



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.

Bodyweight Follow Along Workouts

Body Weight Workout #1 - 'Ab'-solutely Body Weight

Equipment: None

Warm up

Set your timer for 30 seconds with a 10 second transition. Repeat this set six times:

- Bodyweight squats or squat jumps
- Mountain climber
- Burpees
- Wall sit
- Spider crawl

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 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 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 or reverse lunge
Hanging Leg Raise or Floor Leg Raise
Bulgarian Split Squat
Bulgarian Split Squat
Shoe Touch
Rotational Front Plank (or regular 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

Burpee Follow Along Workouts

***If you're unsure of the burpee variation, feel free to swap in a regular burpee.**

Challenge Burpee Workout #1 - Burpee Basics

Set your timer for repeats of 20 seconds with a 5 second transition to do:

- 20 seconds of burpees
- 20 seconds of prisoner squats
- 20 seconds of spiderman push ups

Repeat four times

Challenge Burpee Workout #2 - Burpee Rotissarie

Set your timer for 30 seconds work/5 seconds transition for 18 sets.

- Long jump burpee
- Front plank 30 seconds
- Mountain climber burpee
- Side plank 30 seconds
- Sit out burpee
- Side plank (other side) 30

Repeat circuit three times

Challenge Burpee Workout #3 - Bulgarian Burpee

Equipment: box

Set your timer for 30 seconds work/5 seconds transition for 24 sets.

- Wide stance Burpee
- Bulgarian split squat prisoner arm position 30 seconds
- Bulgarian split squat prisoner arm position 30 seconds
- Triple stop push ups
- Front plank recovery 30 seconds

Repeat circuit four times

Challenge Burpee Workout #4 - What To Do With a Box?

Equipment: box

Set a timer for 40 seconds of work with a 10 second transition:

- Box jump burpee
- Decline push ups
- Burpee
- Reverse bench step
- Tricep skull crusher
- Hamstring reverse hip lift

Repeat this circuit two times.

Challenge Burpee Workout #5 - Leap o' Faith

Do the following exercises with as little rest as possible:

- sit out burpee 10 per side
- prisoner squats 20
- get ups 10 per side
- long jump burpees 10
- rest (or do a front plank recovery) 30 seconds

Repeat this circuit four times

Challenge Burpee Workout #6 – Double Up!

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

- double jump burpee 30 seconds
- front plank 30 seconds
- burpee 30 seconds
- shoe touch 30 seconds

Repeat this circuit 3-5 times.

Challenge DB Complexes

Equipment: Dumb bells for all workouts, hexagon are best but not necessary.

Workout 1 Alternate This (Timed Sets)

Equipment: dumb bells, timer

Choose a weight that you can use for ALL exercises. Try not to put the DB's down throughout the set.

Timing 40/10:

- front squat alternating shoulder press
- push up renegade row
- weighted burpee
- wall sit alternating bicep curl
- alternate 1 legged RDL

Repeat for 5 rounds

Workout 2 Let's Get This Started (Reps and rounds)

Equipment: dumb bells

Choose a weight that you can use for ALL exercises.

Do 8 reps of each exercise. Try not to put the DB's down the entire set, do 6 rounds. Time your workout, match the time with increased load the next time out:

- DB push up (hands on dumb bells)
- Spider crawl (per leg)
- Weighted burpee (squat thrust to deadlift)
- High pull
- Front squat push press
- Rest 30 seconds to one minute

Do 6 rounds

Workout 3 6 x 6 x 6 (Reps and rounds)

Equipment: dumb bells

Choose a weight that you can use for ALL exercises. Try not to put the DB's down throughout the set. Time your workout, match the time with increased load the next time out. Do 6 reps of each:

- Push up cross body mountain climber
- Renegade row (per arm)
- Weighted burpee to clean n press (no squat)
- Reverse lunge bicep curl (per leg)
- DB lateral raise to narrow squat DB at side
- Plank on elbows with alternate leg lift (per leg)

Do 6 rounds

Workout 4 It's All Over (AMRAP)

Equipment: dumb bells

Choose a weight that you can use for ALL exercises.

Do 8 reps of the following exercises in AMRAP style for 15-20 minutes. Try not to put the DB's down the entire set.

X body mountain climber (per leg)

Weighted burpee with push up

Bent over rear delt fly

Front squat

1 leg RDL to reverse lunge (per leg)

Other leg RDL to reverse lunge

Rest as little as possible between sets

Workout 5 A Goblet and a Swing (Reps and rounds)

Equipment: dumb bells

Choose a weight that you can use for ALL exercises. Do 5 reps of each:

- 1a) 5 per side alternate DB goblet lateral lunge
- 1b) 5 DB goblet squat
- 1c) 5 per side DB goblet reverse lunge
- 1d) 20 DB swings

Rest as little as possible between sets.

Do 5-8 rounds

Workout 6 Full Body Complex Burpee (Reps and rounds)

Equipment: dumb bells

1. Start in a standing position, DB's by your side.
2. Drop to a high plank.
3. Renegade row, one per side.
4. Push up.
5. Spider crawl, one per side.
6. Squat thrust.
7. RDL.
8. Bicep curl to front squat position.
9. Front squat.
10. Push press, return DB's to the sides.

Repeat steps 1-10 five times to make one round.

Rest 30 seconds to one minute.

Repeat this circuit 5 – 8 times depending on how long you have to train