

CHALLENGE FAT LOSS

*Bonus: Suspension
Training Challenges*



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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

Challenge Fat Loss Suspension Bonus

Suspension Bonus #1 - Total Suspension Chaos

Equipment: TRX

Warm up

Set your timer for 50 seconds of work and 15 seconds of rest.

Do the following exercises. Repeat this circuit 3 times.

- Forward Facing Power Sissy Squats
- Low Rows
- Atomic Push Ups
- Tricep Extensions
- Standing or Kneeling Roll Outs

Cool down

Suspension Bonus #2 - Suspender Benders

Equipment: TRX

Warm up

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

Do the following exercises:

- Hamstring Curl
- Atomic Push Ups
- Plank Pike / Suspended Plank / Floor Plank
- Low Row
- Squat Jump

Cool down

Suspension Bonus #3 - You're Suspended

Equipment: TRX

Warm up

Set your timer for 45 seconds of work with a 15 second transition.

Do three sets total.

Below are the exercises and you'll see the possible modifications for each set.

Set 1

Pendulum Plank
Atomic Push Up
Suspended Ham Curl
Suspended Bulgarian Split Squat / 1 Legged Burpee
Suspended Bulgarian Split Squat / 1 Legged Burpee

Set 2

Pendulum Plank or Suspended Plank
Atomic Push Up or Chest Press
Suspended Ham Curl or Alternate Curl
Suspended Bulgarian Split Squat or on Box / 1 Legged Burpee
Suspended Bulgarian Split Squat or on Box / 1 Legged Burpee

Set 3

Pendulum Plank or Suspended Plank or Floor Plank
Atomic Push Up or Chest Press or Floor Push Up
Suspended Ham Curl or Alternate Curl or Floor Hip Bridge
Alternate Reverse Lunge
Burpee

Cool down