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# ENDURANCE POWER BUILDERS

Body Weight Non-Traditional Cardio  
To **BURN** the Fat



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If you're going to be truly successful at doing pull ups, you need to get rid of the flub hanging around your middle.

Fat loss from cardio? That's what most would think. (Dreaded cardio).

Do you think of hours on a stationary bike or treadmill? That's so 80's.

Do you think of interval training? Okay, that's a little more progressive.

But wait.

There's more to interval training than intervals on a treadmill, stair climber, bike, jogging etc.

I've got six workouts in the Endurance Power Builder program that you'll use to build your endurance, it will no doubt increase your strength and power and as a side benefit, it's metabolically charged so that you'll be burning calories long after you're done.

It's the 'after burn' of the 'cardio' session that's really what counts. You can actually burn extra calories after a hard session for up to 36 hours after your workout.

You know that warm glow you get after a tough one? That indicates a stoked metabolism.

In low intensity cardio, you'll burn calories, while you're exercising. When you stop exercising, you also stop the low calorie burn.

Granted, interval training is more effective at fat burning than traditional long slow boring cardio, but most will find it gets mind numbingly boring after a while.

Enter: **Endurance Power Builders**.

You'll find enough variety to keep your mind occupied, enough challenge to keep your body changing by getting stronger and melting fat. As a result, with less fat to hoist, your pull ups will also improve.

Win win.

With Endurance Power Builders you'll have a plan for your 'off' days from pull up training, you won't get burned out with traditional intervals and you won't waste your time with inefficient long slow boring cardio.

You'll find six workouts that you'll continually rotate through. For example:

Day 1: pull up workout #1  
Day 2: Endurance Power Builder #1  
Day 3: pull up workout #2  
Day 4: Endurance Power Builder #2  
Day 5: pull up workout #3  
Day 6: Endurance Power Builder #3  
Day 7: Day off  
Day 8: pull up workout #4  
Day 9: Endurance Power Builder #4  
Day 8: pull up workout #5  
Day 9: Endurance Power Builder #5  
Day 10: pull up workout #6  
Day 11: Endurance Power Builder #6  
Day 12: pull up workout #7  
Day 13: Endurance Power Builder #1  
Day 14: day off  
Day 15: pull up workout #8  
Day 16: Endurance Power Builder #2  
Etc.

Take a day off when you feel you need a break from training, usually once a week. Do something low intensity and completely different as an active recovery day. Think easy bike ride, walk, roller blade, recreational stuff – forget your challenge workout mentality for a day ok?

Your feedback is always welcome, let me know what you think and how these workouts have helped you get fitter and lose some unwanted fat.

Let's get started.

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 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.

## **Endurance Power Builder #1**

Warm up – 2-3 min of dynamic stretches of all joints

Do rounds of 30 seconds or if you don't have a timer, count 20 reps of each:

Jump rope (50 rotations)

Bodyweight squats

Burpees

Front plank

Mountain climber

Bicycle crunch

Repeat 3 times

Cool down – 2-3 min of static (slow) stretches of all joints

## **Endurance Power Builder #2**

Warm up – 2-3 min of dynamic stretches of all joints

1 minute HARD skipping

30 seconds of reverse lunges

1 minute HARD skipping

30 seconds of push ups

1 minute HARD skipping

30 seconds of reverse hip lift

1 minute HARD skipping

30 seconds of front plank (recovery)

Repeat 3 times

Cool down – 2-3 min of static (slow) stretches of all joints

### **Endurance Power Builder #3**

Warm up – 2-3 min of dynamic stretches of all joints

Count down 10, 8, 6, 4, 2 of each exercise then go back up 4, 6, 8, 10 reps of each:

Burpee  
Squat or squat jump

For eg:

10 burpees, 10 squats  
8 burpees, 8 squats  
6 burpees, 6 squats  
4 burpees, 4 squats  
2 burpees, 2 squats  
4 burpees, 4 squats  
6 burpees, 6 squats  
8 burpees, 8 squats  
10 burpees, 10 squats

\*Feel free to swap out YOUR favorite intense exercise instead of burpees.\*

Cool down – 2-3 min of static (slow) stretches of all joints

### **Endurance Power Builder #4**

Warm up – 2-3 min of dynamic stretches of all joints

1 minute Hard skipping  
1 minute push ups  
1 minute burpees  
1 minute body weight squats  
1 minute plank (recovery)

Repeat 3 times

Cool down – 2-3 min of static (slow) stretches of all joints

## **Endurance Power Builder #5**

Warm up – 2-3 min of dynamic stretches of all joints

Forward suicide sprint (sometimes called gassers) to 5 increasingly more distant cones or points set out (sprint forward, return backward)  
10 body weight reverse lunges per leg

Lateral suicide sprint to the same 5 cones (side shuffle out, return back facing the same direction so both legs get worked the same)  
8 body weight reverse lunges per leg

Forward suicide sprint  
6 body weight reverse lunges per leg

Lateral suicide sprint  
6 body weight reverse lunges per leg

Forward suicide sprint  
4 body weight reverse lunges per leg

Lateral suicide sprint  
6 body weight reverse lunges per leg

Count back up (by 2's) to 10 to complete the set

Cool down – 2-3 min of static (slow) stretches of all joints

## **Endurance Power Builder #6**

Warm up – 2-3 min of dynamic stretches of all joints  
Set your timer for 40 seconds of work with a 5 second transition:

Squat jump  
Plank  
Mountain climber  
Side plank  
Side plank  
Burpee  
Plank  
Repeat 3 times

Cool down – 2-3 min of static (slow) stretches of all joints