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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.

# Turn Up the Heat Bonus Workouts

## **Workout #1 - Rubber Leg Challenge**

*Equipment: Bench, dumb bells*

Warm up

Set a timer for 40 seconds with a 10 second transition time. Here are three levels of each set. Choose the set that's right for you. In the video, we do one of each set.

- Single leg Burpee (20 sec)
- Bulgarian Split Squat With Jump (20 sec)
- Other leg: Single leg Burpee (20 sec)
- Other leg: Bulgarian Split Squat With Jump (20 sec)
- Jump Pull Ups 10
- Weighted Squats Twist Press
- Reverse Lunge

- Burpee (20 sec)
- Bulgarian Split Squat (20 sec)
- Burpee (20 sec)
- Other leg: Bulgarian Split Squat (20 sec)
- Band Pull Ups
- Weighted Squats
- Prisoner Reverse Lunge

- Burpee or modified burpee
- Bulgarian Split Squat or alternate reverse lunge
- Bent over row
- Body Weight Squats
- Reverse Lunge

Rest as required

Cool down.

## Workout #2 - Up By Five

*Equipment: Pull up bar*

Warm up

**AMRAP set:** Count the total rounds completed in 20 minutes.

5 Pull Ups (or variation like assisted pull up)

10 Burpees

15 Triple Stop Push Ups

20 Jumping Lunge or Reverse Lunge (total)

25 Bodyweight Prisoner Squats

Cool down

## **Workout #3 - Merry Go Round Times Five**

*Equipment: Dumb Bells, pull up bar*

Warm up

Set your timer for 30 seconds of work with a 5 second transition.

Repeat this round 5 times.

Triple Stop Push Ups  
Pull Ups (Assisted Pull Ups, Inverted Rows, TRX Rows)  
Renegade Rows  
Burpees  
Plank Recovery

Cool down

## **Workout #4 - Burpee This!**

*Equipment: Pull up bar, bench, DB's*

Warm up

Set a timer for 30 seconds of work with a 10 second transition time.

Burpee Chin Up  
Stiff Legged Dead Lifts  
Burpee Pull Up  
Shoe Touch  
Plank Hold

Repeat for a total of 5 sets.

Cool down.