

THE 
CHALLENGE
FIT CLUB

VIP

ALL ACCESS PASS



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

**CHALLENGE YOURSELF -
CHANGE YOUR PHYSIQUE**

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.

Welcome to Challenge Fit Club

READ THIS FIRST

Welcome!

If you want consistent results, you need to consistently change up your training.

PhD Jim Stoppani says, 'You must expose your body to any one 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)

This way we'll avoid **exercise adaptation**.

Exercise adaptation is defined as 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. Therefore, 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.

The Challenge Fit Club is designed to abolish exercise adaptation by constantly changing your fitness game so your body has no choice but to adapt.

With this program you'll get a new module emailed right to your inbox every 21 days.

In order for that to happen, make sure that you've whitelisted my email so I can deliver the programs to you.

When you get a program, take a look at all the workouts in the plan so you know what you're up against. Each module also has a challenge

Look at the **challenge** for each module and do that first.

Then use the workouts in the plan. These are designed exclusively to improve your fitness and skills so you can rock the challenge at the end of 21 days.

You'll find 4 workouts and a bonus workout in each module. Keep cycling through the workouts during the 21-day challenge. Start and end the 21 days with the 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

Transform Your Body

The benefit of doing challenge workouts is that by improving your fitness, your physique WILL change, but only if you pay close attention to your nutrition.

Consider taking a look at the companion program: [The 21 Day Challenge Diet](#) to do while being a member of the Challenge Fit Club. You'll learn a whole NEW way to eat that's practical and sustainable. In addition, you'll have the entire Challenge Diet community with you to provide support, motivation and share successes. The Challenge Fit Club workouts will get you crazy fit and modifying your nutrition through the [21 Day Challenge Diet](#), you'll transform your physique.

What about Pull Ups?

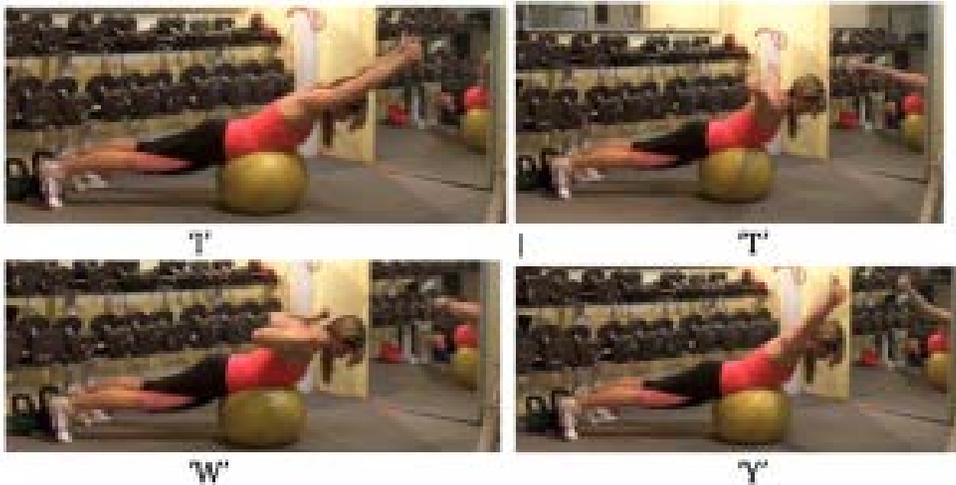
You'll always find pull ups in Challenge Workout programs. I love them and I encourage you to continue to work on mastering this fabulous bodyweight exercise.

☺ Sometimes you just have to get creative →



Back is one of the hardest muscle groups to train with just body weight. If you have absolutely no equipment (i.e. no dumbbells, no barbell, no cables, no straps, and no bar) then best you can do is to add a lot of [prisoner squats](#), prisoner lunges, stick-ups, and IWYT's to your bodyweight program.

What the heck are IWYT's? Here you go:



*****You'll notice that lots of these exercises are highlighted. If you'd like to view a short exercise demonstration, just click on the link.*****

If you only have a pull up bar, you can get a fabulous workout with pull ups and If you only have a pull up bar, you can get a fabulous workout with pull ups and variations:

- [Pull-ups](#) (these are done with an overhand grip)
- [Eccentric pull-ups](#)
- [Narrow grip pull up](#)
- [chin ups](#)
- [kipping pull up](#)
- [jump pull up](#)
- [band pull up](#)
- [assisted pull up](#)

Here are some of my favorite back exercises and you can add or swap these out to substitute for pull ups or just in general for training your back:

- [scapular retraction](#)
- [reverse deltoid flies](#) (non weighted)
- [DB rear delt raise](#) (weighted)
- [superman hold](#)
- [inverted row](#)
- [DB deadlift](#)
- [BB deadlift](#)
- [DB single arm row](#)
- [DB bent over row](#)
- [single DB row on a bench](#)
- BB bent over row
- [renegade row](#)
- [hyperextensions](#)
- [Seated cable rows](#)
- [wall stick ups](#)
- [prisoner style exercises](#) (like squats. Lunges)
- [lat pull with a band](#)
- [row with a band](#)

Suspension Training Options for Pull Ups:

You can use the suspension trainer to do rows and intensify or modify the work simply by changing the foot position; this changes the angle of pull. When using the suspension trainer, generally speaking the more horizontal you become, the more difficult the exercise.

You can do a 'T' row on the suspension trainer. Try to keep the arms as straight and horizontal as you can as you row in a 'T' position. This will work the rear delts more intensely. You may have to stagger the feet for this position.

An 'I' row works the spinal erectors more intensely.

Always lead with the chest and not the hips when rowing. As well, keep the shoulders down as you may find that they creep up towards the ears.

Let's get started with the first 21 Day Challenge Fit Club module.

Unpack it and get ready to challenge yourself and change your physique.

Keep in touch with me through the [Challenge Workout Blog](#) and the [Challenge Workouts Facebook page](#).

I'd love to help you with your questions and hear about your progress.

Happy Training!

Shawna K