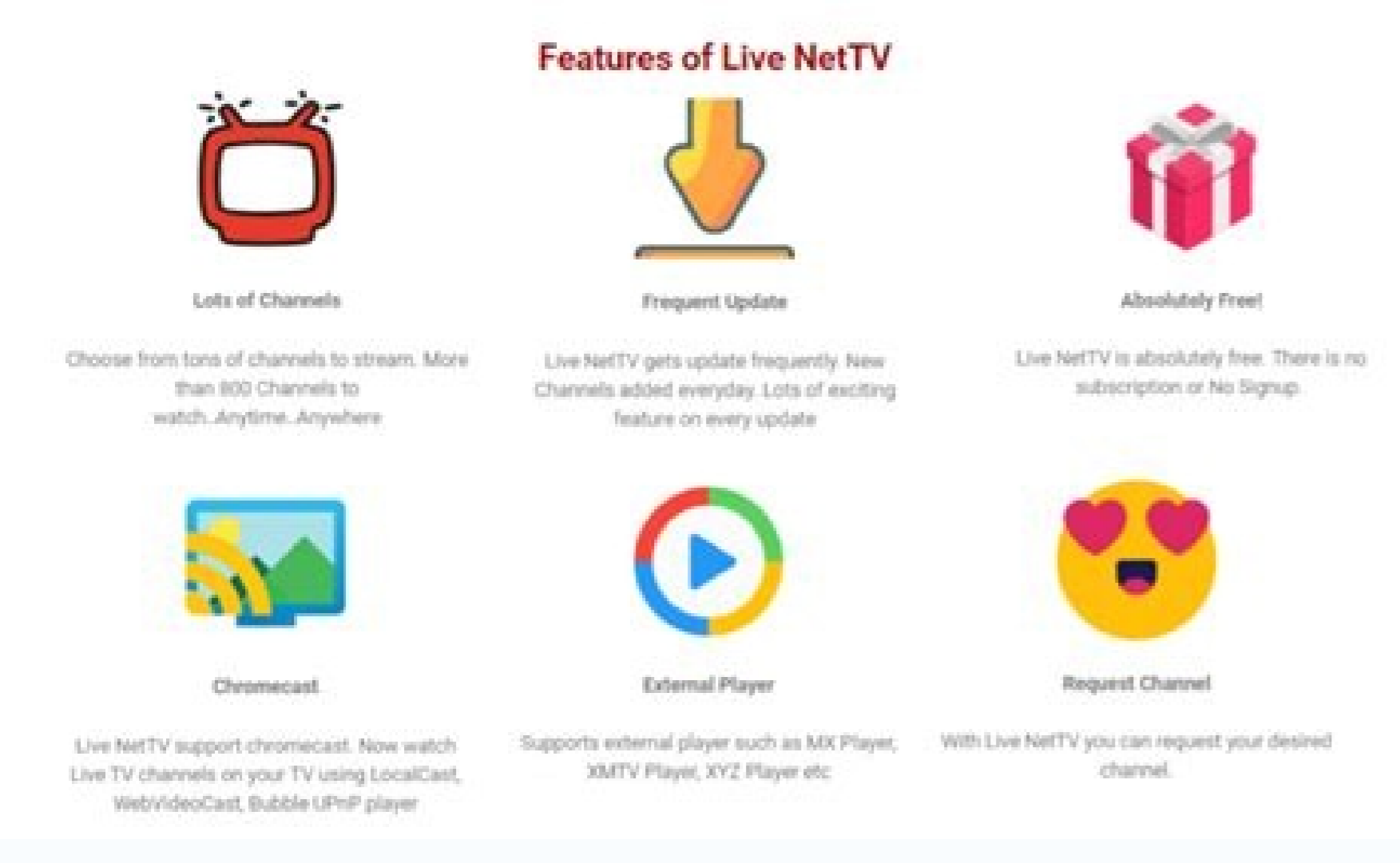
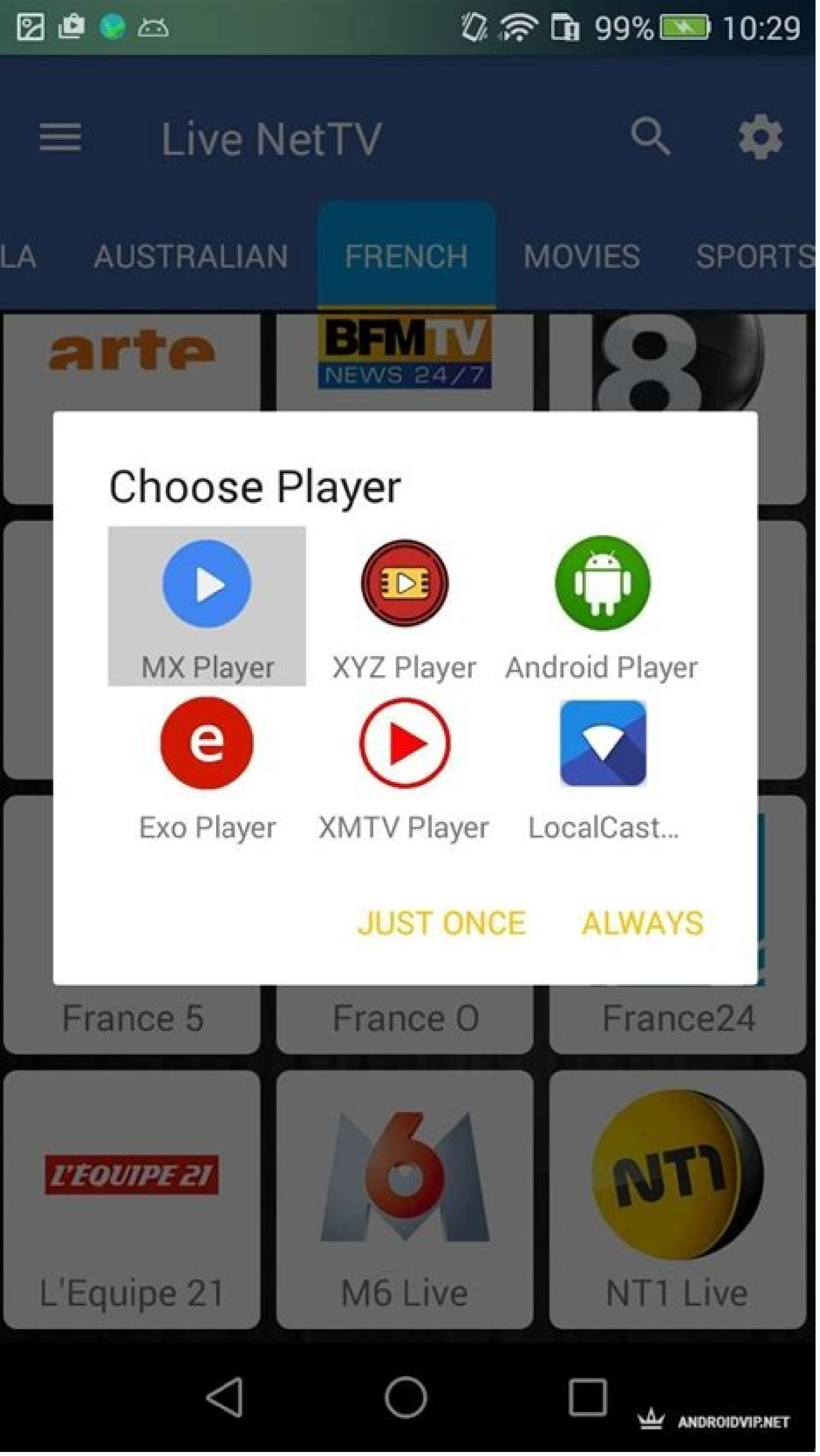


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Getting ready to go to the gym with everyone's favorite skinny vinny, Vince Del Monte. I have a feeling we'll be doing different workouts though. He's about 3 weeks out from a bodybuilding contest, and I'm definitely not. I'll be doing some upper body supersets while he does cardio. Despite that fact, Vince is still a good friend of mine. A very inspiring guy who is going to help a lot of people gain muscle mass. Check Vince's "Live Large TV Show" here: => Live Large and Gain Muscle with Vince Del Monte In my world, I'm super-focused on making SuperStars out our Transformation Contest Winners. Check this video, it has been viewed almost 500,000 times on Youtube. I'm always so proud of the people when I watch this video...but watch out, it's rated XI => Xtremely Inspirational Transformation Contest Winners Today's KickButt Mindset Tip: Everything you do takes you closer to OR farther away from your goals. Think about that before each and every decision you make. The more you know about yourself, and the more you respect and respond to this knowledge about who you truly are and what makes you different, the better your results will be with everything you are not. What you see as your weaknesses may actually be strengths. Today's Internet Independence Tip: "Look ...if you're struggling, I've been there...and I can tell you first hand that it'll get better if you keep on trying. I believe in you. Go for it." - Frank Kern Go for it and live large. Craig Ballantyne For many Americans the thought of life without TV is akin to forgoing food, shelter or, God forbid, the Internet. But about 1 to 2 percent of Americans do abstain from the boob tube, and they might seem like strange bedfellows. A recent study of those who live without found that about two-thirds fall into either the "crunchy granola set" or the "religious right, ultraconservative" camp, said researcher Marina Krmar, a professor of communication at North Carolina's Wake Forest University. Krmar interviewed 120 people from 62 different households who do not watch television, as well as 92 people from 35 households with TV, and described her findings in a new book, "Living Without the Screen" (Routledge, 2008). Aversion to television, it turns out, is a common ground for the very liberal and the very conservative. "I interviewed one guy who was 31, single, an artist living in Boston, who saw himself as countercultural," Krmar told LiveScience. "The next day I had an interview with a religious woman with ten children who lived in the Midwest. These people seem like they would disagree about almost everything, but if you ask them about television the things that came out of their mouths were almost identical. "Why do people give it up? Krmar herself lives on the dark side, having given up television about 13 years ago. "It's just something I don't want in the home — it's a perpetual annoyance, like a gnat," she said. The motivations for most people who abandon TV fall into three categories, Krmar found. Some give it up to avoid exposing their families to the excessive sex, violence, and consumerism they feel are promoted onscreen. Others object to the medium itself, claiming television intrudes too much into their lives, interferes with conversation and takes time away from the family. Finally, some people have a beef with the power and values of the television industry and don't want its influence in their homes. In contrast to the average American adult, who watches three hours of television a day, non-watchers fill their time with a plethora of activities. "Non-viewers had a greater variety of things that they did with their free time than viewers did," Krmar said. "It's not just that they were reading instead of watching TV. They were hiking and biking, and going to community meetings and visiting with friends. Overall, they tend to do more of everything. "Are they right? Science does in fact support many non-watchers' worst fears about TV. "The research tends to show that increased exposure to television and violence results in greater aggression in children," Krmar said. "That's a pretty consistent finding. "Though not all children become more violent, and everyone reacts uniquely, it's fair to say that what we watch affects us. When parents did out television out of their homes, they reported that their kids didn't bug them as much for junk food and toys advertised on TV. They also said giving up television made their children easier to manage. "It's sort of counter-intuitive, because people think their kids would drive them nuts without TV," Krmar said. "But parents found that kids became very good at entertaining themselves and didn't need to be entertained all the time by something that was lively and active. They didn't complain about being bored. "Downsides of life without TV People who had relinquished television didn't report too many downsides. Most felt satisfied getting their news from newspapers and radio, and while some people said they felt less connected to pop culture, "many adults noted that as a point of pride," Krmar said. Even most kids in non-watching households seemed to agree with their parents that they were better off without the reviled medium, though a number of kids around ages 10 to 13 said they resented feeling left out when other kids talk about shows and actors on television. By the time they reached later adolescence around age 14 and 15, though, most had come full circle and said they didn't really like TV and didn't mind doing without. For those who want to experience some of the benefits of life without the tube, but don't feel ready to go cold turkey, Krmar said she thinks good things can come just by setting limits. "I think you can have the benefits just by having kids watch less television," she said. "Be selective about content. You don't go to a restaurant and let them eat anything on the menu. Instead you say choose something that's healthy that you would enjoy. "A similarly restrained approach to TV could go a long way toward protecting kids from the downsides of TV. "Black Mirror" | David Dettmann/Netflix "Black Mirror" | David Dettmann/Netflix Did you know that you can download TV shows from Netflix onto your laptop or phone, so you can watch your favorite shows even when you don't have an internet connection? Well, better late than never, buddy! Not only does the streaming service rotate its offerings every month, it's constantly looking for ways to deliver the movies and TV shows you want, wherever you are. You'll need to download the Netflix app (iTunes and Android), and once you start browsing, you'll see a downward-pointing arrow for titles you can download (unfortunately, not everything is downloadable... yet). To get you started, we picked our favorite downloadable TV shows, but if you can't find something you like, your best bet is to check out the complete list of the best shows on Netflix. Never buffer again! Katie Yu/Netflix Altered Carbon (2018-2020) Adapted from the 2002 Richard K. Morgan novel of the same name, Altered Carbon is a flashy, jargon-y, and, at times, dizzying descent into sci-fi decadence. The show follows a 22nd-century mercenary (Joel Kinnaman) who's hired to solve the murder of a highly influential aristocrat. The catch? Said aristocrat is still alive, because in this version of the future, the wealthy can't really die—instead, their consciousness is essentially uploaded to the cloud and downloaded into new bodies. In a world without death, the ensuing caper boasts the same jaw-dropping visuals and world-building as Blade Runner and the same thought-provoking intrigue as HBO's Westworld. What looks like a complicated murder mystery detours as a complicated love story and a complicated look at social stratification. In other words, showrunner Laeta Kalogridis packs A LOT to digest in here, but that means there's A LOT to appreciate if you're patient. American Horror Story (2011-) Why do people love Ryan Murphy shows so much? Because they're infused with equal parts camp, drama, suspense, and humor—even this ostensibly scary one. Whether you're watching the Murder House, Freak Show, Hotel, Roanoke, or the 2016 election-inspired Cult installment, you're in for unforgettable characters, stomach-curling gore, jaw-dropping plot twists, and brutal finales. American Vandal (2017-2018) American Vandal, about teen documentarians who investigate the innocence of a classmate accused of vandalism (Jimmy Tatro), is much more than a four-hour dick joke. After the first couple episodes, the phallic material fades into the background, allowing the show to satirize high school and today's criminal justice system in a meaningful way. To pull it off, the co-creators studied the techniques that made them so invested in such true-crime titans as Serial, Making a Murderer, and The Jinx. It's parody, homage, addictive teen drama all wrapped in one—an underrated win for the streaming service. Better Call Saul (2015-) It wasn't all that long ago that Bob Odenkirk, long a comedy icon, was stealing scenes in AMC's Breaking Bad. Now, he's signed on to appear in Steven Spielberg's new film and carries the Breaking Bad sequel as its star. With the (re)introduction of ice-cold supervillain Gus Fring, this slow show shows no signs of slowing down. Netflix Black Mirror (2011-) Each installment of Charlie Brooker's addictive anthology takes a current techno-social phenomenon—topics that range from hashtags to five-star ratings—to its extreme and asks whether human nature can coexist with it. Part satire and part (unintentional) prophecy, the series presents an appropriately grim view of the future, one that will definitely make you worry for the next generation and maybe even galvanize you into action. Binje this delicious platter of paranoia cautiously. Bojack Horseman (2014-2020) Netflix's animated series goes all in on the depression, failure, and slovenly behavior of its titular star, who's always on the verge of a comeback that never actually happens, at least not the way Bojack thinks it will. With plenty of gags to lighten the mood between the more moments, Bojack Horseman asks us to laugh—and we do, because we can't imagine this beleaguered equine's life getting any worse, which, invariably, it does. Breaking Bad (2008-2013) Despite originally airing on AMC, Breaking Bad is the ultimate Netflix show. Filled with moments of shocking violence and wry humor, the rise and fall of Walter White (Bryan Cranston)—and his co-conspirators Jesse, Skyler, Gus, and Mike—is probably best experienced in wild, indulgent weekend binges. That's what many fans did throughout the show's five-season run, catching up on old episodes on Netflix to prepare for the must-see moments that occurred during its final stretch. With the acclaimed spinoff Better Call Saul now inspiring similar conversations, there's never been a better time to take the dive. You don't just watch this show; it consumes you. Chef's Table (2015-) With an explosion of food television comes elevated standards; Netflix's Chef's Table forges for those standards, brings them to the restaurant for dinner service, treats them with respect, turns them into a dish remembered from childhood, and earns a couple Michelin stars and the admiration of its peers in the process. The point is that Chef's Table, from creator David Gelb (Jiro Dreams of Sushi), is an exceptional food show that manages to make humans the centerpiece. Netflix Comedians in Cars Getting Coffee (2012-2020) Jerry Seinfeld has a shakedown of expensive cars lying around, so he decided to film himself giving other funny people rides in them. It's pretty entertaining, as far as celebs chatting about normal stuff and the essence of "comedy" goes! And after a run as Crackle's only viable original program, Seinfeld took his talents to the king of the streaming game. Thriller TV Wine and Cheeseburger: Harley and Lara Pair Falafel with WineCommunity (2009-2015) There's a reason Dan Harmon's community college ensemble comedy amassed a devoted cult following for its six-season run, despite it nearly always being on the brink of cancellation. The series focuses on a lovable study group of misfits played by both comedy veterans and those then just on the brink of breaking out—including consummate cool guy Jeff Winger (Joel McHale), lovable ditz Britta Perry (Gillian Jacobs), TV-obsessed Abed Nadir (Danny Pudi), anxious genius Annie Edison (Alyson Brie), tough-but-firm mother Shirley Bennett (Yvette Nicole Brown), high school jock Troy Barnes (Donald Glover), and the baffling, then, former CEO Pierce Hawthorne (Chevy Chase)—as they navigate their way through Greendale Community College. It's a sitcom that's goofy and delirious, but forever a lesson in how to become a better person. The Crown (2016-) The Crown is a well-made (and very expensively made) show, with standout performances in its first two seasons from Claire Foy as Queen Elizabeth II and Matt Smith as Prince Philip, Duke of Edinburgh. (Olivia Colman and Tobias Menzies took over for them in Season 3.) Its period costumes

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