**7 Moves for Fat Loss**

**Challenge Fat Loss Workout**

If you’re looking for a workout for your blog or want to send one in an email, you’ll find one below.

Here’s the Youtube link: http://youtu.be/tbFS7GDq8wg

Here’s a bodyweight Challenge Fat Loss style workout that is perfect for beginner through advanced people.

Set your timing device for:

Advanced - 40 seconds work/10 seconds rest

Intermediate – 30 seconds work/10 seconds rest

Beginner – 20 seconds work/10 seconds rest

Do these exercises:

* Cross body mountain climber
* Prisoner reverse lunge
* Double jump burpee
* Over head 1.5 squat
* Get up
* Sit out or mountain climber
* Plank alternate leg lift

Rest as needed between sets

Do up to 5 rounds

Here are some photo descriptions that can be used in an email or blog post:



<http://challengeworkouts.com/wp-content/uploads/2014/04/cross-leg-mtn-clmbr.png>

-High plank position, cross the leg under the body to opposite elbow

#2 - Prisoner Reverse Lunge



<http://challengeworkouts.com/wp-content/uploads/2014/04/pris-rev-lunge-abc.png>

-Hands on the head and squeeze elbows back

-Step back with one foot, drop knee to the floor

-Maintain 90 degree angle at the ankle, knee and hip

-Return to standing by stepping up on front heel

-Repeat on the other side

#3 – Double Jump Burpee



<http://challengeworkouts.com/wp-content/uploads/2014/04/burpee-double-jump.png>

-Standing position

-Drop hands to the floor, shoot legs back into a high plank

-Squat thrust legs back towards hands and jump, repeat jump

#4 – Over head 1.5 Squat



<http://challengeworkouts.com/wp-content/uploads/2014/04/OH-1.5-sq-abc.png>

-Standing position with arms overhead, elbows straight, hands over shoulders

-Squat hips back to 90 degrees or more

-Come up halfway, go back into full squat position

-Stand up, repeat

#5 – Get Up



<http://challengeworkouts.com/wp-content/uploads/2014/04/get-up-abc.png>

-Start in high plank position

-Drop to low plank position

-Alternate the arm that ‘gets up’ first

#6 – Sit Out (or mountain climber)



<http://challengeworkouts.com/wp-content/uploads/2013/04/sit-out-description.png>

-Start in a plank like position with knees close to the elbows

-Rotate hips and shoot extended leg to the side, dropping the hip to the floor

-Optional: lift arm

-Bring the leg back to start postion

-Repeat opposite side

#7 – Plank Alternate Leg Lift



<http://challengeworkouts.com/wp-content/uploads/2014/04/plank-alt-leg-lift.png>

-Plank position

-Lift one leg at a time slowly alternating