

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.

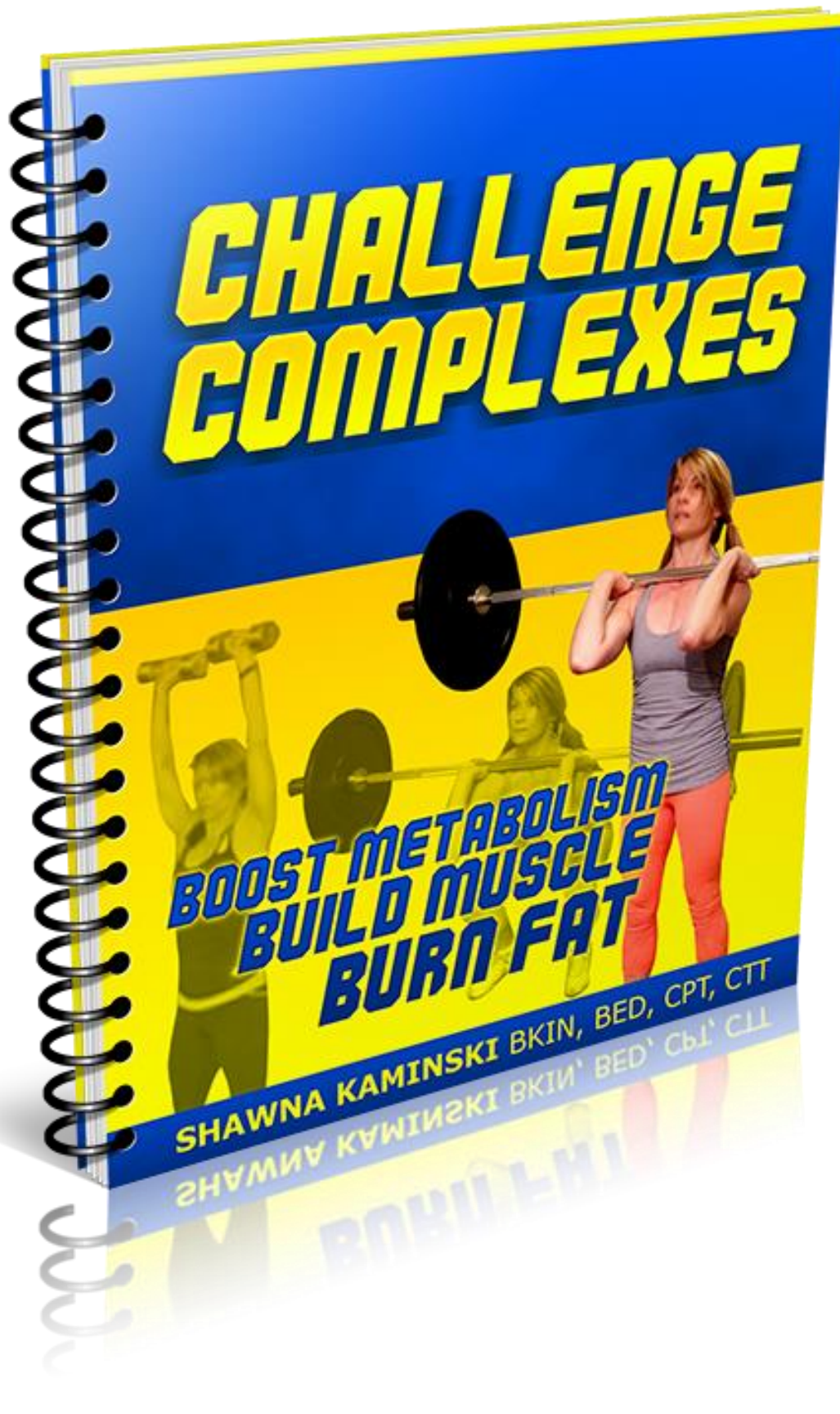
All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been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



Why Complexes?

As you should know by now, I abhor cardio of the long, slow intensity sort. Not only is it BORING, but its counter productive. For one reason, studies have shown that appetite can be increased with low intensity cardio so you're not only wasting your precious time, you're setting yourself up to fail on your nutrition plan too.

Boost, Build, Burn!

Complexes are a great way to boost metabolism, build muscle and burn fat. How about that for bang for your buck? Your time invested comes back triple fold and that means big results.

Despite the fact that they're named 'complexes' movements done in a complex should be fairly simple. Stick to the basics. Your primary concern is to maintain exercise FORM. In general, ensure that exercise form is never compromised. To add additional challenge, add load or reduce rest instead of increasing speed on exercises. Usually what will happen in an effort to improve number of reps or rounds, you'll shortchange yourself in terms of workout form. This not only lessens the effectiveness of your workout, it sets you up for injury. You'll want to use a full range of motion on all exercises, quality reps over quantity of reps is your goal.

Some complexes are done AMRAP style or with timed sets. Be careful NOT to rush these complexes. A worthy goal would be to match the number of rounds you've previously done with a heavier load instead of increasing the number of reps or rounds.

There are many benefits of complexes, one of which is the speed that they can be done. No one can ever use the excuse that they don't have 'time' to do a workout. A super effective fat burning, muscle building and fat blasting workout can be accomplished in less than 20 minutes.

Since the nature of complexes is such that there's little rest between exercises, you significantly lighten the load on all lifts. This provides an opportunity to perfect lifting technique while still providing a challenge for you body. A complex will work more specifically on muscular strength and endurance. You'll surprise yourself at how 'heavy' a relatively lightweight will feel in the midst of a complex. When doing a complex, your muscles fatigue in a way that they wouldn't if you were doing a single movement.

Here are a few tips that I've used to create my complexes and you can keep in mind if you're going to create some of your own:

Hard lifts first

I've placed the more difficult lifts earlier in the complex to avoid injury or sloppy technique. You'll need more strength and concentration for more technically difficult exercises; I've put them in the complex at the start or just after a rest in the series.

Up and down

You'll see that on full body complexes, I alternate upper and lower body exercises. One reason is so you can give your grip a rest, otherwise, grip strength often proves to be the 'weak link'. When alternating between upper and lower body exercises, half the body 'rests' while the other half of the body works. By the end of the workout, you'll be able to demand more from yourself. I refer to this as workout density: getting more work done in less time.

Limit upper body complexes

Typically you will be limited by grip strength when doing upper body complexes exclusively. The upper body doesn't have the same endurance as the lower body. You'll see that upper body exercises are certainly thrown into a complex, but I've concentrated on full body complexes or even lower body complexes since the lower body tends to be able to tolerate complex work better. You'll get a better workout and have a lowered injury risk rate when you stick to full body or lower body complexes.

Flow

Movements need to flow from one to the next. You'll notice that I've created the complexes so that you one exercise flows fairly seamlessly into the other. You won't have to put a bar down and go find a pull up bar or set of DB's. Each exercise leads to the next and there will be a minimal amount of time needed to change exercises. Maintaining a good rhythm in the complex is important.

Load it up

When I considered flow, I wanted to ensure that you wouldn't have to stop to load or unload weights. That would really kill the workout if you had to continually stop. Whether you're doing a DB, BB or even KB exercise, you'll see that I may use pre-fatiguing techniques so that on some lifts a lighter load will feel significantly heavier due to the order of the exercises.

Typically the load for the complex will be limited by the weakest exercise, which is often an upper body exercise. For example, what you can bicep curl and squat will vary drastically. I've tried to use complex movements versus single joint movements for this reason. However, on occasion, you'll see that I've thrown in some single joint exercises. These tend to be less exhausting and are almost like active rest in the set.

The TOP TWO principles to be successful with this program are:

FORM is imperative. I take issue with other fitness programs that encourage poor form in an effort to beat a previous record. (You probably know what I'm talking about here.)

LOAD is important to keep the intensity high on the complex. Going through the motions of a complex while holding 5 lb dumb bells will NOT get you the results that you desire. Like anything else, fitness doesn't happen by just going through the motions. You need to push the weight all the while keeping principle one (FORM) in mind.

This wraps up my rant on the awesome-ness of complexes.

Are you ready? Let's get started.

One more thing: do a short warm up on your own before starting each complex. One of the most effective ways to warm up is to do the entire complex with just body weight or a very light weight.

Okay, now we're good to go!

How Do I Implement Challenge Complexes?

I am always asked how to implement challenge workouts into a fitness plan.

The great thing about these challenge complex workouts is that they can be used as a stand-alone program or they can supplement a plan that you're already using. (Actually this is the case for ALL challenge workouts.)

First, let's look at how Challenge Complex would look if it's a stand alone plan, that is, if you're ONLY using the Challenge Complex program.

Typically, complexes are full body workouts. Due to their nature, you can't go terrifically heavy since they are created to use one barbell or one set of dumb bells. Your load should be the maximum amount of weight that you can do on your weakest move within the complex. For example, if you can only do a 45 lb barbell for push press with good form, even if you can deadlift a lot more, you will choose the 45 lb barbell.

Complexes are designed for you to use a lighter weight and concentrate on perfecting form. Remember though, that to intensify your complex, speed should stay the same, and you should increase load.

Having said this, you can do a complex workout daily.

My suggestion is to do the workouts in progression, train 4-5 days a week, taking a day of active rest off when necessary.

If you've chosen to get the Challenge Complexes Ab Edition or Challenge Complexes Olympic Edition, you can swap in any of those workouts as well. This way you'll have endless variety between barbell, dumb bell, kettlebell, ab and Olympic lift workouts.

If you're using Challenge Complexes as a supplementary program, especially if you're using it in conjunction with a resistance-training program, then you'll use the complexes program a bit differently.

Challenge complexes are typically full body with more of an emphasis on lower body exercises. They are great in a split like this:

Day 1 – push
Day 2 – legs
Day 3 – pull
Day 4 – off
Day 5 – Challenge Complex workout
Repeat cycle

OR

Day 1 – upper body
Day 2 – legs
Day 3 – off
Day 4 – Challenge Complex workout
Repeat cycle

OR

You can add a short complex in as a 'finisher' to ANY workout. Your load will be less, but this will torch fat like no cardio can ever do.

Ready to get started?

Make sure to warm up sufficiently prior to starting the workout. This is implied and not listed in the manual. Here's a great warm up (or follow along in the warm up video in the basic program):

Bodyweight Warm-up

Go through the superset using a slow 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

Cool your jets

You'll want to add some gentle stretches after your workout is done. Do NOT bounce on any stretch. Hold a stretched position for 15-30 seconds. Let gravity do the work as much as possible for any passive stretch.

Important terms:

AMRAP style – this means 'as many rounds as possible'

RIST – reps in specific time

FUW – finish up with

Recommended load:

It's always best to err on the safe side. For each complex, decide what your weakest movement is. Ensure that you choose a weight that you can do a minimum of 8-10 reps for that movement. Remember that you will be limited by the weakest move in the complex but don't worry, the nature of these density sets will still strengthen you, boost your metabolism, burn fat and build muscle.

Challenge Barbell Complexes

Equipment: Barbell for all workouts, bumper plates are great but not necessary.

Workout 1 Beginner's Luck (Reps and rounds)

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set. Rest up to one minute between sets.

10 reps of the following:

- Front squat
 - BB bent over row
 - Deadlift
 - AB roll out
- Rest 30 sec to 1 minute

Repeat three to five times

Workout 2 Six by Six (Reps and rounds)

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set. Rest up to one minute between sets.

6 reps of each:

- Bent over row
 - RDL
 - High pull
 - Front squat
 - Push press
 - Burpee with push up
- Rest 30 sec to 1 minute

4 to 6 rounds

Workout 3 Enough Already (Reps and rounds)

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set. Rest up to one minute between sets.

8 reps of each:

- Ab roll out
- High pull
- Reverse lunge (8 per leg) – you can use a front or back bar position for this
- BB bent over row
- Push up shoulder touch

Rest 30 sec to 1 minute

Do 4- 6 rounds

Workout 4 Up n Down (AMRAP sets)

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set. Rest as needed.

Do in AMRAP style (as many rounds as possible) in 4 min.

7 front squat push press

7 Ab roll outs

7 per leg reverse lunge

7 BB bent over rows

7 close push ups on the floor

30 seconds to 1 min rest

Repeat 3 – 5 times

Workout 5 Jump Around (Reps and rounds)

Jump rope 1 min (or 100 reps if you have no timer) then:

8 reverse lunges (per side)
8 Spiderman push up (per side)
8 1 ½ front squats

plank recovery 30 sec

4 - 6 rounds

Workout 6 Rack It! (Ladder set)

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set.

Count down 10 reps, 8 reps, 6 reps, 4 reps, 2 reps

Weighted Burpee

High pull

Front squat push press

RDL

Incline push up with spider crawl

Inverted row (or bent over row with no rack)

Rest 30 sec to 1 minute

Workout 7 Monkey on Your Back (Reps and rounds)

Choose a weight that you can use for ALL exercises. Try not to put the bar down throughout the set.

10 reverse lunges with front squat grip (5 per leg)

10 front squats

10 push press

10 back squats

Rest one minute. Repeat 2 - 3 more times.

Workout 8 A Lil of Everything (Reps and rounds)

Choose a weight that you can use for all exercises. Do 6 reps of each:

- Push press tricep extension
- RDL
- Ab roll out
- Close grip bench on floor
- Bent over row
- Front squat

Rest 30 seconds

Repeat 3- 5 times

Workout 9 Challenge Limbo (Reps and rounds)

Do 5 per side for 1a to 1c:

- 1a) 1 leg RDL (use underhand grip)
- 1b) bicep curl
- 1c) 1 leg reverse lunge in front rack position
- 1d) Repeat on the other side

- 2) Bent over rows 10 reps with 4 second eccentric contraction (lowering phase)
- 3) Close grip bench on floor 10 reps
- 4) Prone windshield wiper 10 reps (5 per side)

Rest 30 seconds to one minute.

Repeat for 3 - 5 rounds.

Workout 10 Never Quit (Ladder set)

Do 1 rep of each:

- 1a) Front squat
- 1b) Push press
- 1c) Reverse lunge (each leg)
- 1d) RDL
- 1e) High Pull

First set do 10 rep of above, rest 30 seconds to 1 minute

Do 8 reps of above, rest 30 seconds to 1 minute

Count down 6, 4, 2 reps of above, rest 30 seconds to 1 minute as needed
between sets

Workout 11 Push n Pull (Ladder set)

Do 10, 8, 6, 4, 2, 4, 6, 8, 10 reps of the following:

- Pull up (do bent over row if you have no pull up bar)
- Push up on bar
- RDL
- Front squat
- Ab roll out
- Weighted burpee

Rest as little as possible between sets

Workout 12 I Dare Ya (AMRAP set)

Do 8 reps of the following exercises AMRAP style in 4 min:

- Pull ups (or bent over row if you have no pull up bar)
- Burpee hanging leg raise (or regular burpee)
- Front squat
- RDL
- Prone windshield wiper

Rest as needed after 4 min set.

Repeat AMRAP set 2 - 3 more times, try to match your rounds each set.

Workout 13 – Heavenly 7 (Reps and rounds)

Do 7 reps of each exercise with no rest. Rest up to 1-2 min between rounds, do 7 rounds.

- Bent over row or pull up
- RDL
- Front squat
- Push Press and Triceps Extensions
- Alternating Reverse Lunge
- Weighted burpee
- Ab Roll Outs

Workout 14 – Make That a Combo (AMRAP set)

Alternate between doing one entire set with a BB, then the next set, do the same exercises with DB's. Do AMRAP for 15-20 minutes:

- 8 pull ups or bent over rows
- 8 front squats
- 8 high pulls
- 8 weighted burpees
- 8 lunges per side
- 8 push ups

Workout 15 – Man Up or ‘Wo’-Man Up (Reps and rounds)

Equipment: barbell

Do 5 reps of each exercise:

- Dead Lift
- High Pull
- Front Squat
- Push Press
- Back Squat
- Burpees with push up

Rest up to one minute, repeat up to 5 times.

Workout 16 – Meat and Potato Complex (Ladder Set)

This is a count down set. Start with 5 reps of each exercise. Rest 30 seconds to one minute, then do 4 reps of each exercise. Continue to 1 rep of each. If you're a beast, count back up to 5 (and go heavier next time out).

Do these exercises:

- Front squat
- RDL
- Bent over row
- Ab roll out
- Push up on floor
- Sit outs (per side)

Workout 17 - Just 5 More Minutes (AMRAP Set)

Do 3 reps of the following, do AMRAP style (complete as many times as possible) in 5 minutes.

- Reverse lunge (per leg)
- Push press
- Deadlift
- Burpees (on the floor with push up, or on the bar with push up)

Rest 1 min

Repeat 2-3 times

Challenge DB Complexes

Equipment: Dumb bells for all workouts, hexagon are best but not necessary.

Workout 1 Alternate This (Timed Sets)

Equipment: dumb bells, timer

Choose a weight that you can use for ALL exercises. Try not to put the DB's down throughout the set.

Timing 40/10:

- front squat alternating shoulder press
- push up renegade row
- weighted burpee
- wall sit alternating bicep curl
- alternate 1 legged RDL

Repeat for 5 rounds

Workout 2 Let's Get This Started (Reps and rounds)

Equipment: dumb bells

Choose a weight that you can use for ALL exercises.

Do 8 reps of each exercise. Try not to put the DB's down the entire set, do 6 rounds. Time your workout, match the time with increased load the next time out:

- DB push up (hands on dumb bells)
- Spider crawl (per leg)
- Weighted burpee (squat thrust to deadlift)
- High pull
- Front squat push press
- Rest 30 seconds to one minute

Do 6 rounds

Workout 3 6 x 6 x 6 (Reps and rounds)

Equipment: dumb bells

Choose a weight that you can use for ALL exercises. Try not to put the DB's down throughout the set. Time your workout, match the time with increased load the next time out. Do 6 reps of each:

- Push up cross body mountain climber
- Renegade row (per arm)
- Weighted burpee to clean n press (no squat)
- Reverse lunge bicep curl (per leg)
- DB lateral raise to narrow squat DB at side
- Plank on elbows with alternate leg lift (per leg)

Do 6 rounds

Workout 4 It's All Over (AMRAP)

Equipment: dumb bells

Choose a weight that you can use for ALL exercises.

Do 8 reps of the following exercises in AMRAP style for 15-20 minutes. Try not to put the DB's down the entire set.

X body mountain climber (per leg)

Weighted burpee with push up

Bent over rear delt fly

Front squat

1 leg RDL to reverse lunge (per leg)

Other leg RDL to reverse lunge

Rest as little as possible between sets

Workout 5 A Goblet and a Swing (Reps and rounds)

Equipment: dumb bells

Choose a weight that you can use for ALL exercises. Do 5 reps of each:

- 1a) 5 per side alternate DB goblet lateral lunge
- 1b) 5 DB goblet squat
- 1c) 5 per side DB goblet reverse lunge
- 1d) 20 DB swings

Rest as little as possible between sets.

Do 5-8 rounds

Workout 6 Full Body Complex Burpee (Reps and rounds)

Equipment: dumb bells

1. Start in a standing position, DB's by your side.
2. Drop to a high plank.
3. Renegade row, one per side.
4. Push up.
5. Spider crawl, one per side.
6. Squat thrust.
7. RDL.
8. Bicep curl to front squat position.
9. Front squat.
10. Push press, return DB's to the sides.

Repeat steps 1-10 five times to make one round.

Rest 30 seconds to one minute.

Repeat this circuit 5 – 8 times depending on how long you have to train, (one circuit equals 5 rounds).

*One round should take you between 90 seconds and 2 minutes, go slow and steady and focus on form. Increase load versus increasing speed to increase intensity.

Workout 7 Jump n Switch (Reps and rounds)

Equipment: dumb bells, jump rope

Combine jump rope with a DB complex here:

- 50-100 jump rope skips OR 20 Squat jumps
- 10 DB high pull
- 10 per leg single RDL
- 10 per arm alternating push presses
- 10 per arm alternating DB rows
- 10 per leg cross body mountain climbers
- 10 push ups

Repeat 5 times, rest as little as possible

Workout 8 – OK to Be Single (Reps and rounds)

Equipment: one dumb bell

Do 5 reps of each exercise, start with the weak side, then progress to the strong side:

- Squat with single DB over head
- Single push press or thruster
- 1 leg RDL
- Single DB row
- Push up one hand on DB
- 20 DB swings

Do 6-10 total sets, or 3-5 sets per side.

Workout 9 Butt Out (AMRAP set)

Equipment: dumb bells

Do 8 reps each of the following exercise - AMRAP (as many rounds as possible) style in 12, 15, 18 or 20 min

- Pushup to renegade row (8 per side)
- Lateral lunge (8 per side)
- Weighted burpee
- Squat to alternating overhead press (8 per side, 16 reps total)
- Curtsy lunges (8 per side, 16 reps total)

Workout 10 RIST + FUW

RIST (reps in specific time) 5 reps of exercise one, FUW (finish up with) exercise two in one minute.

Set your timer for one minute with a 10 second transition for 12-20 minutes depending on how many rounds you want to do.

Do 5 reps of exercise one, FUW the second exercise in any remaining time. Do set 1, 2, 3, rest 1 minute, repeat this circuit 3-5 times.

Set 1:

5 push up renegade row

FUW: Weighted burpee

Set 2:

5 Deadlift bicep curl front squat

FUW: sit outs

Set 3:

5 Front squat push press

FUW: mountain climber