

THE ULTIMATE CHALLENGE

TEST YOUR LIMITS

500 REP WORKOUT
1000 REP WORKOUT



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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.

Want a Challenge?

My workouts are typically 20 minutes or less. They are ideal to add onto the end of your workout (if it's a 'finisher' challenge) or to use on your day off instead of boring cardio. The longer workouts can be 'stand alone' workouts meaning that if you do them exclusively, you'll still get amazing results.

Sometimes, it's fun to do a longer workout to test your endurance.

These two 'Ultimate Challenge' workouts are just that.

The fun thing about these workouts is that you can shorten them if you want to keep your workout within the 20-minute time limit. Just do fewer rounds.

These are 'benchmark' workouts. By that I mean they are workouts that you'll do about once a month to test your endurance, they are NOT intended to be used on a regular basis.

You know how I feel about cortisol. This is the hormone that encourages fat storage, particularly belly fat storage. My intent is to help you eliminate belly fat and our plan of attack is to do workouts that won't cause an increase in cortisol. The good news about these challenging workouts is that when done properly, they're very intense. They won't be like sitting on a stationary bike and pedaling at a moderate pace while reading a magazine.

You're going to go HARD. Pace yourself though. For the 500-rep workout, if you can get a round done in about 2.5 minutes you're moving along. For the 1000-rep workout, a 5 minute round is a great time. Maintaining these split times for 10 rounds is the trick!

Have a ton of fun with these workouts! I love to hear your feedback!

Shawna Kaminski

500 Rep Workout

Time yourself 10 reps of these 5 exercises for 10 rounds:

1. Burpee with push up
2. Prisoner squat
3. Alternating one leg walk out to plank cross body mountain climber
4. Box jump

5. Pull up or alternative variation

1000 Rep Workout

Time yourself 10 reps of these 10 exercises for 10 rounds:

1. Burpee with push up
2. Hanging leg raise
3. Prisoner reverse lunge (5 per leg)
4. Get up (5 per arm)
5. Mountain climber
6. One leg RDL with T squeeze
7. Box jump
8. Pull up or alternative variation
9. Shoe touch
10. One leg reverse hip lift

Alternatives for each exercise

Burpee

- ≡ Eliminate the push up
- ≡ Eliminate the jump
- ≡ Do a walk out to plank
- ≡ Do a full body extension

Prisoner Squat

- ≡ Reach arms in front

Alternating one leg walk out to plank cross body mountain climber

- ≡ Do two leg walk out
- ≡ Eliminate the mountain climber

Box Jump

- ≡ Do a squat jump

Pull up

- ≡ Band pull up
- ≡ Jump pull up
- ≡ Wall stick up
- ≡ Inverted row
- ≡ BB row or DB row

Hanging Leg Raise

- ≡ Prone leg raise

Prisoner Reverse Lunge

- ≡ Extend hands in front
- ≡ Do a squat

Get ups

- ≡ Close grip push up
- ≡ High plank hold

Mountain Climber

- ≡ High plank hold

One leg RDL with T squeeze

- ≡ Two legged RDL

One leg reverse hip lift

- ≡ Two legged reverse hip lift