



Dads' Essential 8 Laws of Movement

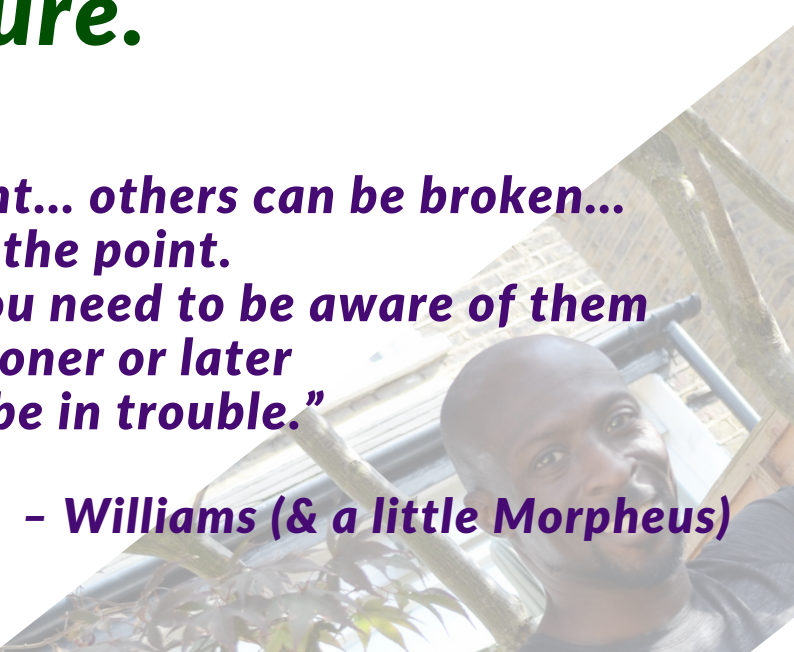
The 24 Laws - Part 2

**...knowledge that all dads need to
apply if you want to stay
energetic for your family, lean for
yourself and robust for the
future.**

**“...some of them can be bent... others can be broken...
that’s not the point.**

**The point is like all laws, you need to be aware of them
otherwise sooner or later
you’re gonna be in trouble.”**

– Williams (& a little Morpheus)



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The 8 Essential Laws that all dads need to know...

The world has changed... but some things remain the same. Dads, specifically, have a unique set of challenges which work against us looking after ourselves physically and mentally.

Full awareness precedes any solution! Here, in part two of *The 24 Laws*, I've identified common scenarios and mindsets that chip away at our efforts to stay healthy, positive and resilient in mind and body. Each has notes on how to address them... and do a little better.

If you take one thing away, let it be a 'log to your fire' of gentle steady improvements... in the right direction. Which law resonates with you most? What small 'definitely achievable' step can you take today AND keep consistent? Start there.

Read, heed and apply, gentlemen. Let's strive to improve from where we are. Tomorrow is more important than yesterday.

[Ayo Williams](#)

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1 - The Law of

B.A.M.s

“Know your ‘Bare Ass Minimums.’”

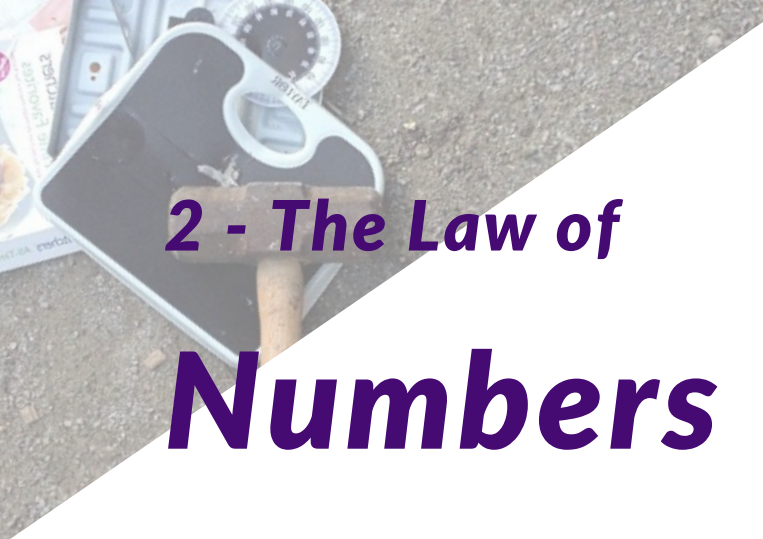
Everyone needs to know their own ‘B.A.M.S’ (best said with a US accent). These are the absolute minimums that you agree with yourself MUST happen every day, in order to keep moving forward. Hopefully brushing your teeth is in there.

Ideally, so is eating a certain amount of protein, walking for half an hour and spending a window of time on purposeful training... even if it’s a rest-day and it’s just 10 minutes of mobilisations.

Know your minimums. Stick to them. They’ll get more detailed and complex as you start seeing positive steps towards your goal... and that’s where the momentum builds...

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2 - The Law of

Numbers

“Your weight is the least interesting thing about you. The second least interesting is ‘how much you can bench, bro’.”

When you really break it down (and I do, often), the ‘number’ is almost always irrelevant. What matters to most is how you feel in your own skin, your energy levels, how pain-free you are, and the swagger that a certain level of strength or look facilitates.

The confidence radiated by someone secure in themselves is much more attention-grabbing than being a certain weight (which no-one knows anyway). And perfect form with a lighter weight in the gym is far more impressive than a huge weight shifted badly.

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3 - The Law of

Effort

“You don’t need to ‘Crush it’ every time...”

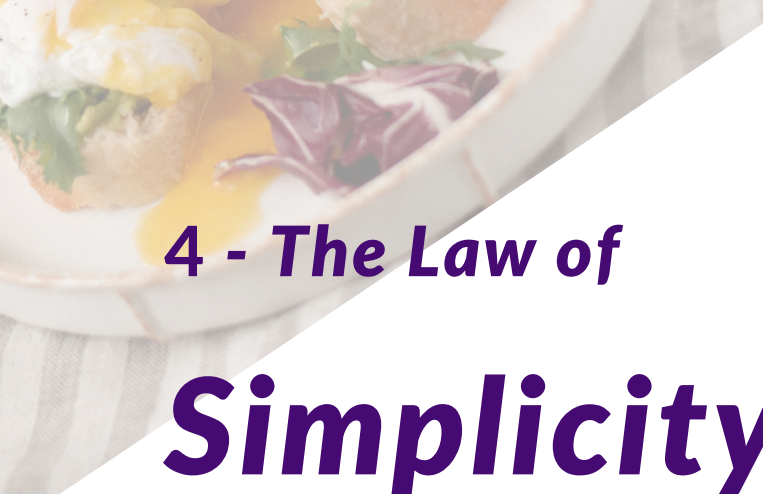
Sure, a higher level of intensity is good for you from time to time, and it’s important for progress to nudge yourself out of your comfort-zone.

However, the idea that you need to smash yourself every workout is one of the reasons that so many start... and then stop again, feeling that they “weren’t doing enough”.

You don’t need to ‘crush it’ every time to get fantastic results. You just need to keep showing up.

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4 - The Law of

Simplicity

***“Simplicity first, complex later.
The other way round does not
work.”***

***There’s a lot to be said for keeping things
simple enough so that they actually get done.
Used to be reasonably-fit but struggling to
get your workouts in?***

***Seriously, plan to do a little less than the old
days. Keep things simple. Stay consistent for
a bit and you’ll build in the right direction.***

***Restart at your old level? You will fail, feel
bad and stop. Sounds obvious? 80% of people
do this. Be in the 20%.***

Beginners overcomplicate. Experts simplify.

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5 - The Law of

Compound Training

“Do the main moves. Properly. Regularly.”

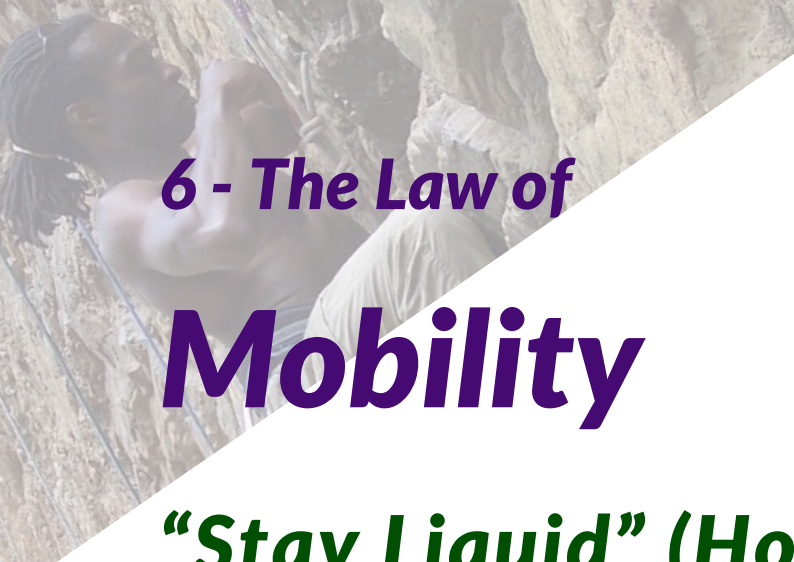
YouTube and Google are wonderful sources of information, especially when you compare them to the printed Encyclopaedia Britannica that I grew up with.

However the temptation to perform the latest fun and funky moves needs to be avoided if you want real and lasting results. The big compound exercises, done regularly and with good form have earned their standing because they are seriously effective!

Your training programme needs to include a form of Deadlift, Carry, Squat, horizontal and vertical Pull and Press. These are the basics... if there's time for a little extra once you've covered your foundations then go for it!

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6 - The Law of

Mobility

“Stay Liquid” (Hondo, Metro SWAT)

“I wish I did less mobility work ten years ago” (said no guy in his fifties, EVER)

A big part of feeling your best is maintaining the ‘mobility of youth’ and staying as pain-free as possible. For the majority of us, mobility and flexibility decrease as we age... unless a few moves to push back against that are part of our exercise programming.

Tight muscles are more likely to get injured, stiff joints are more likely to become troublesome and cause pain later. Your future self is pleading with you not to skip your daily mobilisations... 10 mins per day makes a huge difference.

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7 - The Law of

Aging

“Respect your age, but do not fear, worry or be unnecessarily limited by it.”

You’re not competing with how you were ten years ago.

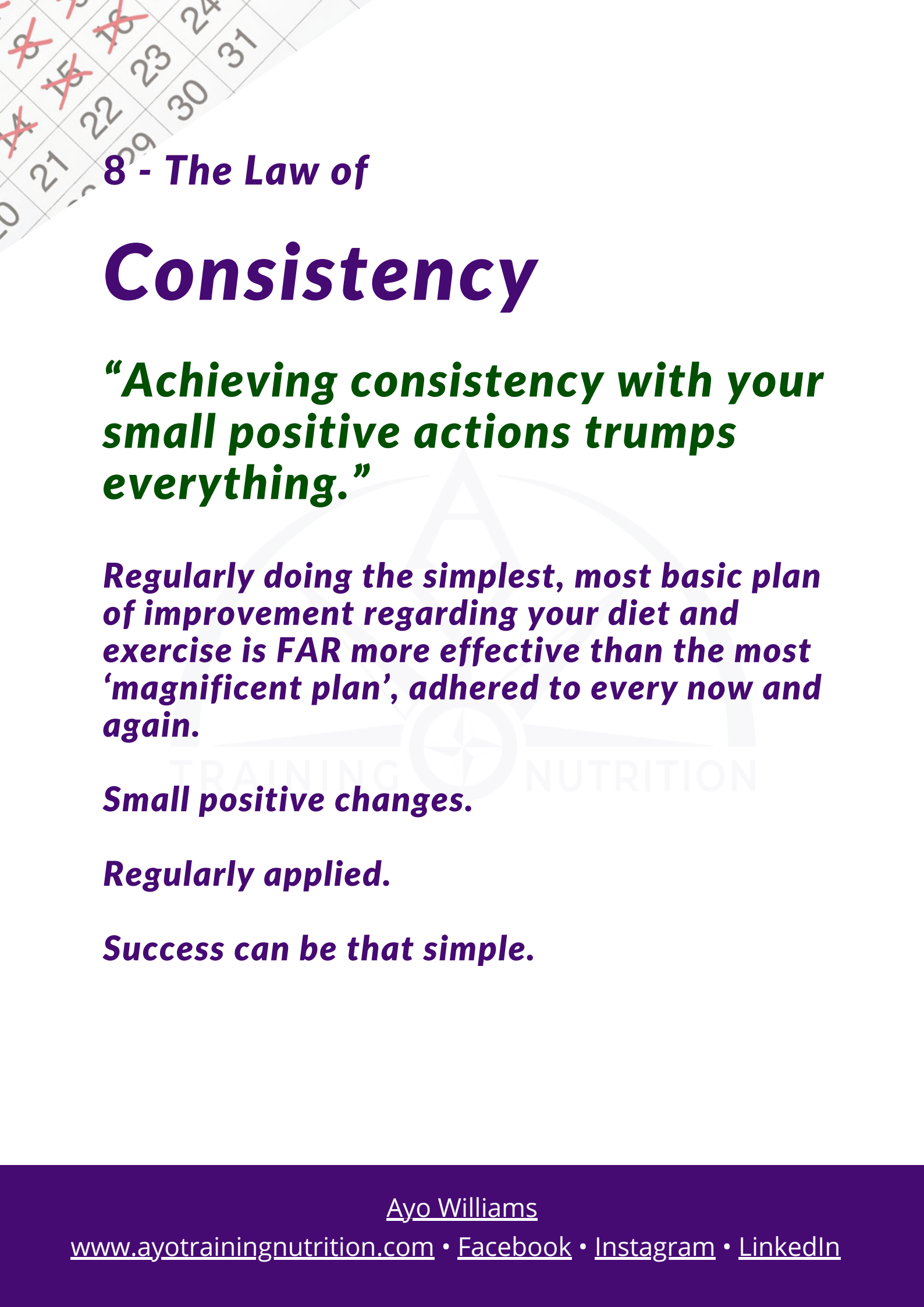
You’re attempting to ensure that You+10 is in MUCH better shape than he might have been!

Never let your age be an excuse not to challenge yourself or seek to do better.

Combat any fears by starting simple, taking personalised advice and claiming the small wins.

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8 - The Law of

Consistency

“Achieving consistency with your small positive actions trumps everything.”

Regularly doing the simplest, most basic plan of improvement regarding your diet and exercise is FAR more effective than the most ‘magnificent plan’, adhered to every now and again.

Small positive changes.

Regularly applied.

Success can be that simple.

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In Closing...

Any effort towards positive change in the above eight areas is a fantastic start. Just focusing on these for the next few weeks will make a huge positive difference to your life... and that is a promise. Please do let me know how you get on.

We can go further though! Go ahead and check out the other free resources (including parts one and three of *The 24 Laws*) on my [website](#).

Better yet, join me in the '[League of Lean Gentlemen](#)' for ongoing support and interaction with a group of dads looking to restore that energy and lose the stomach fat for good.

Are you ready to work with me to get some serious results? [Apply here!](#)

Get in touch - I'm looking forward to helping in whichever way I can.

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