



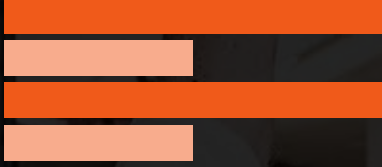
FITNESS

FAT LOSS WORKOUTS


BODYWEIGHT ONLY

These workouts are designed to be performed anywhere with zero or little equipment using only your bodyweight.

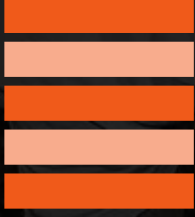
- 1 Bodyweight Squats x 20
Jump Squats x 10
Reverse Lunges x 20
Lunge Jumps x 10




3-4 SETS
REST 45-60s BETWEEN SETS
- 2 Burpee x 10
Walking Lunges x 10/each side
Plank x 30 secs




3 SETS
REST 45-60s BETWEEN SETS
- 3 Burpee with Tuck Jump x 10
Overhead Squats x 10
Hindu Push Ups x 10
Inverted Rows x 10
Sprinter Crunches x 10/each side



2-3 SETS
REST 60s BETWEEN SETS
- 4 Burpee x 10
Squat x 20
Spiderman Push Ups x 10
Mountain Climber x 20/each side



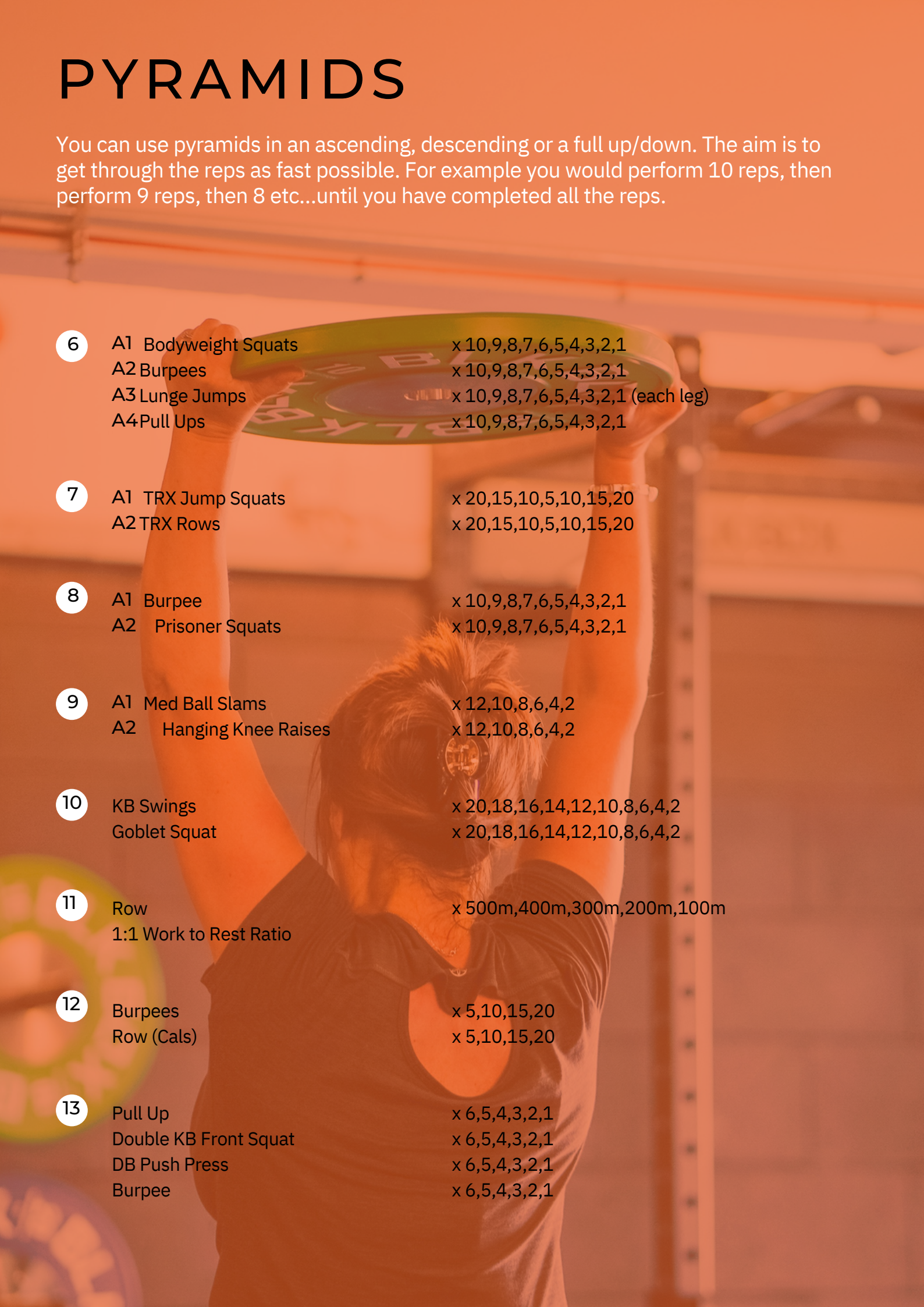
3 SETS
REST 45-60s BETWEEN SETS
- 5 Reverse Lunges x 8ea
Inchworms x 8
Bear Crawl x 15m
Squat Jumps x 8



3 SETS
REST 45-60s BETWEEN SETS

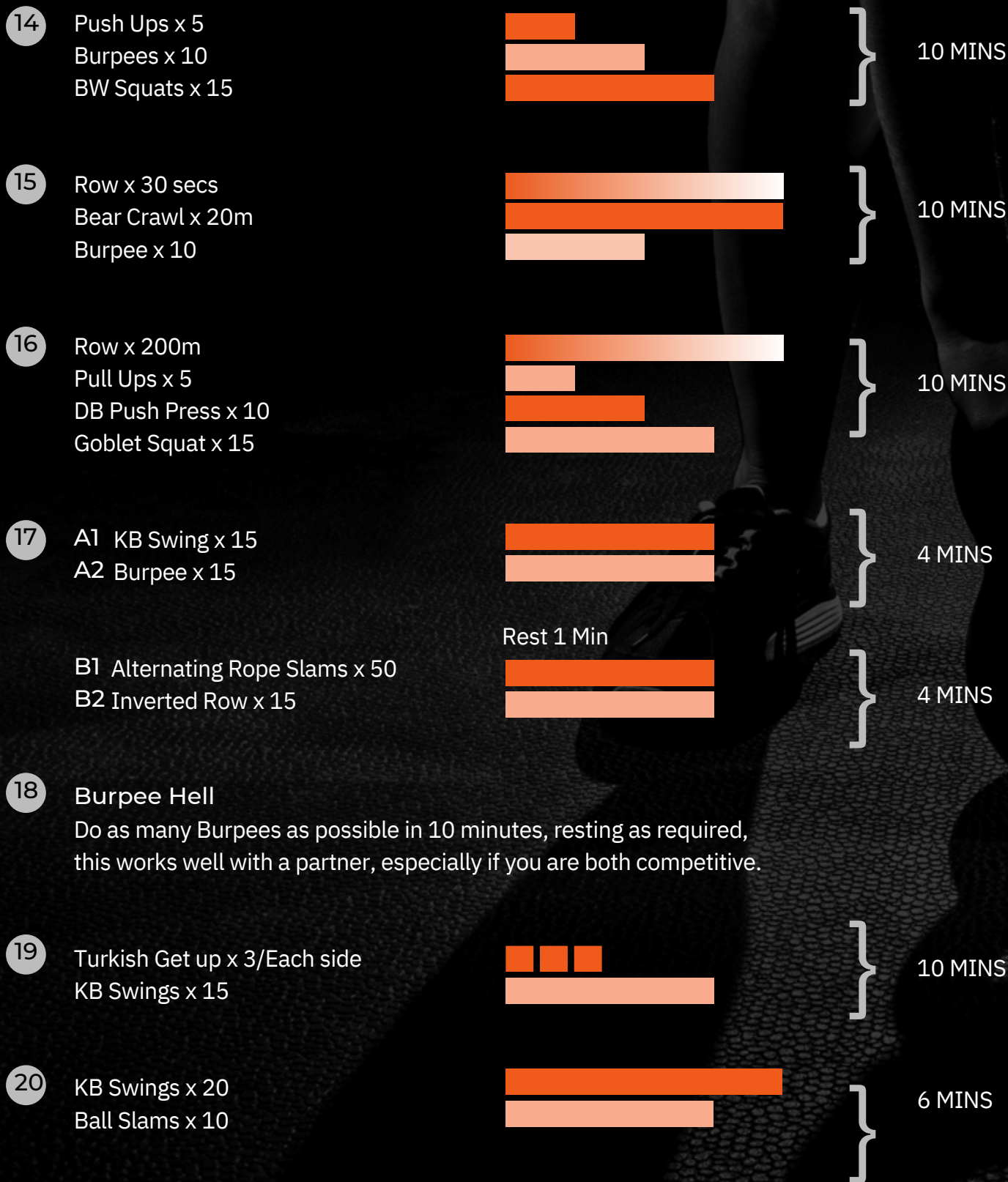
PYRAMIDS

You can use pyramids in an ascending, descending or a full up/down. The aim is to get through the reps as fast possible. For example you would perform 10 reps, then perform 9 reps, then 8 etc...until you have completed all the reps.

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- 6
 - A1 Bodyweight Squats x 10,9,8,7,6,5,4,3,2,1
 - A2 Burpees x 10,9,8,7,6,5,4,3,2,1
 - A3 Lunge Jumps x 10,9,8,7,6,5,4,3,2,1 (each leg)
 - A4 Pull Ups x 10,9,8,7,6,5,4,3,2,1
 - 7
 - A1 TRX Jump Squats x 20,15,10,5,10,15,20
 - A2 TRX Rows x 20,15,10,5,10,15,20
 - 8
 - A1 Burpee x 10,9,8,7,6,5,4,3,2,1
 - A2 Prisoner Squats x 10,9,8,7,6,5,4,3,2,1
 - 9
 - A1 Med Ball Slams x 12,10,8,6,4,2
 - A2 Hanging Knee Raises x 12,10,8,6,4,2
 - 10
 - KB Swings x 20,18,16,14,12,10,8,6,4,2
 - Goblet Squat x 20,18,16,14,12,10,8,6,4,2
 - 11
 - Row x 500m,400m,300m,200m,100m
 - 1:1 Work to Rest Ratio
 - 12
 - Burpees x 5,10,15,20
 - Row (Cals) x 5,10,15,20
 - 13
 - Pull Up x 6,5,4,3,2,1
 - Double KB Front Squat x 6,5,4,3,2,1
 - DB Push Press x 6,5,4,3,2,1
 - Burpee x 6,5,4,3,2,1

AMRAPs

This a great method to use for getting a lot of work done in a short period of time. You will set a timer and complete as many rounds as possible during the time period. *Rest as required.*



AS MANY REPS AS POSSIBLE

COMPLEXES

Complexes are a type of circuit where you complete 2 or more exercises back to back with no rest. For example, Complete 6 reps of each each exercise with no rest between exercises. The weight should not touch the ground from the time you pick it up until after the last exercise.

- 21** Barbell Complex #1
A1 Romanian Deadlift x 8
A2 Bent Over Row x 8
A3 Hang High Pull x 8
A4 Push Press x 8
A5 Back Squat x 8
REST 45-60s BETWEEN SETS
3-4 SETS
- 22** Barbell Complex #2
A1 Deadlift x 6
A2 Hang Clean x 6
A3 Strict Overhead Press x 6
A4 Front Squat x 8
A5 Reverse Lunge x 6/Each side
REST 45-60s BETWEEN SETS
3-4 SETS
- 23** Dumbbell Complex
A1 Renegade Row x 8/Each side
A2 DB Lunge x 8/Each side
A3 DB RDL/Bent Over Row Combo x 8
A4 DB Thruster x 8
REST 45-60s BETWEEN SETS
3-4 SETS
- 24** Kettlebell Complex
A1 KB Sumo Squat x 10
A2 KB Swing x 10
A3 KB High Pull x 10
A4 KB Goblet Squat x 10
REST 45-60s BETWEEN SETS
3-4 SETS
-

YES YOU CAN

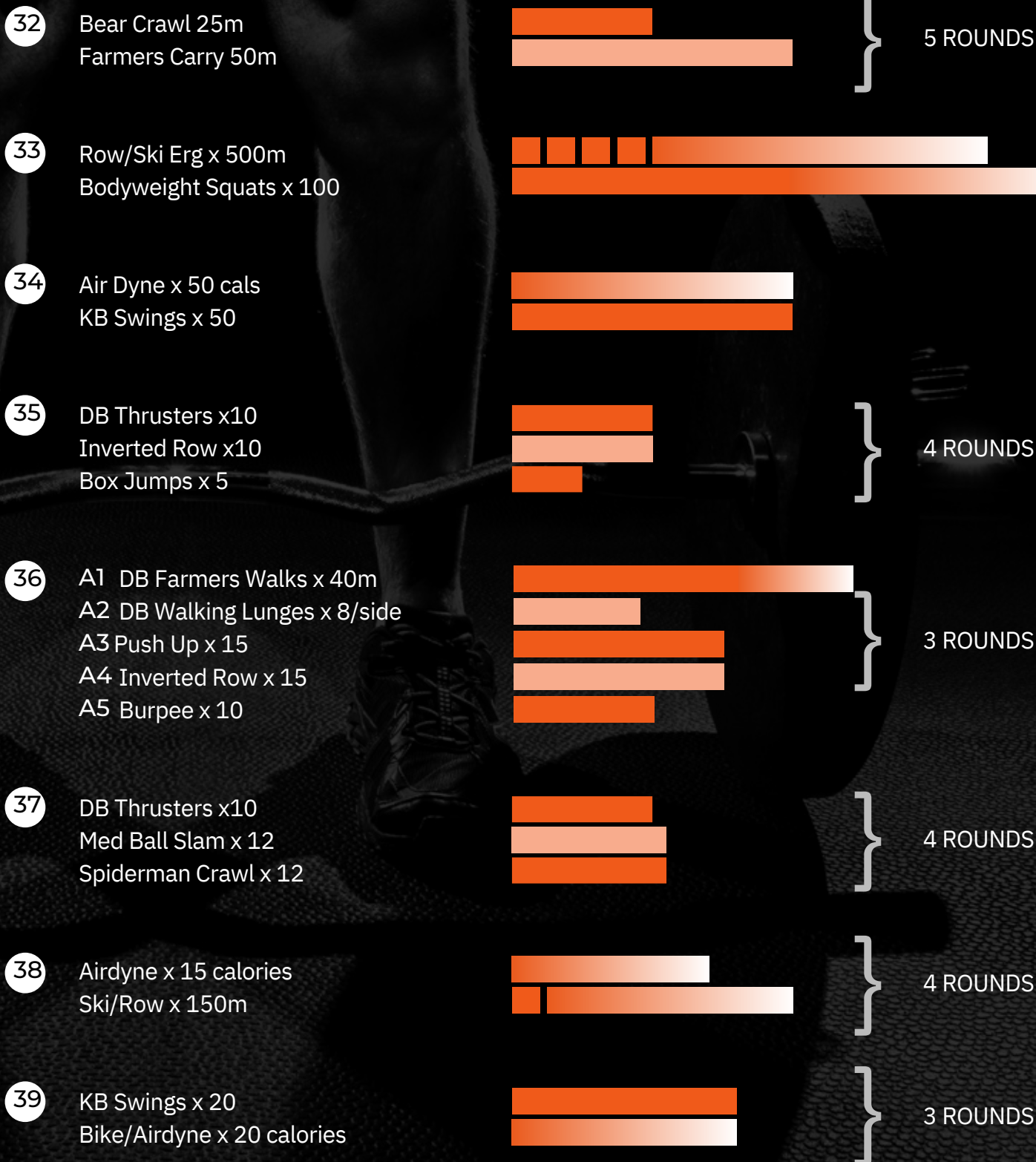
TIMED INTERVALS

Intervals are short intense efforts followed by a recovery period. This is then repeated for a prescribed amount of sets.

- 25** 1 min Bike Sprint (Max calories)
1 min Treadmill (Max Calories)
1 min Row (Max Calories)
1 Min Air Dyne (Max Calories)
- Rest 60s
Rest 60s
Rest 60s
Total calories in 4 mins for a score.
- 26** 30s work
1 Burpees
2 KB Swings
3 Row/Ski Erg
- 30s rest x 4
- 27** 20s work
1 Bike Sprints
2 Rope Slams
- 40s rest x 5
- 28** 60:60 x 5
A1 Row/Ski Erg
A2 Plank
- Alternating Sets No Rest
- 29** 30s work
1) Bike sprints
- 30s rest x 10
- 30** 20s work
A1 Goblet Squats x 20 sec
A2 Alternating Rope Slams x 20 sec
A3 Bear Crawls x 20 sec
A4 V-Ups x 20 sec
A5 Sprint on Spot x 20 sec
- 20s rest
- Rest 20 secs between exercises
- 31** 20s work
1 Burpee
- 10s rest x 8

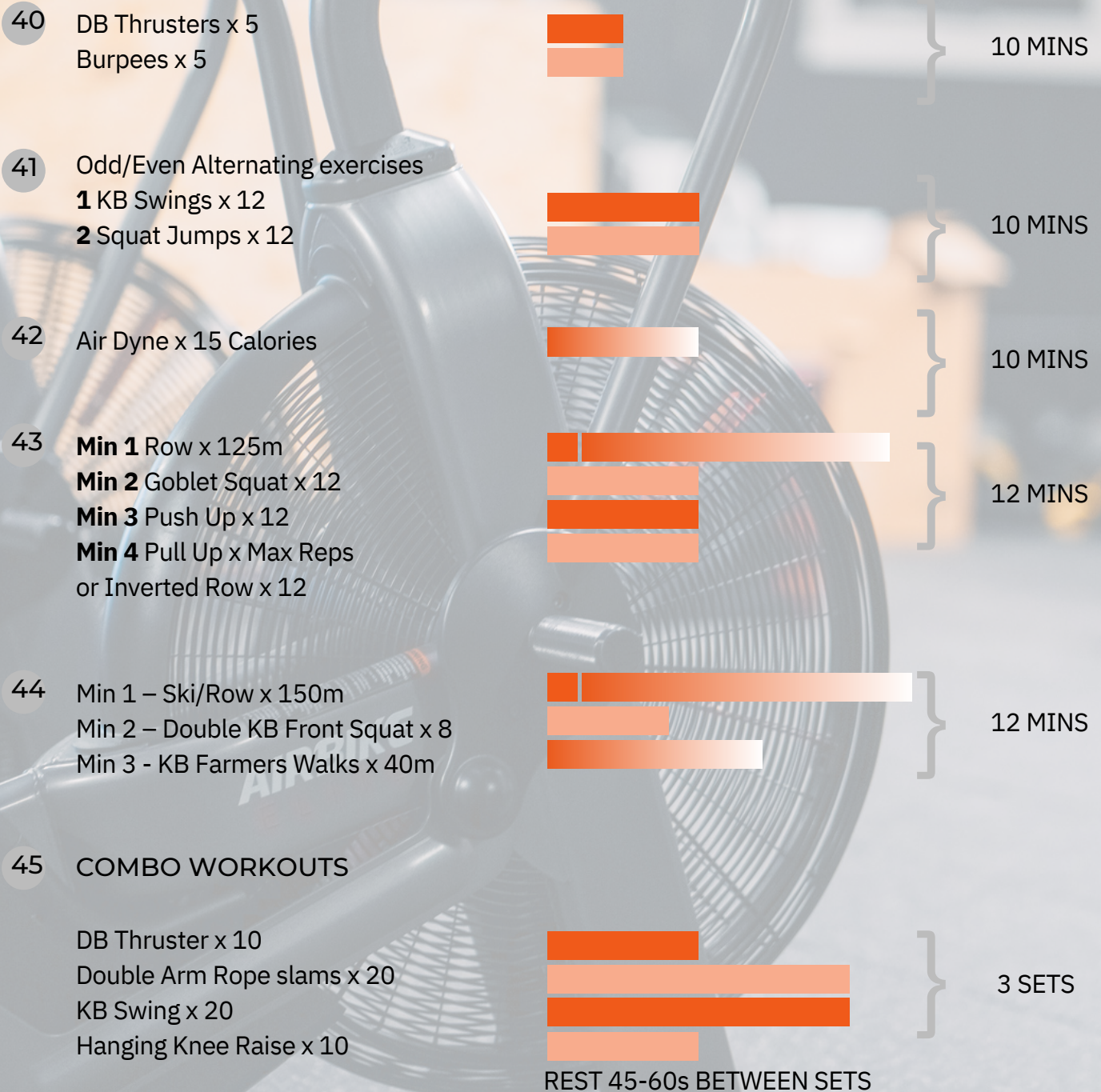
FOR TIME

Set a timer, complete the exercises in as quick a time as possible. These are a great way to challenge yourself and see how you are progressing.

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- 32 Bear Crawl 25m
Farmers Carry 50m } 5 ROUNDS
- 33 Row/Ski Erg x 500m
Bodyweight Squats x 100
- 34 Air Dyne x 50 cal
KB Swings x 50
- 35 DB Thrusters x10
Inverted Row x10
Box Jumps x 5 } 4 ROUNDS
- 36 A1 DB Farmers Walks x 40m
A2 DB Walking Lunges x 8/side
A3 Push Up x 15
A4 Inverted Row x 15
A5 Burpee x 10 } 3 ROUNDS
- 37 DB Thrusters x10
Med Ball Slam x 12
Spiderman Crawl x 12 } 4 ROUNDS
- 38 Airdyne x 15 calories
Ski/Row x 150m } 4 ROUNDS
- 39 KB Swings x 20
Bike/Airdyne x 20 calories } 3 ROUNDS

EMOM

So EMOM 10min means: every minute on the minute for 10 minutes, do certain exercises. Perform the required reps, then rest the remainder of the minute after your task is completed. We can use just a single exercise, we can alternate exercises, or we can even do a rotation of several exercises.



EVERY MINUTE ON THE MINUTE

EMOM / continued...

So EMOM 10min means: every minute on the minute for 10 minutes, do certain exercises. Perform the required reps, then rest the remainder of the minute after your task is completed. We can use just a single exercise, we can alternate exercises, or we can even do a rotation of several exercises.

46

- Squat Jump x 8
- Single Arm DB Clean & Press x 8
- Goblet Squat x 8
- Inverted Row x 8



Rest 45-60s between sets

4 SETS

47

- Row x 200m
- KB/DB Farmers Walks x 40m
- Burpee x 10




Rest 45-60s between sets

3 SETS

48

- Air Dyne / Ski x 30 secs
- Pull Up x 5
- DB Thruster x 10
- KB Swing x 15



Rest 45-60s between sets

3 SETS

49

- Pull Up x 5
- Push up x 10
- Squat x 15
- Row x 500m



Rest 45-60s between sets

2 SETS

50

- Wall Ball Chest Throws x 10
- Lunge Jumps x 10/Each side
- V-Ups x 10



3 SETS

