A full-body photograph of Tony Horton, a fitness instructor, standing against a light blue background. He is wearing a dark grey button-down shirt and dark blue jeans, smiling at the camera.

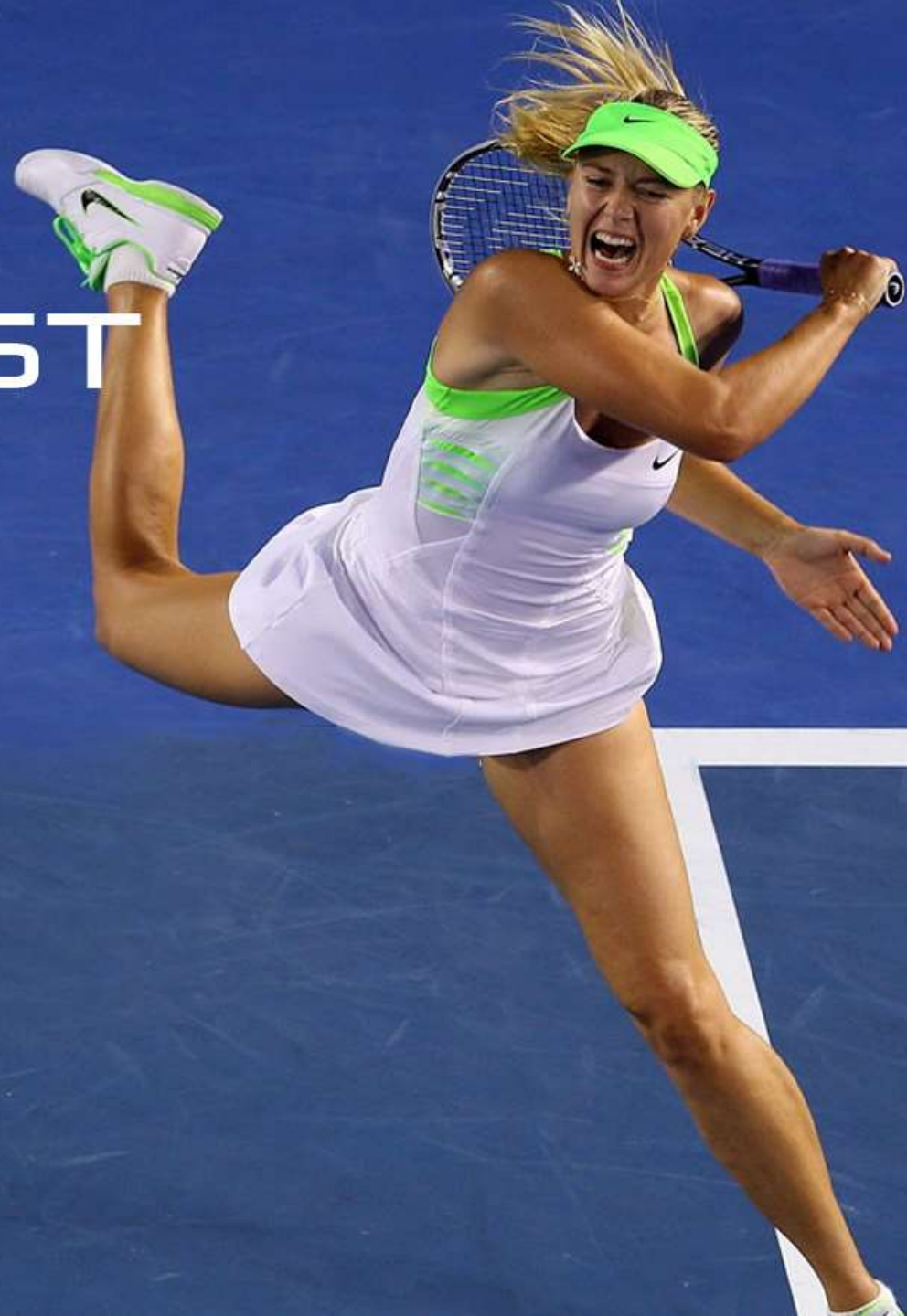
CREATOR
of the
BESTSELLING
WORKOUT
PROGRAM
P30X

THE BIG PICTURE

11 LAWS THAT WILL CHANGE YOUR LIFE

TONY HORTON

DO YOUR BEST,
FORGET THE REST



LAW #1

DO YOUR BEST, FORGET THE REST

- DON'T BE ATTACHED TO
THE OUTCOME



DO YOUR BEST, FORGET THE REST

- DON'T BE ATTACHED TO THE OUTCOME
- DON'T ALLOW THE SAME THINGS TO KEEP GETTING IN YOUR WAY



FIND YOUR PURPOSE



LAW #2

FIND YOUR PURPOSE



· FIND YOUR "WHY?"

FIND YOUR PURPOSE

- FIND YOUR “WHY?”
- HERE’S A HINT:
IT’S NOT THAT
IMAGE IN THE MIRROR



HAVE A PLAN



LAW #3

HAVE A PLAN

- START WITH THE GOAL
AND WORK BACKWARDS



RICHARD LOST 242 POUNDS IN 18 MONTHS
WITH POWER 90 AND P90X

HAVE A PLAN

- START WITH THE GOAL AND WORK BACKWARDS
- GET ORGANIZED BUT BE FLEXIBLE





<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>
Rest X	Chest Shoulders And Triceps Ab Ripper X X	Plyometrics X	Back And Biceps Ab Ripper X X
Rest	Chest Shoulders And Triceps Ab Ripper X	Plyometrics	Back And Biceps Ab Ripper X
Rest	Chest Shoulders And Triceps Ab Ripper X	Plyometrics	Back And Biceps Ab Ripper X
Rest	Yoga X	Core Synergistics	Kenpo X



VARIETY IS THE SPICE OF EVERYTHING



LAW #4



BE CURIOUS,
SPONTANEOUS,
AND CREATIVE





CONSISTENCY REIGNS SUPREME

LAW #5

CONSISTENCY REIGNS SUPREME

- STICK WITH IT
AND BE PATIENT

LAW #5





CONSISTENCY REIGNS SUPREME

- STICK WITH IT AND BE PATIENT
- THE PHYSICAL, MENTAL + EMOTIONAL IMPACT

LAW #5

CRANK UP THE INTENSITY



LAW #6



GET OUTSIDE
YOUR COMFORT
ZONE

A female athlete in a red sports top and shorts is captured mid-air, jumping over a white ribbon on a track. She has her right arm raised and a joyful expression. The background features a clear blue sky, green hills, and a red running track with blue benches.

CRANK UP THE INTENSITY

- FINDING THE LINE

LAW #6

CRANK UP THE INTENSITY

- FINDING THE LINE
- DON'T CROSS THE LINE

LAW #6



CRANK UP THE INTENSITY

- FINDING THE LINE

- DON'T CROSS THE LINE

- FINDING THE SWEET SPOT



LOVE IT OR LEAVE IT



LAW #7



LOVE IT OR LEAVE IT

· FUN MAKES IT EASIER TO REACH YOUR GOAL

LOVE IT OR LEAVE IT

A group of people, including children and adults, are participating in a tug-of-war competition on a grassy field. They are pulling on a thick rope, and the scene is outdoors with trees and a building in the background.

- FUN MAKES IT EASIER TO REACH YOUR GOAL
- FIND YOUR INNER CHILD

LOVE IT OR LEAVE IT



· FUN MAKES IT EASIER TO REACH YOUR GOAL

· FIND YOUR INNER CHILD

· YOU ARE THE COMPANY YOU KEEP

GET REAL

LAW #8

GET REAL



- REALITY TELLS THE TRUTH
- INTERNAL AND EXTERNAL FORCES

LAW #8

A person wearing a bright yellow long-sleeved shirt and black shorts is balancing on a blue rope. They are wearing dark sneakers with light-colored accents. The background is a clear blue sky with a few wispy clouds and a large green tree on the right side. The overall scene is outdoors and appears to be a challenge or a performance.

FIND BALANCE

LAW #9

FIND BALANCE



• KNOW YOUR YIN AND YANG



LAW #9

STAY FLEXIBLE

LAW #10



STAY FLEXIBLE

- PHYSICAL,
MENTAL, AND
EMOTIONAL FLEXIBILITY



STAY FLEXIBLE

- PHYSICAL, MENTAL AND EMOTIONAL FLEXIBILITY
- BE OPEN TO CHANGE

LAW #10

THE THREE Rs-

LAW #11



RECHARGE



RECOVER



RELAX

THE THREE Rs-
RECHARGE
RECOVER
RELAX

· THE VALUE OF NOTHING





THE THREE R'S; RECHARGE, RECOVER, RELAX

- THE VALUE OF NOTHING
- THE ART OF MEDITATION,
MINDFULNESS + BREATHWORK

LAW #11

THE BIG PICTURE; 11 LAWS THAT WILL CHANGE YOUR LIFE

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WWW.TONYHORTONLIFE.COM

WWW.MYPOWERLIFE.COM



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