



7
at
Home
Workouts
**you can do anywhere*

I have something very cool for you today...I wanted to HOOK you up with something that will help you burn fat and get into better shape.

If you can't get into my fitness boot camp here: <http://www.CalgaryNWFitBodyBootCamp.com> then I can still help you at home. I have 7 DONE FOR YOU HOME WORKOUTS here for you.

The workouts here are easy to follow, and will help you TORCH body fat any place you happen to be. These are bodyweight only workouts that you can do anytime you want.

Some general points:

- Each workout is only about 10-20 minutes long
- You only need your body! (No equipment needed)
- You will be counting "reps" during the movement (for the most part) and looking at your watch during the rest periods to keep yourself honest. Just make sure you move from one exercise to the next with little or no rest until the small break period!
- You can do these exercises at any point of the day
- Try to vary your workouts (don't do the same workout over and over again)
- Believe in yourself!
- Head to <http://www.ChallengeWorkouts.com> for MORE home workouts, tips, and more.
- Head to <http://challengeworkouts.com/train smarter> for 40+ instructional videos on exercise form
- You can also find a tone of FOLLOW ALONG VIDEOS (where you can train along side me and my trainers) at <http://www.ILoveChallengeWorkouts.com>

Warm-Up:

Always warm-up with the following routine:

20 seconds of running in place
20 seconds of running in place "butt-kicks"
20 seconds of hands behind head "high-knees"
20 seconds of fake "jump-rope"
10 arm circles to the front
10 arm circles to the back
10 leg swings each leg (forward and backward and side to side)
REPEAT ONCE MORE

Workout #1 – The Dirty 30

- 30 Push-ups (rest if you need to but get it done)
- 30 alternating reverse lunges with hands on head (15 for each leg)
- 30 squat jumps
- 30 straight leg raises

Rest for 1 minute then repeat 2 more times

Workout #2 – Up The Ladder, Down The Ladder

- 5 Close Grip Push-ups
- 10 Mountain Climbers
- 15 Reverse Crunches
- 20 Bicycles
- 25 Toe Touches
- 30 Squats
- 35 phantom jump ropes
- 40 alternating forward lunges with hands behind head (20 each side) then go in reverse back to 35,30,25 etc.

Rest 90 seconds when you have gone up and down the ladder, then repeat one more time

Workout #3 – Tummy Toner

- 15 plank hold with alternate leg lifts
- 20 squats or squat jumps
- 25 shoe touches (on your back, heels close to your butt, graze your shoulders across the floor as you reach to touch each toe, same hand to same foot)
- 30 bicycles or knee ins
- 45 seconds in plank position (just get on your forearms and hold your body tummy tight for 45 seconds)

Rest 30 seconds and repeat 3 more times

Note: Please don't do this home workout every single time. The name sounds tempting but you're going to burn more fat with full body exercises and our general boot camp style workouts. You can't do a million sit ups a day and expect a lean, body-fat "free" midsection without full body resistance training workouts and smart eating. I put this workout in because there is nothing wrong with having a workout dedicated to a problem area but don't fall into the trap of only doing ab stuff and expecting a new body.

Workout #4 – Double Time

- 10 Burpees (full body extensions, burpee walk outs)
- 20 Front to Back Jump Squats (jump and squat to the front, then backwards)
- 40 – Spider crawls (20 each side)

Rest one minute then repeat 4 more times

Workout #5 – Why Did I Choose This One!

- 10 Squats
- 10 Right leg reverse lunges
- 10 Right leg forward lunges
- 10 Left leg reverse lunges
- 10 left leg forward lunges
- 10 Burpees
- 10 "up, up, down, down" push-ups or get ups

Rest 1 minute, then repeat 3 more times

Workout #6 - Outside Workout

If you're gonna be outside in a park, this one is perfect!

20 seconds of all out "someone is chasing me and he looks mean" running immediately followed by 10 squats with hands behind hand and finishing with 10 push ups:

- sprint 20 sec
- 10 prisoner squats
- 10 push ups
- rest 40 sec
- repeat 6 more times

You rest 40 seconds then you repeat 6 more times for a total of 7 "all-out" sprints.

Workout # 7 – Cardio Equipment Workout –“The 20 Minute Solution”

If some of you still have your chain gym membership and you use the cardio machines or you have an elliptical or treadmill at home, or if you are visiting a hotel, here is a good workout to do that is way more effective than “steady-state cardio” and it’s faster. This can be done on any piece of equipment. If you want to do 20 minute exciting treadmill or cardio machine workouts that incorporate muscle toning exercises right in them, go to <http://www.TreadmillFatLoss.com>. This is one of my programs from my Challenge Workout series.

Note: Level 1-10 is a “perceived level of difficulty” meaning level 1 is super easy for YOU, level 4-6 is moderate and level 10 is your absolute limit.

This is not “what the treadmill or elliptical speed or level is or says” – this is what YOU perceive to be tough for YOUR BODY.

Person A might think that a level 5 for her is running at a speed of 6.7 on the treadmill while person B that is out of shape might think that level 5 for her is simply walking.

Min 0-2 – level 5 (for you)
Min 2-3 – level 6
Min 3-4 – level 7
Min 4-5 – level 8
Min 5-6 – level 9
Min 6-7 – level 6
Min 7-8 – level 7
Min 8-9 – level 8
Min 9-10 – level 9
Min 10-11 – level 6
Min 11-12 – level 7
Min 12-13 – level 8
Min 13-14 – level 9
Min 14-15 – level 6
Min 15-16 – level 7
Min 16-17 – level 8
Min 17-18 – level 9
Min 18-19 – level 10 * this is the all out minute
Min 19-20 – cool down back at level 5

That’s it! Please let me know if you have any questions...find me on Facebook:

<http://www.Facebook.com/CalgaryNWFitBodyBootCamp> or <http://www.Facebook.com/ChallengeWorkouts.com>

You’ll also find a TON of video workouts here: <http://www.YouTube.com/ChallengeWorkouts>

-***Shawna K****

PS: Keep this report on hand for future use. If you have any questions please let me know, AND if you want to know how I can help you get in great shape faster than you ever DREAMED call me at 587-355-8353