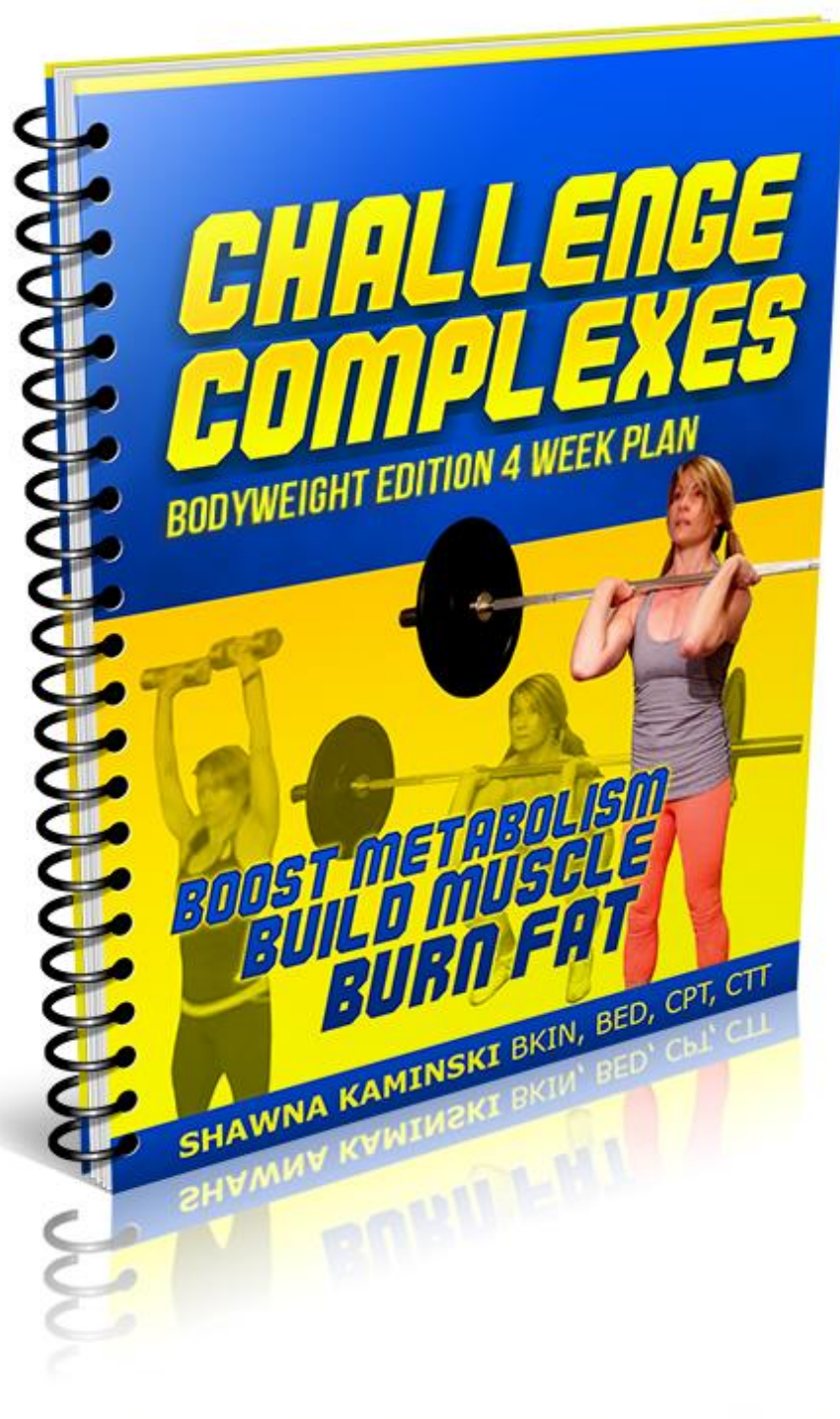


CHALLENGE COMPLEXES

BODYWEIGHT EDITION 4 WEEK PLAN

BOOST METABOLISM
BUILD MUSCLE
BURN FAT

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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.

Complexes are brilliant when using a barbell or dumb bells or even a kettle bell. But sometimes, you just don't have ANY equipment.

So, here you go.

This is a BODYWEIGHT complex-style plan.

You'll find 6 workouts. Since they utilize ONLY bodyweight, you can train every day of the week using these workouts, take ONE day off and repeat the workouts for a month.

This gives you a 4-week plan of bodyweight ONLY complex-style workouts.

To begin, no matter if you're doing bodyweight workout or a 'ton of weight' workout, you need to warm up your muscles rather than just diving right in. This is implied and not listed in the manual. Here's a great warm up (or follow along in the warm up video in the basic program):

Bodyweight Warm-up

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps
- Easy jump rope 50 reps

Cool down

You'll want to add some gentle stretches after your workout is done. Do NOT bounce on any stretch. Hold a stretched position for 15-30 seconds. Let gravity do the work as much as possible for any passive stretch.

Workout 1 Ten by Six (Reps and rounds)

Rest up to one minute between sets.

10 reps of each:

- Burpee with push up
- Wall sit stick up
- Prisoner reverse lunge (5 per side)
- Get up (5 per side)
- One legged walk out to plank push up (5 per side)
- Prisoner squat jump

Rest 30 sec to 1 minute

4 to 6 rounds

Workout 2 Up n Down (AMRAP sets)

Do in 7 reps of each exercises AMRAP style (as many rounds as possible) in 4 min. Rest as needed.

Prisoner 1 ½ squats

Cross body mountain climber (7 per side)

Super mans on floor

Burpees with push up

Lateral lunges (7 per side)

Plank with alternate leg lift (7 per side)

30 seconds rest

Repeat 3 – 5 times

Workout 3 Jump Around (Reps and rounds)

Do 30 seconds of squat jumps then:

- 8 Prisoner reverse lunges (per side)
- 8 Spiderman push up (per side)
- 8 Single leg RDL (8 per side)
- 8 Burpees

Plank recovery 30 sec

4 - 6 rounds

Workout 4 Push n Pull (Ladder set)

Do 10, 8, 6, 4, 2, 4, 6, 8, 10 reps of the following:

- Renegade row push up (elbow touches rib with no DB) (# per side)
- Stick up wall sit
- One legged walk out plank (# per side)
- Prisoner 1 ½ squat
- Cross body mountain climber (# per side)

FUW 10 burpees after each set

Rest as little as possible between sets

Workout 5 Bodyweight 8 x 10 (Reps and rounds)

Do 10 reps of the following exercises:

Burpees

Prisoner Squat

Sit outs (10 per side)

Push-Ups

Burpees

Reverse Lunges (10 per leg alternating)

Sit outs (10 per side)

Wall sit stick up

Rest up to one minute

Repeat 2-4 rounds

Workout 6 Get in the Flow (Ladder set)

Start on the weak side, so the squat jumps then do the reps on the strong side.

Do 10 reps of each:

One legged RDL to reverse lunge

One legged walk out to plank push up

Prisoner squat jumps

One legged RDL to reverse lunge (other side)

One legged walk out to plank push up (other side)

Do 8 reps of above, then 6, then 4, then 2.