

THE
CHALLENGE
FIT CLUB

VIP

ALL ACCESS PASS



**Fresh Fitness
Every 21 Days
for Insane Results**

TROUBLE SPOT TRAINING

Shawna Kaminski Master CTT, BKin, BEd

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.

21-Day Trouble Spot Challenge

Welcome to the 21-Day Challenge Fit Club - Trouble Spot module.

First up, can you spot reduce?

Well, it's a loaded question, but this is what is important:

Exercise stimulates the release of adrenaline. Adrenaline is what's known as a "catecholamine" or a hormone that serves to stimulate lipolysis or fat burning in the body. High intensity exercise in particular is the ideal way to increase the release of catecholamine hormones and subsequently release fat from the cells.

Your goal is to INCREASE blood flow to your trouble spots so that you can increase catecholamine hormones directly to those areas.

While you can't hand pick the EXACT spot to reduce fat, you CAN make significant changes by working specific areas with the prescribed routines.

The whole process is enhanced when your nutrition is in line. Ensure that your diet is dialed in and you'll notice that your trouble spot areas decrease even more. [Check out the 21 Day Challenge Diet](#) plan to really get serious about finally getting the body you deserve.

Check out some of the results from others that have used the [21 Day Challenge Diet](#). These are from the private support group that Challenge Dieters are part of and honestly, there are just too many success stories to mention:





Katherine Dusik

14 pounds ago I was an addict. Sugar was my drug of choice. Thanks to Shawna, this excellent, easy to follow program and the support of this group I am well on my way to slaying the dragon.

I count you all as my blessings.

Now, time for a Margharita!

Like · Comment · 46 minutes ago

Seen by 1

Shawna Kaminski Whoop whoop! SO thrilled for you Katherine and that the Challenge Diet team and I got to be part of the battle with the dragon!

Just wanted to give another update photo since my 21 day diet finished a week or two ago. Caught a glimpse in the mirror before my morning workout and thought damn my abs are looking good. Had to grab the camera and post a photo. Thanks Shawna Kaminski! 40 isn't so bad.

Unlike · Comment

You, Patti Jones, CathyJo Fields and 3 others like this.

P.S. and my arms and legs aren't looking too shabby either. I seriously did not expect all that loose skin/cellulite looking skin to kind of disappear. I seriously thought it was going to look worse (more saggy). And my ankles look less cankie-like. I thought that was all just swelling/water retention. Umm... I think it was just fat.

13 mins · 1 like



Bruce Hammonds

In 3 short weeks, went from 172 to 162 and lost a total of 10". I feel great and most importantly, don't have the cravings for crap that I was had. I even ate super clean during the week that I had to travel for work. That's never happened before (I've always found a reason to indulge). I can't thank Shawna enough for allowing me to participate in this challenge. I don't often pat myself on the back, but feel really good about sticking to this challenge and have no doubts that this has now become a lifestyle for me.

Like · Comment · 54 minutes ago

Seen by 1

Shawna Kaminski FANTASTIC NEWS BRUCE! I'm SO happy that you were part of this challenge and you STUCK WITH THE PLAN. Congrats on your fantastic results!

47 minutes ago · Like

Challenge Fit Club and the [21 Day Challenge Diet](http://www.21DayChallengeFitClub.com) are a winning combination for a full body transformation.

On to the workouts!

The goal of this series is to provide you with a mini challenge each workout that you'll try to beat the next time you do the challenge. You'll start this module with a benchmark challenge.

There are four challenges and a bonus workout. These will be used as your workouts for the next 3 weeks. Keep cycling through the workouts during the 21-day challenge. Start and end the 21 days with the benchmark challenge so you can compare your fitness results.

Some of you will want to train every day, some will want to take a day off in between workouts. Listen to your body. These workouts are short and will not elicit a cortisol (the fat storing hormone) response.

Depending on your fitness level, you can choose to:

- Do a challenge a day for four days and rest on the fifth day
- Do a challenge every second day, cycling through the four challenges in order.
- Throw in the bonus workout anywhere, or tack it on after the fourth challenge.
- Again: listen to your body and if you're tired and/or sore, take a day off to rest.

You'll want to ensure that you start each workout with a warm up and end with a cool down. [Use the video warm up/cool down on each download page](#) or start with this warm up:

Bodyweight Warm-up

Go through the superset using a slow tempo for each exercise. Do not rest. 

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

Test Time – Benchmark Challenge

Before you start, do the following benchmark mini challenges on day one. You'll *repeat these challenges at the end of 21 days* and compare your progress.

Obviously your goal is to show improvement in each area. Compare apples to apples; for example, if in the pre test you add a push up to the burpee, then do the same in the post-test.

Do each component of the test, rest one minute, do the next component of the test. Make a note your numbers for later comparison.

- How long can you hold a front plank?
- How long can you hold a wall sit?
- How many burpees can you do in one minute?

Remember FORM always trumps quantity. Keep your reps strict. This will also reduce the risk of injury.

Let's get started!

Trouble Spot Legs Challenge

Challenge: This is an AMRAP set. Set your timer for 20 minutes. The goal of the workout is to increase the number of rounds. Get more rounds each time you try this workout.

*There are lots of exercises here so it's important to review the video/exercise descriptions and have a print out right beside you while training so you don't take extra rest.

Equipment: Timer, (DB's optional)

Do 10 reps of each exercise:

1. Alternate reverse lunge or jumping lunge – L/R counts as one
2. Single leg RDL
3. Other leg RDL
4. Skater – side to side counts as one
5. Reverse hip lift knee up
6. Reverse hip lift knee up other side
7. Swing lunge – forward/backward counts as one
8. Swing lunge other side
9. Bulgarian split squat (Prisoner split squat)
10. Bulgarian split squat other side (Prisoner split squat)
11. Full body extension (or burpee or squat jump)
12. Wall sit stick up
13. Sprinter start skip hop
14. Sprinter start skip hop other side
15. Fire hydrant lift
16. Fire hydrant lift other side
17. Squat jump
18. Overhead squat

Need a Change? Training Variation:

Do 30/10 timing for each exercise, repeat the entire set twice.

Ab Polisher to Finish

Do the following exercises for 5 rounds:

- 7 per arm get ups
- 7 per leg spider crawls
- 7 burpees (modified burpee, full body extension)

Trouble Spot Core Challenge

Challenge: This is a timed set. Do 40 seconds of work with 10 seconds rest. The challenge to this workout is to IMPROVE EXERCISE QUALITY. These exercises are more conducive to timed sets, so ensure that your form is PERFECT.

*There are lots of exercises here so it's important to review the video/exercise descriptions and have a print out right beside you while training so you don't take extra rest.

1. Burpees (full body extensions or squat jumps)
2. Side plank
3. Side plank other side
4. Stationary sprint – high knees
5. Spider crawl
6. Leg climber
7. Leg climber other side
8. Mountain climber
9. Squat jump
10. Plank
11. Woodchopper
12. Woodchopper other side
13. Skater
14. Bird dog
15. Bird dog other side
16. Burpee (full body extensions or squat jumps)

Need a Change? Training Variation:

Start from the bottom of the list and work backwards.

Metabolic Conditioner to Finish

Repeat AMRAP for 4 minutes:

- Full Body Extensions - 20 reps
- Pushups - 5 reps
- Burpees - 10 reps
- Rest 20 seconds

Trouble Spot Upper Body Challenge

Challenge: This is an AMRAP set. Set your timer for 15 minutes. Record the total rounds completed during the time. Get MORE rounds with excellent form the next time you do this workout.

*There are lots of exercises here so it's important to review the video/exercise descriptions and have a print out right beside you while training so you don't take extra rest.

Equipment: Timer, jump rope

Do 10 reps of each exercise (unless otherwise noted):

1. Jump rope (100 rotations)
2. Push up shoulder touch (5 per side)
3. Prisoner squat
4. Get up (5 per side)
5. Squat jump
6. Wall sit stick up
7. Burpee (full body extension or squat jump)
8. Push up (incline or decline)
9. Jumping jacks (50)
10. Screech (5 per side)
11. Overhead squat
12. Wall sit stick up
13. Jump rope (100 rotations)
14. Squat jump
15. Superman T-squeeze
16. Mountain climber (5 per side)
17. Prisoner squat
18. Full body extension (50)

Rest as needed. Exercise form is most important.

Need a Change? Training Variation:

Do 30/10 timing with all exercises for 2 rounds.

Metabolic Charger to Finish

Set your timer for 20/10 for 9 sets:

- Jumping Jacks
- Full Body Extension

- Inchworm walk out push ups

Repeat 2 more times

500 Rep Trouble Spot Challenge

Challenge: This is a timed set. Rest as little as possible between exercises; record your time and beat your time the next time you do this workout.

Equipment: Timer

Exercises:

- Narrow-Stance Bodyweight Squats - 25 reps
- Pushups - 15 reps
- Wide-Stance Bodyweight Squats - 25 reps
- Cross body mountain climbers - 15 reps per side

Rest as little as possible between exercises

*Repeat this circuit for 4 rounds

Then do:

- Full Body Extension - 25 reps
- Wall sit with stick up - 10 reps
- Get ups – 5 per arm (10 total)

Rest as little as possible between exercises

*Repeat for 4 rounds

Total = 500 reps.

What was your time?

Training Variation:

Do timed sets of the above exercises, 30/10 for five rounds.

Butt Lifter to Finish

5 reps single leg RDL to reverse lunge

Repeat opposite side

5 reps lateral lunge

Repeat opposite side

5 per side jumping lunges

Repeat with 4 reps of each exercise, then 3 reps of each exercise, then 2, then 1 rep of each exercise

Bonus Workout: 600 Rep Trouble Spot Workout

Challenge: If you want a bum, this is how you get it...This is a timed set, rest as little as possible. Your goal is to beat your time the next time you do this workout.

*There are lots of exercises here so it's important to review the video/exercise descriptions and have a print out right beside you while training so you don't take extra rest.

Equipment: Timer

Exercises: Time yourself doing 20 reps of these 10 exercises for 3 rounds

1. Bodyweight squat
2. Reverse hip lift knee up
3. Reverse hip lift knee up other side
4. Squat jump
5. Fire hydrant lift
6. Fire hydrant lift other side
7. Skater – R/L counts as one rep
8. Plank with alternate heel pulse
9. Box jump

Training Variation: Use a timer. Set it for 30 seconds of work with a 10 second transition for 30 sets. For this variation, take a 30 second break between rounds. Do 3 rounds.

Exercises

*These are the exercises in this module.

- Alternate reverse lunge
- Bird dog
- Bulgarian split squat
- Burpee
- Cross body mountain climbers
- Fire hydrant lift
- Full body extension
- Get ups
- Jump rope
- Jumping jacks
- Jumping lunge
- Leg climber
- Mountain climber
- Overhead squat
- Plank
- Prisoner squat
- Push up
- Push up shoulder touch
- RDL
- Reverse hip lift knee up
- Screech
- Side plank
- Skater
- Spider crawl
- Sprinter start skip hop
- Squat jump
- Stationary sprint
- Superman T-squeeze
- Swing lunge
- T plank
- Wall sit stick up
- Woodchopper

