



### Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

### Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

## Challenge Jump Rope Body Weight Bonus

You've got your jump rope and your body, what more do you need? You're all set to train any time and anywhere.

It's takes someone with special dedication to do this sort of training. Anyone can go into a gym, sit on a piece of equipment and pedal, push or pull. But to use your own body as a machine? That's something different completely.

I'm all about 'functional' training...how is that defined?

Wikipedia defines **functional training** this way:

*Functional training attempts to adapt or develop exercises that allow individuals to perform the activities of daily life more easily and without injuries.*

*Functional training, if performed correctly, will lead to better joint mobility and stability, as well as more efficient movement patterns. Improving these factors decreases the potential for an injury sustained during any athletic endeavor or performance in a sport. Functional training is:*

- *Integrated – It should include a variety of exercises that work on flexibility, core, balance, strength and power, focusing on multiple movement planes.*
- *Progressive – Progressive training steadily increases the difficulty of the task.*
- *Periodized – mainly by training with distributed practice and varying the tasks.*
- *Repeated frequently.*

Are Challenge Jump Rope Bodyweight Workouts and [Challenge Fat Loss](#) Workouts a form of functional training? You bet!

Challenge Jump Rope Bodyweight and [Challenge Fat Loss](#) utilize functionally sound exercises. You'll be using bodyweight moves to strengthen tighten and tone your entire body. You'll move better, you'll get stronger and leaner while reducing your chance of injury. You'll find a TON of variety to hit your body from every angle. You'll work on your balance and lessen the strength asymmetry between dominant and non-dominant sides. My programs are progressive and periodized so you'll gradually increase your intensity. It's intended to be used 3-5 times a week and I make it easy for you since the workouts are short and done at home with a minimal amount of space. Just add your jump rope, water and you're set! Let's go!

**Plan:**

Use these workouts 4 times a week for 4 weeks. (Swap out pull ups for assisted pull ups where possible.)

Do a Challenge Jump Rope workout in between workouts.

**Bodyweight Warm-up**

Go through the superset using a 2-0-1 tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps
- Easy jump rope 50 reps

**Add a Challenge Jump Rope Finisher to each workout to end your workout with a bang and increase fat burn!**

**Cool Down**

Use the stretches in the manual to cool down for 3-5 minutes.

# Workout A

## 1-Stick ups

- 10 reps
- No rest

## 2a-Push ups

- 30 seconds
- No rest

## 2b- Assisted pull ups with controlled descent

- 10 reps
- Rest 30 seconds
- Repeat (total of 3 sets)

## 3a-Burpees with push up- 10 reps

- No rest

## 3b- Inverted row – 10 reps

- Rest for 30 seconds
- Repeat (3 sets total)

## 4-Alternate hanging leg raises – bring knees to opposite elbow

- 10 reps
- Rest 30 seconds
- repeat

## 5a-Bodyweight squat – 30 seconds

- No rest

## 5b – Squat jump – 10 reps

- Rest 30 seconds
- Repeat (3 sets total)

## 6a-Alternate reverse lunge -30 seconds

- No rest

## 6a- Box jump – 30 seconds

- Rest 30 seconds
- Repeat (3 sets total)

## 7a - Spider crawls – 10 per leg

- No rest

## 7b -Plank Hold – 30+ seconds

- Rest for 15 seconds
- Repeat (3 sets total)

## 8a-Bicycle crunch

- 20 reps/leg
- No rest

## 8b- Mountain climber

- 10 reps/leg
- Rest 15 seconds
- Repeat 2 more times (3 sets total)

Static Stretching for 3-5 min

# Workout B

## 1a-Bench step up

- 10 reps per leg
- No rest

## 1b-Pulsing squat

- 20 reps
- Rest 30 seconds
- Repeat (total of 3 sets)

## 2a-Reverse hip lift – 10 reps each leg

- No rest

## 2b- Plank Hold – 30+ second hold

- 30 second rest
- Repeat both exercises 2 times (3 sets total)

## 3- Stability ball hamstring curls

- 30 seconds
- Rest 10 seconds
- Repeat 2 more times (3 sets total)

## 4- Stick ups

- 10 reps
- No rest

## 5a-Assisted pull ups with controlled descent – 10 reps

- No rest

## 5b-Decline push up- 10 reps

- Rest for 30 seconds
- Repeat both exercises 2 more times (2 sets total)

## 6-Inverted row

- 30 seconds
- Rest 30 seconds
- Repeat (2 sets total)

## 7-Hanging leg raises

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

## 8a-Push ups – 10 reps

- No rest

## 8b- Plank Hold – 30 second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

Static Stretching for 3-5 min

# Workout C

## 1-Stick ups

- 10 reps
- No rest

## 2a-Jump pull ups with controlled descent – 10 reps

- No rest

## 2b-Inverted Row – 10 reps

- 15 second rest
- Repeat (3 sets total)

## 3a- Incline push up

- 30 seconds
- No rest

## 3b- Inverted row

- 30 seconds
- Rest 15 seconds
- Repeat (3 sets total)

## 5- Hanging Leg Raises – 5 reps

- Rest 10 seconds
- Repeat (5 sets total)

## 6a- Bulgarian split squat

- 10 reps (one leg)
- No rest

## 6b- Sprinter Start skip hop (same leg)

- 30 seconds
- Rest 30 seconds
- Repeat on other leg
- Repeat for a total of 3 sets for each leg

## 7a- Squats

- 20 reps
- No rest

## 7b – Pulsing squats

- 30 seconds/30 seconds rest
- Repeat both exercises for a total of 3 sets

## 8- Stability ball hamstring curls

- 30 seconds
- Rest 10 seconds
- Repeat 2 more times (3 sets total)

## 9-Stability Ball plank

- Hold to failure (hold as long as possible)
- Rest 30 seconds
- Repeat (2 sets total)

Static Stretching for 3-5 min

# Workout D

## 1-Stability ball plank

- Hold to failure
- Rest 30 seconds

## 2-Sprinter start skip hop

- 30 seconds per leg
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

## 3a –Reverse hip lift- 10 reps each leg

- No rest

## 3b-Stability ball hamstring curl- 10 reps

- Rest for 30 seconds
- Repeat 2 more times (3 sets total)

## 4a- 1½ Prisoner Squats (full rep, then ½ rep counts as one)

- 20 reps
- No rest

## 4b – Pulsing squats

- 30 seconds
- 30 seconds rest
- Repeat both exercises for a total of 3 sets

## 5- Stick ups

- 10 reps
- No rest

## 6- Assisted pull ups with controlled descent

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

## 7- Hanging leg raise

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)

## 8- Inverted row

- 10 reps
- Rest 15 seconds
- Repeat 2 more times (3 sets total)

## 9 - Push ups to 30 sec plank hold

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

## 10a- Incline push up

- 10 reps
- Rest 30 seconds
- Repeat (2 sets total)



**10b- Get ups**

- 10 reps (total)
- Rest 30 seconds
- Repeat (2 sets total)

**11 -Spider crawls**

- 10 reps per leg
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

Static Stretching for 3-5 minutes