

# **30** The **Men'sHealth** **MINUTE** **SHRED**

20+ Fast Workouts that  
**TORCH FAT, BUILD MUSCLE,**  
and **GET YOU FIT IN A HURRY**

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By Michael Piercy, M.S., C.S.C.S.  
2017 IDEA Personal Trainer of the Year

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## MEET YOUR COACH

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# 30 MINUTES TO A BETTER BODY

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Folding a fitted sheet is complicated. So is the Dallas Cowboys' Flex defense. But exercise shouldn't be.

That's why five years ago, I implemented a 30-minute system at my performance facility, The LAB, in Fairfield, New Jersey. It's for the busy man or woman whose number one excuse is, "I don't have the time to work out."

The system works. Since I started offering it at The LAB, I've doubled my clientele and seen a 60 percent increase in business year over year. People enjoy working out again and they're in the best shape of their lives. It's this system that helped me earn IDEA's 2017 Personal Trainer of the Year.

Before my 30-minute system, my clients would rush into the gym after work and train for an hour. They would barely last a couple months on this schedule. Carving out an hour multiple times a week was nearly impossible. There were late nights at the office. Kids to take care of. Laundry to be done. Sports to be watched.

Sleep to be had. Tweets to post!

I decided to make things simple for them. I turned a complicated 60-minute workout into a concise 30 minutes.

The best part: They still achieved incredible results. And now, with *The Men's Health 30-Minute Shred*, you can, too.

## THE SOLUTION

As a society, we think we have to do more and work longer to get the results we want. The truth is, duration doesn't necessarily matter.

Here's what a typical 60-minute session with good personal trainer might look like:

- ▶ Stretching and foam rolling
- ▶ Dynamic warmup and activation moves (ex: butt kicks and glute bridges)
- ▶ Speed, agility, and quickness drills (ex: ladder and cone drills)
- ▶ Power training (ex: box jumps)

- ▶ Resistance training (ex: pushups, squats, curls)
- ▶ Cardio (ex: interval sprints or steady jogging)
- ▶ Cooldown

And here's what my 30-minute workout looks like:

- ▶ Dynamic Warmup: 3 to 5 minutes
- ▶ Circuits / intervals / resistance training: 20 to 24 minutes
- ▶ Cooldown: 3 to 5 minutes

I want to make one thing clear: Shorter doesn't mean easier. Just because I'm cutting your exercise time by half doesn't mean you're getting any less effective of a workout. That's because the workouts found in *The Men's Health 30-Minute Shred* are based on the following core principles.

## PRINCIPLE 1. WORK HARDER, NOT LONGER

The U.S. Department of Health and Human Services recommends 150 minutes of moderate exercise—like brisk walking—per week. That shakes out to about 30 minutes a day, 5 days a week to get the major benefits.

And if you're overweight or obese, that recommendation jumps to 300 minutes of moderate exercise a week. Basically, 60 minutes per day, 5 days a week.

Work out more vigorously, however, and you can dramatically decrease those numbers. *The Men's Health 30-Minute Shred* utilizes high-intensity interval training (or HIIT), which is an effective method for improving sports performance and stripping away body fat. In fact, studies show that when it comes to fitness, the training effects of HIIT are equal to traditional endurance training—and in a fraction of the time.

Case in point: Canadian researchers found that a group of exercisers who did four to six 30-second sprints on a bike 3 days a week improved their fitness by about 30 percent. That's nearly identical to the improvements made by another group that pedaled for *90 minutes* at a moderate intensity.

How is this possible? Think of high-intensity intervals as a disruptor. Generally, your body strives for homeostasis, or what you might think of as the “status quo.”

But superfast workouts disrupt homeostasis, thanks to a chemical called lactic acid. When your exercise intensity increases—that is, you go harder—lactic acid builds up in your blood faster than your body can remove it. This sparks a surge of human growth hormone into your bloodstream, which stimulates muscle building and fat loss, and skyrockets your metabolism.

Your body torches calories long after you finish your last rep as it

tries to get back to equilibrium.

What's more, turning up your intensity taps into your fast-twitch muscle fibers, which require more energy to contract and improves your power. This effect would never happen with ordinary steady state exercise on the treadmill or a slow marathon gym session.

## PRINCIPLE 2. MAX OUT YOUR MUSCLES

HIIT doesn't have to be just traditional cardio exercises like running or biking. Take a scan through this training guide and you'll notice that all the workouts involve resistance exercises. Your body doesn't know the difference: Any time you alternate high-intensity levels of work with lower-intensity work, you'll get the same fat-burning effect.

But there's an upside to resistance interval training compared to traditional cardio: muscle. While more muscle will make you look and perform better, it's much more important than that. Starting around the age of 30, most men lose 5 to 10 pounds of muscle each decade. This decrease of muscle mass and strength is linked to slouched posture, a decline in your immune system, the onset of diseases like diabetes and cancer, and weaker bones and joints. Weight training helps prevent all of these problems.

## PRINCIPLE 3. MAKE IT PERSONAL

HIIT is all-out exercise. It's meant to be hard—but don't be nervous about that. In *The Men's Health 30-Minute Shred*, the intensity level is personal. It's what you can do that day. For each workout, I give you a "Rating of Perceived Exertion"—or RPE—target with which to gauge your training intensity.

RPE is a scale from 1 to 10. And in this program, you'll use two different versions of that scale. (See the charts on pages 6 and 7.) The first is for workouts where I want you to focus on the amount of weight you're lifting. This is your "Strength RPE." For example, an RPE of 10 means that you're going to give your maximum effort. So if you're prescribed 10 reps, you'll choose a weight in which you can barely get that tenth rep, and couldn't perform another. An RPE of 8, on the other hand, means that when you hit your last repetition, you should still feel like you could pump out a couple of more reps.

The second RPE scale is for workouts that are more cardio-based, and really challenge your conditioning. This is your "Cardio RPE." Working at a 10? You should charge up the AED machine because you're hitting the floor after the next rep! (Just kidding.) But think of this way: You shouldn't be able to hold an 8 or above for more than a minute or two.

RPE is subjective. That's the whole point. It works well for almost everyone.

But if you prefer a more objective number to follow, you can also use a heart rate monitor to measure your intensity during your conditioning workouts. For that reason, I've provided a heart rate range that correlates to the Cardio RPE.

Next to your Cardio RPE is your Cardio MHR (or maximum heart rate). In the chart, there's a percent of your maximum heart rate that corresponds to any given RPE. For instance, if your target Cardio RPE for a workout is 8 to 10, you'll be want to get your heart rate to average between 80 and 100 percent of your MHR for the entire routine.

To calculate your maximum heart rate, take 225 minus your age. So if you're 45, your MHR would be 180. Use that number to determine your heart rate target. (In this example, 80 to 90% of your maximum heart rate would be 144 to 162 beats per minute.)

For both your Strength RPE and Cardio RPE, don't try to go above the target ranges. Over time, you'll be able to handle more weight and crank out more reps at that same RPE.

Your RPE may feel different from day to day. Say you're fighting off a cold. Today's target RPE may be less intense or require lighter weights than the previous workout. That's okay—that's how it's supposed to work.

## STRENGTH RPE

**10. THIS IS MY MAX EFFORT. I CAN'T DO 1 MORE REP.**

**9. I COULD PROBABLY COMPLETE 1 MORE REP.**

**8. I COULD HAVE DONE 2 MORE REPS.**

**7. I HAVE 3 TO 4 REPS LEFT IN THE IN THE TANK.**

**6. I CAN EASILY CONTROL THE WEIGHT AND MOVE IT AT A HIGH SPEED.**

**5. I FEEL LIKE THIS IS A LIGHT WARM UP.**

**4. I HARDLY HAVE TO MOVE MUSCLE TO LIFT THIS.**

**3. I'M STRETCHING.**

**2. I'M LYING ON THE COUCH LIFTING THE REMOTE.**

**1. I'M LYING ON THE COUCH.**

## PRINCIPLE 4. STRIP IT DOWN

*The Men's Health 30-Minute Shred* removes the “non-essentials” from longer workouts. You won't spend long chunks of time doing corrective exercises, mobility work, activation, cool downs, sun worship, and so on.

I'm not discarding these elements; I believe they totally have their place. Mobility drills and dynamic stretches enhance the communication between your mind and muscles. Corrective exercises can keep your body young and injury-free. I think people should do all of the above.

<b>CARDIO RPE</b>	<b>CARDIO MHR*</b>
<b>10. I CAN'T TAKE THIS FOR MORE THAN 10 SECONDS.</b>	<b>PEAK INTENSITY: 90 TO 100%</b>
<b>9. I FEEL LIKE I'M GOING TO DROP!</b>	
<b>8. I CAN GRUNT, NOT TALK, AND CAN ONLY KEEP THIS UP FOR A SHORT TIME.</b>	<b>HARD: 80 TO 90%</b>
<b>7. I CAN STILL TALK, BUT I DON'T REALLY WANT TO. SWEATING A LOT!</b>	
<b>6. I CAN JUST TALK IN SHORT SPURTS OF THREE OR FOUR WORDS.</b>	
<b>5. I'M JUST ABOVE COMFORTABLE, CAN TALK EASILY, AND SWEATING.</b>	<b>MODERATE: 70 TO 80%</b>
<b>4. I CAN CARRY ON A CONVERSATION AND AM SWEATING A LITTLE.</b>	
<b>3. I'M STILL COMFORTABLE, BUT BREATHING HARDER.</b>	<b>LIGHT INTENSITY: 50 TO 60%</b>
<b>2. I'M COMFORTABLE AND CAN MAINTAIN THIS PACE ALL DAY.</b>	
<b>1. I'M WATCHING TV ON THE COUCH.</b>	

\*MAXIMUM HEART RATE

However, I just haven't seen the evidence that you need to spend tons of time doing them every single day. Throughout this guide, I sneak these "non-essentials" into your routines through quick dynamic warmups. These warmups are only five moves each, but they turn on the power to your muscles and lubricate your joints, while improving your flexibility and posture. You'll also see corrective exercises, agility drills, and mobility moves sprinkled throughout

your workouts. Plus, I provide an optional bonus mobility routine that you can do before or after any workout, or on "rest" days.

Since the workouts in this training guide are short, they're tightly packed with exercise. That means there's no time to text! You can't just show up and dial it in. You must work hard and make every second count.

Do that, and you'll torch fat, build muscle, and watch your waistline shrink—all in just 30 minutes a day.

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# HOW TO USE THIS GUIDE

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In the following pages, you'll find 22 different fast-paced routines, plus a bonus mobility workout. Some of these workouts require equipment, while others can be done with just your body. All of them are designed so that they can be completed in just 30 minutes or less, including the warmup and cooldown.

A quick word about the warmup: Don't skip it. It's part of your workout, and I wouldn't have made time for it within these 30-minute routines if I didn't see it as highly beneficial.

And think about it this way: Even with the warmup, these workouts make up just 2 percent of your day. What's really to be gained by *not* doing it? (Note: The actual answer to this question is a whopping 3 minutes—or .2% of your day—since that's all the time a warmup requires.)

For the best results, complete at least three workouts a week,

choosing days that fit your schedule. Simply pick a workout and follow its instructions. If you see the word "Alternate" listed under an exercise, that indicates you can use the corresponding movement as a substitute. (This is normally the case when a routine that primarily uses dumbbells has, say, one kettlebell or TRX exercise.)

You'll no doubt find that you prefer some routines more than others. Make those your go-to workouts for whenever you least feel like training.

If you're looking for a structured plan, try the 12-week calendar on page 56. Miss a day? No sweat. Just get back on track the next workout.

Finally, there's an exercise guide beginning on page 59. There you'll find step-by-step descriptions along with photographs of yours truly demonstrating the moves. If you're not sure how to do an exercise, just refer to this section for the details.

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# THE WORKOUTS

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Choose three workouts a week, and rotate between them. The best approach is to perform a routine every other day, but if your schedule requires, you can complete workouts on back-to-back days. You can rotate between the same routines from week-to-week, or choose different ones each time. As you become better

conditioned, you can do more than three workouts, working your way up to as many as five or six per week.

Your main goal: Just commit to at least three days a week and get the work done—no exceptions. Because with this many routines, you'll never get bored, and you'll get your fitness fix in just 30 minutes every time.

## GET STARTED IN 3 STEPS

**Step 1: Warm Up** Before each workout, choose from one of the dynamic warmups below: Dynamic A, Dynamic B, or Dynamic C. Do one set of each exercise as a circuit, simply moving from one exercise to the next without resting. Perform each movement for 30 to 45 seconds.

### DYNAMIC A

1. Jumping Jacks
2. Inchworm
3. High Knees
4. Side Shuffle
5. Gate Swing

### DYNAMIC B

1. Seal Jacks
2. Frankenstein Walk
3. Butt Kicks
4. Carioca
5. Gate Swing

### DYNAMIC C

1. Seal Jacks
2. Frankenstein Walk
3. Butt Kicks
4. Carioca
5. Gate Swing

**Step 2: Work Out** Choose one workout, and get to it! For each routine, follow the instructions at the top of each page. Note the RPE recommendation for each workout. Use that number and the charts on pages 6 and 7 to gauge your intensity.

**Step 3: Cool Down (Optional)** Take any time you have left and use it to foam roll or stretch. You could also choose one or two of the circuits from Mobility Magic, and complete them once or twice. If your time runs out, this is the part of the routine to skip.

# THE BODYWEIGHT BLAST

Blast can mean “fun,” but it’s also defined as a “forceful attack.” You decide.

▶ **CARDIO RPE 6 TO 7**

**Directions** Do Exercises 1A, 1B, and 1C as a circuit, performing one movement after the other. Complete the prescribed number of repetitions of each exercise, resting as little as needed. Once you’ve done each movement one time, that’s 1 round. Complete a total of 4 rounds, and then rest 60 to 90 seconds. Repeat the procedure for Exercises 2A, 2B, and 2C, and then Exercises 3A, 3B, and 3C.

## CIRCUIT

# 1

**DO 4 ROUNDS**

### 1A Bodyweight Squat

10 TO 15 REPS



### 1B Pushup

10 REPS



### 1C Jumping Jacks

15 TO 20 REPS



CIRCUIT

# 2

DO 4 ROUNDS

## 2A Single-Leg Balance Touch

10 REPS EACH SIDE



## 2B Pullup

AS MANY AS YOU CAN



## 2C Squat Jump

10 TO 12 REPS



CIRCUIT

# 3

DO 4 ROUNDS

## 3A Bear Crawl

CRAWL 10 TO 15 FEET



## 3B Crab Walk

CRAWL 10 FEET



## 3C Atari Froggers

10 REPS



# CARDIAC CORE

This gets your heart pumping and your abs popping. You'll also sweat like a pig.

▶ **CARDIO RPE 8 TO 10**

**Directions** Perform each pair of exercises using a “countdown ladder” technique, starting with 10 repetitions and working your way down to 1. Do 10 repetitions of Exercise 1A, followed by 10 repetitions of Exercise 1B. Without resting (or with as little rest as needed), do 9 reps of both exercises, then 8 reps of both exercises, and so on, until you’ve completed 1 rep of both exercises. Then repeat the procedure for Exercises 2A and 2B, and Exercises 3A and 3B.

CIRCUIT

# 1

## COUNTDOWN LADDER 10—>1

### 1A Squat Jump



### 1B Hipup

(DO BOTH SIDES)



CIRCUIT

# 2

## COUNTDOWN LADDER 10—>1

### 2A Squat Thrust



### 2B Plank Rotation



CIRCUIT

# 3

## COUNTDOWN LADDER 10—>1

### 3A Mobility Burpee



### 3B Bodyweight Jackknife



# TOTAL BODY TORCHERS

Hit every muscle, burn a \$%!# ton of calories, and stoke your metabolism for hours.

▶ STRENGTH RPE 6 TO 8

**Directions** Set a timer for 10 minutes. Start the clock, and do Exercises 1A, 1B, and 1C as a circuit, performing one movement after the other. Do the prescribed number of repetitions of each exercise, resting as needed. Once you've done each movement one time, that's 1 round. Do as many rounds and total repetitions as possible (AMRAP) in 10 minutes. Repeat the procedure for Exercises 2A, 2B, and 2C. For Exercises 3A and 3B, complete the prescribed number of reps of each movement, then repeat one time, for a total of 2 rounds. Rest as needed.

CIRCUIT

# 1

## 10-MINUTE AMRAP

### 1A TRX Lunge

10 REPS EACH LEG  
\*ALTERNATE: DUMBBELL REVERSE LUNGE



### 1B Incline Dumbbell Press

10 REPS



### 1C Dumbbell Lateral Lunge

10 REPS EACH LEG



CIRCUIT

# 2

## 10-MINUTE AMRAP

### 2A Dumbbell Single-Leg Romanian Deadlift

12 REPS EACH SIDE



### 2B TRX Power Pull

12 REPS EACH SIDE  
\*ALTERNATE: DUMBBELL ROW



### 2C Plank Rotation

12 REPS



CIRCUIT

# 3

## DO 2 ROUNDS

### 3A Stability Ball Circle Rollout

20 REPS



### 3B Stability Ball Rollout

15 REPS



# TOTAL BODY BLITZ

This is an all-out assault on unwanted body fat and weak muscles. One goal: Win.

▶ STRENGTH RPE 6 TO 8

**Directions** Set a timer for 10 minutes. Start the clock, and do Exercises 1A, 1B, and 1C as a circuit, performing one movement after the other. Do the prescribed number of repetitions of each exercise, resting as needed. Once you've done each movement one time, that's 1 round. Do as many rounds and total repetitions as possible (AMRAP) in 10 minutes. Repeat the procedure for Exercises 2A, 2B, and 2C. For Exercises 3A and 3B, complete the prescribed number of reps of each movement, then repeat one time, for a total of 2 rounds. Rest as needed.

CIRCUIT

# 1

## 10-MINUTE AMRAP

### 1A Dumbbell Squat

12 REPS



### 1B Dumbbell Alternating Bench Press

12 REPS



### 1C Plank with Tap

12 REPS



CIRCUIT

# 2

## 10-MINUTE AMRAP

### 2A Glute Bridge

10 REPS



### 2B Dumbbell Row

10 REPS



### 2C TRX Body Saw

10 REPS

\*ALTERNATE: WALKOUT



CIRCUIT

# 3

## DO 2 ROUNDS

### 3A Hipup

15 REPS EACH SIDE



### 3B Bicycle Crunch

30 REPS



# TOTAL BODY TAKEDOWN

Crush or be crushed: That's your challenge with these 10-minute circuits.

▶ STRENGTH RPE 6 TO 8

**Directions** Set a timer for 10 minutes. Start the clock, and do Exercises 1A, 1B, and 1C as a circuit, performing one movement after the other. Do the prescribed number of repetitions of each exercise, resting as needed. Once you've done each movement one time, that's 1 round. Do as many rounds and total repetitions as possible (AMRAP) in 10 minutes. Repeat the procedure for Exercises 2A, 2B, and 2C. For Exercises 3A and 3B, complete the prescribed number of reps of each movement, then repeat one time, for a total of 2 rounds. Rest as needed.

CIRCUIT

# 1

## 10-MINUTE AMRAP

### 1A Dumbbell Sumo Deadlift

10 REPS



### 1B Pullup

10 REPS (IF YOU CAN'T DO 10, DO AS MANY AS YOU CAN)



### 1C Hipup

10 REPS EACH SIDE



CIRCUIT

# 2

## 10-MINUTE AMRAP

### 2A Bodyweight Squat

12 REPS



### 2B Decline Pushup

12 REPS



### 2C Side Plank with Reach Under

12 REPS EACH SIDE



CIRCUIT

# 3

## DO 2 ROUNDS

### 3A Bodyweight Jackknife

15 REPS



### 3B Bird Dog

15 REPS



# TOTAL BODY TERROR

This sinister routine works every muscle, but especially brutalizes your backside (in a good way). Enjoy.

▶ STRENGTH RPE 6 TO 8

**Directions** Set a timer for 10 minutes. Start the clock, and do Exercises 1A, 1B, and 1C as a circuit, performing one movement after the other. Do the prescribed number of repetitions of each exercise, resting as needed. Once you've done each movement one time, that's 1 round. Do as many rounds and total repetitions as possible (AMRAP) in 10 minutes. Repeat the procedure for Exercises 2A, 2B, and 2C. For Exercises 3A and 3B, complete the prescribed number of reps of each movement, then repeat one time, for a total of 2 rounds. Rest as needed.

CIRCUIT

# 1

## 10-MINUTE AMRAP

### 1A Kettlebell Swing

12 REPS

\*ALTERNATE: DUMBBELL SWING



### 1B Dumbbell Row

12 REPS



### 1C Glute Bridge

12 REPS



CIRCUIT

# 2

## 10-MINUTE AMRAP

### 2A Dumbbell Reverse Lunge

10 REPS EACH LEG



### 2B Renegade Row

10 REPS



### 2C Landmine Russian Twist

10 REPS

\*ALTERNATE: DUMBBELL ROTATIONAL CHOP



CIRCUIT

# 3

## DO 2 ROUNDS

### 3A Stability Ball Rollout

15 REPS



### 3B Suitcase Carry

15 STEPS EACH SIDE



# DUMBBELL DEMOLITION

Destroy stubborn fat with these diabolical 8-minute circuits. The more rounds you do, the more calories you annihilate.

▶ STRENGTH RPE 6 TO 8

**Directions** Set a timer for 8 minutes. Start the clock, and do Exercises 1A, 1B, and 1C as a circuit, performing one movement after the other. Do the prescribed number of repetitions of each exercise, resting as needed. Once you've done each movement one time, that's 1 round. Do as many rounds and total repetitions as possible (AMRAP) in 8 minutes. Repeat the procedure for Exercises 2A, 2B, and 2C, and Exercises 3A and 3B.

CIRCUIT

# 1

## 8-MINUTE AMRAP

### 1A Squat to Press

12 REPS



### 1B Decline Pushup

10 REPS



### 1C Hipup

8 REPS EACH SIDE



CIRCUIT

# 2

## 8-MINUTE AMRAP

### 2A Thruster

12 REPS



### 2B Dumbbell Romanian Deadlift

10 REPS



### 2C Dumbbell Russian Twist

8 REPS



CIRCUIT

# 3

## 8-MINUTE AMRAP

### 3A Suitcase Carry

10 STEPS EACH SIDE



### 3B Dumbbell Lateral Lunge

10 REPS EACH SIDE



# COUNTDOWN CHAOS

Basically, this workout is going to kick your ass. There's no way around it.

▶ **CARDIO RPE 6 TO 8**

**Directions** Perform each pair of exercises using a “countdown ladder” technique, starting with 10 repetitions and working your way down to 1. Do 10 repetitions of Exercise 1A, followed by 10 repetitions of Exercise 1B. Without resting (or with as little rest as needed), do 9 reps of both exercises, then 8 reps of both exercises, and so on, until you’ve completed 1 rep of both exercises. Then repeat the procedure for Exercises 2A and 2B, and Exercises 3A and 3B.

CIRCUIT

# 1

**COUNTDOWN  
LADDER 10—>1**

**1A** **Dumbbell  
Single-Leg Romanian  
Deadlift**

(DO BOTH SIDES)



**1B** **Renegade  
Row**



CIRCUIT

# 2

## COUNTDOWN LADDER 10—>1

### 2A Lunge with Overhead Press



### 2B Dumbbell Pushup



CIRCUIT

# 3

## COUNTDOWN LADDER 10—>1

### 3A Dumbbell Squat Thrust to Curl

10 TO 15 REPS



### 3B Supine Dumbbell Triceps Press

10 REPS



# METABOLIC MAYHEM

Your workout is about to get a little psycho. Lean in.

▶ **CARDIO RPE 6 TO 8**

**Directions** Set a timer for 10 minutes. Start the clock, and do Exercises 1A, 1B, and 1C as a circuit, performing one movement after the other. Do the prescribed number of repetitions of each exercise, resting as needed. Once you've done each movement one time, that's 1 round. Do as many rounds and total repetitions as possible (AMRAP) in 10 minutes. Repeat the procedure for Exercises 2A, 2B, and 2C, but only set your timer for 8 minutes. For Exercises 3A, 3B, and 3C, set your timer for 6 minutes.

CIRCUIT

# 1

## 10-MINUTE AMRAP

### 1A Traveling Kettlebell Swing

15 REPS

\*ALTERNATE: TRAVELING DUMBBELL SWING



### 1B Pushup with Tap

12 REPS



### 1C Plank Rotation

10 REPS



CIRCUIT

# 2

## 8-MINUTE AMRAP

### 2A 180-Degree Squat Jump

15 REPS



### 2B Renegade Row

12 REPS



### 2C Side Plank with Reach Under

10 REPS EACH SIDE



CIRCUIT

# 3

## 6-MINUTE AMRAP

### 3A Mobility Burpee

10 REPS



### 3B Dumbbell Romanian Deadlift

10 REPS



### 3C Dumbbell Snatch

10 REPS EACH SIDE



# 8-MOVE MELTDOWN

You'll probably hate this workout while you're doing it. But remember: It's pure torture to your fat cells.

▶ **CARDIO RPE 7 TO 9**

**Directions** Do Exercises 1A, 1B, 1C, and 1D as a circuit, completing one movement after the other. Perform each exercise for 45 seconds, followed by 15 seconds of rest. Once you've done each movement one time, that's 1 round. Complete a total of 3 rounds, and then repeat the procedure for Exercises 2A, 2B, 2C, and 2D. Note: For Exercise 2C, switch sides at the halfway mark of each set.

CIRCUIT

# 1

**DO 3 ROUNDS**

**1A** Squat Jump



**1B** Dumbbell Reverse Lunge with Press



**1C** Dumbbell Chest Fly



**1D** Mountain Climber



CIRCUIT

**2**

**DO 3 ROUNDS**

**2A** Skaters



**2B** Glute Bridge



**2C** Dumbbell Rotational Chop



**2D** Scissor Hop



# LUNATIC LADDERS

All of the ladder workouts in this guide are a little crazy, but you may find this one—which features a heavy dose of explosive exercises—outright insane.

▶ **CARDIO RPE 7 TO 9**

**Directions** For Exercises 1A and 1B, use a conventional “ladder” technique, starting with 1 repetition and working your way up to 10. That is, do 1 repetition of Exercise 1A, followed by 1 repetition of Exercise 1B. Without resting (or with as little rest as needed), do 2 reps of both exercises, then 3 reps of both exercises, and so on, until you’ve completed 10 reps of both exercises.

For Exercises 2A and 2B, use a “countdown ladder” technique, starting with 10 repetitions and working your way down to 1. Do 10 repetitions of Exercise 2A, followed by 10 repetitions of Exercise 2B. Without resting (or with as little rest as needed), do 9 reps of both exercises, then 8 reps of both exercises, and so on, until you’ve completed 1 rep of both exercises.

For Exercises 3A and 3B, revert to the conventional “ladder” technique, starting with 1 repetition and working your way up to 10.

## CIRCUIT

# 1

## LADDER 1—>10

### 1A Squat Jump



### 1B Explosive Pushup



CIRCUIT

# 2

## COUNTDOWN LADDER 10 → 1

### 2A Atari Froggers



### 2B Dumbbell Reverse Lunge



CIRCUIT

# 3

## LADDER 1 → 10

### 3A Kettlebell Swing

\*ALTERNATE: DUMBBELL SWING



### 3B Dumbbell Squat



# FAT FRYING FURY

You're about to unleash a hurricane of hurt on stubborn fat. And you'll be tempted to get sloppy. Don't: Go fast but keep your technique crisp and deliberate.



CARDIO RPE 7 TO 9

**Directions** For Exercises 1A and 1B, use a “countdown ladder” technique, starting with 10 repetitions and working your way down to 1. Do 10 repetitions of Exercise 1A, followed by 10 repetitions of Exercise 1B. Without resting (or with as little rest as needed), do 9 reps of both exercises, then 8 reps of both exercises, and so on, until you've completed 1 rep of both exercises.

For Exercises 2A and 2B, use a conventional “ladder” technique, starting with 1 repetition and working your way up to 10. Do 1 repetition of Exercise 2A, followed by 1 repetition of Exercise 2B. Without resting (or with as little rest as needed), do 2 reps of both exercises, then 3 reps of both exercises, and so on, until you've completed 10 reps of both exercises.

For Exercises 3A and 3B, revert to the “countdown ladder” technique, starting with 10 repetitions and working your way down to 1.

## CIRCUIT

# 1

## COUNTDOWN LADDER 10—>1

### 1A Skaters



### 1B Pullup

\*ALTERNATE: INVERTED ROW



CIRCUIT

# 2

## LADDER 1—>10

**2A** Squat Thrust



**2B** Bodyweight Lateral Lunge



CIRCUIT

# 3

## COUNTDOWN LADDER 10—>1

**3A** Mountain Climber



**3B** Single-Leg Touchdown



# HUMP DAY HUSTLE

Yes, this was made for Wednesdays. You can do it any day, of course. But do it on a Wednesday. (The rest of the week will seem easy.)

▶ STRENGTH RPE 6 TO 8

**Directions** Do Exercises 1A, 1B, 1C, and 1D as a circuit, completing one movement after the other. Perform each exercise for the prescribed repetitions or time, resting as little as needed. Once you've done each movement one time, that's 1 round. Complete a total of 4 rounds, and then rest 60 to 90 seconds. Repeat the procedure for Exercises 2A, 2B, 2C, and 2D, but complete 3 total rounds instead of 4.

## CIRCUIT

# 1

## DO 4 ROUNDS

### 1A Dumbbell Split Squat

12 REPS EACH SIDE



### 1B Dumbbell Pushup

12 REPS



**1C** Plank  
Rotation

10 REPS



CIRCUIT

**2**

**DO 3 ROUNDS**

**1D** Mountain  
Climber

45 SECONDS



**2A** Dumbbell Single-Leg  
Romanian Deadlift

12 REPS EACH SIDE



**2B** TRX  
Inverted Row

12 REPS

\*ALTERNATE: INVERTED ROW



**2C** Bodyweight  
Jackknife

15 REPS



**2D** Skier  
Swing

45 SECONDS



# THE RED ZONE WORKOUT

When an NFL team gets inside their opponent's 20—the red zone—it brings out the best in star players: agility, speed, stamina, core strength, pure athleticism. That's the inspiration for this routine. Bring your best and take it to the house.



CARDIO RPE 7 TO 9

**Directions** Do Exercises 1A, 1B, and 1C as a circuit, completing one movement after the other. Perform each exercise for the the prescribed repetitions or time, resting as little as needed. Once you've done each movement one time, that's 1 round. Complete a total of 3 rounds, and then rest for 60 to 90 seconds. Do 2 rounds of Exercises 2A, 2B, and 2C, and then 2 rounds of Exercises 3A, 3B, and 3C.

## CIRCUIT

# 1

DO 3 ROUNDS

### 1A Air Hurdles

60 SECONDS



### 1B Speed Squat

60 SECONDS



### 1C Traveling Pushup

60 SECONDS



CIRCUIT

# 2

DO 2 ROUNDS

## 2A High Knees

45 SECONDS



## 2B Single-Leg Touchdown

15 REPS EACH SIDE



## 2C Plank with Tap

20 REPS



CIRCUIT

# 3

DO 2 ROUNDS

## 3A Inchworm to Mountain Climber

DO 15 REPS



## 3B Single-Leg Glute Bridge

DO 12 REPS EACH SIDE



## 3C Side Shuffle

45 SECONDS



# ATHLETIC ABS

The first exercise sends your heart rate through the roof, and the next two challenge your core—for a workout designed to burn belly fat and strengthen your abs.

▶ **CARDIO RPE 7 TO 9**

**Directions** Do Exercises 1A, 1B, and 1C as a circuit, completing one movement after the other. Perform each exercise for the the prescribed repetitions or time, resting as little as needed. Once you've done each movement one time, that's 1 round. Complete a total of 3 rounds, and then rest for 60 seconds. Repeat the procedure for Exercises 2A, 2B, and 2C (do 3 rounds), and then Exercises 3A, 3B, and 3C (do 2 rounds).

CIRCUIT

# 1

**DO 3 ROUNDS**

**1A** Skaters

60 SECONDS



**1B** Stability Ball Pushup

15 REPS



**1C** Stability Ball Rollout

15 REPS



CIRCUIT

# 2

DO 3 ROUNDS

## 2A Squat Thrust

60 SECONDS



## 2B Dumbbell Single-Leg Romanian Deadlift

15 REPS EACH SIDE



## 2C Pushup to Bird Dog

12 REPS



CIRCUIT

# 3

DO 2 ROUNDS

## 3A 180-Degree Squat Jump

60 SECONDS



## 3B Plank Rotation

12 REPS



## 3C Bear Crawl

15 STEPS



# THE CONTENDER

Turn up the *Rocky* soundtrack, and knock out belly fat with this boxing inspired conditioning routine.

▶ **CARDIO RPE 7 TO 9**

**Directions** Do Exercises 1A, 1B, 1C, and 1D as a circuit, completing one movement after the other. Perform each exercise for 60 seconds, followed by 20 seconds of rest. Once you've done each movement one time, that's 1 round. Complete a total of 2 rounds, and then rest for 60 seconds. Repeat the procedure for Exercises 2A, 2B, 2C, and 2D. (Note: For Exercise 2B, switch sides halfway.)

CIRCUIT

**1**

**DO 2 ROUNDS**

**1A** Air Jump Rope



**1B** Lunge Matrix



**1C** Speed Pushup



**1D** Jumping Jacks



CIRCUIT

**2**

**DO 2 ROUNDS**

**2A** Seal Jacks



**2B** Single-Leg Balance Touch



**2C** Pullup



**2D** Air Jump Rope



# CRUSH AND BURN CIRCUITS

Brace yourself: You're on collision course with a muscle-building, fat-frying routine that'll leave you pumped and drenched.

▶ **CARDIO RPE 7 TO 9**

**Directions** Do Exercises 1A, 1B, 1C, and 1D as a circuit, completing one movement after the other. Perform each exercise for 45 seconds, followed by 15 seconds of rest. Once you've done each movement one time, that's 1 round. Complete a total of 3 rounds, and then repeat the procedure for Exercises 2A, 2B, 2C, and 2D.

CIRCUIT

**1**

**DO 3 ROUNDS**

**1A** Lunge to Curl to Press



**1B** Lateral Squat Jump



**1C** Plank Walkup



**1D** Explosive Pushup

\*ALTERNATE: SPEED PUSHUP



CIRCUIT

**2**

**DO 3 ROUNDS**

**2A** Stability Ball Pike



**2B** Mountain Climber



**2C** Stability Ball Y-Fly



**2D** Chinup

\*ALTERNATE: INVERTED ROW



# THE BODYWEIGHT SHRED

Warning ahead: This no-weight workout is a serious sweat fest. Think of it as your fat cells crying.

▶ **CARDIO RPE 6 TO 8**

**Directions** Do Exercises 1A, 1B, and 1C as a circuit, completing one movement after the other. Perform each exercise for the the prescribed repetitions or time, resting as little as needed. Once you've done each movement one time, that's 1 round. Complete a total of 3 rounds, and then rest for 60 seconds. Repeat the procedure for Exercises 2A, 2B, and 2C (do 3 rounds), and then Exercises 3A, 3B, and 3C (do 2 rounds).

CIRCUIT

# 1

**DO 3 ROUNDS**

**1A** Speed Squat

15 REPS



**1B** Plank Walkup

30 REPS



**1C** Seal Jacks

60 SECONDS



CIRCUIT

# 2

DO 3 ROUNDS

## 2A Single-Leg Glute Bridge

15 REPS EACH SIDE



## 2B Plank Rotation

45 SECONDS



## 2C Scissor Hop

60 SECONDS



CIRCUIT

# 3

DO 2 ROUNDS

## 3A Squat Jump

15 REPS



## 3B Walkout

45 SECONDS



## 3C Atari Froggers

60 SECONDS



# 8-MINUTE MAX-OUT

These 8-minute circuits will push you to your limit as they work every muscle and torch fat at a blistering pace.

▶ **CARDIO RPE 7 TO 9**

**Directions** Set a timer for 8 minutes. Start the clock, and do Exercises 1A, 1B, and 1C as a circuit, performing one movement after the other. Complete the prescribed number of repetitions of each exercise, resting as needed. Once you've done each movement one time, that's 1 round. Do as many rounds and total repetitions as possible (AMRAP) in 8 minutes. Repeat the procedure for Exercises 2A, 2B, and 2C, and Exercises 3A, 3B, and 3C.

CIRCUIT

# 1

## 8-MINUTE AMRAP

### 1A Seal Jacks with Cross

12 REPS



### 1B Squat with Rotational Press

10 REPS



### 1C Staggered Pushup

10 REPS



CIRCUIT

# 2

## 8-MINUTE AMRAP

### 2A Squat Thrust

12 REPS



### 2B Glute Bridge

10 REPS



### 2C Walkout

10 REPS



CIRCUIT

# 3

## 8-MINUTE AMRAP

### 3A Skier Swing

10 REPS



### 3B Stability Ball Knee Tuck

10 REPS



### 3C Side Plank with Reach Under

10 REPS EACH SIDE



# BARBELL BLOWOUT

You versus a barbell.  
Don't let up no matter how much the bar begs.

▶ STRENGTH RPE 6 TO 8

**Directions** Do Exercises 1A, 1B, and 1C as a circuit, completing one movement after the other. Perform the prescribed number of repetitions of each exercise, resting as little as needed. Once you've done each movement one time, that's 1 round. Rest for 60 to 90 seconds after each round. Complete a total of 3 rounds, and then repeat the procedure for Exercises 2A, 2B, and 2C (do 3 rounds), and then Exercises 3A, 3B, and 3C (do 2 rounds).

CIRCUIT

1

DO 3 ROUNDS

**1A** Barbell Squat

12 REPS



**1B** Barbell Bench Press

12 REPS



**1C** Barbell Curl

12 REPS



CIRCUIT

# 2

DO 3 ROUNDS

## 2A Barbell Romanian Deadlift

12 REPS



## 2B Barbell Row

12 REPS



## 2C Barbell Skull Crusher

12 REPS



CIRCUIT

# 3

DO 2 ROUNDS

## 3A Landmine Russian Twist

20 REPS



## 3B Landmine Single-Arm Row

10 REPS EACH SIDE



## 3C Landmine Single-Arm Scissor Press

10 REPS EACH SIDE



# TRX BOOTCAMP

The word bootcamp tells you this workout is tough—but the TRX suspension trainer takes it to another level.

▶ **CARDIO RPE 7 TO 9**

**Directions** Do Exercises 1A, 1B, and 1C as a circuit, completing one movement after the other. Perform each exercise for 60 seconds, followed by 20 seconds of rest. Once you’ve done each movement one time, that’s 1 round. Complete a total of 2 rounds, and then repeat the procedure for Exercises 2A, 2B, and 2C, and then Exercises 3A, 3B, and 3C.

CIRCUIT

**1**

**DO 2 ROUNDS**

**1A** TRX Traveling Front Squat Hop



**1B** TRX Atomic Pushup



**1C** TRX Step Back Lunge



CIRCUIT

# 2

DO 2 ROUNDS

## 2A TRX Sprinter Start

(DO BOTH SIDES FOR 60 SECONDS EACH)



## 2B TRX Inverted Row to Biceps Curl



## 2C TRX Hamstring Curl to Hip Press

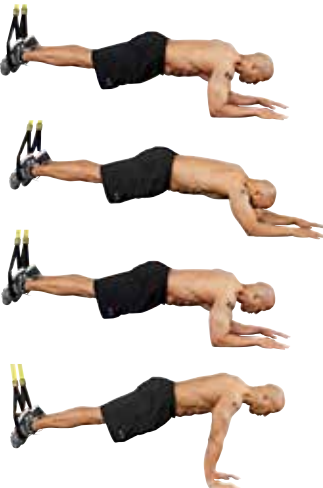


CIRCUIT

# 3

DO 2 ROUNDS

## 3A TRX Body Saw to Plank Press



## 3B TRX Side Plank with Reach Under

(DO BOTH SIDES FOR 60 SECONDS EACH)



## 3C TRX Burpee



# KETTLEBELL HELL

Also known as “Kettlehell.”  
You’re about to turn up the heat  
on your belly fat.

▶ **CARDIO RPE 6 TO 8**

**Directions** Set a timer for 8 minutes. Start the clock, and do Exercises 1A, 1B, and 1C as a circuit, completing one movement after the other. Do the prescribed number of repetitions of each exercise, resting as needed. Once you’ve done each movement one time, that’s 1 round. Do as many rounds and total repetitions as possible (AMRAP) in 8 minutes. Repeat the procedure for Exercises 2A, 2B, and 2C, and Exercises 3A, 3B, and 3C.

CIRCUIT

# 1

**8-MINUTE  
AMRAP**

**1A** Kettlebell Swing

15 REPS



**1B** Kettlebell Single-Arm Row (with Right Arm)

10 REPS



**1C** Kettlebell Snatch

8 REPS  
EACH SIDE



CIRCUIT

# 2

## 8-MINUTE AMRAP

### 2A Kettlebell Goblet Squat

15 REPS



### 2B Kettlebell Single-Arm Row (with Left Arm)

10 REPS



### 2C Single-Arm Kettlebell Clean

8 REPS EACH SIDE



CIRCUIT

# 3

## 8-MINUTE AMRAP

### 3A Traveling Kettlebell Swing

10 REPS



### 3B Kettlebell Stability Pushup

5 REPS



### 3C Suitcase Carry

10 STEPS EACH SIDE



# BONUS MOBILITY MAGIC

Use this 15-minute routine before or after any workout, or on your rest days (or any other time you want), to improve your mobility. You can also use this as a substitute for one of your primary 30-minute routines any time you're beat up or run down. It'll help your whole body move and feel better.

▶ **CARDIO RPE 3 TO 6**

**Directions** Do Exercises 1A, 1B, and 1C as a circuit, completing one movement after the other. Perform the prescribed number of repetitions of each exercise, resting as little as needed. Once you've done each movement one time, that's 1 round. Complete a total of 2 rounds, and then repeat the procedure for Exercises 2A and 2B, and then Exercises 3A and 3B.

CIRCUIT

# 1

**DO 2 ROUNDS**

**1A** Fire Hydrants

15 REPS EACH SIDE



**1B** T-Spine Rotation

15 REPS EACH SIDE



**1C** Spiderman

12 REPS



CIRCUIT

# 2

DO 2 ROUNDS

## 2A Bird Dog

15 REPS



## 2B Dead Bug

15 REPS



CIRCUIT

# 3

DO 2 ROUNDS

## 3A Mobility Burpee

15 REPS



## 3B Atari Froggers

15 REPS



# YOUR 12-WEEK TRAINING CALENDAR

<b>WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<b>1</b>	<b>THE BODYWEIGHT BLAST (A)</b>		<b>HUMP DAY HUSTLE (B)</b>
<b>2</b>		<b>TOTAL BODY BLITZ (C)</b>	
<b>3</b>	<b>DUMBBELL DEMOLITION (B)</b>		<b>METABOLIC MAYHEM (A)</b>
<b>4</b>		<b>YOU PICK (C)</b>	
<b>5</b>	<b>LUNATIC LADDERS (A)</b>		<b>HUMP DAY HUSTLE (C)</b>
<b>6</b>		<b>TOTAL BODY TORCHERS (C)</b>	
<b>7</b>	<b>THE CONTENDER (C)</b>		<b>CRUSH AND BURN CIRCUITS (B)</b>
<b>8</b>		<b>YOU PICK (A)</b>	
<b>9</b>	<b>8-MINUTE MAX-OUT (B)</b>		<b>HUMP DAY HUSTLE (A)</b>
<b>10</b>		<b>TOTAL BODY BLITZ (A)</b>	
<b>11</b>	<b>LUNATIC LADDERS (C)</b>		<b>HUMP DAY HUSTLE (B)</b>
<b>12</b>		<b>YOU PICK (B)</b>	

**Directions** Use this done-for-you calendar to guide your workout schedule. To keep it interesting, we've included a couple of "You Pick" days. Simply choose from any workout in this program, including Mobility Magic. You'll also see there's a letter next to each workout name: This indicates the dynamic warmup (from page 9) that you should combine with that day's routine.

	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
		<b>TOTAL BODY TORCHERS (C)</b>	
	<b>CARDIAC CORE (B)</b>		<b>TRX BOOTCAMP OR BODYWEIGHT BLAST (A)</b>
		<b>TOTAL BODY TAKEDOWN (C)</b>	
	<b>KETTLEBELL HELL OR YOU PICK (A)</b>		<b>COUNTDOWN CHAOS (B)</b>
		<b>TOTAL BODY BLITZ (B)</b>	
	<b>FAT-FRYING FURY (B)</b>		<b>THE RED ZONE WORKOUT (A)</b>
		<b>TOTAL BODY TERROR (A)</b>	
	<b>THE BODYWEIGHT SHRED (B)</b>		<b>8-MOVE MELTDOWN (C)</b>
		<b>TOTAL BODY TORCHERS (C)</b>	
	<b>BARBELL BLOWOUT OR YOU PICK (B)</b>		<b>ATHLETIC ABS (C)</b>
		<b>TOTAL BODY TAKEDOWN (A)</b>	
	<b>CARDIAC CORE (A)</b>		<b>TRX BOOTCAMP OR THE BODYWEIGHT SHRED (C)</b>

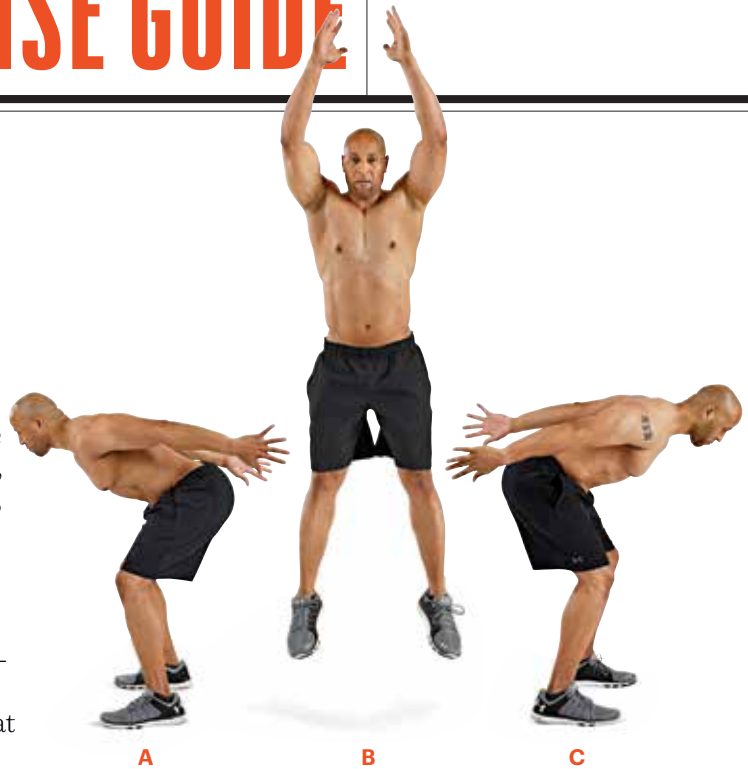


# THE EXERCISE GUIDE

# ▶ EXERCISE GUIDE

## 180-degree Squat Jump

Stand tall with your feet shoulder-width apart. Bend at your hips and knees, and lower your body into a quarter squat. Let your arms swing behind you [A]. Immediately reverse the movement and jump off the floor, swinging your arms above your head, as you rotate your entire body to the left [B]. Land facing the opposite direction you started [C]. That's one rep. Squat again and jump back to where you started. (Each time you return to this point, alternate between rotating to your right and left.) Repeat for the prescribed time or reps.



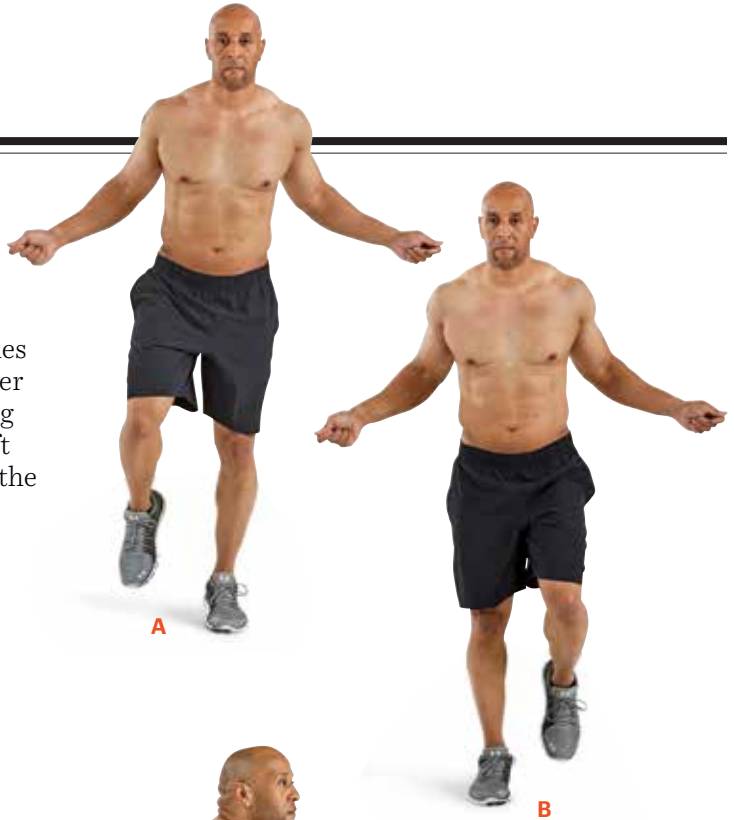
## Air Hurdles

Stand tall and imagine there's a 12-inch hurdle next to your left leg. Lift your left foot [A] and hop over this "air hurdle" by pushing off the floor with your right foot [A]. Land on your left foot with your right leg raised [B]. Now hop back and forth for the prescribed time.



## Air Jump Rope

Imagine you're holding the handles of a jump rope and swinging it over your head. Perform an alternating technique, hopping from your left foot [A] to your right foot [B] for the prescribed time.



## Atari Froggers

Squat down and place your hands on the floor between your feet [A]. Kick your legs back into a pushup position [B]. Then reverse the movement back to the starting position. That's one rep.



# EXERCISE GUIDE

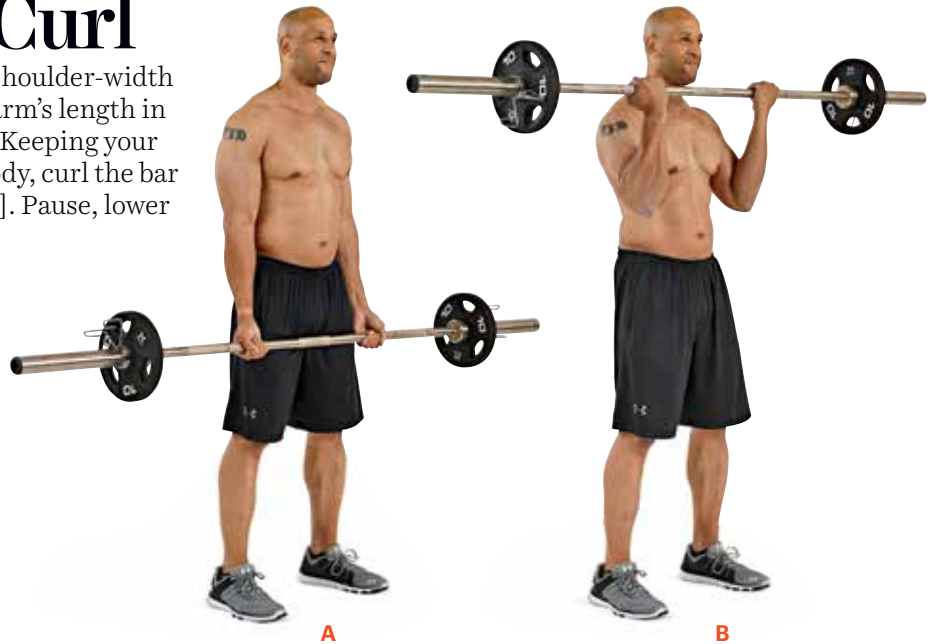
## Barbell Bench Press

Grab the bar with your hands just beyond shoulder-width apart. Lift the bar off the uprights and hold it over your chest [A]. Lower the bar to your chest [B], pause, then push it back to the starting position.



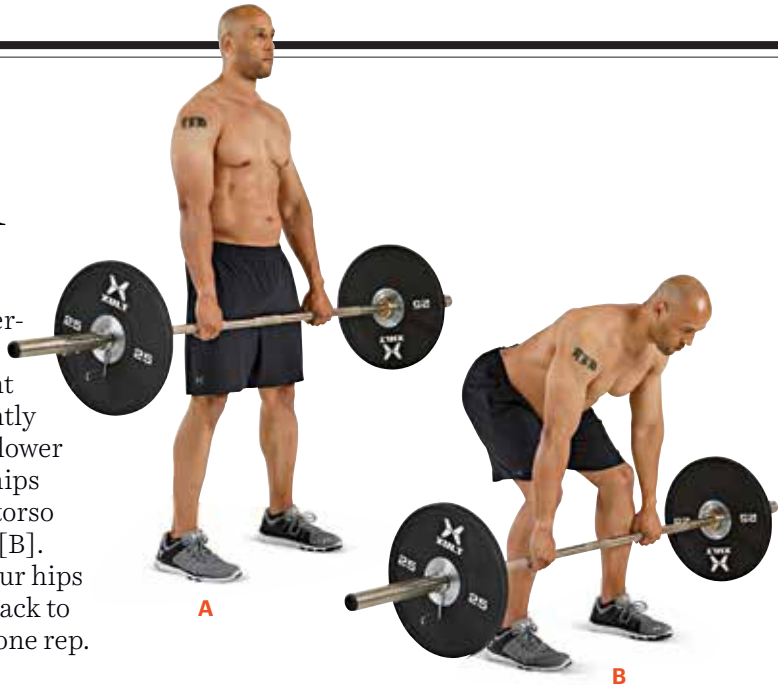
## Barbell Curl

Using an underhand, shoulder-width grip, hold a barbell at arm's length in front of your hips [A]. Keeping your elbows close to your body, curl the bar up to shoulder level [B]. Pause, lower the bar, and repeat.



# Barbell Romanian Deadlift

Grab a barbell with a shoulder-width, overhand grip and hold it at arm's length in front of your hips, your knees slightly bent. Without allowing your lower back to round, bend at your hips and lower the bar until your torso is nearly parallel to the floor [B]. Squeeze your glutes, drive your hips forward, and lift your torso back to the starting position. That's one rep.



# Barbell Row

Grab a barbell with an overhand grip that's just beyond shoulder width. Hold it at arm's length as you bend at your hips and knees and lower your torso until it's almost parallel to the floor. This is the starting position [A]. Keeping your back naturally arched, pull the bar to your upper abs by raising your upper arms, bending your elbows, and squeezing your shoulder blades together [B]. Pause, then slowly lower the bar and repeat.



# EXERCISE GUIDE

## Barbell Skull Crusher

Grasp a barbell with an overhand grip, your hands about shoulder-width apart. With your feet flat on the floor, lie faceup on a flat bench and hold the bar with straight arms over your chin [A]. Without moving your upper arms, bend your elbows to lower the bar until your forearms are just past parallel to the floor [B]. Pause, then lift the weight back to the starting position by completely straightening your arms.



## Barbell Squat

Set a bar on a squat rack and step under it so the bar rests across your upper back. Pull your shoulders back as you grab the bar with an overhand grip. The bar should sit comfortably on your upper trapezius. Lift the bar off the rack and step back. Set your feet shoulder-width apart [A]. Now push your hips back, bend your knees, and lower your body until your upper thighs are parallel to the floor [B]. Pause, then push yourself back to the starting position.



## Bear Crawl

Get down on all fours and place your hands on the floor so that they're slightly wider than and in line with your shoulders. Raise your knees a couple of inches off the floor. Without changing your posture—try not to rotate or raise your hips or torso—crawl forward by taking a small “step” with your left hand and right foot [A]. Continue to crawl by stepping with your right hand and left foot [B], and repeating back and forth.



## Bicycle Crunch

Lie on your back on the floor with your legs straight and place your hands behind your head. Lift your legs slightly off the floor. Simultaneously bring your left knee in as you raise your right shoulder and elbow off the floor toward your knee [A]. Immediately switch arm and leg positions [B], and continue to alternate back and forth. Each “crunch” counts as a rep.





# EXERCISE GUIDE

## Bird Dog

Get down on all fours, your hands directly below your shoulders and your knees directly below your hips. Slowly raise your right arm and left leg at the same time until they're in line with your body. Hold that position for one to two seconds. Return to the starting position and raise your left arm and right leg. That's 1 rep.



## Bodyweight Jackknife

Lie on your back on the floor with your legs and arms straight, as shown [A]. In one movement, simultaneously lift your torso and legs as if you're trying to touch your toes [B]. Lower your body back to the starting position.



# Bodyweight Lateral Lunge

Stand with your feet about hip-width apart [A]. With your left foot, take a big step to your left, push your hips back, bend your knees, and lower your body as far as you comfortably can [B]. Although you'll have to lean forward, strive to keep your torso as upright as you can. As you lower your body, keep your right leg straight and your right foot flat on the floor. Push your body back to the starting position, and repeat with your right leg. That's one rep.



A



B

# Bodyweight Squat

Hold your arms straight out in front of you and stand as tall as you can with your feet shoulder-width apart [A]. Push your hips back, bend your knees, and lower your body until your thighs are at least parallel to the floor [B]. Drive back up to the starting position and repeat.



A



B

# EXERCISE GUIDE

## Butt Kicks

Run in place as you try to kick yourself in the butt with your right heel [A], and then your left heel [B]. Stay under control and only kick back as far as you comfortably can.



## Carioca

Run sideways, first crossing your left foot in front of your right [A], back to center [B], and then crossing your right foot in front of your left [C]. In the photos here, there are two positions, but when you do it, it will be one fluid movement. If you're not used to it, practice slowly to find the coordination.



## Chinup

Hang from a bar using a shoulder-width, underhand grip [A]. Squeeze your shoulder blades together and pull your elbows downward to lift your body upward as high as you can [B]. Slowly reverse the move back to the starting position.



## Crab Walk

Sit upright on the floor with your feet flat and your hands on the floor next to your sides. Put your weight on your hands and raise your hips a couple of inches off the floor. Now walk backward or forward by taking a small step with your right foot and left hand [A], and then your left foot and right hand [B].





# EXERCISE GUIDE

## Dead Bug

Lie on your back on the floor. Raise your legs so that your hips and knees are bent 90 degrees and hold your arms straight above your chest [A]. Slowly straighten and lower your left leg and your right arm until they nearly touch the floor [B]. Pause, then return to the starting position. Repeat with your right leg and left arm. That's one rep.



A



B

## Decline Pushup

Assume a pushup position, but with your feet on a sturdy box or bench instead of the floor. Your arms should be straight and your hands slightly beyond shoulder width. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. Pause, then push yourself back to the starting position.



A



B

# Dumbbell Alternating Bench Press

Grab a pair of dumbbells and lie with your back on a flat bench. Lift the dumbbells up so they're over your chin with your arms straight. Hold them with your palms turned to the front (thumbs facing each other) [A]. Slowly lower one dumbbell to your upper chest [B], pause, and then push it back up over your chin. That's one rep. Repeat the procedure with your other arm, and continue to alternate back and forth for the prescribed time or reps.



# Dumbbell Chest Fly

Grab a pair of dumbbells and lie on your back on a flat bench. Hold the dumbbells straight over your chest with your palms turned toward each other [A]. Slowly lower the dumbbells down toward your sides—allowing your elbows to bend slightly—until your upper arms are at least parallel to the floor [B]. Pause, then reverse the movement back to the starting position.





# EXERCISE GUIDE

## Dumbbell Lateral Lunge

Hold a pair of dumbbells at arm's length next to your sides, your palms facing each other [A]. Take a big step to your right and lower your body by pushing your hips back and bending your right knee [B]. Squat as deep as you comfortably can without allowing your lower back to round. (If you have exceptional mobility, you may be able to lower your body until your right thigh is parallel to the floor.) Push back to the start. That's one rep. Repeat on the other side.



## Dumbbell Pushup

Assume a pushup position, but place your hands on dumbbells instead of on the floor. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. Pause, then push yourself back to the starting position.



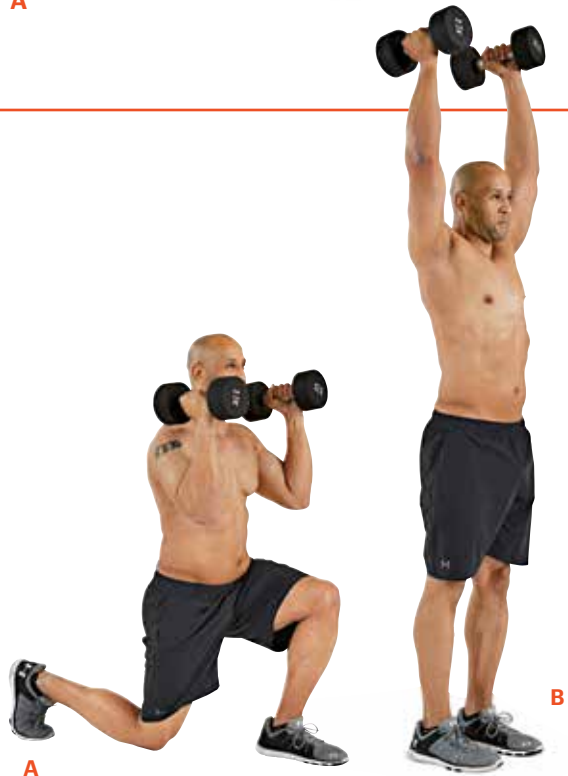
# Dumbbell Reverse Lunge

Grab a pair of dumbbells and hold them at your sides, your feet hip-width apart [A]. Keeping your torso upright, step backward with your right leg and lower your body until your front knee is bent 90 degrees and your rear knee nearly touches the floor [B]. Push yourself back up to the starting position. Now repeat, this time stepping back with your left leg. Continue to alternate legs for the prescribed time.



# Dumbbell Reverse Lunge with Press

Hold a pair of dumbbells next to your shoulders, your palms facing each other. Keeping your torso upright, step backward with your right leg and lower your body until your front knee is bent 90 degrees and your rear knee nearly touches the floor [A]. As you push yourself back to the starting position, press the dumbbells straight above your shoulders [B]. Now repeat, this time stepping back with your left leg.





# EXERCISE GUIDE

## Dumbbell Romanian Deadlift

Hold a dumbbell in each hand in front of your thighs, palms facing your body. Your knees should be slightly bent and feet shoulder-width apart [A]. Without rounding your lower back, bend at your hips and lower your torso until it's nearly parallel to the floor [B]. Pause and then rise to the starting position.



A



B

## Dumbbell Rotational Chop

Bend at your hips and hold a dumbbell by the ends next to your right hip, as shown. Your knees should be slightly bent [A]. Keeping your arms nearly straight, pivot on the balls of your right foot, and forcefully rotate your torso to the left as you draw your arms up and across your body until they're above your left shoulder [B]. Reverse the movement, and continue to repeat back and forth. Do for the prescribed time or reps, and then repeat on the other side.



A



B

# Dumbbell Row

Grab a pair of dumbbells, bend at your hips and knees, and lower your torso until it's nearly parallel to the floor. Hold the dumbbells at arm's length from your shoulders, palms facing each other. Your lower back should be naturally arched, not rounded [A]. Without moving your torso, row the weights upward by raising your upper arms, bending your elbows, and squeezing your shoulder blades toward your spine [B]. Lower the dumbbells back to the starting position. That's one rep.



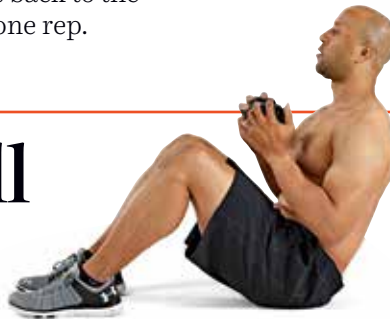
A



B

# Dumbbell Russian Twist

Sit on the floor with your knees bent and your feet flat. Hold a dumbbell with both hands next to your chest. Lean back so your torso is at about a 45-degree angle to the floor [A]. Brace your core and rotate your torso to your left as far as you comfortably can [B]. Reverse the movement and rotate all the way back to your right as far as you can [C]. That's one repetition.



A



B



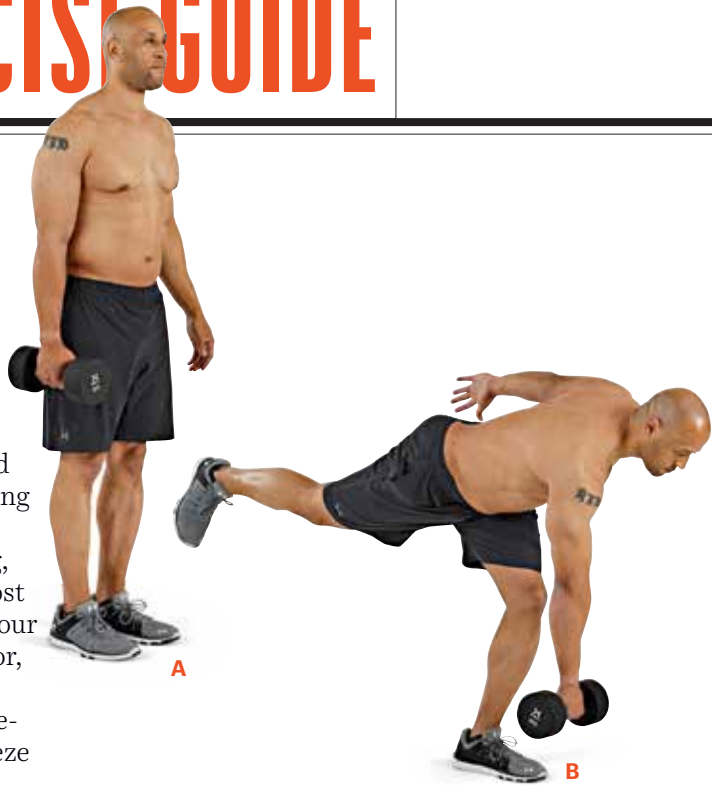
C



# EXERCISE GUIDE

## Dumbbell Single-Leg Romanian Deadlift

Hold a dumbbell in your right hand with an overhand grip and let it hang at arm's length in front of you. [A]. Shift your weight onto your left leg, and lower your torso until it's almost parallel to the floor. As you lower your body, lift your right foot off the floor, keeping your right leg in line with your body as you descend [B]. To return to the starting position, squeeze your glutes and raise your torso.



## Dumbbell Snatch

Set a dumbbell between your feet, bend at your hips and knees, and grasp the weight with your right hand, your arm straight. [A]. In a single movement, explosively push off the floor by thrusting your hips forward and straightening your legs (you should rise up on your toes), and pull the dumbbell upward by bending your arm and leading with your elbow [B]. Allow your forearm to rotate up and back from momentum, until your arm is straight again and your palm is facing forward [C]. Lower the dumbbell back to the floor, and repeat.



## Dumbbell Split Squat

Hold a pair of dumbbells next to your shoulders, palms facing each other. Assume a staggered stance, your left foot in front of your right [A]. Keeping your torso upright, lower your body as far as you can [B]. Push back to the starting position. That's one rep. Do all your reps, and then repeat, this time with your right foot forward.



## Dumbbell Squat

Stand with your feet slightly beyond shoulder-width. Hold a dumbbell by the ends, just below your chin, your elbows pointing down [A]. Keeping your torso as upright as possible, push your hips back, bend your knees, and lower your body as far as you comfortably can [B]. If you can get low enough, allow your elbows to press your knees apart. Push your body back to the starting position. That's one rep.





# EXERCISE GUIDE

## Dumbbell Squat Thrust to Curl

Hold a pair of dumbbells at arm's length next to your sides with your palms facing each other and your feet shoulder-width apart [A]. Squat down and lower your body until the dumbbells touch the floor just in front of your feet [B]. Kick your legs out into a pushup position [C]. Then reverse the movement back to the squat position [D]. Now stand back up [E], and then curl the weights toward your shoulders [F]. Lower the dumbbells back to the starting position, and repeat.



A



B



C



D



E



F

# Dumbbell Sumo Deadlift

Set your feet wide apart and place a dumbbell vertically on the floor between them. Squat down, bend at your hips, and grasp the top head of the dumbbell with both hands. Position your body so that your lower back is naturally arched, and your shoulders are pulled down toward your butt [A]. Squeeze your glutes, thrust your hips forward, and stand up tall [B]. Lower back down to the starting position. That's one rep.



# Dumbbell Swing

Place a dumbbell vertically on the floor in front of you. Spread your feet shoulder width apart, push your hips back, and grab the top head of the dumbbell with both hands, tilting it toward you. Keeping your back naturally arched, “hike” the weight between your legs [A], and then squeeze your glutes and thrust your hips forward as you raise your torso to upright. Allow the momentum of your hip thrust to swing the dumbbell to chest height [B]. Staying upright for as long as possible, swing the dumbbell back between your legs. Now swing back and forth.





# EXERCISE GUIDE

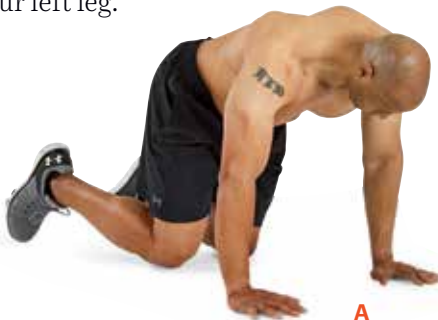
## Explosive Pushup

Assume a pushup position with your arms straight and your hands slightly beyond shoulder width. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. Now press yourself up so forcefully that your hands leave the floor [C]. Land softly, and repeat.



## Fire Hydrants

Get down on all fours, with your back naturally arched [A]. Without moving your torso or rotating your hips, slowly raise your right thigh as high as you comfortably can [B]. Pause, and then return to the starting position. That's one rep. Do all your reps, and repeat with your left leg.



# Frankenstein Walk

Stand tall with your arms hanging at your sides [A]. Kick your right leg up—reaching out with your left arm to meet it—as you simultaneously take a step forward [B]. As soon as your right foot touches the floor, repeat the movement with your left leg and right arm. Alternate back and forth.



# Gate Swing

Stand with your feet about shoulder-width apart [A]. In one movement, jump your feet out so that they're beyond shoulder-width apart, as you drop into a squat position [B]. Reverse the movement and repeat.





# EXERCISE GUIDE

## Gate Swing with Cross

Stand with your feet about shoulder-width apart [A]. In one movement, jump your feet out so that they're beyond shoulder-width apart, as you drop into a squat position [B]. Jump back up to the starting position, but as you do, rotate your torso to your right as you cross your right leg over your left [C]. Jump back into the squat, and repeat, this time rotating to your left as you cross your left leg over your right.



A



B

## Glute Bridge

Lie on your back on the floor with your knees bent and your heels positioned so your toes are off the floor [A]. Squeeze your glutes and raise your hips until they're in line with your torso [B]. Lower back down to the starting position. That's one rep.



A



B

# High Knees

Stand tall and run in place, lifting your right knee as you swing your left arm forward [A]. When you lift your left knee, swing your right arm forward [B].



# Hipup

Lie on your left side on the floor, your right foot in front of your left. Prop yourself up on your forearm [A]. Raise your right hip until your body forms a straight line from your shoulders to your ankles [B]. Lower back to the starting position. Do all your reps and repeat on your other side.



# EXERCISE GUIDE

## Inchworm

Stand tall with your feet set shoulder-width apart [A]. Reach down and place your hands on the floor, bending your knees only as much as necessary [B]. Walk your hands forward [C] until you're in a pushup position [D]. Reverse the movement back to a standing position. That's one rep.



# Inchworm to Mountain Climber

Stand tall with your feet set shoulder-width apart [A]. Reach down and place your hands on the floor, bending your knees only as much as necessary [B]. Walk your hands forward [C] until you're in a pushup position [D]. From this position, perform a mountain climber: Without rounding your lower back or moving your torso, lift your right foot off the floor and bring your knee toward your chest [E], then return and repeat with your left leg. Do 4 to 6 reps of the mountain climber, and then reverse the inchworm back to the starting position. That counts as one total rep.





# EXERCISE GUIDE

## Incline Dumbbell Press

Grab a pair of dumbbells and lie on your back on a bench set to a low incline (15 to 30 degrees). Hold the dumbbells up at arm's length so they're over your chin, with your palms turned toward your feet (thumbs facing each other) [A]. Slowly lower the weights to your upper chest [B], pause, then push them back up over your chin.

**A****B**

## Inverted Row

Using an overhand, shoulder-width grip, grab a bar that's been secured at about waist height. Hang with your arms completely straight, hands positioned directly above your shoulders, and heels touching the floor. Your body should form a straight line from your ankles to your head [A]. Pull your shoulder blades back as you bend your elbows and pull your chest toward the bar [B]. Pause, and lower your body back to the starting position.



## Jumping Jacks

Stand with your feet together and hands at your sides [A]. Now simultaneously swing your arms above your head and jump just high enough to spread your feet wide [B]. Without pausing, quickly reverse the movement and repeat.





# EXERCISE GUIDE

## Kettlebell Goblet Squat

Stand with your feet slightly beyond shoulder-width. Hold a kettlebell by its horns in front of your chest, your elbows pointing down [A]. Keeping your torso as upright as possible, push your hips back, bend your knees, and lower your body as far as you comfortably can [B]. If you can get low enough, allow your elbows to press your knees apart. Push your body back to the starting position. That's one rep.



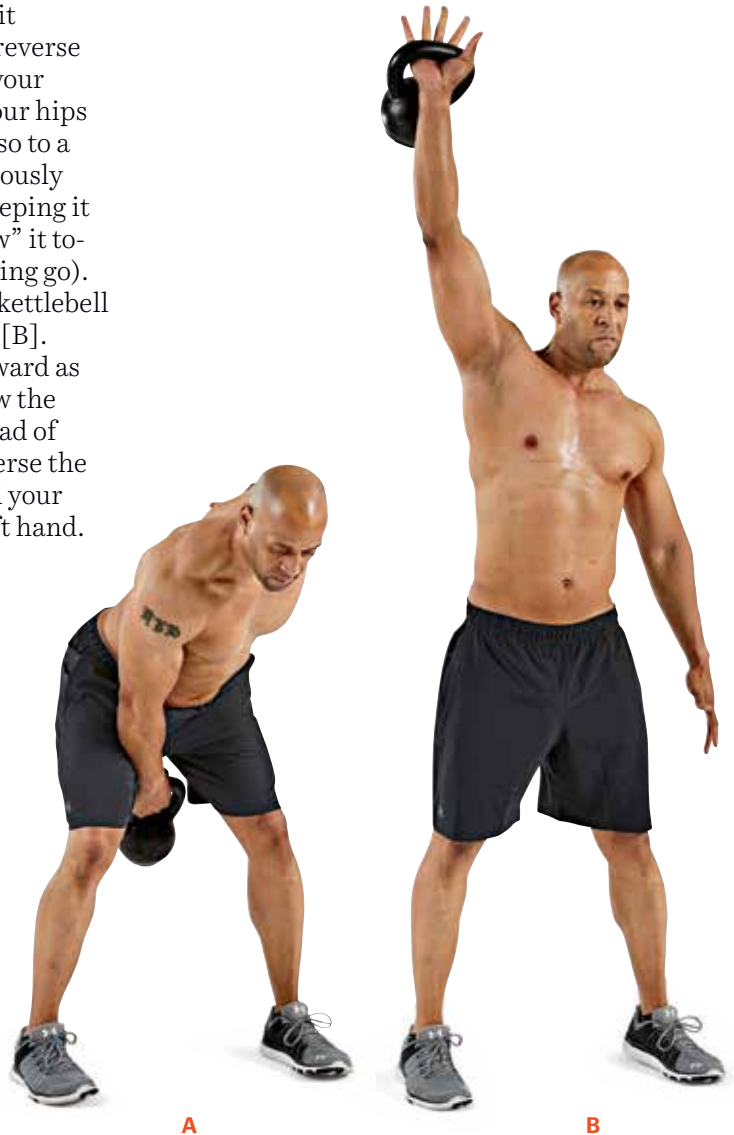
## Kettlebell Single-Arm Row

Grasp a kettlebell with your left hand, bend at your hips and knees, and lower your torso until it's nearly parallel to the floor. Hold the kettlebell at arm's length, your palm facing in. Your lower back should be naturally arched, not rounded [A]. Without moving your torso, row the weight upward by raising your upper arm, bending your elbow, and squeezing your shoulder blade toward your spine [B]. Lower the kettlebell back to the starting position. That's one rep.



# Kettlebell Snatch

Hold a kettlebell in your right hand, bend at your hips, and swing it between your legs [A]. Then reverse the movement by squeezing your glutes forcefully, thrusting your hips forward, and raising your torso to a standing position. Simultaneously pull the kettlebell upward, keeping it close to your body, and “throw” it toward the ceiling (without letting go). As your arm straightens, the kettlebell will rotate over your forearm [B]. Try to “punch” your hand upward as this happens, which will allow the kettlebell to land gently instead of banging into your wrist. Reverse the movement, and repeat. Do all your reps, and repeat with your left hand.

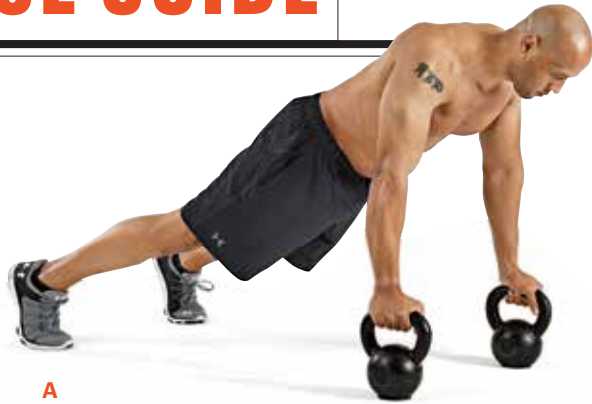




# EXERCISE GUIDE

## Kettlebell Stability Pushup

Assume a pushup position, but with each hand grasping the handle of kettlebell instead of being placed on the floor. Your arms should be straight and your hands slightly beyond shoulder width. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body as far as you comfortably can [B]. Pause, then push yourself back to the starting position.



## Kettlebell Swing

Place a kettlebell on the floor in front of you. Set your feet shoulder width apart, push your hips back, and grab the kettlebell's handle, tilting it toward you. Keeping your back naturally arched, "hike" the weight between your legs [A] and then squeeze your glutes and thrust your hips forward as you raise your torso upright. Allow the momentum of your hip thrust to swing the kettlebell to chest height [B]. Staying upright for as long as possible (as if you're in a standing plank), swing the kettlebell back between your legs. Now repeat, swinging back and forth.



# Landmine Russian Twist

Grasp the end of the barbell with both hands and stand with your feet slightly wider than shoulder width. Position your feet back so that your body is slightly leaning forward, and push the barbell upward until your arms are straight [A]. In one movement, pivot on your left foot and rotate the barbell down to your right hip [B]. Reverse the move to the start. That's one rep. Now continue to pivot and rotate to your left [C]. Return to the start. That's two reps. Repeat back and forth.



# Landmine Single-Arm Row

Grab the barbell with your right hand and stand in a staggered stance, your left foot forward. Bend at your hips and knees, and lower your torso until it's at a 45-degree angle to the floor. Hold the bar at arm's length, straight down from your shoulder [A]. Without moving your torso, lift the weight by raising your upper arm, bending your elbow, and squeezing your shoulder blade toward your spine [B]. Lower to the start. That's one rep. Do all your reps, and repeat with your left arm.





# EXERCISE GUIDE

## Landmine Single-Arm Scissor Press

Hold the end of the barbell in your right hand next to your shoulder, and assume a staggered stance, your left foot forward. Lower your body into a split squat. This is the starting position [A]. In one movement, push your body up to a standing position as you press the barbell forward and up until your arm is completely straight [B]. Reverse the movement back to the starting position. Do all your reps with your right arm, then repeat the move with your left.



## Lateral Squat Jump

Stand with your feet shoulder-width apart, toes pointing forward. Bend at your hips and knees, and lower your body into a quarter squat, and swing your arms back behind you [A]. Jump up and to your left, swinging your arms above your head [B]. Land as softly as you can. Go right back into the squat position [C] and jump back to your right. Repeat for the prescribed time.



# Lunge Matrix

Stand tall with your feet hip-width apart [A]. Step forward with your right foot and lower your body into a lunge [B]. Push yourself back to the starting position [C], and then step backward with your right leg into a reverse lunge [D]. Push yourself back to the starting position [E], and step with your right leg into a lateral lunge [F]. Push yourself back to the starting position, and repeat the entire procedure, this time stepping with your left leg. Continue for the prescribed time.



A



B



C



D



E



F

# EXERCISE GUIDE

## Lunge to Curl to Press

Hold a pair of dumbbells at arm's length next to your sides with your palms facing each other and your feet hip-width apart [A]. Step forward with your right foot and lower your body into a lunge [B]. Push yourself back to standing and simultaneously curl the weights toward your shoulders [C]. Press the dumbbells straight over your shoulders [D], and then lower them back to the starting position. Repeat, but step forward with your left foot this time. Continue to alternate legs back and forth.



## Lunge with Overhead Press

Hold a pair of dumbbells just outside your shoulders, palms facing in, and stand with your feet hip-width apart [A]. Step forward with your left foot and lower your body into a lunge [B]. While you're in the lunge position, press the dumbbells straight above your shoulders [C]. Lower the dumbbells, press your left foot into the floor and push yourself back to the starting position. Now repeat, but step forward with your right foot this time. Continue to alternate legs.



# Mobility Burpee

Stand tall with your feet shoulder-width apart [A]. Squat down and lower your body until your hands touch the floor just in front of your feet [B]. Kick your legs out into a pushup position [C]. Lift your right foot, bend your knee, and place your right foot as close as you comfortably can to your right hand [D]. Step your right foot back into pushup position, and repeat with your left leg. From the pushup position [E], jump your feet up toward your shoulders as you simultaneously push off the floor with your hands and land in a squat position [F]. Now jump up [G] and land in the starting position.



A



B



C



D



E



F



G



# EXERCISE GUIDE

## Mountain Climber

Assume a pushup position with your arms straight. Without rounding your lower back, lift your right foot off the floor and bring your knee toward your chest. That's one rep. Repeat with your left leg for another rep. Continue alternating back and forth, moving your legs quickly but under control.



## Plank Rotation

Get into a pushup position, but place your elbows on the floor, one arm in front of the other (as shown). Squeeze your glutes and thighs tightly, and brace your abs [A]. Keeping your feet in place, lift your right arm and rotate your torso upward, reaching as far behind you as you comfortably can [B]. Now rotate back down, and repeat on your left side. That's one rep.



## Plank Walkup

Position your body in a low plank, your forearms on the floor [A]. Keeping your body stiff, place your right hand on the floor [B]. In one movement, straighten your right arm as you simultaneously place your left hand on the floor and straighten your left arm [C]. Reverse the movement by placing your right forearm on the floor and then your left. That's one rep. Repeat, this time starting with your left hand.



A



B



C

## Plank with Tap

Position your body in a low plank, your forearms on the floor [A]. Keeping your body stiff, lift your right hand and forearm off the floor and tap your left shoulder [B]. That's one rep. Now place your right forearm back on the floor, then lift your left hand and forearm, and tap your right shoulder. Continue to alternate back and forth each rep.



A



B



# EXERCISE GUIDE

## Pullup

Hang from a bar using a shoulder-width, overhand grip [A]. Squeeze your shoulder blades together and pull your elbows downward to lift your body upward as high as you can [B]. Slowly reverse the move back to the starting position.



## Pushup

Assume a pushup position with your arms straight and your hands slightly beyond shoulder width. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. Pause, then push yourself back to the starting position.



## Pushup to Bird Dog

Assume a pushup position, with your arms straight and your hands slightly beyond shoulder width. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. Push yourself back up, and then simultaneously raise your right arm and left leg off the floor [C]. Pause for a count, and then repeat with your left arm and right leg. Return to the starting position. That's one rep.



A



B



C

## Pushup with Tap

Assume a pushup position with your arms straight and your hands slightly beyond shoulder width. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. Pause, then push yourself back up. Now lift your right hand off the floor and tap your left shoulder [C]. Do another pushup, and this time, lift your left hand and tap your right shoulder. Continue to alternate back and forth each rep.



A



B



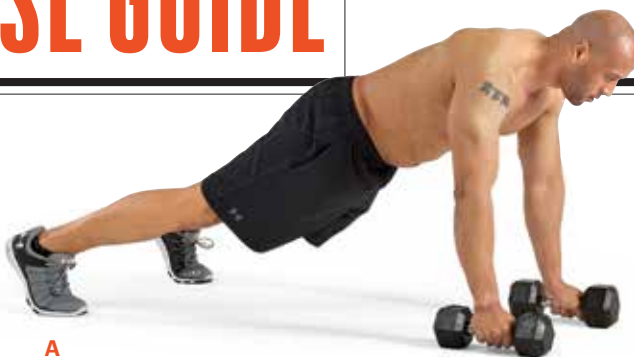
C



# EXERCISE GUIDE

## Renegade Row

Grab a pair of hex dumbbells and assume a pushup position, your arms straight [A]. Keeping your core stiff, row the dumbbell in your right hand to the side of your chest, bending your arm as you pull it upward [B]. Pause, and then quickly lower the dumbbell. Repeat with your left arm. That's one rep.



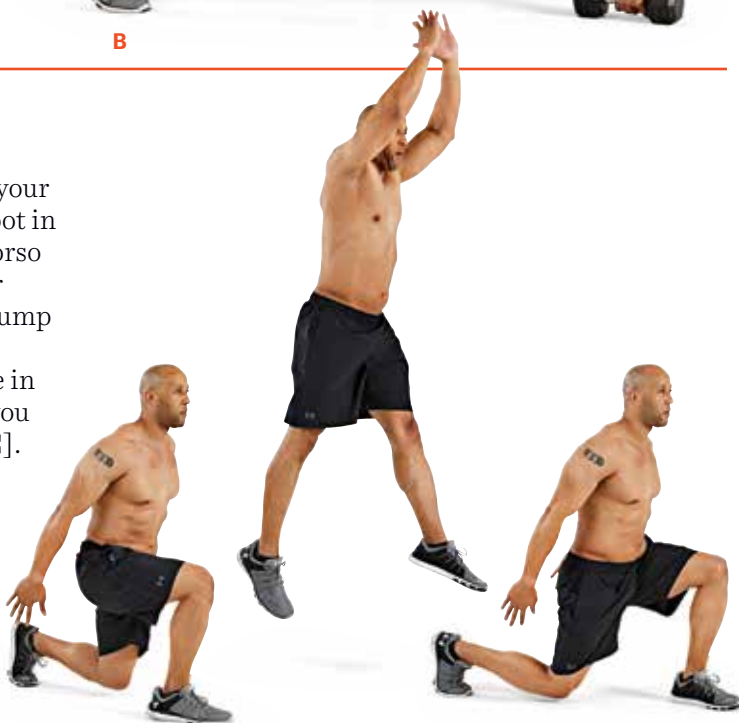
A



B

## Scissor Hop

Stand in a staggered stance with your feet 2 to 3 feet apart, your right foot in front of your left. Keeping your torso upright, bend your legs and lower your body into a lunge [A]. Now jump with enough force to propel both feet off the floor [B]. While you're in the air, scissor-kick your legs so you land with your left leg forward [C]. Repeat, alternating your forward leg for the duration of the set.



A

B

C

## Seal Jacks

Stand with your feet and hands together [A]. Simultaneously kick your legs out to your sides as pull your arms back [B]. Reverse the movement and repeat back and forth.



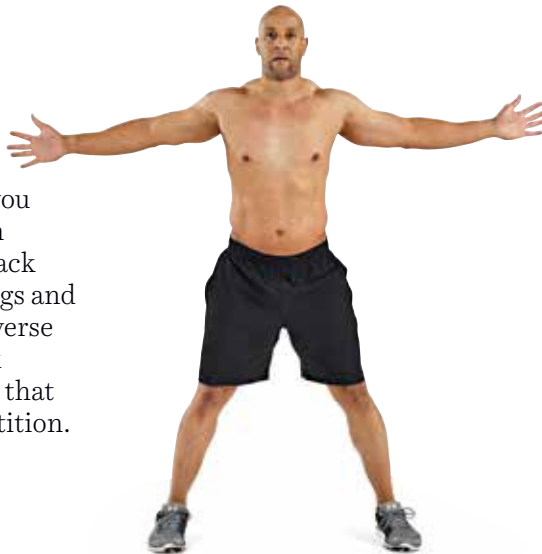
A



B

## Seal Jacks with Cross

Stand with your feet and hands together. Kick your legs and arms out to your sides, as you would for a seal jack [A]. When you jump your legs and arms back toward your body, cross your legs and arms over one another [B]. Reverse the movement and repeat back and forth, alternating the limb that crosses over in front each repetition.



A



B



# EXERCISE GUIDE

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## Side Plank with Reach Under

Lie on your left side with your legs straight and prop your upper body on your left forearm. Brace your core, squeeze your glutes, and raise your hips until your body forms a straight line from your ankles to your shoulders. Lift your right arm straight toward the ceiling [A]. Reach under and behind your torso with your right hand [B], then lift your arm back up to the starting position. That's one rep. Do all your reps and repeat on your other side.



A



B

## Side Shuffle

Get into an athletic stance, with a slight forward lean and your knees bent [A]. (Imagine you're a shortstop ready for the next pitch.) Take a big step to your left with your left foot [B], followed immediately by your right foot [C]. That's a shuffle step. Continue to shuffle several steps (depending on space) to your left, and then switch directions, and shuffle back to your right.



A



B



C

# Single-Arm Kettlebell Clean

Hold a kettlebell in your right hand, bend at your hips, and swing it between your legs [A]. Then reverse the movement by squeezing your glutes forcefully, thrusting your hips forward, and raising your torso to a standing position. Simultaneously pull the kettlebell upward—keeping it close to your body—and “catch” it next to your shoulder [B]. Reverse the movement, and repeat. Do all your reps, then repeat, holding the kettlebell in your left hand this time.



# Single-Leg Balance Touch

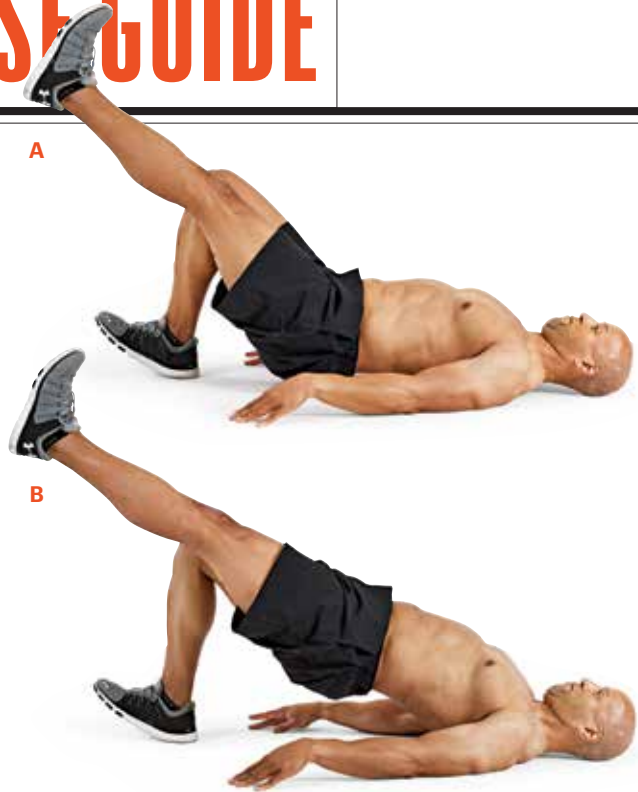
Stand tall on your left leg, your knee slightly bent. Raise your right foot off the floor until your right knee is bent 90 degrees [A]. Keeping your lower back naturally arched, bend at your hips and reach forward with your right hand and touch the floor a few inches in front of your left foot [B]. (Bend your left knee only as much as needed, and push your right leg back.) Return to the starting position. Do all your reps, and repeat, this time standing on your right leg.



# EXERCISE GUIDE

## Single-Leg Glute Bridge

Lie on your back on the floor with your right knee bent and your right heel positioned so your toes are off the floor. Raise your left leg so that it's in line with your right thigh [A]. Squeeze your glutes and raise your hips until they're in line with your torso [B]. Lower back down the starting position. That's one rep. Do all your reps and repeat with your right leg.



## Single-Leg Touchdown

Stand tall on your left leg, your knee slightly bent. Raise your right foot a few inches off the floor [A]. Keeping your lower back naturally arched, bend at your hips and reach forward with your right hand and touch the floor a few inches in front of your left foot [B]. Return to the starting position. Do all your reps, and repeat, this time standing on your right leg.



## Skaters

Stand with your weight on your right foot and your right knee bent. Lift your left leg off the floor behind you [A]. Now bound to your left by pushing off with your right leg. Land on your left foot, lifting your right leg off the floor behind you [B]. Over and back is one rep. Continue hopping back and forth for the prescribed amount of time or reps. If needed, touch your back foot on the floor behind you for balance.



## Skier Swing

Grab two dumbbells and hold them at arm's length next to your sides with your feet hip-width apart and your knees slightly bent. Without rounding your lower back, simultaneously hinge forward at your hips and swing your arms behind you [A]. Thrust your hips forward and raise your torso until you're standing upright, letting momentum swing the weights up to chest level [B]. Repeat in a continuous swinging motion.



# EXERCISE GUIDE

## Skips

Power skip in place by explosively raising your left knee toward your chest as you hop off the floor with your right leg [A]. Land softly on your right foot, and then your left, and immediately raise your right knee in the same manner [B]. When you raise your left knee, swing your right arm forward (as shown), and vice versa.



## Speed Pushup

Assume a pushup position with your arms straight and your hands slightly beyond shoulder width. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. Pause, then push yourself back to the starting position. Repeat, moving up and down quickly, and without pausing at the top or bottom.



## Speed Squat

Hold your arms straight out in front of you and stand as tall as you can with your feet shoulder-width apart [A]. Keeping your torso as upright as you can, push your hips back, bend your knees, and lower your body as far as you are comfortably able [B]. Quickly push yourself back up to the start. That's one rep. Repeat, moving up and down quickly, and without pausing at the top or bottom.



## Spiderman

Assume a pushup position with your arms and legs straight [A]. Lift your right foot, bend your knee, and place your right foot as close as you comfortably can to your right hand [B]. Step your right foot back into pushup position, and repeat with your left leg. That's one rep.



# EXERCISE GUIDE

## Squat Jump

Stand with your feet shoulder-width apart, toes pointing forward. Bend at your hips and knees, and lower your body into a quarter squat. Let your arms swing back behind you [A]. Immediately reverse the movement and jump off the floor forcefully, swinging your arms above your head [B]. Land as softly as you can and go right back into the squat position and jump again. Repeat for the prescribed time or reps.



## Squat Thrust

Stand tall with your feet shoulder-width apart [A]. Squat down and lower your body until your hands touch the floor just in front of your feet [B]. Kick your legs out into a pushup position [C]. Then reverse the movement back to the squat position [D]. Now stand back up. That's one rep.



# Squat to Press

Hold a pair of dumbbells just outside your shoulders, palms in, and stand with your feet shoulder-width apart [A]. Lower your body until your thighs are at least parallel to the floor [B]. Push up explosively with your legs as you press the dumbbells overhead [C]. Return to the starting position and repeat.



# Squat with Rotational Press

Hold a dumbbell by the ends, just below your chin, and stand with your feet shoulder-width apart [A]. Lower your body until your thighs are at least parallel to the floor [B]. Push up explosively with your legs as simultaneously pivot on the balls of your left foot, rotate your torso to your right, and press the dumbbell overhead [C]. Return to the starting position and repeat, but rotate your torso to your left this time.





# EXERCISE GUIDE

## Stability Ball Circle Rollout

Assume a plank position with your forearms on a stability ball [A]. Use your forearms to move the ball in a circle to your left while keeping the rest of your body in the original position [B]. Repeat, but this time, move the ball in a circle to your right. That's one rep.



A



B



C



D

## Stability Ball Knee Tuck

Assume a pushup position with your feet resting on a stability ball, your body in a straight line from heels to shoulders [A]. Without raising your lower back, roll the ball toward your chest by pulling it forward with your feet [B]. Reverse the movement back to the starting position. That's one rep.



A



B



## Stability Ball Pike

Assume a pushup position with your feet resting on a stability ball, your body in a straight line from heels to shoulders [A]. Keep your back straight as you contract your abs, raise your hips as high as you can, and roll the ball toward you [B]. Reverse the movement back to the starting position. That's one rep.



## Stability Ball Pushup

Assume a pushup position, but with your hands placed on a stability ball instead of the floor. (Squeeze the ball with your hands, almost like you're trying to squeeze the air out of it.) Your arms should be straight and your hands slightly beyond shoulder width. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the ball [B]. Pause, then push yourself back to the starting position.





# EXERCISE GUIDE

## Stability Ball Rollout

Assume a plank position with your forearms on a stability ball [A]. Slowly roll the ball forward, extending your body as far as you can without letting your hips sag [B]. Reverse the movement to return to the starting position. That's one rep.



A



B

## Stability Ball Y Fly

Grab a pair of dumbbells and lie facedown on top of a stability ball so that your back is flat and your abs and chest are on the ball. Hold your arms in line with your body, your palms facing each other, as shown [A]. Raise your arms at an angle (so that they form a Y) until they're in line with your body [B]. Reverse the movement back to the starting position. That's one rep.



A



B

# Staggered Pushup

Assume a pushup position, but place one hand a few inches farther forward than the other. Your body should form a straight line from your head to your ankles [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. Pause, then push yourself back to the starting position. In your next set, switch your hand positions, and continue to alternate them each subsequent set.



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# Suitcase Carry

Grab a heavy dumbbell or kettlebell, hold it in your right hand, and let it hang at your side [A]. Keep your torso upright and straight as you walk [B]. (If you're in a small space, just walk back and forth for the prescribed number of steps.) Switch hands, and repeat. That's one set.





# EXERCISE GUIDE

## Supine Dumbbell Triceps Press

Grab a pair of dumbbells and lie on your back on the floor, your knees bent and your feet flat. Hold the dumbbells directly above your chin, your palms facing each other [A]. Without moving your upper arms, lower the dumbbells to the sides of your head until your forearms are at least parallel to the floor [B]. Return to the starting position. That's one repetition.



A



B

## T-Spine Rotation

Get down on all fours. Place your right hand on the back of your head, and rotate your upper back and elbow inward as shown [A]. Brace your core, and raise your right elbow toward the ceiling by rotating your head and upper back to the right as far as you comfortably can [B]. Return to the start. That's one rep. Do all your reps and then repeat on your left side.



A



B

# Thruster

Hold a dumbbell by the ends, just below your chin, and stand with your feet shoulder-width apart. Lower your body until your thighs are at least parallel to the floor [A]. Push up explosively with your legs as you press the dumbbell overhead [B]. Return to the starting position and repeat.



# Traveling Dumbbell Swing

Perform a dumbbell swing [A], but as you swing the dumbbell upward, step your right foot next to your left foot, so your feet are close to each other [B]. When you swing the dumbbell back toward your hips, step your right foot back out, so your feet are apart again [C]. On the next rep, step your left foot to your right, and then back out. Continue to alternate back and forth. Each swing counts a rep.



# EXERCISE GUIDE



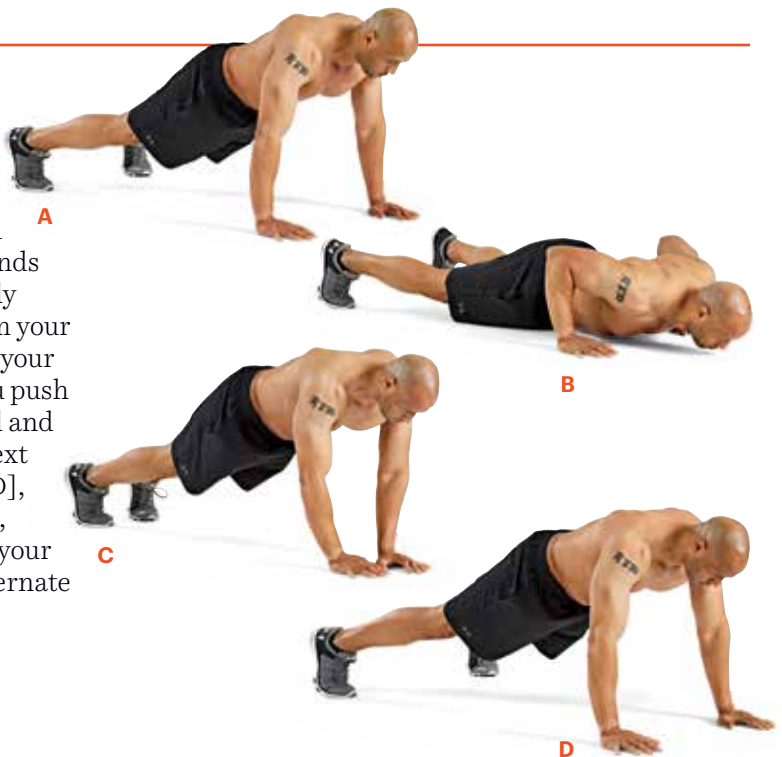
## Traveling Kettlebell Swing

Perform a kettlebell swing [A], but as you swing the kettlebell upward, step your right foot next to your left foot [B], so your feet are close to each other. When you swing the kettlebell back toward your hips, step your right foot back out, so your feet are apart again [C]. On the next rep, step your left foot to your right, and then back out. Continue to alternate back and forth. Each swing counts a rep.



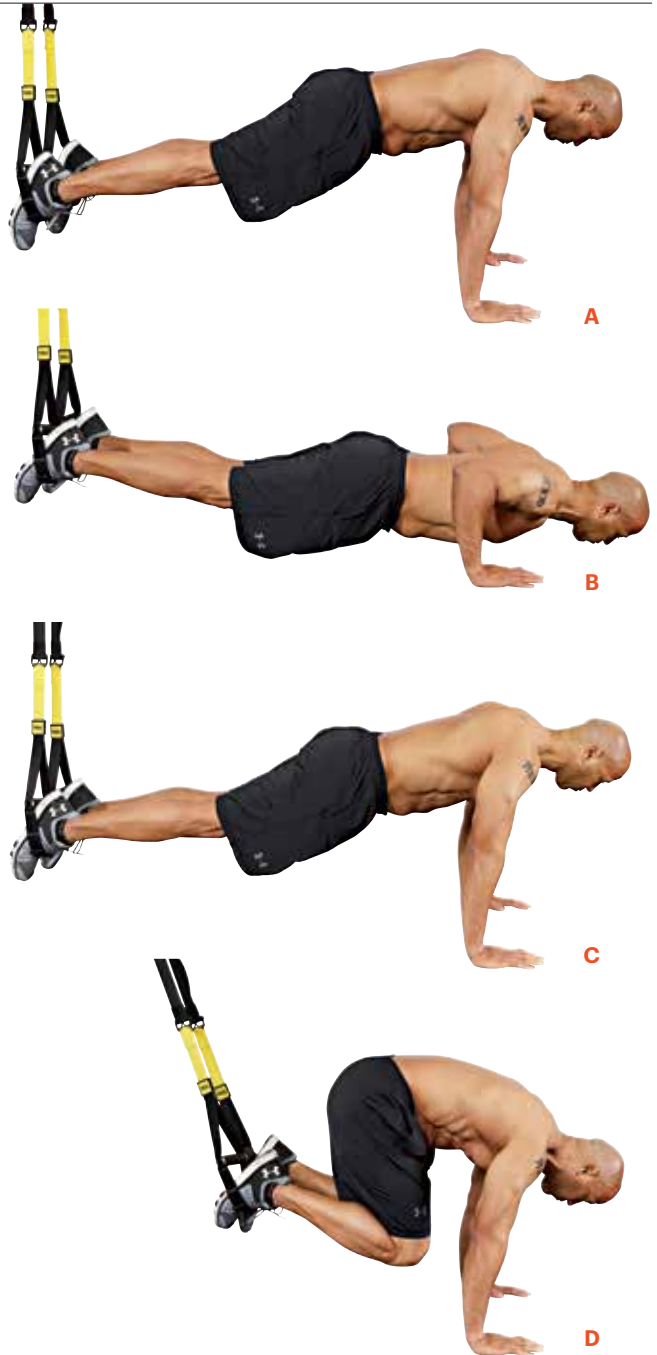
## Traveling Pushup

Assume a pushup position with your arms straight and your hands shoulder-width apart. Your body should form a straight line from your head to your ankles [A]. Lower your body to the floor [B], and as you push yourself up, lift your right hand and place it next to your left [C]. Next step your left hand out wider [D], and do another pushup. Repeat, but step your left hand close to your right this time. Continue to alternate back and forth each rep.



# TRX Atomic Pushup

Adjust to the TRX handles so that they're at the level of your mid-calf. Then place your feet in the straps and assume a pushup position with your hands just wider than shoulder-width apart. Your body should form a straight line from your ankles to your head [A]. Now do a pushup, by bending your elbows and lowering your body until your chest nearly touches the floor [B]. Press back up [C], and without raising your lower back, pull your knees toward your chest [D]. Reverse the movement back to the starting position. That's one rep.





# EXERCISE GUIDE

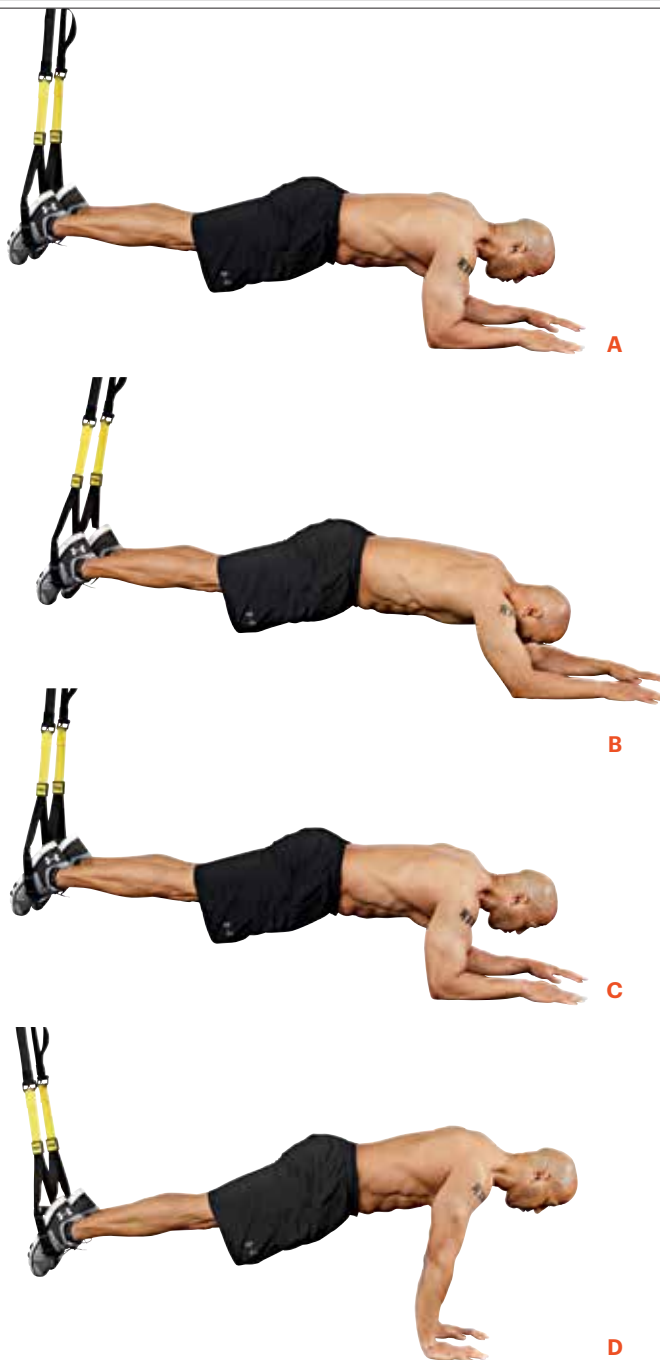
## TRX Body Saw

Adjust the TRX handles so that they're at the level of your mid-calf. Then place your feet in the straps and assume a pushup position, but with your forearms on the floor instead of just your hands. Your body should form a straight line from your head to your ankles [A]. Without allowing your hips to sag, use your forearms to slowly push your body back a few inches [B]. Pause, then return to the starting position. Continue to "saw" back and forth.



# TRX Body Saw to Plank Press

Adjust the TRX handles so that they're at the level of your mid-calf. Then place your feet in the straps and assume a pushup position, but with your forearms on the floor instead of just your hands. Your body should form a straight line from your head to your ankles [A]. Without allowing your hips to sag, use your forearms to slowly push your body back a few inches [B]. Pause, then return to the starting position [C]. Press your hands into the floor, and push your body up until your arms are straight [D]. Lower slow and controlled back to the starting position. That's one rep.





# EXERCISE GUIDE

## TRX Burpee

Adjust the TRX handles so that they're at the level of your mid-calf, and intertwine them to create a single foot cradle. Put your left foot in the cradle and stand with your back to the TRX anchor point [A]. Push your left foot back and lower your body until you can touch the floor just in front of your right foot. Then lift your right foot and kick your right leg back so that you're in a pushup position [B]. In one movement, return your right foot so that it's just behind your hands again, and from there, immediately jump up [C] to return to the starting position.



# TRX Hamstring Curl to Hip Press

Adjust the TRX handles so that they're at the level of your mid-calf. Position your heels in the straps and lie on your back on the floor, with your legs straight. Squeeze your glutes, press your hands into the floor, and raise your hips until your body is completely off the floor [A]. Moving only at your knees, pull your ankles as close to your butt as you can [B]. Lift your hips until your body forms a straight line from your shoulders to your knees [C]. Reverse the movement back to the starting position. That's one rep.

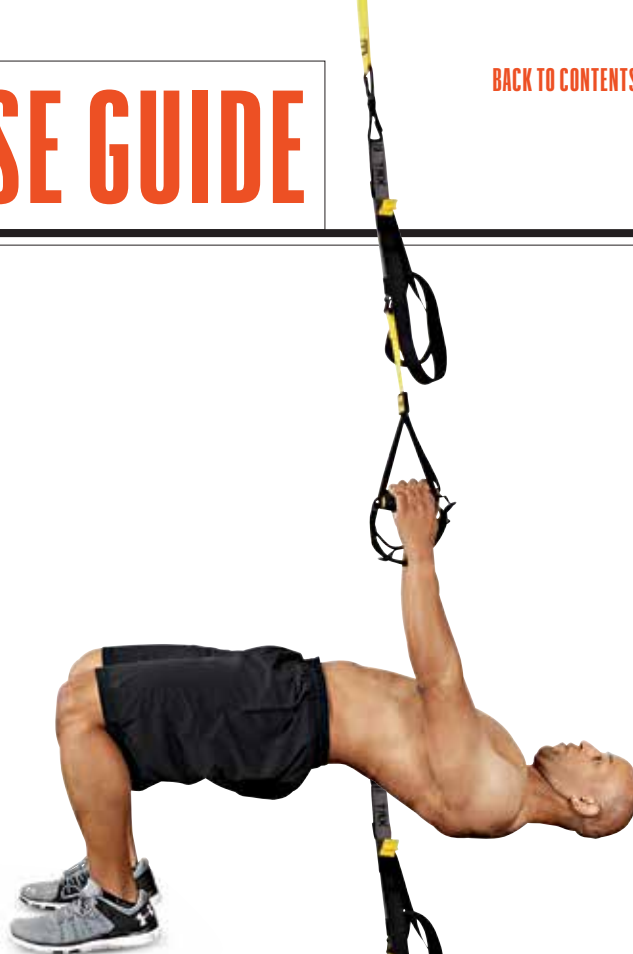




# EXERCISE GUIDE

## TRX Inverted Row

Adjust the TRX handles so that they're overshorted. Grab a handle in each hand and position yourself faceup underneath the straps. With your feet flat on the floor and your knees bent 90 degrees, hang at arm's length from the straps [A]. Squeeze your shoulder blades together, pull your upper arms down, and bend your elbows to row your body upward [B]. Pause, and then lower yourself to the starting position.

**A****B**

# TRX Inverted Row to Biceps Curl

Adjust the TRX handles so that they're over-shortened. Grab a handle in each hand and position yourself faceup underneath the straps. With your feet flat on the floor and your knees bent 90 degrees, hang at arm's length from the straps. Brace your abs and tighten your glutes [A]. Now squeeze your shoulder blades together, pull your upper arms down, and bend your elbows to row your body upward [B]. Pause, and then lower yourself to the starting position [C]. Keeping your upper arms relatively still, bend your elbows and pull the handles to the sides of your face, rotating your forearms so that your palms are facing the floor [D]. Reverse the movement back to the starting position. That's one rep.

A



B



C



D



# ▶ EXERCISE GUIDE

## TRX Lunge

Adjust the TRX handles so that they're at the level of your mid-calf, and intertwine them to create a single foot cradle. Put your right foot in the cradle and stand 2 to 3 feet in front of the TRX anchor point, your body facing away from it [A]. Keeping your torso upright, push your right foot back as you lower your body until your left thigh is parallel to the floor [B]. (As you lunge, raise your arms in front of you for balance.) Pause, and rise back up. Do all your reps, and then repeat with your left foot in the cradle.



## TRX Power Pull

Adjust the TRX handles so that they're at mid-length, and intertwine them to create a single handle. Grab the handle with your left hand. Bend your left elbow, pull your shoulder back, and hold the handle next to your chest. Position your right arm straight out in front of you [A]. Keeping your body stiff, lean back and allow your left arm to straighten as you rotate your torso and reach your right hand toward the floor [B]. Pull your body back to the starting position. That's one rep.



## TRX Side Plank with Reach Under

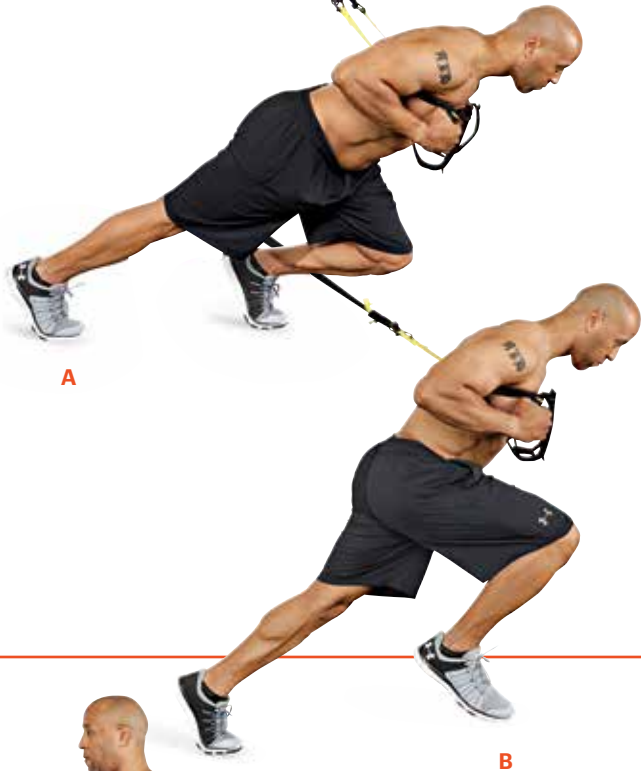
Adjust the TRX handles so that they're at the level of your mid-calf. Then place your feet in the straps and assume a side plank position, your top foot in front your bottom and your upper body propped on your forearm. Brace your core, squeeze your glutes, and raise your hips until your body forms a straight line. Lift your right arm toward the ceiling [A]. With your raised hand, reach under and behind your torso [B], then lift your arm back up to the starting position. That's one rep.



# EXERCISE GUIDE

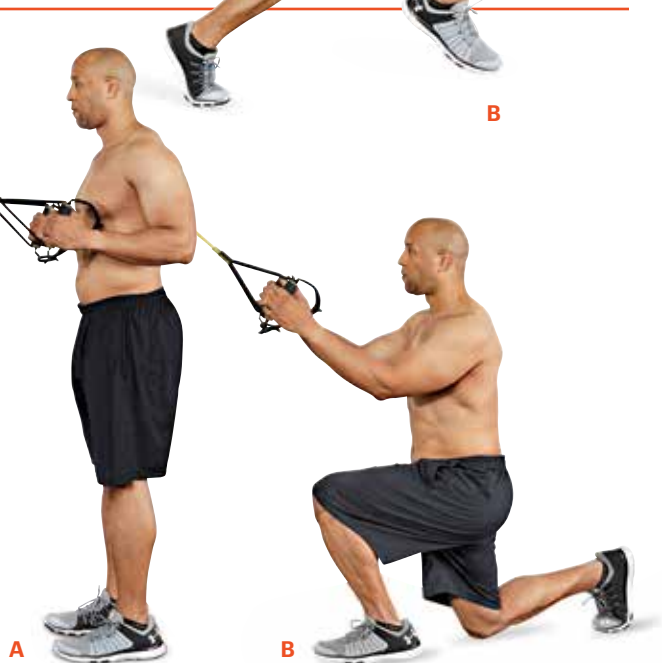
## TRX Sprinter Start

Adjust the TRX handles so that they're at full length. Facing away from the TRX anchor point, hold the handles under your arms, and assume a slightly angled plank position, but with your left leg bent (as shown) [A]. Push off your left foot, lift your right foot off the floor, and drive your right knee as high as you can without rounding your lower back [B]. Return to the start. That's one rep. Do all your reps and repeat, this time starting with your right leg bent and driving your left knee forward.



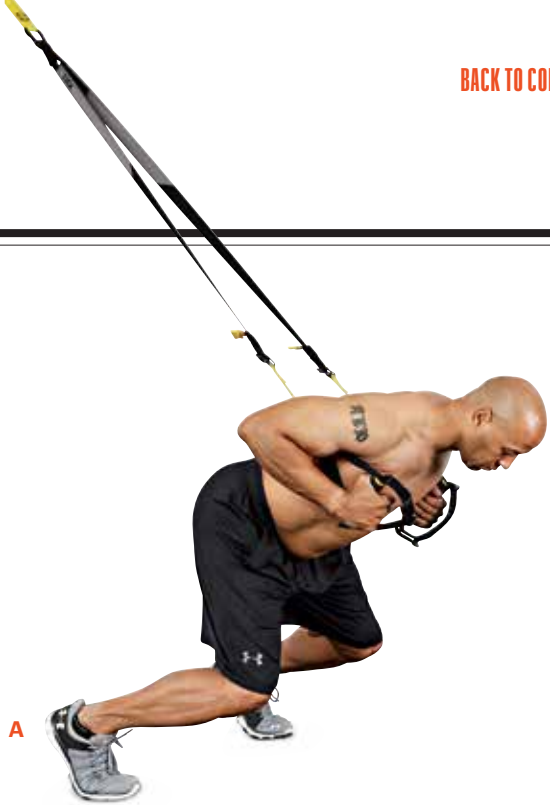
## TRX Step Back Lunge

Adjust the TRX handles so that they're at mid-length. Stand facing the TRX anchor point and hold a handle in each hand next to your chest [A]. Keeping your torso upright, step back with your right leg and lower your body into a lunge [B]. Push yourself back to the starting position. That's one rep. Do all your reps and then repeat, this time stepping back with your left leg.



# TRX Traveling Front Squat Hop

Adjust the TRX handles so that they're fully lengthened. With your back to the TRX anchor point, grasp a handle in each hand close to your chest, with the straps under your upper arms, next to your armpits. Bend at your hips and knees until your torso is about parallel to the floor, like a squat in which your body is angled forward. Your weight should be on your toes with your heels raised off the floor [A]. Without moving your arms or hands, hop forward, forcefully pressing off the floor with your feet, straightening your legs, and rising to an upright position [B]. Hop back to the starting position and repeat.





# EXERCISE GUIDE

## Walkout

Kneel on a pad or towel, and place your hands on the floor in front of you [A]. Brace your core and slowly walk your hands out further [B], continuing as far as you can without allowing your hips to sag [C]. Reverse the movement to return to the starting position. That's one rep.

