HARDCORE CHALLENGES

BONUS

By Challenge Workout 'Pull Up Queen'
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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.

So you're pretty hardcore?

Obviously you're motivated and you're not afraid of a little sweat. Congratulations. We have a lot in common.

Let me tell you what I know about you….

- You never say 'quit'.
- You're up for a challenge.
- You need action/excitement/variety in your training. (You probably don't enjoy long distance running.)
- You like unpredictable and different workouts.
- You're predictable with your training. (That is, you never miss a workout.)
- Others think you're a little extreme where fitness is concerned.
- Others secretly envy your drive and determination.
- You've had or in have injuries that you're training around.
- You're confident, but not pig-headed. You look to experts to guide you.
- You're ready to rock and roll with some hardcore challenge workouts.

I have three of my favorite workouts here.

As always, start with a **traditional warm up**. Do full body range of movement things like arm swings, bodyweight squats, jumping jacks, push ups, assisted pull ups.

I can't overemphasize the need for a thorough warm up. I've avoided my share of injury by ensuring my body is ready for the a$$ kicking ahead. Although I've never used a slow walk on the treadmill as a warm up, I have given myself 5-7 minutes of easing into my workout. I'll 'go through the motions' of the main movements in the workout without any load or added weight.

I highly recommend that you do the same.

Seriously, if you've got this program, I trust that you're NOT a beginner. I don't need to prescribe your first 5 minutes of low intensity work. You know what to do…

Let's get started.

*Refer to the exercise photos/descriptins provided with Hardcore Workout Finishers.

Workout #1 Can You Go 20? Hardcore Challenge

Equipment: Battling ropes, pull up bar, DB, Gymboss timer

Set the timer for 20 rounds of 40/10 (40 seconds of work with a 10 second transition)

Here are the exercises:

Battling rope alternate waves
Push ups
Pull ups (or variation like an assisted pull up)
Gobet squats with DB

Repeat this circuit up to five times.

www.ChallengeWorkouts.com

Workout #2   Helluva Count Down Hardcore Challenge

Equipment: Kettlebell or 35-45 lb plate, pull up bar, DB's

Kb or plate swing 30 sec
Burpee pull up
Alternate lunge (per leg) with DB's
Decline push up
Squat jumps

Count down 10-1 reps for each exercise but always do 30 sec of kb or plate swing to start. Rest as little as possible between sets.

Example:

Set 1
Kb or plate swing 30 sec
10 burpee pull ups
10 Alternate lunge (per leg)
10 Decline push up
10 Squat jumps
Rest as little as possible

Set 2
Kb or plate swing 30 sec
9 burpee pull ups
9Alternate lunge (per leg)
9 Decline push up
9 Squat jumps
Rest as little as possible….

Set 10
Kb or plate swing 30 sec
1 burpee pull up
1 Alternate lunge (per leg)
1 Decline push up
1 Squat jump

Done and done!

Time yourself. (Beat your time next time out!)

Workout #3 Up and Over Down Hardcore Challenge

Equipment: hill, bench or box

Sprint up the hill
At top of hill: do 10 rotational push ups
Jog down hill
At bottom of hill: 10 box jumps
*If no suitable surface is available for a box jump, (I use the players bench on a ball diamond) do 10 squat jumps instead

Repeat 5-10 times

Time yourself. (Beat your time next time out!)