

CAN YOU HANDLE BIG DAVE'S CHALLENGE

# BIG DAVE'S PHYSICAL WORKOUT



**INCLUDING A FREE  
FITNESS JOURNAL &  
PLANNER !**

AUTHORED BY DAVE GAUDER (AKA BIG DAVE)

WORLD STRENGTH ATHLETE & HOLDER OF MULTIPLE GUINNESS  
BOOK OF RECORDS FOR WORLD STRENGTH FEATS

**THE MIND IS THE HIGHEST LEVEL OF STRENGTH**

# About The Author Dave Gauder



## Dave's Story

Dave Gauder was born in Birmingham and is proud of his roots and growing up as a 'Brummie'

His incredible story really began when as a young lad he was small in body build and found himself being picked on and bullied by other lads in his school years. To overcome this he decided to bulk up his body weight and develop his mental strength to be able to manage the situations he found himself in. He started to work hard on weight training and gym fitness workouts and placed a high degree on his nutritional and calorific intake in his diet.

Little did he realise where this might lead to one day and how the first decision he made to go to his local gymnasium would shape his physical and mental approach that would take him on a journey that no one could have predicted. The life map that has taken in world record strength feats that few if any could ever match and his career as a World Strength Athlete is only matched by his ability as a Community Engagement Champion & Ambassador.

Dave reaches out to millions of children and young people through his many campaigns to people who find themselves behind bars at HM Prisoners through his work with the Police and Probation Service. He has worked with many businesses and organisations including Education, Armed Services, Police and Government Departments in various awareness campaigns. Over one million UK school children have received his anti-bullying presentation and this number is growing.

World Renowned Strongman Dave Gauder is a motivational speaker, anti-bullying activist & an Ambassador for Standing up for Birmingham. Dave has multiple listings in the Guinness Book of records & has presented his Anti-Bullying presentation to over 1 million people. This won a prestigious Oyster Award from the Home Secretary.

Dave has won many awards over the years and is the proud winner of The Phoenix Newspaper Group Community Engagement Award 2019 which has now led to him having his own Page in a Global Newspaper (Big Dave's Safe page). This has a vast Audience of Online and Offline readers that can be viewed by millions of people across the Commonwealth and has now launched into the African Continent. This is indeed an honour to be able to address so many people and has been recognised as an Ambassador to help facilitate trade with Ghana.

Can You

Last The  
Course



Can You

Manage It

Can You Become One Of  
Big Dave's Diamond Buddies

Inside You Will Find The Details About  
Big Dave's Physical Workout Challenge  
Which When Completed You Be Awarded  
By Becoming One Of A Select Number Of  
Big Dave's Diamond Buddies !



### Workout Journal Planner

The Month Goals				Source of Motivation			

Last Month Weight And Measurement Results					Last Month Personal Record		
	Starting	Target	Final	Difference	Exercise	Result	Target
Weight							
BMI							
Chest							
Waist							
Arm							
Hips							
Thighs							

REMINDERS	Notes

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### Training Tracker

#### Weight Training Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

#### Measurement Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

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### Workout Tracker

#### Cardio Workout Tracker

Date	Activity	Machine Used	Distance	Duration	Intensity

#### Cardio Workout Tracker

MONTH OF

Activity	Week 1	Week 2	Week 3	Week 4	Week 5	End of the Month
MAX REPS						
BODY WORKOUT						
WEIGHT TRAINING						
MAX SETS						
BODY WORKOUT						
WEIGHT TRAINING						
MAX WEIGHT LIFTED						
MAX DISTANCE RUN						
MAX DURATION RUN						

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The Full Sheets Are Available At The Back Of This Book



Takes Place Weekly

**Dave Gauder**

**Personal**

**Trainer**

**No Pain No Gain**

**BIG DAVE'S**



**Workout  
Zone**



**THE HOUR OF HELL**

**Can You Handle It**