

## **Freedom in Working Out**

by: Paul Gamboa Taylor, Pennsylvania

As I push my body in ways that would make a young man cry out in pain, I move on in a zone that has my muscular frame burning in the summer breezes. There is no long stoppage as my sets increase, my arms and chest, my legs all feel the burn from the hard Condio workout, every fiber in my body says to stop - rest me! There is no pain, I tell myself, and I continue to pour it on, push-ups, pull-ups, incline push-ups, dips, back arms, as my numbers increase, so do my sets, burning away the pain as it leaves all my muscles in a stepping stone to move on, as after each hand power workout, with a short break to breath the right way throughout the power workout, as I get ready for the most intense Condio workout, a non-stop, sweat out workout, as I stretch each muscle and start off with Jumping Jacks, push-up thrust kicks, jump squats, knee-ups, toe touches, a small break, breathing in the key with stretching to keep my muscular frame strong and hard.

Now in the next half, in a push-up position I do four routines, first is Mountain Climbers, Frogs, a small break, as I continue. I do Scissors, and Bunny Hops straight and side to side, these nine reps is only one set, out of four, as by July there will be a total of twelve. Sets will stay the same with an increase in reps and the number that I put out, as my body cries out, pours out the sweat, squeezing every ounce of water and sucking in air to accommodate the burning as I push on, as I complete the first set, there's a sign of release, as it is short lived, for now comes the second set, as I call three sets back to back, and back (Supersets), this is where to come in my cage you better be in share, as I come to a place that I call Freedom, my mind is peaceful, my muscles adjust to the Supersets workout, as the second one ends, a small break, in minutes, I say three, now I know after my third set, I get a good break.

So I push on, doing the power first, as the Condio waits patiently for me, now the zone is kicking In, the more I do, the stronger and easier it becomes. As my body calls out, yes, yes, Freedom, I feel so good as the sweat pours off, soak to the bones, as now comes the Condio, my body calls out, come on, man, break time, no way, as I drive into the third set, my mind goes to a place of Freedom, as my body moves, there's no rushing, it's like being free from the steel and concrete that surrounds my body, but not my mind and soul. Nineteen (now) plus years, to train my body to stay alive on this level fine state, they call death row.