

ANTI-AGING WORKOUTS

*Hot and Sweaty 20 Minute Workouts
that Slow the Hands of Time*



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Anti-Aging Workouts

Hot and Sweaty Workouts that Slow the Hands of Time

Age is NO excuse for belly fat!

Age is only a number and NEVER an excuse for excessive belly fat or being inactive. I hope your belly fat is listening here. It should be easier to take advice from someone who's a little older that's walking the walk. It's easier to poo-poo advice when it comes from a youngster trainer, one that hasn't bore children, changed careers, had life experiences or otherwise been on the planet for more than a few decades. When you hear this from someone who isn't a spring chicken, then your belly fat should be getting a little nervous.

Let me tell you something about training and aging that will affect your belly fat. You can train just as hard and with as much intensity, but you need to train 'smarter' and you may need a little more time to recover. As we age, we naturally have some limitations that we may need to work around. For example, my knees and I are 'on again off again' friends. They've had a lot of use and aren't keen on anything like long distance running or high impact stuff (I wasn't heartbroken to hear this). The limitation for me is that if I feel my knees with any impact type exercise, I pay attention and may switch from something like a full on squat jump to a full body extension. This keeps my knees and I on good terms.

I don't go sit on the couch and start to crochet and I know that you don't either.

I'm not BFF's with my belly fat; I don't offer it a home or excuses to think that it's welcome.

There are multiple ways to maintain super high intensity workouts to get rid of YOUR belly fat while respecting your body. It's not wise to go crazy on stupid training protocols whatever your age. You need to increase intensity to workouts slowly, pay attention that you're experiencing the 'right' kind of pain and you'll avoid injury to get what you want. You'll get the results you're after without the aging aches and pains you may think you'll get with intense workouts.

Here are eight fun home workouts for you to use to kick your belly fat to the curb. You'll need minimal time, equipment and space.

Sorry belly fat – no excuses here!

Fit these workouts into your program any time you need a fast, sweaty one, OR use these as a stand-alone program for a month. Do four workouts per week and repeat the entire program two times.

Enjoy!

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.

No Cup 'o Tea

Equipment: Timer, box, bench or step for box jump, pull up bar

Exercises:

Sit out (variation: mountain climber or full body extension)

Pull ups (variation: assisted pull ups, suspension rows, DB rows)

Prisoner Squats

Push ups (modified push up)

Box jumps (squat jumps, full body extensions or squats)

Plank recovery or complete rest (30 seconds)

Set the timer for 6 rounds of 30 seconds of work with 5 seconds recovery/transition. Perform each exercise for 30 seconds and transition to the next exercise in the 5 seconds between sets. Complete up to 5 rounds in total.

I'm Talking Pull Ups (NOT Adult Diapers!)

Equipment: pull up bar, box or step

Exercises:

Pull ups (assisted pull ups, suspension rows, DB rows)

Box jumps (squat jumps, full body extensions or squats)

The goal of this workout is to get to 10 pull ups and 20 squat jumps (by the 10th set!) using a ladder format. This workout will be timed. Here's the progression:

1 pull up, 2 box jumps

2 pull ups, 4 box jumps

3 pull ups, 6 box jumps

4 pull ups, 8 box jumps

5 pull ups, 10 box jumps

Continue in the pattern until you get to:

10 pull ups, 20 box jumps

By the end you'll have done 55 pull ups and 110 box jumps (but who's counting?)
Rest when necessary.

Six Feet ABOVE Ground

AMRAP set: AMRAP means 'as many rounds as possible'. Count the total rounds completed in 12 minutes.

Equipment: Timer

Exercises:

- 6 squat jumps (full body extensions or squats)
- 6 decline push ups (regular or modified push up)
- 6 (per leg) spider crawl
- 6 (per leg) jumping lunges (reverse lunge)
- 6 pull ups (assisted pull up)

You will repeat this circuit in AMRAP style for 12 minutes.

Five is Fun

AMRAP set: AMRAP means 'as many rounds as possible'. Count the total rounds completed in 12 minutes.

Equipment: Timer

Here's another bodyweight workout done in AMRAP style. Rest as little as possible between exercises, record the number of total rounds done.

- 1 – 5 pull ups (or variation like assisted pull up)
- 2 – 10 burpees
- 3 – 15 jumping lunge (per leg) (or reverse lunges)
- 4 – 20 push ups (modified push up)
- 5 – 25 bodyweight prisoner squats

Reverse the Clock Count Down

Equipment: Kettlebell, DB's, timer

Exercises:

KB or DB swing 30 reps

Prisoner swing lunge (per leg)

Decline push up

Squat jumps

Renegade rows (per arm)

Count down 10, 8, 6, 4, 2 reps for each exercise but always do 30 reps of KB or DB swing to start. Rest as little as possible between sets. Time the set. Beat the time next try.

Example:

Set 1

KB or DB swing 30 reps

10 Prisoner swing lunge (per leg)

10 Decline push up

10 Squat jumps

10 Renegade rows per arm

Rest as little as possible

Continue this pattern until this is your last set:

Set 5

KB or DB swing 30 reps

2 Prisoner swing lunge (per leg)

2 Decline push up

2 Squat jump

2 Renegade rows (per arm)

Count Down n Up

Equipment: Timer

Time how long it takes to complete, rest as little as possible. You will count down on the burpees and count up on the chin ups, then you will 'rest' during the 30 second plank.

Here are the exercises:

burpees 10 to 1 rep

chin up 1 to 10 reps (assisted chin ups, inverted rows, suspension rows)

30 second plank recovery

Here's an example of the first two sets:

1a- 10 burpees

1b – 1 chin up

1c – 30 second plank

2a- 9 burpees

2b – 2 chin ups

2c – 30 second plank

Continue this pattern until this is your last set:

10a – 1 burpee

10b – 10 chin ups

10c – 30 second plank

Runnin' Outta Time

Equipment: Timer, jump rope

This is an AMRAP set. Repeat the following exercises as many times as you can in 15 or 20 minutes. Try to beat the number of rounds you get the next time you do the workout.

10 prisoner squats
8 burpees (with or with out push up)
6 per leg spider crawl
4 walk out to plank push ups
100 jump ropes

Once More Around

Equipment: Timer, jump rope, set of dumb bells

You will set your timer for 55 seconds of work with a 5 second transition. You will repeat the following exercises for three rounds or 18 minutes of total work. These are the exercises:

Jump rope
Plank with alternate leg lift
Lateral lunge
Burpee (with or without push up)
Squat with alternate shoulder press
Bent over row