who perform any exercise without stretching have a 70 percent greater risk of injury than those who stretch properly before exercise. That's why, as part of the second element of Superpositivity Exercise, after we have performed conscious breathing, we should stretch.

You see, our muscles are like a rubber band. It is a fact that the more we use a rubber

## SUPERPOSITIVITY EXERCISE

band, the stronger and more flexible it becomes. Similarly, stretching our muscles regularly improves their flexibility and improves the range of motion of joints. However, the stretch has to be smooth and controlled, rather than jerky or abrupt. Otherwise, it can become counterproductive.

Now, like breathing, or any other type of exercise, there are many kinds of stretching. They all have their eminence and benefit. However, in the context of Superpositivity Exercise, we will focus on something called static-dynamic stretching, which is simply a combination of static and dynamic stretching. Static stretching is to simply stretch a muscle to its farthest point and then holding that position. Dynamic stretching consists of controlled yet repetitive body stretches that gently lead us to the farthest point in our range of motion.

While there are more advanced stretches that are performed by trained professionals, like PNF stretch, that is not required in the context of Superpositivity Exercise. Because, superpositivity



## ACTIVELY STRETCH

is truly about autonomy and self-actualisation, depending on another person for assistance doesn't fully align with that idea. Of course, if one is a competitive athlete, or has a current physical limitation, then that's a different story. But, like i said in the Introduction, this program is about the barest essentials of a holistic exercise regimen and consists of activities that an average human being can do. Of course, one can happily add to these recommendations as per one's level of fitness. But that's only if one is pursuing a specific goal.

Also, the more complex and nuanced the exercise program, the more the time involvement would be, and also the greater the probability of it becoming imbalanced. As i shared in *Superpositivity Nutrition*, the best nutrition is always the most balanced one, which doesn't make you biased towards any special macro — protein, carb or fat — but helps you integrate all of them. Similarly, the best stretching program is one that enables you to incorporate elements from multiple types of

## SUPERPOSITIVITY EXERCISE

stretching. Here's a stretching program that is top-to-toe integrative and would enormously benefit your muscles and joints. A safe and healthy stretching routine should start from the top and proceed all the way down to the toe, and it should gently engage all the major muscle groups.

However, while doing any stretching movement, remember not to force it. Also, it is important to do it when one is still fresh in the workout program and not tired or exhausted. Tired muscles inhibit the full range of motion, and it might be counterproductive to overstretch them. Always remember that the body receives optimal benefit from smooth, steady and controlled stretching. Here's a full-body stretching routine that is safe and gentle enough for anyone to practise:

*1) Forward and backward tilt:* This could be done sitting on a chair or standing, though latter should be preferred. Keeping the back straight, lower the chin to the chest and hold for 10

## ACTIVELY STRETCH

seconds. Then raise the chin and stretch your head gently backwards without moving the rest of your body. Once it has reached its maximal stretch, hold for 10 seconds. Do the full stretch 3 times.

2) *Side tilt:* Keeping your back straight, gently tilt your head toward your right shoulder and try to touch it with your ear as much as possible. Don't raise your shoulder. Hold the stretch for 10 seconds, and then return to the start position. Now repeat on the left side. Perform the stretch alternately on both sides 3 times.

3) *Side rotation:* Keeping your back straight, slowly turn your head in a straight line toward your right shoulder till it stretches maximally. Hold for 10 seconds. Now repeat on the left side. Perform the stretch on both sides 3 times.

4) *Shoulder roll:* Raise your shoulders and roll them in a circle in the forward direction. Do it 10 times. Now roll them in a circle in the backward direction. Do it 10 times.

## SUPERPOSITIVITY EXERCISE

5) *Open-arm chest stretch*: Stand straight, with your feet shoulder-width apart. While keeping your arms straight, move them back as far as possible until you feel the stretch in your chest. Keep your chin slightly tilted up, open your chest and breathe out as you stretch the muscles. Hold for 10 seconds and then relax. Do the stretch 6 times.

6) *Fingers up and down stretch*: Stretch your right arm out in front of you, keeping it at shoulder height. Stretch your fingers up, as if you're going to show the Stop sign to someone. With your left hand, gently pull back on the fingers of your right hand. Hold this stretch for 5 seconds. Now, holding the same position, point the fingers of the right hand down and gently pull on the back of your hand. Again, hold for 5 seconds. Now, repeat the same movement on your left arm. Perform the stretch alternately on both sides 3 times.

7) *Standing hip rotation*: Stand straight, with the feet shoulder-width apart and place your hands on your hips. Slowly move the hips forward,

## ACTIVELY STRETCH

and then rotate them clockwise 10 times. Bring the hips back to the starting position and then repeat the movement 10 times counterclockwise.

*8) Hamstring stretch:* Stand straight, with the feet shoulder-width apart. Keeping the left foot flat on the ground, extend the right leg forward. Flex the left foot, with the heel on the ground and the toes facing upward. Place your hands on your hips or thighs and lean slightly forward, keeping the right foot stretched and the back straight. Bend the left knee slightly for balance. Hold this stretch for 10 seconds. Now repeat the stretch for the left leg. Perform the stretch alternately on both sides 3 times.

*9) Knee straighteners:* Sit up straight in a chair with your feet on the floor. Lift the right leg to straighten as much as you comfortably can. Hold the stretch for 5 seconds. Now repeat the stretch for the left leg. Perform the stretch alternately on both sides 3 times.

## SUPERPOSITIVITY EXERCISE

*10) Foot roll:* Stand straight, with your feet shoulder-width apart. Keeping the left foot flat on the ground, raise the right foot off the ground and roll it in a clockwise direction 10 times. If you want, you could hold on to a chair or a wall for support as you perform this stretch. Now repeat the movement 10 times counterclockwise. Switch over to the left leg and repeat the stretch 10 times clockwise as well as counterclockwise.

This completes the stretch routine. It takes between 8 to 10 minutes, and can be done anywhere without any equipment or special skill. It'd work your whole body from top to toe and would fill your muscles and joints with the elixir of superhealthfulness.

### **Element # 3**

#### **P = POWER OF CARDIO**

According to research, the *only* form of exercise that over 80 percent people all over the world do is cardio! And almost 98 percent people who exercise do at least some form of cardio. In fact, almost each one of us does at least some form of cardio without realising every day, even if we don't actively exercise. Even the most sedentary person walks at least a few hundred steps a day — that's nothing but cardio. When an infant is born and flails its limbs, it is doing cardio!

## SUPERPOSITIVITY EXERCISE

Every time we sit or get up from a chair, it is a form of cardio as well. So, cardio as an exercise comes naturally to all of us, and is something we can naturally resonate with.

Every type of exercise has multiple health benefits, and many of them overlap. However, the greatest benefit of cardio — as the name suggests — is on the heart and lungs. Regular cardio enables the heart to achieve improved blood flow in the small vessels around it, thus preventing cardiovascular ailments. It decreases stress on the heart and surrounding arteries, potentially reducing blood pressure. It has been found that regular cardio lowers the risk of coronary heart disease by almost 25 percent. Besides, regular cardio enables one to achieve healthier cholesterol levels and better blood sugar circulation. Cardio leads to an improvement in one's respiratory rate which in turn leads to reductions in fatigue and physical stress.

Cardio has a hugely positive impact on anxiety and depression. It enlarges one's hippocampus — an area of the brain that



## POWER OF CARDIO

manages emotion — and slows down the breakdown of brain cells. Regular cardio increases blood flow to the brain, which in turn makes it much better at processing information and taking decisions. It also considerably lowers the risk of Alzheimer's and other forms of dementia.

It has been well researched that aerobic exercise helps in the prevention or management of every degenerative disease. All metabolic conditions like obesity, diabetes and hypertension can be prevented or managed with regular cardio. In combination with an optimal diet, cardio is one of the best ways to lower one's weight, which takes pressure off one's vital organs.

However, cardio has to be done consistently over a period of several months for one to receive its full benefits. According to research, it takes around 6 months on average for all the organs in the body to register full benefits of exercise, especially if one embarks on an active program after the age of 35 for the first time in their life.

## SUPERPOSITIVITY EXERCISE

Now, most people do either only cardio or only strength training — at the expense of the three other exercise types. That's why the Superpositivity Exercise program has been designed to be a full-body, fully-integrative exercise program that encompasses all four exercise types in a way that will benefit every person, independent of their current fitness level.

Within the program, my recommendation is that after stretching, you should do at least a 15-minute cardio session every day. Because this is a universal program designed for every gender and age group, i won't tell you to go all-out unmindfully and open yourself up to possible injury. I do understand that the needs and aspirations of a 20-year-young differ from those of a 90-year-young. That's why this time is for you to fill it the way you want, with the exercise that you want — at the intensity you want.

While there is always going to be very solid and convincing research that will tell you that unless you work out at a certain heart rate,

## POWER OF CARDIO

you won't get all the health benefits, yet the same research would also tell you that: some exercise is always better than zero exercise! So, my advice to you would be: during the 15 minutes (minimum) of cardio, work out at *your* maximal intensity rather than a recommended maximal intensity.

You see, bones and muscles are more vulnerable to injury than any other part of the human body, and chances are that you (like most of us) lead a largely sedentary life. It'd be pointless to push and coax your bones and muscles to do tasks that they are currently unsuited for. If you dive headlong into a vigorous intensity workout like HIIT, then you might overexert — and as a result even discontinue the program, as an overwhelming proportion of people do.

It is estimated that over 70 percent people who start working out quit within 3 months of embarking on that program, citing injury or physical discomfort as the biggest reason for doing so. That's why it is superimportant that an exercise program be

## SUPERPOSITIVITY EXERCISE

gentle and customisable enough for its continuity. And the Superpositivity Exercise program has been designed to be exactly that.

In the context of Superpositivity Exercise, the only limitation that comes between you and the exercise is: *you*. All the exercises that i have suggested in this program are customisable. If there is any other breathing technique that you prefer, go for it, so long as you perform it consciously — and do it for a minimum of 5 minutes. If there is any other stretching routine that you prefer, go for it, so long as you perform it consciously — and do it for a minimum of 10 minutes. If there is any other strength training program that you prefer (apart from the one i'd recommend in the next section), go for it, so long as you perform it consciously — and do it for a minimum of 15 minutes. As for cardio, i have already left it to you to do any form of aerobic exercise at *your* maximal intensity, so long as you perform it consciously — and do it for a minimum of 15 minutes.

## POWER OF CARDIO

It could be a walk, jog, run, zumba, skipping, step aerobics, spinning, cycling, swimming, anything. As an example, here's what i do for my cardio workout: every evening, i do a 30-minute brisk walk, measuring around 3,500 steps. Now, that's my personal goal, and is not something i'd insist that you do as well. Some people do a lot more, and some people a lot less. But 30 minutes every day is what most modern research tells us, and i have found that to be my sweet spot for cardio as well. So long as it is a minimum of 15 minutes, and so long as you are doing it in conjunction with the other three exercise types — breathing, stretching, strength training — the rest is changeable.

Also, though all four types of exercise should be ideally done together, in case you are overly pressed for time, you could this program in two splits: breathing plus stretching in the morning and cardio plus strength training later in the day.

Essentially, Superpositivity Exercise and its guiding HAPPY Principle is the canvas but

## SUPERPOSITIVITY EXERCISE

how you fill it up is entirely up to you — so long as you respect the canvas, you are great to go.

## **Element # 4**

**P = PUSH SOME WEIGHT**

When it comes to strength training, most people have the misconception that it will have adverse effects on their health or that it'd make them develop bulky, bodybuilder-like muscles or that once they stop working out, they will put on more weight.

Just like night and day come together to become a full day, cardio and strength training come together to become a full exercise program. One is incomplete without the other.

## SUPERPOSITIVITY EXERCISE

Study after study, research upon research corroborates the benefits of strength training toward overall health.

An extensive study done a few years ago by Harvard University researchers found that because strength training builds muscle mass, which in turn stimulates our metabolism, it is even more effective at reducing abdominal fat than cardiovascular training. Strength training significantly improves our Basic Metabolic Rate (BMR), or the number of calories the body burns per day to sustain bodily functions.

According to the American Heart Association, regular strength training increases muscle strength and endurance, and considerably improves heart and lung function. When our muscles are stronger (not necessarily bigger), there is less demand placed on the heart. This allows the lungs to process more oxygen with less effort, the heart to pump blood with fewer beats and the body to become healthier with much less strain. Like cardio, regular strength training also improves blood pressure



## PUSH SOME WEIGHT

and controls blood sugar levels. Strength training increases functional capacity, which is the body's ability to perform daily activities. Being physically strong decreases the stress that daily activities place on the heart. It builds stronger connective tissue and is great for balance, coordination and injury prevention.

Strength training significantly raises bone mineral density, leading to healthier bones and joints, and improves brain power across a person's lifespan — even in older adults in their eighties, suffering from cognitive decline. In fact, there have been many instances of individuals in their late nineties pursuing a very robust strength training program and benefiting enormously from it. Jack LaLanne, the pioneer of the fitness revolution in the US, used to perform a daily one-hour strength training program right up to the age of 96. He worked out with dumbbells till the very last day of his life—and his physical condition was better than many people in their twenties!

## SUPERPOSITIVITY EXERCISE

It's very important to realise that strength training doesn't mean "bodybuilding" — it means doing some sort of resistance exercise, whether in the form of bodyweight, free weight, machine weights or elastic bands. It is very important to note that strength training doesn't have to be done with big, clunky weights. The lightest of weights or resistance can contribute very effectively to strength training as well.

Also, it must be emphasised that in the context of Superpositivity Exercise, strength training is not about becoming muscular or getting a ripped, six-pack physique. If building muscles alone is your goal, then there are millions of other books, blogs, fitness programs and videos that will benefit you much more than this general, all-inclusive fitness program. While this program will help you tone your muscles and experience overall improvement in strength, it has certainly not been designed to conform to the convention of a muscular physique or an hourglass figure.

## PUSH SOME WEIGHT

The Superpositivity Exercise program, along with the Superpositivity Outlook and Superpositivity Nutrition programs, is part of the Superhealthfulness State — and its core objective is to help the collective human species accomplish the highest state of wellbeing in the most universal and simplest way possible, without any limitation of resources, knowledge or skill whatsoever.

Also, even if your fitness goals extend beyond the general, you could still apply the HAPPY Principle of the Superpositivity Exercise program and tweak your workout as per your goals. For example, people who practise callisthenics could go for a much more advanced level of stretching. Similarly, people who have been strength training for years could go for a much more intensive program than the one recommended here. Or athletes could do a much more elaborate cardio program than a simple walk. But again, the Superpositivity Exercise program is integrative and holistic enough that it can be applied by anyone anywhere in the

## SUPERPOSITIVITY EXERCISE

world, regardless of their fitness level or aspiration.

All one needs for strength training is some basic free weight, ideally a pair of dumbbells. Now, one can go for barbells or expensive machines, but like i said, our goal is to get a simple enough tool that is universal enough to be used by anyone. My father is 78 and uses just a 2-pound (0.9 kg) dumbbell for strength training. The dumbbells are lightweight enough for him yet give his muscles and joints the stimulus that they need to improve his functional capacity.

Given that this program is recommended for everyone from 10 to 100 (and beyond), let's just say that we will be performing all our strength training exercises in this program with a pair of 2-pound dumbbells that will be easy to store after use and will also be fairly inexpensive. However, if you want to go for a higher weight, or do any of these exercises with a barbell, resistance band or bodyweight, it's entirely up to you. Alternatively, you could even

## PUSH SOME WEIGHT

use books, bags or 2 filled-up 1-litre water bottles as weight — let there not be any limitation in your journey of Superpositivity Exercise.

Coming back to a basic strength training regimen, here's how it could be done at home:

1) *Shoulder press*: Stand tall, with your feet shoulder width apart. Keep your back straight. Hold the dumbbells with your palms facing forward and your elbows pointing to the sides and bent at a 90-degree angle. Without leaning back, lift the dumbbells slowly and smoothly in a straight line fully above your head. Then slowly return to the starting position, feeling the stretch in your shoulders as you do so. Do 10 repetitions. Now keep the weight aside and rest for 30 seconds. Do 2 sets of this exercise in all.

2) *Chest press*: For this exercise, you'd have to lie on a bench, a bed or on the floor. Start with the dumbbells straight over your chest, then bend your elbows and lower the weights down and to the side as low as they go — if you are on a slim bench, they'd go much lower and if you're

## SUPERPOSITIVITY EXERCISE

on a bed or on the floor, obviously the range of motion would be much shorter. Press the dumbbells up to complete the repetition. Do 10 repetitions. Now keep the weight aside and rest for 30 seconds. Do 2 sets of this exercise in all.

*3) Bicep curl:* Stand tall, with your feet shoulder width apart. Hold a dumbbell in each hand with your arms hanging by your sides. Ensure your elbows are close to your torso and your palms facing forward. Keeping your upper arms stationary, curl the dumbbells while contracting your biceps. Hold awhile, then slowly lower the dumbbells back to the starting position. Do 10 repetitions. Now keep the weight aside and rest for 30 seconds. Do 2 sets of this exercise in all.

*4) Dumbbell row:* Use a bench or a bed to do this exercise. Stand beside the bed and hold a dumbbell in your right hand, letting it dangle by your side. Bend your left knee and place it on the bench or the bed. Bend your upper body forward, keep your back flat and support yourself with the left hand on the bench. Pull

## PUSH SOME WEIGHT

the dumbbell straight up, keeping your elbow close to your body. Hold awhile, then slowly lower the dumbbell back to the starting position. Do 10 repetitions. Now repeat with the left hand, supporting yourself with the right hand on the bench. Do 10 repetitions. Now keep the weight aside and rest for 30 seconds. Do 2 sets of this exercise in all.

5) *Side bend:* Stand tall, with your feet shoulder width apart. Hold a dumbbell in your right hand. Keeping your back straight and your chest up, slowly lower the weight toward the right till you feel a stretch. Hold awhile, then slowly come back to the starting position. Do 10 repetitions. Switch hands and repeat with the left hand. Do 10 repetitions. Now keep the weight aside and rest for 30 seconds. Do 2 sets of this exercise in all.

6) *Squats:* Stand tall, with your feet shoulder width apart. Hold dumbbells in both hands and let them dangle by your sides. Keeping back straight and knees behind toes, lower your hips

## SUPERPOSITIVITY EXERCISE

and buttocks until your thighs are parallel to the ground. Let the weights dangle freely by your sides, without attempting to lift them higher. Hold awhile, then slowly come back to the starting position. Do 10 repetitions. Now keep the weight aside and rest for 30 seconds. Do 2 sets of this exercise in all. If you find any difficulty doing squats with weights, then they could be done without weights as well to make them easier.

All in all, this workout program should take 15 minutes with the rest breaks. It works all the six major muscle groups in your body: shoulders, chest, arms, back, core and legs. Now, the general recommendation of strength training by almost all major health agencies is 30 minutes per day, 3 to 4 times per week. That's between 90 and 120 minutes per week. Unless you have a specific fitness or visual goal, i recommend doing strength training 15 minutes per day, or 105 minutes per week, which is at the very centre of that range. Besides, we are



## PUSH SOME WEIGHT

working with such a small weight that we should never worry about burnout or muscle fatigue. Despite being gentle, this weight would give the requisite stimulus to the body and would help you build a healthier body in the simplest way possible. Above all, one must realise that, when performed in conjunction with proper nutrition, breathing, stretching and cardio, strength training leads to a longer, healthier lifespan, and ushers the highest state of physical wellbeing: superhealthfulness.



## **Element # 5**

**Y = YES I AM SUPERPOSITIVE  
FOREVERMORE**

Just like most exercise programs overlook the integration of breathing in their exercise program, the one thing that almost all exercise programs overlook is the integration of affirmations in their exercise program. In fact, this element is the biggest commonality between the Superpositivity Nutrition and Superpositivity Exercise programs. They both culminate with the Superhealthfulness Affirmation:

## SUPERPOSITIVITY EXERCISE

*Yes i am superhealthy forevermore, Yes Thank You Universe.*

As i mentioned in the book *Superpositivity Nutrition*, i don't look at foods in isolation but synergistically. Rather than anticipating or vainly wishing that a food would contribute to my wellbeing, i invoke that energy through affirmation. I proactively infuse that energy in the food that i am eating by saying before, during and after every meal: "Yes i am superhealthy forevermore, Yes Thank You Universe."

It makes me not scared or overwhelmed by any food but form a friendship with it. I establish a superpositive covenant with food even before eating it. So that food has zero choice but to naturally agree with my system and support its optimal wellbeing. In fact, not just while eating but hundreds of times throughout the day i proclaim this affirmation, to not just wish for superawesome health but to create it freely, naturally and unlimitedly.

## YES I AM SUPERHEALTHY FOREVERMORE

In life, the energy that we give is the matter that manifests. So, in order to be in perfect alignment and concert with the philosophy of Superpositivity Nutrition, you have to emerge from the myth that it is food that is making you superhealthy — rather, it is you that are making yourself superhealthy.

The same applies to exercise as well. We live in a world where there is a constant inundation from multiple sources on “the best exercise ever”, “the best way to burn fat”, “the fastest way to grow muscle” and so on. It can get overwhelming at times for the best informed, let alone those who are clueless about exercise. So, keep it simple, let me paraphrase what I said in the earlier paragraph — this time in the context of Superpositivity Exercise:

In order to be in perfect alignment and concert with the philosophy of Superpositivity Exercise, you have to emerge from the myth that it is exercise that is making you superhealthy — rather, it is you that are making yourself superhealthy.

## SUPERPOSITIVITY EXERCISE

The true import of that statement is that you must learn to activate your infinite consciousness, and your infinite potential, which is inspiring you to perform every action in the first place. It is that all-powerful switch inside you that you'd have to turn on to enable you make conscious decisions about any aspect of your life.

In my opinion, fear is the biggest detriment that stops people from exercise. They are scared that they will become fat after they stop exercising, or their muscles and bones would become weaker due to the wear and tear, or they would start looking bulky and ungainly, or their vital organs would be strained, and so on. Now, as research after research tells us, all these fears are completely unfounded. The only place where these fears have a valid place is within oneself — and that's where they have to be addressed.

You have to convince yourself before, during and after every exercise that it is making you not just look good visually but deep within,

## YES I AM SUPERHEALTHY FOREVERMORE

and much more importantly, it is making you superhealthy forevermore. In life, if you look at it, everything has its side effects. Breathing, too, has side effects: every minute, we breathe in millions of germs, viruses and toxins. But do we stop breathing? There are almost 3,000 ailments associated directly or indirectly with food. But do we stop eating? Similarly, exercise might have some risks — but the benefits far outweigh the risks. Anyway, trust me, not exercising has much greater side effects than exercising — just like not eating healthy has much greater side effects than eating healthy!

Consider it objectively: a force that has taken 13.76 billion years to bring you into existence has not done so to make you scrimp and scrawl through life, scared of putting your body through exercise! It has created a pattern, a design for everything. If you flow with it, then it is going to flow with you too. Smoothly. Like a tributary being led into the ocean.

So, have zero fears. Empty yourself of everything but superpositivity. Make exercise a

## SUPERPOSITIVITY EXERCISE

natural part of your life, like the earth and the sun have. Come to think of it, they are “exercising” every moment of their life. Earth is working out constantly by spinning on its axis 24 by 7, and the sun is working out constantly by emitting its light 24 by 7. They have been working out for 4.6 billion years — do you think they have become weak and are about to drop on the floor? Rather, it’s the other way around — they have become strong! It’s thanks to earth’s exercise that you and i exist. If it wasn’t constantly moving on its axis, then half of it would have been perpetually dark — and most of us won’t even have come into being!

So, friends, let’s learn from our progenitors, the earth and the sun, and let’s embrace the joy of exercise with all our being. While you breathe, as you stretch, as you do cardio and as you strength train, keep saying silently and aloud, “Yes i am superhealthy forevermore, Yes Thank You Universe” — and as the laws of the Universe go, superhealthfulness would manifest naturally in your life. Forevermore.



# Postlogue

All in all, the Superpositivity Exercise program takes 45 minutes and should ideally be done on a daily basis. Almost all acclaimed health agencies around the world recommend that every person should get between 150 and 450 minutes of exercise per week. Taking a mean of that range, one could say that the optimal workout time for every human being should be around 300 minutes per week, or about 45 minutes per day. In the context of the Superpositivity Exercise program, one would allocate 5 minutes for breathing, 10 minutes for stretching, 15 minutes for strength training and 15 minutes for aerobic activity every day. 45 minutes might seem like a

## SUPERPOSITIVITY EXERCISE

lot but considering that an average person spends 6 to 7 hours every day on their electronic devices and 1 to 2 hours eating, one can easily allocate a fraction of that time to exercise as well. And it's not like one can — one must!

Our body is veritably a machine, and unless a machine is run regularly, it will simply atrophy. Only through frequent usage will it serve the very purpose of its existence. It has been estimated that almost 80 percent of the world population is affected by lifestyle diseases and, along with an imbalanced diet, the biggest progenitor of this condition is lack of exercise.

In fact, according to WHO, almost one-third of the world's adult population is sedentary — and it is this proportion of the human population that also has the greatest risk as well as prevalence of disease. In high-income countries, almost 40 percent of the adult population is sedentary! In the US, over 60 percent of the adult population is insufficiently active. Research has proven that the more affluent a society becomes, the more susceptible

## POSTLOGUE

it becomes to inactivity. Motorised transport and an alarmingly high usage of electronic devices contributes significantly to that sedentary behaviour.

It has been proven that regular exercise by itself reduces the risk of chronic disease like diabetes, hypertension and cardiovascular disease by almost 30 percent. Besides, exercise improves bone health, motor functions, mental agility and lifts the overall mood.

In fact, a 10 percent reduction in the prevalence of insufficient physical activity by 2025, is one of the 9 global targets of WHO to improve the prevention and treatment of non-communicable diseases. But going by the current trends, that trend is lagging, and it has been estimated that the level of human inactivity is the same as it was 20 years ago!

It becomes the responsibility of the collective human species and each one of us individually to become optimally active — not just mentally but physically as well! By becoming fitter individuals, we will become a fitter species

## SUPERPOSITIVITY EXERCISE

— a species that does not labour under the weight of its own indulgence but shines through with the light of inspiration. A species that goes from one day to another not complaining but celebrating the invaluable gift of life. And above all, a species that rises above an endless litany of diseases into the infinite realm of superhealthfulness. Forevermore.

## About the Author

Born in Jammu to Veenaa and Sham Kishore, Vickrant Mahajan studied commerce at the University of Jammu, publishing at the University of Denver and filmmaking at the New York Film Academy. In 2001, he started his professional career as an editor with HarperCollins Publishers India. In 2003, he won the first runner-up and Mr Photogenic at the Grasim Mr India pageant. In 2012, he made his Bollywood debut with the film *Challo Driver*, which he wrote, directed, produced and acted in. In 2014, he became the first person in the world to speak continuously and unscripted for over 48 hours at a stretch on a single topic.

Among his many Guinness World Records are the longest speech, longest play, largest book signing, largest greeting card, most football penalties in 24 hours, most basketball passes in 1 minute, longest squash rally and the largest underwater painting exhibition in the world.

In 2019, Vickrant was appointed as Team India's motivator for the senior world wrestling

## SUPERPOSITIVITY EXERCISE

championship in Nursultan, Kazakhstan — the first time something like this happened in Indian sport. It turned out to be the best-ever world championship for India as it won five medals and had four direct Olympic qualifications. In 2020, Vickrant motivated Team India to its best-ever Olympic qualifying tournament in Amman, Jordan, where 9 out of 13 boxers qualified for the 2020 Tokyo Olympics, setting a new Olympic qualification record for India. At the 2020 Tokyo Olympics, Vickrant's mentee, wrestler Ravi Dahiya, became India's first male Olympic medallist after a gap of 9 years.

Vickrant has authored 35 books, including *Yes Thank You Universe*, *Superpositivity*, *Stretch Yourself*, *The Glacier River Ocean Principle* and *Goalete*. Vickrant is the creator of the Superpositivity philosophy and the first person to use the term Superpositivity in mainstream human consciousness. He presently runs a consciousness organisation called Superpositivity Foundation. He shares the beautiful message of Superpositivity with people all over the world and inspires them to positively express their infinite potential in life.