

NATIONAL PRESS CLUB LUNCHEON WITH TONY HORTON

SUBJECT: THE NATION'S OBESITY EPIDEMIC AND ITS IMPACT ON DECLINING FITNESS LEVELS AMONG U.S. MILITARY RECRUITS

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ALAN BJERGA: (Sounds gavel.) Good afternoon, and welcome to the National Press Club. My name is Alan Bjerga. I'm a reporter for Bloomberg News and the President this year of the National Press Club. We're the world's leading professional organization for journalists and are committed to our profession's future and today, it's fitness, through our programming and by fostering a free press worldwide. For more information about the Press Club, please visit our website at www.press.org. And, to donate to our professional training and scholarship programs, please visit www.press.org/library.

On behalf of our members worldwide, I'd like to welcome our speaker and attendees at today's event, which includes guests of our speaker, as well as working journalists. I'd also like to welcome our C-SPAN and Public Radio audiences. I'd now like to introduce our head table guests. From your right, Kate Michael, Writer and Editor for "K Street Kate." Kelly Wright, Anchor and Correspondent for Fox News Channel. Bob Keefe, Reporter for the Atlanta Journal Constitution. Dr. Karl Brown, former US Air Force internal medicine physician, P90X graduate, and a guest of the speaker. Angela Greiling Keane, of Bloomberg. The Chairman of the National Press Club's membership activities.

Over to the other side, we have Andrew Schneider. He's the Chairman of the National Press Club Speaker's Committee, and an Associate Editor at Kiplinger Washington Editors. John Congdon, President and Co-founder of Product Partners, LLC. and a guest of the speaker, who we're skipping over. Tony, I know the promotion could

go to your head, but John's still calling the shots. Melissa Charbonneau, Vice Chair of the Speaker Committee, producer for Newshook Media and the event organizer; Dave Gencarelli, president of the Gencarelli Group, consultant and a guest and cousin of our speaker; Mandi DeGroff, reporting for Hearst Newspapers, which includes the Houston Chronicle, Connecticut Post, and Albany Times Union; And, finally, Robert Yoon, Political Research Director for CNN. Let's give a big round of applause (Applause).

Today's speaker, the star of the P90X system that's the number one selling fitness program in America, has been dubbed the "Master of Motivation." Recognized for his trademark slogans, "Bring it" and "Do your best, forget the rest," Tony Horton has appeared in more than 175 million dollars worth of television programs. His Facebook page is at 150,000 fans and growing. His approach to fitness is based on the idea of muscle confusion, which mixes cardiovascular training with weights, resistance training, plyometrics, and yoga. Over more than two decades, Tony Horton has trained professional athletes and celebrities, including Bruce Springsteen, Sheryl Crow, and Sean Connery.

In Washington, where he is today, he works out with members of Congress. He's also a favorite with members of the armed forces. Growing up, Horton says he wasn't a fit kid, but the weakling turned beach body at age 52, is helping the military shape up. He recently returned from workouts with airmen and soldiers in Italy. P90X has been used extensively by service members from Andrew's Air Force base to Iraq. But, anyone can do Horton's training, and, that will be put to the test today.

As part of the fitness industry's functional fitness movement, Horton is urging the Pentagon to employ a similar approach. He says functional fitness could be part of the solution to a military plague by the stress of war, back-to-back deployments and obesity. He echoes the military's concern over future recruits as potential replacements for today's fighting forces are too overweight, often, for military service.

The inevitable question becomes, is America's military too fat to fight? To answer that, please bring it and work it out later, for the creator of P90X, Tony Horton.
(Applause)

MR. HORTON: Well, you know, since some of the group is standing up, everybody stand up. All right, I want you to jump a little bit. Jump. I'm not kidding. Yeah, that's what we do at fitness camps. Just put the arms up. Put the arms up! Go hey! Hey! Ho! Hey! Ho! Give me an X! You can sit down now. You all right? There's your warm up. Can you all hear me okay? Well, Beachbody, we've come a long way. You know, eleven years ago we didn't exist. And now, we've obviously made some dramatic changes. So, I want to thank you all for coming today. And, I know, you know, you could have skipped the boxed lunch and you could be at Old Ebbitt Grill or the DC Chophouse or the Occidental, but no. Those are just two blocks away, but you came here to sweat and work out with me.

And you're setting an example, not only for the DC area, but also for the rest of the country. And, I really, really appreciate that. So, this is me giving a speech in Washington. Whoa. Let's see how this goes, alright? Where are my teleprompters? I started visiting Washington a year ago, and I sensed that the folks in the White House and in Congress, at the CDC and HHS, were finally getting serious about turning around this nation's obesity crisis. The stats are profoundly disturbing. For instance, according to the Annual Trust for America's Health report, obesity rates have increased no less than in 28 states just this year. And, no more than two-thirds of states now have adult obesity rates above 25%. In 1991, not one state was above 20%. So.

So, it's not entirely surprising to note that obesity rates for US servicemen and women nearly tripled from 1995 to 2008. And, the failure to meet fitness standards has meant that thousands of our men and women each year have had to deal with canceled promotions, loss of educational opportunities, and even mustered out of the service completely.

So, where do I come in? Well, it turns out that the reports of widespread use of my fitness program P90X among US military bases here and overseas, are all true. Hearing that, I decided to visit Joint Base Andrews here in Maryland, where I had the pleasure to work with Air Force Brigadier General, Steven Shepro, and several hundred men and women. This in turn, led to invitations to visit Ft. Bragg, Paris Island, Norfolk Navy Base, Hurlburt and MacDill Air Force bases in Florida. I even had the opportunity to go overseas to work with Army and Air Force troops and their families in Pisa, Vicenza, and Aviano, Italy. These incredible men and women want to be their very best when they serve their country. A big part of that is becoming fit to fight.

Now, the services in the past have been slow to provide up to date guidance on how to accomplish that. But, recently, the Navy announced major changes in its approach to physical fitness training, called the Navy Operations and Refueling System. NOFFS. And, the Army, close on its heels, will unveil a new physical readiness training system within days. I'm happy to say that with these programs, the Army and Navy could potentially turn around their overweight and obesity problem.

The smart part to these programs is that they allow soldiers to get a well-rounded work out anywhere, any time. Whether it's in a gym, on a stateside base, or at a remote post in Kandahar. Very little, or no equipment, is needed, and just a few feet of space will get it done, as many of you know. Mm-hmm. I'm totally on board with this program, and not just because it tracks the thinking of P90X. It's a functional fitness approach that incorporates three simple elements necessary for a total workout. And, here's a quick little rundown. The first element is reliance on a wide variety of calisthenics and body weight exercises to build strength and cardio capacity. Variety, being the key word here.

The days of nothing but pushups, sit-ups, and long runs in the military are over. (Applause) Trust me, they're applauding around the world as we speak. The second element requires that these calisthenics and body weight exercises incorporate skill-based techniques that emphasize dynamic range of motion, good form, and balance. And, the

third focus is on proper warm up and cool down, stretching to avoid injury, and aid in muscle and recovery growth. Functional fitness challenges our muscles and connective tissue and allows the entire body to get stronger while also improving cardiovascular fitness and flexibility.

A synergistic mix of yoga, strength work, plyometrics, and core exercises to prevent plateauing, boredom, and injuries. Anybody ever suffer from those three things? No *mas*. The P90X faithful and much of the US military knows this as muscle confusion. Thank you very much. I'll fill in the blanks, don't worry. What is really important is how this type of fitness matches demands of modern warfare. I'm talking about lifting, twisting, rolling, sprinting and climbing. Functional fitness will build cardiovascular endurance and a powerful base, but also strengthen the neck, limbs, and back as well as the body's core, all of which, is critical to full body movements in stressful situations.

The fitness philosophy requires is a six-day week commitment. What am I saying? Let me try that again. This is important. I want to get it right. This fitness philosophy requires a six-day a week commitment. Variety and consistency are the keys to success. Four days on with three days off is counterproductive for real improvement. I know I've mentioned it earlier, but I truly believe that all functional fitness programs should be dedicated to independent stretching and yoga. There's a hush in the room. (Laughter) You're welcome. That's right, I said it. Yoga. I believe it needs equal status in the US military physical doctrine. With injury reduction taking on such importance in today's challenging environments, dedicated time and specific training in all types of yoga is imperative.

Now, I know, the inclusion of yoga in military training seems a tad alien. But yoga magnifies and accelerates the positive changes and positive effects of strength in cardiovascular exercise, increasing a person's range of motion and, in effect, lubricating all the major joints greatly reduces the potential for injuries at the critical shoulder, ankle, knee and hip joints. Yoga is power, flexibility, balance, endurance, and teaches how to be calm and collected in the middle of a storm.

Now, active duty military commanders stateside have asked me whether a single workout could be designed to incorporate intensive strength and cardio flexibility in a 30 to 45 minute workout for use in challenging workout environments. Now, I know it's possible because my own fitness program called P90X has it. Those of you that want to sweat with me a little bit later will catch a version of this in about 15 minutes. Don't go away. I brought my family, sorry. (Laughter) The bottom line here is that functional fitness, which I define as a well-designed equipment-free body weight based exercise routine, whether it be done at home, in a gym, on a base, or in any open space, is all you need to become fit to fight.

Once you have the moves, there are three more things that you'll need to succeed. Flat ground, gravity, and desire. The armed services are setting an example with functional fitness that I know all Americans can follow. So, it seems that those in the military are already-- I'm sorry. It seems that those in the military already, in the Army,

Navy, Marines and Air Force, on their way to becoming fit to fight. But, with obesity rates rising in this country, how healthy are our future recruits? Well, unfortunately, it turns out not very. This is the last, and perhaps most important, issue I'd like to discuss. Frank Palkoska, the director of the Army Physical Fitness School at Fort Jackson in South Carolina, sees national obesity as no less a national security issue. And, retired Generals John Shali [Shalikashvili]-- Oh, see, thank you. Or as Clinton would say, Shili, pretty much I think, right? And, retired General Hugh Shelton, two former chairs of the US Joint Chiefs of Staff and cofounders of Mission Readiness, a nonprofit dedicated to the health and education of children, agree that the obesity rates threaten the future strength of our military.

They feel that within the next five to ten years, the armed forces will have difficulty identifying enough able-bodied recruits to meet their quotas and point out that less than 25% of young adults 18 to 26, will be eligible for military service. The biggest hurdle, the underlying medical conditions posed by the overweight and obese. I think a functional fitness program should be incorporated in ROTC, Junior and Future Soldier programs, and more broadly, we should promote the use of well designed, low cost exercise programs by individuals and groups through school systems, churches, civic and professional groups.

This should remove, or minimize, many of the legitimate excuses people have to avoid scheduled exercise. Things like, "I don't want to exercise in front of other people." Or, "I can't afford a gym membership." Or, "I don't have the time or the space." And, we all know that's not true, don't we boys and girls? It used to be an excuse. No *mas*. All right. We ought to praise to promote school officials, legislators and governors, who bring back more gym classes, recess, walk to school programs, and work to fund extracurricular sports. It's critical to encourage children and young adults to get comfortable with the notion of pushing their physical limits. We ought to support school nutrition initiative, now in Congress, House Resolution 5504.

But let's face it. Our school systems can't be expected to give our kids and teens the 45 to 60 minutes of physical activity they need daily. Parents, mentors, and bosses, need to challenge teens and young adults to join them in shaping and using gravity, the good Earth, and a little bit of sweat as a daily practice. Let me hear a "Hey ho" on that one, right? (Applause) Made that up, I don't know what "Hey ho" is (Laughter).

And let's not forget that we have role models right here in DC. There's Michelle Obama's Let's Move campaign that tackles childhood obesity. Of course, as well as dozens of leaders like Heath Shuler, Paul Ryan, Loretta Sanchez, Jesse Jackson, Jr. and-- and Jesse Jackson, Jr. There we go. I thought there was more, but no.

Finally, I call on able-bodied Americans to keep faith with our military. Our young men and women in uniform risk their lives on a daily basis. I was at Walter Reed yesterday. If you have an opportunity to go to Walter Reed, I want you to go because these folks over there are special people. It's pretty hard not to be amongst them and not well up in tears and be so appreciative of what they do. Honestly. (Applause) They risk

their lives on a daily basis, pushing their bodies to perform well and protect the soldiers to their left and to their right. They deserve exercise programs that help them be the very best that they can be. I want to thank you for your time, and I'm certainly open to any questions that you might happen to have before I kick your butts, basically. Thank you very much. (Applause)

MR. BJERGA: And, thank you, Tony. Just a quick question or two. First of all, just how did you actually get involved in, there's my first physical workout of the day, how did you first get involved with home fitness as a particular approach towards encouraging fitness in the population?

MR. HORTON: Well, I was very lucky. You know, I used to get up at five o'clock in the morning and drive all over town. My day started with Tom Petty, Billy Idol, Annie Lennox, and Stephen Stills, so, I was basically pre-Madonna morning, you know. But, you know, these were folks that were, you know, professionals. And, they wanted the very best of the very best, and they wanted to perform at their very best. And so, I was very fortunate to meet Jon Congdon and Carl Daikeler, and we created a company, Beachbody, it's only 11 years old. But, the unusual thing about what we do is we that we want to get people real fitness, real programs, things that actually work. Most folks when they turn on the TV at night, they see an infomercial, there's some kind of abba-dabba-doo ya chair, or some you know, thigh master thing. You know, whatever. But, we wanted to give people real fitness. And, of course, all the experts said, "You're not going to succeed. It's just, you know, your celebrities might want that but the general public, they won't buy that kind of a thing." But, you know, there are folks in this room that saw that infomercial, saw people like themselves, and dialed that number and they changed their lives.

MR. BJERGA: Well, and there are a lot of home fitness programs out there, and they've been going on for decades. I mean, you can remember Jane Fonda's workout videos. You can remember Sweating to the Oldies ads that used to be ubiquitous about 20 years ago. How have you seen, sort of, the home fitness program genre evolve over those periods from what you may have seen stressed in the Fonda-Simmons era, versus what you're seeing now?

MR. HORTON: You know, I think a lot of those programs, they were great. They were getting people off the couch. They were, you know, hopefully, there were some food programs designed with those fitness programs. But on some level, they were one or two-dimensional. A lot of them were cardio only based programs where you're kind of jumping and kicking and dancing and things like that, which is fantastic. But the one thing that I'm doing, and I talk about it here, the reason why it's popular with the military, the reason why it's popular with professional athletes and celebrities, is because it's not one thing or two things. It's multiple things. It's plyometrics, it's cardiovascular exercise, it's resistance, it's using dumbbells. You know, it's martial arts, it's everything. So, you are trying to avoid the plateauing effect that happens when you're doing one and two-dimensional exercises. And, you're also avoiding the boredom and injuries that comes from doing the same things over and over again.

You're using it because, you know, you see results fairly quickly. And, so are other people. So, we found a formula. I mean, we have a-- you know, obviously, I'm the fitness clown in the foreground, but you know, we've got real people behind me working out. We've got real people in this country that are actually doing it and seeing results. I was on QVC last week and people in their 40s and 50s are calling in, people who haven't had an athletic day in their life that are finding ways to modify P90, actually, because it's extreme fitness. We have other things that aren't as extreme, but they're finding ways to do it and their bodies are changing. They're changing physically, emotionally and mentally, and that's exciting.

MR. BJERGA: Well, and let's take a look at some of these varieties of moves, because I understand you have a pretty extensive workout program designed for us?

MR. HORTON: Well, I do, I do.

MR. BJERGA: And with that, now if the audience could start moving their chairs back, we'll just take a little bit of a moment here, because this is the moment a lot of us have been waiting for. And once we get that going in just a little bit of so, there's going to be a little bit of music to inspire you all in this program. I'll give the cue for that, but right now let's just get everybody moving along here. This is a first ever at the National Press Club.

MR. HORTON: Very exciting. I'm thrilled that the Press Club has stepped up and decided to do this and introduce this to so many people.

MR. BJERGA: Well, and this is conjunction with our 5K for Charity, which is tomorrow at eight a.m. So if you are in the Washington, D.C. area, make it work.

MR. HORTON: Now I get to do something I love, as opposed to standing there at the podium and reading a speech. Holy cow. That was harder than plyo, I got to tell you.

MR. BJERGA: Okay, we got the P90X crew coming up here?

MR. HORTON: We got our fearsome foursome coming up. Hello.

MR. BJERGA: All right, all right. Now, we've got the crew up here and we've got some folks ready to work out. Let's cue some music.

MR. HORTON: All right, so we have to spread out, we're going to be on the floor, all right? We're going to start with a little yoga warm-up, a little yoga warm-up. All right, we talk about yoga in the military.

AUDIENCE: Are you going to do a banana roll?

MR. HORTON: Little banana roll? How's that music, should we turn that music up a little bit? Right there, look at that. We're all going to do podium lifts. All right, give yourselves some space. Find the corners. Come up nice and close, I won't bite too hard. Inhale both those arms up, reach up, look up. Keep reaching. Tilt your pelvis towards me, spread the fingers. Can you reach a little higher? Look up to the ceiling, try to be blinded by these lights. Look at my fit crew up front, nice. Good, spread the fingers. Elbows, scrape that wall behind you like a big morning stretch. (Yawn.) You can make that sound if you like.

Inhale, both arms up again. Reach up, spread the fingers wide. Yeah, let me hear you all do that because that'll sound weird. Come on up. Reach up, spread the fingers. I love you, man. Feet wide. Hands in prayer. Inhale again. All right, good job. Exhale and hang all the way down. Hang down, take care of those hamstrings and lower back. Keep the legs straight, keep them straight and strong. Watch out for your neighbor. Who knows, you might leave here engaged, you know? Anything could happen.

All right, inhale up to flat back, which means come up part way, place your hands on your shins. Drive the crown of your head towards me and try to arch your back. Flex your quadriceps, pull those kneecaps up. Exhale all the way down again. Now, look up first, reverse that swan dive, both arms up, reaching up. I want you to connect that breath, spread the arms wide. Yawn. Inhale. I got work to do, music from the '70s when I was in high school. Exhale all the way down, hang down.

Good. Now, you got to step back into plank, don't step on somebody's face. Can you get down, you got room? Get down here with me. How we doing? We all good? Anybody meet a new friend? That's important. Hi, what's your name?

All right, now get the hands underneath your shoulders, right? Some of you are way out here. So spread the fingers so you see carpet between every finger, all right? Engage the butt and belly. Try to get too sexy when you do that. All right, elbows, scrape the sides as you come down. Now, that's called upward dog. Could you imagine the Army, Air Force, Marines doing yoga? You kidding me? They can run past a Humvee when I'm done with them. All right, do a little pushup here if you want.

Now downward dog, just stick your butt in the air. Keep your feet and hands where you got them. Pedal your feet. Drive the right heel down. Lift the other one so you're going to work the calves and the Achilles. Try to straighten your arms, drive your chest to your toes and get your butt up in the air and go back and forth, left side, right side. If it's too much, just come on down to your knees and hang out and jump back in when you can. It's all good. Back and forth. You got work to do, woo.

All right, now walk or jump the feet up to the hands, come on up. Straighten the leg, reverse that swan dive, come on up. Exhale to prayer. Everybody step the right heel back. Both legs are super straight, no bent knees in the room, all right? Put your hands on your hips, put your hips square to me. All right, inhale up again. Hang out over that front straight leg. Don't bend it, I know you want to, don't let that happen. You should feel a

stretching sensation. Relax the head, drop the head down so you can take that strain off your neck. Good, good, good.

Turn that right hipbone down toward the left anklebone so you can feel a little bit more intensity. More intensity. You feel that? Your job while stretching is breathing. You can think, but that's going to be counterproductive. So don't think, don't think about my speech. I know, I looked kind of lame up there, but that's all right. I was trying to get a teleprompter in the room. Good, still hanging, still breathing. You can laugh, too, these jokes are funny. Bend that front knee, you can come on up again. Let's do the other leg because we've got two. When I was at Andrews, some folks don't, all right? So let's do it for them. They're working hard for us. Let's all get fit and not be a burden on the healthcare system. What do you think about that? (Applause)

Good job. Inhale up, down you go. Same thing, other side. Because you can blame the government, you can blame the pharmaceutical companies, you can blame the healthcare companies. They're just trying to adapt to you. So if you have a healthy and fit-- yeah, that was good. A health and fit lifestyle then, you know, you got less issues. You're less vulnerable and more durable and that's a beautiful thing. That's what we need to be. All right, you're just breathing here. This is not exciting to watch, but it's more important than anything else you do. You can't score any points in a downward hamstring stretch, but it's important to do.

Good, come on up. Ready to get busy now a little bit? (Applause) Feeling good? Give yourself a little self love here, try not to smack anybody. Dude, there's Derek. Dude, look out, dude. Look out, I'm stretching, man. Look out, look out, I'm stretching, I'm stretching. Beating up the Press Club over here. Good. Oh, you love the circles. Oh, you love-- okay. Hey, I got wax on my finger, what happened? Get your finger out of somebody's ear over there.

Good, reverse it a little bit. This is my mom's favorite song so shh, be quiet. She loved this, man. She'd sing this to me at night when I was going to bed. Make them bigger. Oh, yeah, feel that burn. That's got to be good for you. If it hurts, it works. The other way. Good, we feeling good? This move is called-- now, the beautiful thing about this routine and the reason why we're going to show you all this is because the military, sometimes they're down range, they don't have a bunch of stuff. They can do that cross fit thing and hurt themselves. Was the camera on when I said that? Lawsuit!

Anyway, we're going to try to work out with just the human body and Mother Earth. So it's called two dog pushup. You're getting down to plank, right? Here we go. Now, if at any point you feel like you're toast, just stop and walk in place. Two dog pushup. Get those hands underneath your shoulders, girlfriend. There you go. I got my eyes on you. Down you go. (Laughter) Up you come. Right, there's up dog, that's the first dog. That's the first dog pushup. Back to plank, do a pushup, downward dog, all right? N

So now we come top, top of that pushup again. Back to plank here, down we go, upward dog. Get the shoulders up, arms straight, back to plank. You can do it on your

knees if you like. I'm okay with that, pushup. Downward dog. Get it? Two dog pushup. Who's your buddy? Top with that pushup. Nobody laughs when they're in the middle of this, that's weird.

Down, up, plank, pushup, downward dog. Nice work boys and girls. How about three more just because why not? Top of that pushup. Down we go.

AUDIENCE: Bring it.

MR. HORTON: Bring it up. Plank. Skip this pushup if you want to. And downward dog. That downward dog feels pretty good, doesn't it? We could stay here five minutes if you want. But we're not. Back to the top of that pushup. Down, upward dog. Slow motion, isometric movements. It's not just knocking out a bunch of reps. You can do that sometimes. Bet you the Press Club hasn't played this song before. Back to the plank, down we go. Last up dog. Oh yeah, baby, it's good. Can you feel the goodness? Pushup, downward dog. Jump the feet to the hands. Yeah (Applause)

They're applauding pain, that's just weird, all right? Jab cross, you got it? Don't hit anybody in the back of the head. Are you ready? Hands up. Watch this guy right here, watch him throw punches. Yeah, he just burnt off breakfast right there. Okay? So like this, left leg forward, right leg back, okay? Three, two, we'll do 15 per side. Jab cross, jab cross, jab cross, jab cross, jab cross, that's six, that's seven, that's eight, that's nine, that's ten. Five more, four more, three more, two more, last one, good.

Now, these two, they're like karate people, right? Did you hear that little sound they're making, sounded like they were throwing up, kind of weird? So on the second side, let's do it too, let's make that "heh" sound. Want to do that? So it'd be like this. Jab heh, jab heh. Okay, wait, you're making me nervous. All right, start again, all together. Three, two, jab. Jab two, jab three, jab four, jab five, jab six, jab seven, jab eight. Nine, ten, eleven, twelve, thirteen, fourteen, fifteen. Yee-ha, nice. (Applause)

We're going to do a little core work, all right?

AUDIENCE: Jay roll.

MR. HORTON: Jay roll, can you imagine all of us? Like a thousand human hotdogs rolling around? All right, so we're going to do Mason twist, though, all right? Cheering pain, more cheering pain.

So on the deck, here we go. So if you're new to Mason twist, I feel sorry for you. But the future's looking bright. So, here we go. If you want to modify this, keep your heels on the ground. Keep your heels on the ground and just bring your hands to your hips, I'm all right with that. Otherwise, if you're a veteran, let's get busy. One, two, three, four, five. One, seven, eight, nine, ten, eleven, twelve, thirteen, fourteen, fifteen. Half way. Sixteen, seventeen, eighteen, nineteen, twenty. Countdown. Ten, nine, eight, seven,

six, five, four, three, two, one. Ten more. Nine, three, four, five, five, four, three, two, one. (Applause)

I'm going to say a name, and you're going to know what it means. You remember the Press? Mary Catherine. Now, you can step, that's nice, cool, right? Modification is very important. You can skip, which is fun if you're frolicking through the forest. Oh, shrubbery. Okay. Or-- (Applause) Here we go, we'll do thirty. So how about this? We'll all count up to twenty and we'll count down from ten for the last ten, all right? Here we go. Remember, modify it if you need to modify it. It's good. So, three-- don't be caught up in the collective energy of the group. Three, two, one, two, three, four, five, six, seven, eight, nine, ten. One, two, three, fifty, sixty, seventy, eighty, ninety, twenty. Ten, nine, eight, seven, six, five, four, three, two, one. (Applause)

Can you imagine if the entire military and the whole country did this, five thousand companies would go bankrupt tomorrow. And the unemployment rate would go through the roof and then I'd be a bad guy. But hopefully slowly, we can have more of an influence. So that's one round. How many gym memberships did you need for that? How many personal trainers other than *moi* did you need? All right? The Earth, you, done. All right, my favorite, maybe you haven't seen this one, it's called a swimmer's pushup. Anybody seen that one before? Yeah, well, Tim, a few people have. By the way, not to promote anything, but buy the new one-on-one series at beachbody.com. Okay.

So, let me show it to you first. A pushup, going for a swim. Pushup, going for a swim All right, here we go. Now, ladies, okay, before we go on, how many people in the room can't do a regular pushup? Just raise your hand. You're stuck on your knees, right? Do you have to go all the way down to do a regular pushup? No. Can you bend your elbows that much? That's a pushup. Keep the body straight, let me show you how to modify. Because you get to engage your butt and your belly, you get to enjoy the important part.

AUDIENCE: And I'll do my best.

MR. HORTON: And forget the rest. All right. So we'll do a-- how's 15 sound good? Because they're going to be slow and miserable. Right arm and left arm, here we go, pushup, go for a swim. Pushup. This is number two, swimming, nice and slow, swimming on three. Pushup number four. Pushup. Hello, five. Pushup, say hi to six. Pushup, seven. Take that break if you need it. Pushup, eight. Engage the butt and belly. Pushup nine. Pushup, hi number ten. Pushup, eleven. Just four more, pushup twelve. Pushup thirteen. Two more, pushup, fourteen, pushup fifteen. There you go. (Applause)

I don't know, I got sort of a pump from that. I don't know, I feel fantastic. I'm going back to California and eat some cauliflower with my governor. Okay, here's one of my favorite moves. Fast feet, going to start like this. I'm going to say go, and I'm going to say down. Go, down, go. And I'm going to mess with you. I don't want you to move until you hear those two things. Are you ready? Get on down. Go, down. Go, down. Go, down. Go. Down. Where you going. Down. This whole stage is going to fall over. Go, down.

Go, down. Go, down. Go, down. I knew I'd get a-- Go. Look at this thing. Do we have insurance? Down. Go, down. Go. I'm in California, baby. Down. Go, down. Go, down. Go, go, go, go, go, go, go. Ten, nine, eight, seven, six, five, four, three, two, good. (Applause)

So, you know, I want to try to help folks in all four branches to really work on their core, right? So we got one of my favorites, it's called crunchy frog. But, you know what I discovered? That people who do crunchy frog have a tendency to grab their legs and cheat. But you almost can't-- you can kind of hide there, right? You look like you're not-- see, we're going to take our hands and we're going to call it row your boat. Can't grab nothing when you row your boat. So here's how you modify it if you're not used to that exercise. Keep one foot on the ground, all right? So if you're new to this routine, I want you to keep one foot on the ground and it's just here. All right? And whenever you feel like you want to switch, that's okay. Try to keep the chest up. Try to engage the belly, all right?

We're going to go to thirty. If you get to five, ten, twenty-two and you feel like you're toast, just back off. Try not to flip me off but, you know. All right? How's our music, maestro? We lost our-- not quite as loud. There she blows. They're all worried, right? "I hope there's none of that explicit stuff they're going to play." You know what I mean? No, I checked the lyrics before I brought it in.

Here we go, let's do thirty. They both come in together. One, two, three, four, let's count, five, six, seven, eight, nine, ten are gone. One, twelve, thirteen, fourteen, fifteen, sixteen, seventeen, eighteen, nineteen, twenty. Count down, ten, nine, eight, seven, six, five, four, three, two, one. (Applause) Can't cheat on those.

All right, the stage, I get worried. Okay, we know it, we love it, it's called fighter squats. All right, so a very effective exercise, especially if you don't plan on sitting down for three days. Hey, have a seat. No, I'm cool, I'm up here, I'm fine. All right, so how do you modify this exercise? You don't jump and you don't touch the floor. Because if I see this, that just means it's you cheating and hurting your lower back, so modify it like this. Touch that front knee, touch that front knee or shin, all right? This is all good, but I want to see your chest and eyes, I don't want to see the top of your head.

You want to jump like Dominic? (Applause) Fifty-two, aging-schmaging, okay, let's go.

AUDIENCE: How many?

MR. HORTON: We're going to do thirty, because why not, right? And if at some point you feel tired-- All right? Don't let your ego get in the way of a good workout. Okay, here we go. One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve, thirteen, fourteen, fifteen, sixteen, seventeen, eighteen, nineteen, twenty. Count down; ten, nine, eight, seven, six, five, four, three, two, one. (Applause)

Yeah, just like the DVDs, we just spray it on. How's our time? We have time for another one? Two more? Pushup, side arm, balance. More yoga, right? Strengthen, balance, one move, called synergistic exercise. How do you modify that? Let me show you, if you don't know. Hey Tony, I'm going to skip the pushup. Drop the left, raise the right hand. Plank, drop the right, raise the left. Or, add the pushup. Here, watch the other one with the feet. See the staggered feet? Easier than stacked. Stacked harder, harder. (Applause) Here we go, let's do ten. Skip the pushup, drop the knee. Got it? Here we go. Everybody right arm first, that way we don't end up-- you know, I don't know, I'm not going to say it. You know where I could go.

All right, pushup or not, here we go, there was that. Raise the arm and the leg, take your time. We're still here, back to plank. Pushup, that's our second pushup. Raise it up. Third pushup, raise it up. Look up at the ceiling if you can. There's number four in the pushup department. Raise that arm up, pushup. You're halfway, lucky you. Pushup. Number five, pushup. Number six, pushup. Hello, lucky seven, pushup. Eight, pushup. It's your friend, number nine, one more time, pushup. Raise it up, hold it there. One more pushup, bonus eleven. Come on up. (Applause)

So, I'm good. Okay, this is where it gets ugly. I can't tell you how many events, camps, this combination seems to mess with people's minds. Jab, cross, hook, upper cut. All right? I don't want to see a lot of this. I didn't say leg. Leg? Where'd the leg come in? So we're going to start out slow, right? Like Aretha Franklin, we're going to come out slow, and then we're going to belt it out at the end, right? On the upper cut, I want to hear-- I want to hear. That's better. Are you ready?

Left foot forward, other one back. Go slow at first. So here's a little tip. First two, way out there, way out there, right? Second two, cross that shelf, like Shaline says, right? Boom. So it's nose, nose, jaw, chin. Here we go. I'm just going to do them until I don't feel like doing them anymore. We could be here five minutes, I have no idea. What am I going to hear? All right, three, two, jab, cross, hook, heh. Jab, cross, hook, heh. Jab, cross, hook, heh. You can say it with me. Jab, cross, hook, heh. Jab, cross, hook, heh. Jab, cross, hook, heh. Jab, cross, hook, heh. One, two, three, heh. One, two, three, heh. One, two, three, heh. (Continues.) (Applause)

MR. BJERGA: Tony, we don't want to interrupt your workout too much, but we got a couple of questions from the audience. If you want to just keep going, I might shout something out at you while you're moving along. All right? We're about free expression as well as free fitness here, so keep her going.

MR. HORTON: Thank you.

MR. BJERGA: Music.

MR. HORTON: Turn off the music?

MR. BJERGA: Keep it going.

MR. HORTON: Keep it going?

MR. BJERGA: Go.

MR. HORTON: What the heck. All right, we got another side, let's do the other side. Here we go, hands up. Hands aren't down here, they're up. Slow to start. One, two, three, heh. One, two, three, heh. Long, long, tight, heh. Jab, cross, hook, heh. One, two, three, heh. One, two, three, heh. Jab, cross, hook, heh. Jab, cross, hook, heh. One, two, three, heh. One, two, three, heh. One, two, three, heh. (Continues)

MR. BJERGA: So Tony, we got a question here. Is this program that we're seeing here today, can this be modified to work for wounded warriors recovering?

MR. HORTON: Well, you know, it's so funny that you should ask that because just the last couple three days, we've been talking about doing modified wheelchair workouts after going to Walter Reed yesterday. I'm convinced that we're going to hopefully continue to do more of that. We're in pre pre-production right now, we're in talks about what those would look like. We have specialists in their field, you know, hopefully. I was talking to an expert at Walter Reed yesterday and we were just talking about collaboration and it's hard to answer questions while breathing heavily, but yeah. We're in the midst of working on it, yes.

MR. BJERGA: I hope you all got your water because that was your best shot.

MR. HORTON: That was it. I'll just keep this one down here. All right, it's time for your abs and you love it, all right? So, I'm going to dig into my bag of tricks here. Now, we all know Scott Pfeiffer. Some of us don't. Pfeiffer scissors. Now, let me show you how we're going to change things up. So Pfeiffer scissors, laying down, doing this. Yeah, whatever, miserable. We're going to get up and clap and clap, and clap. So if you need that break, drop the heel on the ground, grab the leg as if I'm not noticing, and just-- you can do this, at least you're getting a great stretch, a great way to modify. Everybody down, here we go.

Can you hear me all right? I'm losing my microphone. We're going to do 30, and I want to hear those hands coming together. Focus on that straight leg if you can, all right? Here we go, it's our first one. One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve, thirteen, fourteen, fifteen, sixteen, seventeen, eighteen, nineteen, twenty. Count down, ten, nine, eight, seven, six, five, four, three, two, one. Yee-ha.

Well, normally we would do wall squats here, but no. All right, so here's our leg move, the last one in a sequence of four. One-legged speed squats. So here's how you can-- you can go extreme, right? Ninety percent of your weight's here, just ten here. You can touch the ground and leave the ground, touch the ground and leave the ground. If you don't want to touch the ground and leave the ground, gesture toward the ground. Give me some jazz hands, you know? All right, but put all the weight in that one leg. Don't put the

foot back here, get it up where the other one is, right? Up on the tip-toe, not even the ball of the foot. Get up, here we go. We're going to do 20 per side. Feel all right? I want to see your chest and eyes. If you're bending over, you're hurting your back and cheating, all right? So if it becomes too much--

Three, two, either leg to start, I don't care. One, two, three, four, five, six, seven, eight, nine, ten. Count down, ten, nine, eight, seven, six, five, four, three, two, one. (Applause)

MR. BJERGA: We got another item from the audience, Tony. This is just an audience member who wanted to show his before and after pictures. Do we have a camera here?

MR. HORTON: You see that? Where is that? Carlos, you look so sad here on day one. That's a sad man right there, Carlos, on day one. Six pack and all, I think it's an eight pack. Actually, it's a seven pack, you're missing one out of eight.

MR. BJERGA: A packlet (sic).

MR. HORTON: A packlet, exactly. Nice.

MR. BJERGA: All right, Carlos. (Applause)

MR. HORTON: Other leg, count up to ten, count down from ten. Three, two, one, two, three, four, five, six, seven, eight, nine, ten. Count down, ten, nine, eight, seven, six, five, four, three, two, one. Nice. So, who in their wildest dreams would have ever even considered a move like that before you started P90X? Right? That was a question where no arm should go in the air. So how's our time, by the way, Press Club officials? Do we have time for--

AUDIENCE: Half hour left.

MR. HORTON: Half hour?

MR. BJERGA: We can keep going when the program is over. We got about four minutes left and some ritualistic things to do towards the end. But let's just do another exercise or two first.

MR. HORTON: Okay, let's go. Super round. Are you ready? All right. Modified version. Extreme version. Yeah, and it's not about your ego. I don't care, man, it's just a little bit. So let's do ten. Are we ready? Shaun has a bad knee, is recovering from knee surgery, so he's okay. We'll do them together. We're going to do this in between each one, all right? Inhale up, down, back, knee to elbow, push up, knee to elbow, push up, jump up. One, down, push up, knee to elbow, push up, knee to elbow, push up. Two, down, push up, knee to elbow, push up, knee to elbow, push up. That's only three. Down, push up, knee to elbow, push up, knee to elbow, push up, four. Down,

jump back, push up knee to elbow, push up knee to elbow, push up. That's halfway, baby. Down. Push up, forehead, push up, push up. That's five going backwards, four to go. Knee, knee, jump up. Three to go. Bring that knee up, push up, knee up, push up. Lot of grunting. Two to go. Bring that knee, bring it in. One more time, down. Knee, knee, jump up. (Applause)

MR. BJERGA: Hey, let's all give a round of applause to our speaker today, Tony Horton. (Applause) Couple of last pieces of business to take care of. But first, to remind our audience and members and watchers and listeners and some future guests. On July 22nd, we have Don Blankenship, the CEO of Massey Energy Company talking to a luncheon. And on July 27th, we have Secretary Arne Duncan of the U.S. Department of Education, no calisthenics required at those.

Also, we will be requiring some calisthenics before tomorrow's 5K at the National Press Club. If you have not registered, please do so and that goes for everybody within 50 miles of Washington, D.C. Come on tomorrow, Tony will be there.

MR. HORTON: I'll be there.

MR. BJERGA: Eight a.m. And finally, on behalf of the National Press Club, we'd like to present you with our customary, perfect for a recovery drink, National Press Club mug. We'd like to thank the National Press Club staff including its broadcast operations center for today's event. For more information about joining the Press Club and how to acquire a copy of the program, go to www.press.org. We've got about 30 seconds left, Tony, before we do the cool down with the audience here. But what message do you have for the folks who are out there watching and listening?

MR. HORTON: Well, the first thing I want to do is I want to thank the National Press Club for having us all here today. (Applause) And I hope this is the beginning of a beautiful trend, not only with the civilian population, but also with the armed forces. We're already making a great inroad so far and it's really exciting that we continue to do that. I want to thank the Press Club, I want to thank the military, and I want to thank you!

MR. BJERGA: Thank you, this meeting is adjourned.

END

