

THE
CHALLENGE
FIT CLUB

VIP

ALL ACCESS PASS



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

METABOLIC RESISTANCE

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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 MRT Challenge

Welcome to the 21 Day Challenge Fit Club – Metabolic Resistance Training module.

First, you're probably wondering, "What exactly is metabolic resistance training?"

And the answer is that anytime you use supersets or circuits and train with an elevated heart rate with insufficient recovery, you're doing metabolic resistance training.

These workouts in particular, your focus should be to increase the *weight* that you use in the workouts. Speed isn't as important as impeccable form and added resistance.

MRT or metabolic resistance workouts are tough! As I said, your goal is go AS HEAVY as you can for each of the exercises, but MAINTAIN PERFECT FORM.

Once you feel a break in form, it's time to decrease the load, rest more, or possibly both. Make a note of this and make improvements when you re-do the workouts.

Don't be surprised if you feel your heart will explode doing these workouts ;)

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 bench mark 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 the 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.

This is an AMRAP set for 10 minutes. Choose a weight that you can do fairly comfortably for 10 reps then do the following:

5 BB squats
5 burpees
5 pull ups (assisted pull ups, wall sit stick ups)
5 burpees
10 push ups

How many rounds can you do in 10 minutes?

Let's get started!

PULL! 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

Do the following exercises for 30 seconds each, rest 10 seconds between exercises, do 5 rounds:

Plank (hard style)

Side plank

Side plank

Shoe touch

Spider crawl

Burpee

SQUAT Challenge

Challenge: This is a ladder set. Your goal is to get to 10 reps and return to 1 rep without racking the bar.

The next time you do this workout either increase the weight, decrease your total workout time, or make sure you rack the bar later into the workout (it's very tough to do the entire workout without racking the bar!)

Choose a barbell squat weight that you can do 15-20 reps with good form. The rest period is a bit of a guess but I've found this method the best as opposed to fumbling with a timer.

For each rep, I count '1-mississippi'. So after doing rep #1 I'll count '1 mississippi' and after doing rep #10 I'll count '10 mississippi's'.

- Do 1 rep, rest 1 count
- Do 2 reps, rest 2 counts
- Do 3 reps, rest 3 counts...

Continue until you get to:

- Do 10 reps, rest 10 counts

Then reverse the order:

- Do 9 reps, rest 9 counts...

Continue until you get to:

- Do 2 reps, rest 2 counts
- Do 1 rep

*I did 95 lbs on June 29/14 using this protocol and finished without racking the bar in 9:33.

Need a Change? Training Variation:

Do a different complex leg movement, like a wide stance squat, KB swing, even a leg press or hack squat if you're in a conventional gym.

Ab Polisher to Finish

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

Front plank
Side plank
Side plank
Hanging leg raise (floor leg lift)
Stationary sprint – high knees

PUSH! (Oh, & PULL Some More) Challenge

Challenge: This is a 'count up' set. Set your timer for 15 minutes. The goal of the workout is to increase the number of reps for each exercise for each round. Get more rounds with more reps each time you try this workout.

Equipment: Timer, box, pull up bar

Start with 2 reps of each, count up by two's. How high will you get in 15 minutes?

Exercises:

Decline push up (regular push up)

Pull up (assisted pull up, inverted row, wall sit stick up)

Renegade row with push up

Box jumps (squat jumps or squats)

Need a Change? Training Variation:

Do 7 reps of all 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

Pull - Pull -Tuck Challenge

Challenge: This is a timed set. Get as many reps as you can, rest as little as possible between exercises. Beat your reps the next time you do this workout.

Equipment: Timer, BB, pull up bar, gliders (or stability ball)

Exercises:

8 reps barbell dead lift (choose a weight that you can get 12 reps with good form)

12 reps body weight pull up (or assisted pull up, inverted row, wall sit stick ups)

16 reps glider or stability ball tuck then push up

Do 5 rounds for time.

Try to beat your time each time you try this workout. Keep form perfect and slow down the pace if needed.

Training Variation:

Do a ladder set starting with 2 reps of each exercise. Add 2 reps each round. How many rounds can you get in 15 minutes?

Core Cruncher to finish

5 reps per leg spider crawl

5 reps per side hanging oblique raise

5 per side get ups

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

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.

Exercises

*These are the exercises in this module.

- Barbell dead lift
- Barbell squat
- Box jumps
- Burpee
- Dead lift
- Decline push up
- Floor leg raise
- Get ups
- Goblet Squat
- Hanging oblique leg raise
- KB swing
- Plank
- Pull up (see Quick Start manual for alternatives)
glider stability ball tuck with push up
- Renegade row with push up
- Shoe touch
- Sit out
- Spider crawl