

CHALLENGE FAT LOSS

*Extreme
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.

Extreme Challenges

Extreme Challenge Workout #1 - Helluva Count Down

Equipment: Pull up bar, dumb bells, bench

Warm up

Set your timer for 15 minutes.

Do as much work as possible in the allotted time.

Count down 10-1 reps for each exercise but always start with 30 sec of DB or KB swing to start.

Rest as little as possible between sets

DB or KB swing 30 seconds then 10 to 1 reps of:

- Burpee Pull Up
- Alternate Lunge (per leg) with DB's
- Decline Push Up
- Squat Jumps

Example:

- Set 1: DB or KB swing 30 seconds
- 10 Burpee Pull Ups
- 10 Alternate Lunge (per leg) with DB's
- 10 Decline Push Ups
- 10 Squat Jumps

- Set 10: DB or KB swing 30 seconds
- 1 Burpee Pull Up
- 1 Alternate Lunge (per leg) with DB's
- 1 Decline Push Up
- 1 Squat Jump

Cool down.

Extreme Challenges

Extreme Challenge Workout #2 - Pull UP Punisher

Equipment: Pull up bar

Warm up

Repeat the following set twice.

Do 1 min of the following with a 30 second rest in between:

Pull Up (or Assisted Pull Up) 1 min

30 second rest

Squat Jump to Pull Up (or Assisted Pull Up) 1 min

30 second rest

Burpee to Pull Up (or Assisted Pull Up) 1 min

30 second rest

*any Assisted Pull Up, Jump Pull Up, Inverted or Bent Over Row will work

Cool down

Extreme Challenges

Extreme Challenge Workout #3 - Burpee Push Pull

Equipment: Pull up bar

Warm up

Set your timer for 15 minutes.

Do count-down sets for Burpees and count-up sets for Pull Ups.

Combine this with a constant set of Push Ups.

Rest when needed

This is how the first two sets will look:

1a -- 10 Burpees
1b – 1 Pull Up
1c – 10 Push Ups

2a -- 9 Burpees
2b – 2 Pull Ups
2c – 10 Push Ups

Continue this pattern until you get to this:

10a – 1 Burpee
10b – 10 Pull Ups
10c – 10 Push Ups

If you finish before 15 minutes, start counting back up the ladder.

*If no Pull Up bar is available, do a Bent Over Row, Inverted Row, Suspension Row.

Cool down

Extreme Challenges

Extreme Challenge Workout #4 - Jumpin' Burp

Equipment: Pull up bar, jump rope

Warm up

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

Repeat this for 7 sets

30 seconds of Jump Rope

Rest 10 Seconds

30 seconds of Burpees OR Burpee Pull Ups

Rest 10 Seconds

30 seconds Front Plank

Rest 10 Seconds

Cool down

Extreme Challenge Workout #5 -Helluva Pyramid

Equipment: Pull up bar, dumb bell

Warm up

Set your timer for 15 minutes.

This is a ladder workout.

Start with one rep of each exercise and work up to 10.

If you get up to 10 reps, start back down the ladder.

Do the following exercises:

Pull Up

KB Swing

Burpee

Box Jump

Cool down