Unlock Your Peak Potential

With **Flux** High Performance Coaching

Your Journey Starts Here

Hello, I'm Sean Temple, the founder of Flux High-Performance Coaching. With decades of personal and professional experience, including training famous people, global sports figures, and renowned business men and women, I'm here to guide high achievers like you—executives aged 46-75, 50+ individuals seeking renewal, ultra-high-net-worth individuals (UHNWI), high-net-worth individuals (HNWI), and niche sports professionals—toward peak performance. Through my Flux Fluid Motion training, I offer a personalized, science-backed approach that you can practice anywhere, anytime, and anyhow, transforming your body, mind, and purpose, whether you're in North West London or joining me globally online.

This free eBook introduces what I can offer you in your training journey. Inside, you'll discover my philosophy, a sample workout, and how I'll support your growth from ages 46-75 with a focus on mind, body, spirit, family, and finance through the "4x Flux's" framework.

Let's begin!



Chapter 1: My Philosophy, Flux Fluid Motion

I bring a unique training approach called Flux Fluid Motion, blending kettlebell and bodyweight exercises to build functional strength, mobility, and resilience. Drawing from my experience training famous people, global sports figures, and business leaders, and supported by research showing benefits for older adults (e.g., improved strength and quality of life), this philosophy is about flexibility—you can train anywhere, anytime, and anyhow, using minimal equipment or your own body.

I Focus On:

Personalized Guidance

Tailored plans to match your fitness level, goals, and physical needs.

1

Low-Impact Power

Exercises that enhance strength and endurance without stressing joints.

2

Holistic Support

Tips for nutrition, stress management, and sleep to complement your training.

3

Empowerment

Encouragement to push your limits safely, fostering a sense of achievement.

4

My "4x Flux's" framework addresses mind, body, spirit, family, and finance —key areas often lacking. To build the foundation of your greatness...

Family
Strengthening relationships and support systems for emotional resilience.

Faith
Nurturing spiritual well-being to find inner peace and purpose.

Finances
Enhancing financial clarity to reduce stress and support your goals.

Fitness
Building physical strength and mobility as the cornerstone of health.

Whether in a park, at home, or on the road, I'm committed to helping you thrive.

Chapter 2: What I Offer In Your Training

As your coach, with a proven track record of training famous people, global sports figures, and renowned business men and women, I offer a transformative training experience designed for 46-75 year olds, focusing on your unique journey through the "4x Flux's":



1. **Customized Workouts**: Plans that adapt to your mobility, strength, and health, using kettlebells and bodyweight movements you can do anywhere, anytime, and anyhow.



2. **Skill Development**: Hands-on guidance to master techniques like kettlebell swings and squats, ensuring safety and progress.



3. **Ongoing Support**: Regular check-ins to track your milestones across fitness, family, faith, and finances, with encouragement to stay motivated.



4. **Long-Term Growth:** Strategies to maintain energy, resilience, and purpose, integrating mind, body, spirit, and financial well-being.

My goal is to help you reclaim strength, clarity, and vitality, tailored to your life as an executive, athlete, or individual over 46.

Chapter 3: Sample Flux Fluid Motion Workout.

Try this 20-minute workout, crafted for 46-75 year olds. Use a 4-12 kg kettlebell (or none, adapting with bodyweight) and perform 2-3 rounds with 1-2 minutes rest between rounds. **Focus on form over speed**, and stop if joint pain occurs —doable anywhere, anytime, anyhow.

Warm-Up (5 Minutes) 1

1. Kettlebell Halos (1 minute): Hold kettlebell by horns, circle around head, switch directions halfway (or arm circles without kettlebell). Improves shoulder mobility.

2. Bodyweight Marching in Place (2 minutes): Lift knees to hip height alternately, engaging core. Enhances balance.

3. Dynamic Stretches (2 minutes): 10 arm circles and 10 leg swings per side.

Circuit (12 Minutes) 2

1. Kettlebell Goblet Squat (2 minutes): Hold kettlebell at chest, squat to near parallel, rise (or bodyweight squat). 8-12 reps, rest 30 seconds.

2. Bodyweight Reverse Lunge (2 minutes): Step back, lower front thigh to parallel, return. 8-10 reps per leg, rest 30 seconds.

3. Kettlebell Deadlift (2 minutes): Hinge at hips, lift kettlebell with straight back, lower (or hinge without weight). 8-12 reps, rest 30 seconds.

4. Bodyweight Push-Up (Modified if Needed) (2 minutes): Lower chest to floor, push up. 5-10 reps (knees down if easier), rest 30 seconds.

5. Kettlebell Swing (2 minutes): Hinge hips, swing kettlebell to eye level, lower (or hip thrusts without weight). 10-15 reps, rest for 30 seconds.

Cool-Down (3 Minutes) 3

1. Kettlebell Arm Stretch (1 minute): Hold overhead, stretch gently (or arm stretch without kettlebell).

2. Bodyweight Cat-Cow Stretch (2 minutes): Alternate arching and rounding back.

3. Progression: Increase reps or weight as you grow stronger, with my guidance.



Chapter 4: Coaching for Power and Longevity

For clients aged 46-75, I offer a supportive training experience, informed by my work with famous people, global sports figures, and business leaders:

- Personalized Start: I'll assess your current fitness and design a plan to build strength and mobility, adaptable anywhere, anytime, anyhow.
- Progressive Challenges: We'll advance with kettlebell and bodyweight exercises, focusing on form to enhance power and endurance across mind, body, spirit, family, and finance.
- Real-Time Feedback: Through online sessions or in-person coaching, I'll refine your technique and celebrate your progress.
- Lifelong Resilience: I'll provide strategies to maintain flexibility, strength, and well-being, addressing the "4x Flux's" to build greatness.
- Inspirational Environment: You'll train with a community of like-minded individuals, motivated by shared goals.

Whether you're an executive seeking peak performance or a 46+ individual rediscovering vitality, I'm here to guide you every step.

Conclusion: Begin your Transformation

With Flux High-Performance Coaching, I offer you a path to peak performance through Flux Fluid Motion training, drawing on my experience with famous people, global sports figures, and renowned business men and women. This philosophy empowers you to train anywhere, anytime, and anyhow, focusing on mind, body, spirit, family, and finance through the "4x Flux's" to build greatness. This eBook is your invitation to start—download my free guide, "The 3 Habits That Sabotage Executive Performance," at fluxhighperformance.com, and book a free consultation to begin your personalized journey.

Stay In Touch: Follow me on LinkedIn and Instagram for weekly training tips, and subscribe to my newsletter for exclusive workouts. Let's unlock your potential together!

Let's Connect

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