



**THE
CHALLENGE
FIT CLUB**

VIP

ALL-ACCESS

PASS



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

Preview

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.

Welcome to the Challenge Fit Club Preview!

You've hit a weight loss plateau.

Your workouts have lost their "oomph", and you know that your results have stopped.

At this point you're just going through the motions of working out without getting the reward of the fat loss results you want.

Look, if you're making the effort to workout then you may as well get the best possible results in the shortest amount of time, right?

Or you can do what most people do which is to just go through the motions without burning any more fat, or losing inches, or getting stronger or more defined.

This is called '**exercise adaptation**'. It's your enemy... and it's where you DON'T want.

This is how 'dreaded' **exercise adaptation** is defined: *Adaptation refers to your body's physiological response to training. When you do new exercises or load your body in a different way, your body reacts by increasing its ability to cope with that new stress. It's a good idea to change the frequency, intensity, time and type of exercise you do periodically to avoid plateaus and continue challenging your body.*

Did you see that?

You need to **CHALLENGE** your body if you want to **CHANGE** it.



It's a scientific fact.

And it's not just about sweating more. There has to be structure to your program, otherwise you're just wasting your time.

PhD Jim Stoppani says, 'You must expose your body to a training style for just long enough to reap the benefits but avoid a nosedive of adaptation. He says, **“everything works, but nothing works forever.”**

Having a large arsenal of training methods to use for short periods and continually cycling them in a systematic order will prevent stagnation and maximize training adaptations. (*Kraemer et al. 2003; Marx et al. 2001; Rhea & Alderman 2004; Willoughby 1993*)

Since I'm a science geek and I'm constantly looking to shake up my program, I wanted to create something for you that would STOP your plateaus dead in its tracks while constantly delivering head turning and jaw dropping results every 21 days.

Armed with science, I've created the Challenge Fit Club series.

Following you'll find just a taste of the workout style you'll be getting with this series.

The goal of the series is to provide you with a mini challenge at the start of each module. Each workout in the module is designed so that your fitness level will sky rocket and you'll smash your challenge results by the end of the module.

In each module, you'll find four challenge workouts and a bonus workout. These will be used as your workouts for 21 days. You'll keep cycling through the workouts during the 21-day challenge. You will start and end the 21 days with the initial challenge and you will compare your fitness results.

When you're challenging your fitness, you'll also be changing your physique.

Results are best achieved when nutrition is addressed. I highly recommend using the companion program: [The 21 Day Challenge Diet](#) along with the Challenge Fit Club Series.

You'll also be getting professional quality coaching videos for each and every workout.

You'll be assured that you'll have top-notch instruction on workout format and exercise technique.

Enjoy these workout samples!



Start with this:

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

‘Bodyweight Don’t Lie’ Bodyweight Challenge

Challenge: Record the total reps completed during this workout. Get MORE reps with excellent form the next time you do this workout.

Equipment: Timer, box for box jump (sturdy chair, stairs), pull up bar

Set the timer for 5 rounds of one minute of work and 15 seconds recovery/transition. Perform each exercise for one minute and then transition to the next exercise in the 15 seconds between sets. Complete 3 rounds in total.

Exercises:

Burpees (modified burpee, full body extension)

Pull ups (assisted pull ups, wall sit stick up)

Bodyweight Squats

Push ups (modified push up)

Box jumps (squat jumps or squats)

Rest one minute between each round of five exercises.

Need a Change? Training Variation:

Do 10 reps of all exercises for 5 rounds.

Ab Polisher to Finish

Set your timer for 20/10 for 8 sets:

1A - Shoe touch 20 sec

1B - Floor leg raise 10 sec

Repeat for 4 sets

Then do:

2A – Sit out 20 sec

2B – Front plank 10 sec

Repeat for 4 sets

AMRAP Sprint Challenge

Challenge: This is an AMRAP set. Count the total rounds completed in 15 minutes. Rest as little as possible between exercises; record the number of total rounds done. Beat your score the next time you do this workout.

Equipment: Timer

Exercises:

- 5 - shuttle sprints (forward/backward counts as one)
- 4 – inchworm push ups (regular or modified push up)
- 3 - per leg reverse lunge
- 2 – 20 yard sprint, walk/jog return
- 1 – minute plank recovery

Repeat this circuit in AMRAP style for 15 minutes. Record the total number of rounds completed in the time allotted. Try to beat your score each time you try this. Make note of modifications and at what point in the test they were used.

Can't sprint? Training Variation:

Do 20 skaters instead of sprints if needed.
Do timed sets of the above exercises, 30/05 for five rounds.

Ab Polisher to Finish

Do 30 seconds of work with a 5 second transition:

- Get up
- Side plank
- Side plank
- Spider crawl
- Squat jump
- Rest

Repeat 2-3 times.

PULL! MRT Challenge

Challenge: This is a 'count up' set. Set your timer for 10 minutes. The goal of the workout is to increase the number of rounds. Get more rounds each time you try this workout.

Start with 1 rep of each exercise, then add one more rep each round. Choose a weight that is challenging for 10 reps on each exercise. How many rounds will you get to in 10 minutes?

Equipment: Timer, BB, set of DB's

Exercises:

Dead lift

Renegade row with push up (one rep is R/L)

*I did this workout on June 27/14. I got 9 rounds and 5 deadlifts on the tenth round. I used 155 lbs on the deadlift and 25 lb dumb bells on the renegade row.

Need a Change? Training Variation:

Do 10 reps of both exercises for 5 rounds.

Ab Polisher to Finish

Set your time for 30/10

Repeat this two times:

Hanging oblique leg raise

Sit out

Floor leg raise

Up by 10 Jump Rope Challenge

Challenge: This is an AMRAP set. Count the total rounds completed in 15 minutes. Rest as little as possible between exercises; record the number of rounds done. Beat your score the next time you do this workout.

- 1 – 10 push ups (modified)
- 2 – 20 jump ropes (any kind of skip)
- 3 – 30 prisoner swing lunge (15 per side)
- 4 – 40 plank alternate leg lifts (20 per side)
- 5 – 50 jump rope (any kind of skip)

Need a Change? Training Variation:

Do the exercises in a timed set 30/05 for five rounds.

Ab Polisher to Finish

Set your timer for 40/10. Do the following:

- Shoe touch
- Spider crawl
- Jump rope (double unders)
- Side plank
- Side plank

Repeat

Bonus Workout: KB Challenge Workout

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

Equipment: Timer, KB

Exercises: Time yourself doing 7 perfect form rounds:

1. KB swing 20 reps
2. Goblet Squat 10 reps
3. Plank 1 minute

Rest as required, perfect form is the key.

Training Variation: Use a timer. Set it for 30 seconds of work with a 10 second transition for 15 sets.