

CHALLENGE FAT LOSS

*Body Weight
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 Up
 - 10 Alternate lunge (per leg) with DB's
 - 10 Decline push up
 - 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.

Body Weight Workout #2 - One Minute of Anything

Equipment: Jump rope

Warm up

Set your timer for one minute with a 10 second transition.

Repeat this circuit three times.

- 1 minute Hard Skipping
- 1 minute Push Ups
- 1 minute Burpees
- 1 minute Body Weight Squats
- 1 minute Plank (recovery)

Cool down

Body Weight Challenges

Body Weight Workout #3 - 'Planks' for the Abs

Equipment: None

Warm up

Set your timer for 40 seconds of work with a 5 second transition.

Repeat this circuit three times.

- Squat Jump
- Shoe Touch
- Reverse Bridge Hold *****
- Side Plank
- Side Plank
- Burpee
- Plank

Cool down

Body Weight Workout #4 - Skip a Rope

Equipment: Jump rope

Warm up

Set your timer for one minute/30 second repeats.

Repeat entire circuit three times.

1 minute HARD Skipping
30 seconds of Prisoner Reverse Lunges
1 minute HARD Skipping
30 seconds of Push Ups
1 minute HARD Skipping
30 seconds of Prone Sky Diver *****
1 minute HARD Skipping
30 seconds of Front Plank (recovery)

Cool down

Body Weight Challenges

Body Weight Workout #5 - A\$\$ N Abs

Equipment: Pull up bar, bench

Warm up

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

Do entire circuit six times.

Lunge Jump
Hanging Leg Raise or Floor Leg Raise
Bulgarian Split Squat
Bulgarian Split Squat
Shoe Touch
Rotational Front Plank ****

Cool down

Body Weight Workout #6 - Swingin' Good Time

Equipment: None

Warm up

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

Burpees
Prisoner Squats
Swing Lunge
Swing Lunge
Triple Stop Push Up
Mountain Climber

Cool Down