

CHALLENGE WORKOUTS SUPER XTREME TRAINING

WITH SHAWNA KAMINSKI

BKIN, BED, CTT, CPT

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 Challenge Workouts - SXT!

I'm excited for you to experience the workouts I have lined up for you. You'll find everything you need to print and go here.

Remember, these are 'challenge workouts', not 'impossible workouts'. Do what YOU can and make a note of what you accomplish. Try the workout again later and try to beat YOURSELF. It's all about competition, but compete to beat YOUR own best.

To help you, I've also included a list of substitutions for you if you don't have a piece of equipment, or if you can't do pull ups. This isn't an exhaustive list, but it's a good reference. Also refer to the exercise library in the main program, and of course, I'll guide you through the videos with all kinds of ways to modify and intensify your workouts.

Remember to start each workout with a 3-4 minute warm up and finish off with a 3-4 minute cool down (see main program for videos).

NO Dumb bells:

Bent over row – prisoner squats, lunges or stick ups

Renegade rows – do unweighted (bring elbow to rib) or find anything to hold just for balance

DB squats – 1 ½ squats or eccentric squats (lower for 3 seconds), add a prisoner arm position

DB Lunges - Bulgarian split squats

Shoulder press squat – prisoner squat

Goblet squat - prisoner squat

Kb or DB swing – burpee or any cardio move: mountain climber, skater

Wgt'd squat twist press – prisoner squat

DB Stiff legged dead lift – one legged stiff leg dead lift (this works on balance more)

DB lateral raises – wall stick ups

DB chest press – push up variation

DB over head press – close push ups or get ups

NO Bench:

(*you can use ANYTHING for a bench: a chair, staircase, piano bench, stability ball, picnic table – be creative!)

Bench Step - squat jump

Bulgarian Split Squat – floor split squat (like a lunge in place with no step)

Incline or decline push up - floor push up variation

Tricep Extension On Bench - DB over head press or a get up

Box jump – squat jump

NO Pull Up Bar – pull up/chin up substitutions:

inverted row

suspension row (TRX or suspension trainer)

lat pull down (if you have access to a gym, which would likely mean they have a pull up bar)

chest supported DB row

bent over DB row

bent over BB row

wall stick up (less intense but if you have no DB/BB's of any sort, these will help, also prisoner style squats/lunges etc)

hanging leg raise – floor leg raise or any intense abdominal move

NO Jump Rope:

Phantom skip (pretend)

Jumping jacks

NO Suspension Trainer:

(*Substitute ANY DB exercise or use a stability ball in its place.)

Row – see 'NO pull up bar' substitutions

Chest press – push up

Tricep extension – close push up, DB overhead press

Atomic push up – stability ball atomic push up or decline push up

Ham curl – stability ball ham curl

Ab rollout – stability ball roll out, ab wheel or plank reach

NON impact exercises:

(for various health issues like sore knees etc.)

Squats/burpees – full body extensions

Skaters – step versus jump

Do NOT jump on any HIIT exercise.

Always keep one foot in contact with the ground.

Challenge Workout #1 - Pyramid Poison

Equipment: pull up bar

Set the timer for 20 minutes, do what you can.

Go Up the Pyramid:

- 1 pullups/2 spiderman push ups/3 squat jumps
- 2 pullups/4 spiderman push ups/6 squat jumps
- 3 pullups/6 spiderman push ups/9 squat jumps
- 4 pullups/8 spiderman push ups/12 squat jumps
- 5 pullups/10 spiderman push ups/15 squat jumps
- 6 pullups/12 spiderman push ups/18 squat jumps

Go Down the Pyramid:

- 5 pullups/10 spiderman push ups/15 squat jumps
- 4 pullups/8 spiderman push ups/12 squat jumps
- 3 pullups/6 spiderman push ups/9 squat jumps
- 2 pullups/4 spiderman push ups/6 squat jumps
- 1 pullups/2 spiderman push ups/3 squat jumps

Challenge Workout #2 Up n Down

Equipment: box or bench (optional)

Do 5 rounds of 10 reps:

- burpee
- wall sit stickup
- mountain climber
- prisoner reverse lunge
- decline push up (regular push up with no box)
- prisoner squats
- jumping jacks

Challenge Workout #3 One Leg Fun

Equipment: none

Do 5 rounds of 30 work with a 10 seconds transition

- One leg burpee (try to get 8 reps)
- Other leg burpee
- Triple stop push up
- Skater
- Plank
- Rest

Challenge Workout #4 No Sittin' Around

Equipment: jump rope

Do two rounds of 30 seconds of work with a 5 second transition of the following:

- Sit out
- Prisoner 1 ½ Squats
- Skip
- Decline push ups
- Sit out
- Prisoner Reverse lunge
- Skip
- Push ups
- Sit out
- One leg stiff legged dead lift
- One leg stiff legged dead lift
- Skip
- Spiderman crawl
- Sit out
- Prisoner 1 ½ Sumo Squats
- Skip
- Plank hold recovery
- Rest

Alternatives for the sit out: mountain climber, full body extension

Challenge Workout #5 Payback

Equipment: pull up bar, box or bench

Do three rounds of 40 seconds of work with a 10 second transition time of the following:

- Sit out
- Chin ups
- 1 ½ Squats
- Get ups
- Box jumps
- Rest

Try to match your reps for each round.

Challenge Workout #6 Cheatin' 300+ Times

Equipment: pull up bar

Do three rounds of the following 5 exercises.

- 25 Body Weight Squats
- 25 Push-ups
- 25 Shoe touches
- 25 Burpees
- Pull ups to failure or 25 wall sit stick ups
- Rest one minute

Challenge Workout #7 More Fun Than a Burpee?

Equipment: pull up bar, box or bench, DB's

Do as a count down 10 to 1. Set the timer for 20 minutes, see how far you can go:

- Pull up burpee box jump
- Renegade row (per arm)
- Bulgarian split squat (per leg)
- Hanging leg raise
- 30 sec recovery

Challenge Workout #8 Box 'n Bar

Equipment: pull up bar, box or bench

Do 5 rounds of the following exercises:

- 10 pull ups
- 10 swing lunge (5 per leg)
- 10 get ups (5 per arm)
- 10 burpee box jumps
- 30 second plank hold (active recovery)

Additional Challenge Workout Ideas to Try

100 Burpee Challenge – How long will it take you to do 100 burpees? Time yourself, beat your time next time you try.

100 Burpee Pull Up Challenge – How long will it take you to do 100 burpee pull ups? Time yourself, beat your time next time you try.

50 Sprint Burpee Pull Up Challenge - How long will it take you to do 50 burpee pull ups? Time yourself, beat your time next time you try.

Challenge Finishers

These short and intense workouts are 'Mike Whitfield' approved. Of course, Mike is my good pancake-eating friend that's lost over 100 lbs doing these sorts of workouts.

You can read all about Mike and his amazing finishers [HERE](#).

Here's how Mikey describes finishers:

A finisher is basically awesome sauce for your workouts. You'll not only improve your overall conditioning and performance with your workouts by incorporating finishers, but you'll also shatter any plateau and super-charge your fat loss.

But what happens when you combine a challenge and a finisher? You'll be able to mark your progress every time. Did you do 15 reps in 20 seconds last time? Then next time, aim for at least 16. That's how you challenge yourself all while burning fat and building an athletic body.

Use these finishers after ANY workout or as a quick off day workout to burn more fat, improve your conditioning and get an energy rush that will last all day.

To your next challenge...

Thanks for the inspiration Mike, give these Challenge Finishers a go...

Challenge Finisher # 1 - Skip to My Metabolic Lou

Equipment: jump rope

Do the following circuit ONCE, resting only when shown:

Lunge Jumps (20 secs)
Jump Rope (40 secs)
Decline Pushups (20 secs)
Jump Rope (40 secs)
Rest 20 secs (you're welcome)
Jump Rope (40 secs)
Total Body Extension (20 secs)
Jump Rope (40 secs)
Pushup Plank (20 secs)
Jump Rope (40 secs)

Challenge Finisher # 2 - Welcome to the CDC (Challenge Density Chaos)

Equipment: jump rope

Do the following circuit as many times as possible in 5 minutes, resting only when needed:

Jump Squat (5)
Pull-up or Inverted/Strap Row (5)
Spiderman Pushup (5/side)
Goblet Squat (5)
Jumping Jacks (5)

Challenge Finisher #3 - De-nada for Tabata

Equipment: box or bench, stability ball or suspension trainer, KB or DB

Do the following circuit, resting as shown:

Box Jumps (20 secs), rest 10 secs - 2 times through
Stab Ball Jackknife Pushup or Atomic Pushup (20 secs), rest 10 secs - 2 times
Run in Place (20 secs), rest 10 secs - 2 times
Burpee (20 secs), rest 10 secs - 2 times
KB or DB Swings (20 secs), rest 10 secs - 2 times

Challenge Finisher #4 Nifty 150

Equipment: pull up bar, suspension trainer or stability ball

Set your timer for 20 minutes, get as much done as you can.

Do 15 reps of each, 10 reps of each, 5 reps of each.
Rest when required.

Pull up
Hamstring curl (on suspension trainer or stability ball)
Atomic push up (on suspension trainer or stability ball)
Squat jump
Hanging oblique raise (total reps)

*Optional: start with 20 reps to make this a longer workout

Challenge Finisher #5 OMG Push Pull Burp!

Equipment: pull up bar, suspension trainer, band, box

There are three variations to this workout:

Variation 1 – Always do **one** burpee, add one push up each set and then **one** pull up:

- 1 burpee push up to 1 pull up
- 1 burpee with 2 push ups to 1 pull up,
- 1 burpee with 3 push ups to 1 pull up,keep counting up
- 1 burpee with 10 push ups to 1 pull up

Variation 2 – Always do **one** burpee, count up on the push ups **and** pull ups (this is the variation in the video):

- 1 burpee with 1 push up to 1 pull up
- 1 burpee with 2 push ups to 2 pull ups,
- 1 burpee with 3 push ups to 3 pull ups,keep counting up
- 1 burpee with 10 push ups to 10 pull ups

Variation 3: Do a single push up with every burpee, count up on the burpees and on the pull ups

- 1 burpee push up to 1 pull up
- 2 burpees with push ups to 2 pull ups,
- 3 burpees push ups to 3 pull ups,keep counting up
- 10 burpees push ups to 10 pull ups

Variations for pull ups: suspension row, band assisted pull up, jump pull up, stick up, standing band row