



*21 Day*

# FAT LOSS

## CHALLENGE

24/7 Fat Burning  
Workouts Done in  
Under 20 Minutes



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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.

## Welcome to the 21 Day Fat Loss Challenge!

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 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.
- You have your sh\*t together.

What does this have to do with fat loss or challenge workouts?

Everything.

It's all about mindset and mental toughness.

**Here's a secret:**

No one gives a sh\*t about how many Burpees you can do, how many pull ups or push ups you can do, what you squat or bench press, what you weigh or what size jeans you wear.

**But you should care.**

The reason you should care is not so you can post your personal best on Facebook, on a training forum or so you can brag to others in your circles.

**You should care for your own satisfaction.**

If you can't get one pull up and then you can do five, that's a sign that you've reached deep into yourself to bring out your best. If you start these workouts and peter out after the first 5 minutes but you persevere so that you can eventually finish them, it's proof positive that you value yourself enough to hurt a little for your own betterment.

You're never going to conquer your world outside of the training arena if you can't stand up to your inner demons that tell you to go sit on the couch because you've done enough.

You won't know this unless you do it, but doing physical challenges has a way of forging your mind into being stronger. The physical pains you endure while training strengthen more than your muscles and cardiovascular system. They strengthen the mind.

A strong mind does NOT guarantee fat loss, but it's a great start. I've had some clients that have lost oodles of weight only to gain it back. I've also had many clients lose over 100 lbs and keep it off. The difference I've found between the two is their mindset.

Those that have kept the weight off think differently. They tell me that they finally 'made up their mind' and with a mental shift, weight loss came and lasted.

One difference is their focus. Most shifted their focus to healthier living, training performance, goals for longevity (such as becoming a parent or grandparent) among others. Once the focus isn't entirely on weight loss, it seems that weight loss is a happy coincidence. Go figure.

This is how I've structured this program. Your focus will be on improving performance of challenging workouts and nutrition (for the sake of health and performance) and you'll be surprised how fat loss naturally occurs.

Don't get me wrong. You will not get stronger or lose weight by osmosis. By purchasing this program and 'reading' it, nothing will change. You need to 'do it'. You need to follow the workouts, you need to change your nutritional habits. By doing so, things will happen, but not overnight. Be patient. In a month's time you will note tangible differences.

In fact, you should see small physical changes weekly; you will quantify this on the charts that follow. You'll also notice changes in strength, stamina and energy. These are not as easily quantifiable and can be more subjective, however there are short physical tests you'll find that you'll take through out the program to help quantify this as well.

## Why do challenge workouts work for fat loss?

In a few words: increased metabolism for fat burning.

### How?

### M<sup>2</sup>A or 'Muscle Metabolism Acceleration'

Let's get your metabolism fired up two ways.

The first way to fire up your metabolism is to increase muscle tone. Notice I said muscle 'tone' and not muscle 'mass'. Honestly, if building gobs of muscle is your goal, this is unlikely to happen. You WILL build some muscle however. The best way to notice this is by reducing your subcutaneous fat so your muscles become more visible.

Everyone wants that right?

How does more muscle increase your metabolism? Muscle is metabolically active and requires more calories to function, even at rest. Add muscle to your frame and you automatically increase your caloric needs. The person with more muscle will burn more calories at rest than their counterpart who has less muscle. One study found that muscle contributes approximately 22% of their test subjects resting energy expenditure, while fat only contributed 4%.

#### **1. Gallagher D, et al, American Journal of Physiology. August 1998;275(2 Pt 1):E249-58.**

To tie in the above, any activity that takes place in the human body requires the use of energy, which causes calories to be burned. With that being stated, let's connect some dots here showing that muscle is more active than fat requiring the use of more energy. Developing muscle (known as hypertrophy) and maintaining muscle requires a very large amount of energy related to the process of building the muscle initially and repairing/developing the muscle as resistance training is added. As you add resistance

training and develop muscle, protein synthesis (the process that helps muscles repair and grow in size) must occur after your workout/at rest. The Challenge Fat Loss program utilizes resistance training, which continuously causes your muscles to breakdown, repair, and grow on a day-to-day basis. This utilizes energy/calories to allow your body to burn more calories even at rest.

Think of it this way, skeletal muscle makes up around 40% of the body on an average person, as you add total body resistance training, you are developing the size and lean mass of all of that muscle on a consistent basis requiring continued energy use to repair and rebuild this muscle. This causes your muscles (the more muscle you have the better obviously) to burn calories for you all day every day. As you follow the Challenge Fat Loss Program, your body is getting rid of unwanted fat by converting/condensing that tissue to lean muscle, which burns calories and fat both during and after your workout ALL the time.

**Powers, Scott K. (Scott Kline), Exercise physiology: theory and applications to fitness and performance/ Scott K. Powers, Edward T. Howley. – 6<sup>th</sup> ed.**

You want muscle, not just for muscle sake, that is for it's sexy good looks. You want muscle to help get and keep you lean and healthy.

You will gain muscle and get stronger with these workouts. Increased strength initially comes from nervous system innervation of your muscles (that is, your body 'learning' new movement patterns). It is concluded that a large part of the improvement in the ability to lift weights was due to an increased ability to coordinate other muscle groups involved in the movement such as those used to stabilize the body.

**O. M. Rutherford, D. A. Jones, The role of learning and coordination in strength training, European Journal of Applied Physiology and Occupational Physiology April 1 1986, Volume 55, Issue 1, pp 100-105**

Of course you will gain tone and strength from challenging your muscles so that they will need to grow to meet the challenges you place on them. This is one of the reasons

every workout is different. Your goal is to constantly confuse your body so it never quite 'adapts' to the challenges you give it. Once your body adapts, your progress stops and you do nothing more than maintain. Maintenance isn't a bad thing if you feel you've 'arrived' at your fitness and fat loss goal.

But no one has really 'arrived' have they? Like anything, you're either growing or dying, it's hard to stay put in one place and it's a slippery slope to fitness decline if you plan on 'maintaining' your fitness level.

A second way to fire up your metabolism is by something called 'afterburn' or EPOC (post exercise oxygen consumption). Studies prove that with high intensity workouts, your body will continue to burn more calories even when you stop exercising. In fact, EPOC was measurable 38 hours after completing exercise.

**Schuenke MD, Mikat RP, McBride JM (March 2002). "Effect of an acute period of resistance exercise on excess post-exercise oxygen consumption: implications for body mass management". European Journal of Applied Physiology 86 (5): 411–7**

This only occurs with intense training and will not happen when you plod on a cardio machine for hours. A good sign that you're setting yourself up for EPOC is you're feeling hot and sweaty during your workout. Feeling energized and alert after you train is also a benefit and can be attributed to increased metabolism.

### **A word on aging...**

Guess what?

We're all getting older and that means that our levels of growth hormone naturally will decrease. GH (growth hormone) is brilliant for helping us lose fat and gain muscle. As we age, we have less GH but we can NATURALLY increase our GH levels through training.



When we train anaerobically, we produce lactic acid, which is a precursor to growth hormone. Since we know that GH helps with fat loss, we want to train in such a way to produce lactic acid. HIIT (high intensity interval training) along with eccentric training is the kind of training that will increase lactic acid. These workouts will help! Given the intensity of these workouts you will be training anaerobically. You will produce lactic acid, your body will produce more growth hormone which will aid in fat loss. Period. In addition to this, lactic acid is produced through 'negative' training which will be done in the program so you'll have another opportunity to increase naturally occurring GH with negative training with these challenging exercises.

**Effect of low and high intensity exercise on circulating growth hormone in men. NE Felsing, JA Brasel and DM Cooper July 1992 Journal of Clinical Endocrinology and Metabolism**

In addition, I'm somewhat sensitive to this whole issue of aging given that I'm 'no spring chicken'. (I know that several of you are also in the same boat. Kudos to you for your resolve. You're my inspiration, by the way.)

You continually challenge your body to step up to advanced workouts. While most people your age aren't doing a quarter of the things that you're doing, be reminded that there's a ceiling on the progress that you can make. I've learned over time that smart training includes keeping an eye on personal limitations to avoid injury. The fact that you can maintain the fitness level that you had in your 20's and 30's (and on a good day get a PR-personal record) is progress enough. Accept that you likely won't be an Olympian in any sport at this point in your life, but you still can push your boundaries in a healthy and safe way. Injury avoidance is your number one priority as you go through this program since it's difficult to meet your fitness and fat loss goals from the sideline.

**Push hard, but be *smart* about it.**



## On with the program!

What you'll find are **12 workouts** meant to be used every second day (or 4 workouts per week) for 21 days of training.

Go through the workouts sequentially until you get to workout #12.

You'll notice a progression in difficulty as you go from week one to four.

Phase 1 Week 1 - Step Up to the Challenge

Phase 2 Week 2 - The Challenge is On

Phase 3 Week 3 - Never Say Quit

\*Feel free to add in an extra workout a week. You can repeat a workout or you can refer to the 'Turn Up the Heat Bonus Workouts' for more variety.

Do the **Challenge Workout Fit Test** each week to create a benchmark and quantify your physical progress.

Magnify your results by pairing up the **21 Day Fat Loss Challenge workouts** with the **28 Day Challenge Diet Plan** (Or the [21 Day Challenge Fat Loss Diet](#) – available separately).

Another option is to use the **21 Day Fat Loss Challenge workouts** in between your regular workouts to spice up a program that you want to continue with. If you do this, be sure to do the workouts in order to take advantage of the progressive overload.

Let's get on with it!

## **Week 1**

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### **Week 1 Workout #1 - Hurt All Over**

*Equipment: bench, dumb bells, jump rope*

Warm up

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

Repeat this entire set four times.

- Jump Rope
- Wall Sit Stick Up
- Burpee
- Good Morning
- Get Up
- DB Bent Over Row

Cool down

### **Week 1 Workout #2 - What Can You Do With A Bench?**

*Equipment: Bench*

Warm up

Set your timer for 20 seconds of work with a 10 second transition.

Repeat this entire set six times.

- Bench Step
- Bulgarian Split Squat (weak)
- Bench Step
- Bulgarian Split Squat (strong)
- Tricep Extension On Bench
- Burpees

Cool down

## **Week 1 Workout #3 - Hot Mess**

*Equipment: none*

Warm up

This is a countdown set. Set your timer for 20 minutes.

Do as much work as you can in the allotted time.

If you get to one rep of everything, start counting up again.

Do 10 of each exercise, then 9 of each exercise, then 8 etc.

For example:

10 burpees

10 push ups

10 squat jumps

10 mountain climbers

10 stick ups with wall sit

Count down to:

1 burpees

1 push up

1 squat jump

1 mountain climber

1 stick up with wall sit

Count back up the ladder if you have time in 20 minutes.

Cool down

## **Week 1 Workout #4 - Do You Hear 500 Reps?**

*Equipment: Dumb bells*

Warm up

Set your timer for 20 minutes. Do AMRAP.

Do the following exercises:

- 10 Burpees
- 10 Renegade Rows (total)
- 10 Lateral Lunge (total)
- 10 Mountain Climbers (per leg)
- 10 DB Squats

Cool down

## **Week 2**

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### **Week 2 Workout #1 - I Can't Feel My Arms**

*Equipment: Dumb bells*

Warm up

Set your timer for 20 minutes.

Do the following set AMRAP:

- 30 Skips of the Jump Rope
- 15 Shoulder Press Squats
- 10 DB Reverse Lunges (per leg)
- 5 Renegade Rows (per arm)
- 5 Burpees
- 5 Per Leg Plank Lateral Step Outs

Cool down

## **Week 2 Workout #2 - Count Down**

*Equipment: Dumb bells*

Set your timer for 20 minutes.

Do a countdown set of five exercises, 10 reps to 1 rep.

Get as much work done in the allotted 20 minutes.

If you finish before 20 minutes, start to count back up, 1 to 10.

10 burpees

10 weighted squats

10 renegade rows

10 shoe touch

10 push ups

Count down to:

1 burpee

1 weighted squat

1 renegade row

1 shoe touch

1 push up

Cool down.

## **Week 2 Workout #3 - AMRAP This!**

*Equipment: Bench, dumb bells, jump rope*

Warm up

Set your timer for 20 minutes.

Do AMRAP of 10 reps of each exercise:

- 50 Skips
- Renegade Rows
- DB Reverse Lunges
- Mountain Climbers (each leg)
- Burpees
- Incline, Decline or Flat Push Ups

Cool Down

## **Week 2 Workout #4 - I'm Soxy and I Know It**

*Equipment: Pull up bar, bench or box*

Warm up

Set your timer for 20 seconds with a 10 second transition.

Repeat 8 times.

- Burpee Pull Up
- Push Ups
- Box Jump
- Plank

Cool down



## Week 3

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### Week 3 Workout #1 - Skippin' Fool

*Equipment: Pull up bar, dumb bells, jump rope*

Warm up

Set your timer for 20 seconds with a 5 second transition.

Skip  
Pull Ups or Assisted Pull Ups  
Skip  
Wall Sit Bicep Curl  
Skip  
Decline Push Up  
Skip  
Box Jump  
Skip  
Plank Hold Recovery

Repeat four times total

Cool Down

### Week 3 Workout #2 - No Cryin Allowed

*Equipment: Dumb bells, jump rope*

Warm up

Set your timer for 50 seconds of work with a 10 second transition to do:

Jump Rope  
DB Bent Over Row  
KB/DB Swing  
Spider-Man Push Up  
X Body Mountain Climber  
Plank Hold Recovery

Repeat three times total.

Cool Down

## **Week 3 Workout #3 - Lucky #7**

*Equipment: Pull up bar*

Warm up

Do this workout AMRAP style.

Put 20 minutes on the clock and go:

- 7 Squat Jumps (squats)
- 7 Decline Push Ups (regular or modified push up)
- 7 (per leg) Spider-Man Crawl
- 7 (per leg) Jumping Lunges (reverse lunge)
- 7 Pull Ups (assisted pull up)

Cool down

## **Week 3 Workout #4 – Beat This!**

*Equipment: Pull up bar*

Warm up

Set a timer for three sets of 1 min with a 15 second transition time.

- Burpee
- Pull ups
- Box jumps
- Squats with shoulder press
- Push ups

Count your reps for each set and try to match them for each set.

Repeat 3 times (trying to match your reps from the first set).

Cool down

## 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.



# Challenge Fat Loss Progress Chart

WEEK 1	
WEIGHT	
CHEST	
RIGHT ARM	
LEFT ARM	
WAIST	
ABDOMEN (1 INCH BELOW NAVEL)	
RIGHT THIGH	
LEFT THIGH	
BODY FAT (IF AVAILABLE)	

WEEK 2	
WEIGHT	
CHEST	
RIGHT ARM	
LEFT ARM	
WAIST	
ABDOMEN (1 INCH BELOW NAVEL)	
RIGHT THIGH	
LEFT THIGH	
BODY FAT (IF AVAILABLE)	

<b>WEEK 3</b>	
WEIGHT	
CHEST	
RIGHT ARM	
LEFT ARM	
WAIST	
ABDOMEN (1 INCH BELOW NAVEL)	
RIGHT THIGH	
LEFT THIGH	
BODY FAT (IF AVAILABLE)	

<b>WEEK 4</b>	
WEIGHT	
CHEST	
RIGHT ARM	
LEFT ARM	
WAIST	
ABDOMEN (1 INCH BELOW NAVEL)	
RIGHT THIGH	
LEFT THIGH	
BODY FAT (IF AVAILABLE)	



# Challenge Fat Loss Physical Tests

Do these tests at the start of each week to set a benchmark for yourself and for comparison.

**Test 1:** Do one minute of Push Ups. How many reps? Count full Push Ups and note if you modify (drop to your knees)

**Test 2:** Do one minute of Pull Ups. How many reps? Count Unassisted Pull Ups, Assisted Pull Ups, make a note.

**Test 3:** Do one of Burpees. How many reps?

## Test 4: AMRAP SET

How many sets can you do in 10 minutes?

8 Burpees

8 Push Ups

8 Mountain Climbers (per leg)

8 Prisoner Squats

8 Bicycle Crunches (per leg)

WEEK	PUSH UPS?	PULL UPS?	BURPEES?	AMRAP SETS?
1				
2				
3				
4				
5				
6				