

Chad Howse's

FIX YOUR FAT LOSS HORMONES BODYWEIGHT PROGRAM



FIX YOUR FAT LOSS HORMONES

BODYWEIGHT PROGRAM

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Introduction

FYFLH Bodyweight Program

The information presented in this work is by no way intended as medical advice, or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program, as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program, you recognize that despite all precautions on the part of Dare Mighty Things Inc., there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Dare Mighty Things Inc. and its representatives, or its affiliates as a result of any further physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

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Quick Start Advice

If you have no interest in the theory behind FYFLH's Bodyweight Program: just flip to "Your Step-by-Step Program Guide" and get started. You'll find clear and simple directions listed out for each day. Videos for every exercise and circuit can be found in—and downloaded from—your Bodyweight Program online portal.

If you are interested in knowing how and why things work, and if you want to arm yourself with the greatest chance of success, read through this entire manual before you begin. It may be the most important workout information you've ever studied.

Your Bodyweight-Only Fat Loss Training Camp

You might not always have access to a gym. But that doesn't mean your progress has to stop in its tracks! Luckily, much of the training used by fighters is already bodyweight-based. We're just going to take it to the next level with the bodyweight edition of this program.

The 4-Week Bodyweight Blast

For many years, boxing training focused completely on bodyweight exercise methods. Weight training was seen as detrimental for fighters, they thought it'd make them too bulky and would thereby reduce the power and explosiveness in their punches.

But we've learned a thing or two since then...

Obviously, the training we're doing in this Bodyweight Program won't bulk you up. Instead, it'll help you build fast twitch muscle fibers, burn fat and create that athletic, fighter-type body we all want.

This bodyweight-only bonus manual will help you stay on the program when you have to travel, or anytime you simply can't get to the gym.

The focus is exactly the same as the main program: building metabolism-boosting muscle, spiking your metabolism so you're burning fat beyond your workouts, and attacking those stubborn fat cells from head-to-toe.

Fat Fighting

This isn't your average bodyweight program. These workouts are tough. They're no less difficult than what you'll find in the Bodyweight Program, and your results shouldn't be either.

Each portion of the workout has been created with a specific focus in mind. As the workout progresses, the sets get more difficult, they have a greater effect on your metabolism, and the tempo increases too. By the time you've reached the end, your body will be incinerating fat even while you're resting.

One of the ways we accomplish this is through the strategic use of lactic acid.

Increasing the lactic acid in your muscles also raises the level of human growth hormone (HGH). And HGH is a powerful hormone that helps burn fat while maintaining metabolism-boosting muscle. In other words, you're creating a perfect fat loss storm.

That's the plan for the first two sets.

After that you'll move into the Calisthenic Burnout Drills, where the goal is to flush that lactic acid and give your metabolism a big kick in the pants with high-paced, intense sets that'll spike your heart rate and absolutely shred fat.

Continue reading and I'll explain exactly how the program works.

Theory and Practice

Here's a quick rundown of how your *FYFLH Bodyweight Program* works.

Round #1 - Supersets

We're kicking off the first set in our customary intense fashion: with a metabolic superset. If you've never done a superset before, it's simply a name for two exercises done consecutively with no rest in between them. You only rest at the end of each set.

This pattern doesn't just help you burn far more calories than a conventional set. It also cuts your workout time in half.

The focus of the first set will be two compound exercises. These exercises target large muscle groups, and they also hit more than one muscle group at a time, helping you burn more calories than you would with isolation movements.

Focus on performing these exercises at a good speed, while maintaining proper form. Also, make sure you're performing a full range of motion with each rep. Don't cut a rep in half to increase your tempo.

(I'll explain how you can increase the difficulty of each exercise by altering the tempo in the next section of the manual.)

Round #2 - Giant Sets

If you think supersets are tough, giant sets take things to another level entirely. Instead of two sets back-to-back, you're doing three consecutive sets without rest between them. Just like before, you're only stopping to rest at the end of each set.

This is another clever way to get more work done in less time, and to raise your metabolism so you continue fighting fat long after you've left your training area.

We're working the entire body in this set. You'll start in one area of the body, the legs for example, and then move to the upper body with the next exercise, and finally go back down to the lower body for the third movement. Doing this makes your blood travel a greater distance than it would if you were to focus only on one muscle group at a time. And THAT helps you burn more calories — i.e. more fat.

You're also dropping the rest time throughout: from 60 seconds in the first set to 45 seconds in the second set. This helps you create even more lactic acid, and it also forces your body to recover faster.

Recovery time is everything in boxing. You have 60 seconds between rounds to fully recover from a 3-minute round. If you can't recover but your opponent does, you're in for a world of hurt.

That's why fighters shorten their recovery time between rounds during training. They'll drop rest times down to 45-seconds, or even 30-seconds. And that's what we're doing with the giant sets. You're not just fighting fat, you're getting in better shape as well.

Finishers - Rounds 3, 4, and 5

You worked at a good pace during the previous sets, building lactic acid, burning fat and building muscle. And now comes the finisher. This is the hardest part of every work-out, and it's what separates the winners from the losers.

Of course, you may not be able to burn through these at the beginning of the program. But by the time you've reached the end, you'll be blasting through these finishers like it's nobody's business.

Here's the most important thing about these finishers: they're timed.

It's a little trick my trainer taught me when I was fighting. When you time your sets, you can't count in your head and gauge when the set will be over. It's as much a mental test as a test of your will, as it's a very physical test too.

That's what makes a round in a fight so tough. There aren't any reps to count. It's almost as if there's no visible light at the end of the tunnel. You just have to keep on pushing and fighting until that bell sounds.

And that's what I want you to do with these metabolic finishers: keep pushing hard until you hear the bell.

You'll set a watch or timer for 30 seconds (keep your eye on the clock if you don't have a timer), and rotate through each exercise. There are four exercises per round, with a 60-second rest period at the end.

You might be tempted to save some gas in your tank for the final round, but don't. Push yourself as hard as you can all the way through. If you can't make it to the end, so be it. You can't. But with each workout you'll get closer and closer to where you want to be. And THAT will give you the fighter's body you're working so hard to create.

Okay, let's talk about how you can make some of the exercises in the program more difficult. Just in case you're already an experienced athlete who needs a little extra...

Too Easy? Try This

If you're already an experienced trainer or athlete, you might find some of the bodyweight exercises very easy compared to weight training. Here are some tips that you can use to add difficulty to the program. Remember: you've gotta challenge yourself if you want to succeed!

Changes in Tempo

We're doing every set and rep at full speed throughout the bodyweight program. However, if you find the workouts a bit too easy, or if you want to push this program beyond its four week duration, you can make some changes in the tempo of the first 2 sets.

Since the workouts are already done at full speed — and with good reason — the only change in tempo you're going to make is to slow the exercises down. At first, only slow the eccentric contraction.

For those who don't know the term, the eccentric contraction is the "down" portion of a push-up, pull-up, squat etc. It's the phase when the muscle lengthens. That's the portion where you want to slow the tempo. Keep the concentric contraction — the phase where the muscle shortens or "contracts", i.e. the "up" portion of the push up, pull up and squat — at full speed.

Combine this change in tempo with the added tension I'm going to explain to you next, and you will increase lactic acid build-up even further while adding more difficulty to the program. You could also bring in this variation if you want to push it to a 5th or even a 6th week.

Adding Tension

You can work each muscle from a variety of angles and with a variety of techniques. Using the chest as an example, you've got the press and the fly — or the squeeze. And when you combine both, you can add more tension to make an already effective bodyweight workout even more challenging.

Check out the video below, where I show you how to make a push up way more difficult using this tension technique.

<https://www.youtube.com/watch?v=sTcgprVauM>

The same tactics can be applied to every exercise in this program.

Making it a Plyometric (advanced)

In sticking with the theme of making the program more difficult, you can also make an exercise "plyometric". That is, you can make it more explosive. If I'm preparing for a fight, for example, I'm

probably going to use plyometrics instead of regular exercises.

Plyometrics will help boost your metabolism while increasing your power and explosiveness.

So how do you do it? Make each exercise into a "jump". I put quotations around the word jump because you aren't necessarily going to jump with a push up, pull up or inverted row. You're simply going to get some separation between you and the ground.

With the lower body exercises, on the other hand, you will make them into a jump. Here are the variations I'm talking about.

Note: Only use this variation to the program if you're an advanced trainee, meaning that you've been training with weights or been an active participant in athletics for 2 or more years. You know your way around a gym, and you're already extremely familiar with proper form in the basic variations of these exercises.

- Push ups – clapping push ups
- Split squat – jump split squat
- Step ups – jump step ups (don't alternate feet)
- Chin ups – clap chin ups
- Knee push ups – clap knee push ups
- Dips – clap dips (or at least get separation between your hands and the bar)

Most of the other movements in the series are already plyometric, such as the frog jumps and tuck jumps. Keep the burnout sets as is.

Single-Limb Training

For single limb exercises, like the split squat, lunge, or step up, you can increase the difficulty by focusing on one leg at a time. In other words, complete all your reps on one leg before switching to the opposite leg (don't alternate within the set).

The one exception is the Step up Jumps. With this exercise I want you to always alternate legs as you jump.

So there you have it. You've got a full toolbox of highly effective techniques you can use to make the Bodyweight Program even more challenging.

Now go out there and get in the best shape of your life!

In the next section I'll tell you how to periodize your training for the greatest results and fastest progress.

Setting Up Your Training Schedule

The bodyweight program is made up of four intense training days of each week. I want you to separate those four days much as your schedule allows. If you can't spread them out due to scheduling conflicts, don't worry too much about it. But this represents the ideal setup for your week:

- Monday — Day 1
- Tuesday — Day 2
- Wednesday — Recovery Day (go for a run or do some sprints)
- Thursday — Day 3
- Friday — Recovery Day (take the full day off)
- Saturday — Day 4
- Sunday — Recovery Day (go for a run or do some sprints)

This schedule will allow the necessary time to recover from training so you'll be perfectly positioned to get optimal results.

In the next section of this manual, I'll lay out the entire program in done-for-you detail.

Your Step-by-Step Program Guide

Monday

Exercise

With the bodyweight program we're going to be doubling and tripling up our sets to create more lactic acid, which raises our growth hormone levels, which, in turn, helps us burn a lot more fat. So really push yourself with the bodyweight program.

Anywhere where there's a + sign after a number, that means you should be going to failure while maintaining proper form. So hit it hard!

5 Minute Warm Up (Optional)

Skipping

5 minutes

Superset

Start with the inverted row. Go as fast as you can while maintaining proper form. As soon as you reach failure, move on to the push-ups, for 20 repetitions, resting for 60 seconds. Repeat this setup for 3 rounds before moving on to the next circuit.

| | | | | |
|----------|----|--------------|-----|--------|
| 3 Rounds | A1 | Inverted Row | 15+ | |
| | A2 | Push-ups | 20 | 60 sec |

Bodyweight Circuit

Start with the split squat, with your weaker leg forward bearing the weight. Perform 15 reps consecutively, switch legs, perform 15 more reps on your dominant leg, then move right into chin-ups, going to failure. After chin-ups jump right into step-up jumps, alternating legs as you jump in the air.

BODYWEIGHT PROGRAM

After you've completed the jumps you can rest, but only for 45 seconds. Repeat this circuit for 3 rounds.

| | | | | |
|-----------------|----|---------------|---------------|--------|
| 3 Rounds | B1 | Split squat | 15 each | |
| | B2 | Chin-ups | 15 or failure | |
| | B3 | Step-up jumps | 15 each | 45 sec |

GTD Calisthenics

With the calisthenics portion of the workout, find a clock or a stopwatch and keep track of the time you're performing each exercise. Each should be done for 30 seconds, and are in groups of 4. After you've finished the fourth in a group, rest for 60 seconds, then continue on to the next round.

| | | | | |
|--------------------------|----|-------------------------|-------------------|-----------------|
| Round 1 Upper | C1 | Knuckle Push-ups | 30 seconds | |
| | C2 | Floor Licks | 30 seconds | |
| | C3 | Walk-Outs | 30 seconds | |
| | C4 | Knee Push-ups | 30 seconds | Rest 60 seconds |
| Round 2 Lower | C1 | Lunges | 30 seconds | |
| | C2 | Squats | 30 seconds | |
| | C3 | Tuck Jumps | 30 seconds | |
| | C4 | Frog Jumps | 30 seconds | Rest 60 seconds |
| Round 3 Abs | C1 | Crunches | 30 seconds | |
| | C2 | Changing Levels | 30 seconds | |
| | C3 | Bicycle | 30 seconds | |
| | C4 | Mountain Climbers | 30 seconds | Rest 60 seconds |

Cardio

4 days a week

Options:

- Jog - we typically see boxers jogging in the morning. This is awesome for fat loss, but it's also good to help a fighter stay loose.

- Ideally, sprint. Sprints can be done on a field, a hill, stairs, a treadmill, or on a bike (the same forms of cardio can be done with slower cardio, so if you don't want to jog, you can hop on a bike as well).

Jog/bike

Time: 15-minutes at 60-75% of maximum speed.

Sprinting

Sprinting is the best option for fat loss. It helps you maintain muscle mass as you burn fat. The following will be the sprint to rest ratio that you'll follow. You also have the following options for your sprints:

- Stationary or conventional bike
- Treadmill
- Field
- Hill
- Stairs
- Skipping

Sprint Program:

10 second sprint with a 50 second recovery (rest) period - repeat for 10 sprints. If you're finding it tough, work up to those 10 sprints.

Note: if you're skipping or on the stationary bike for your sprints, your recovery time will be a cooling down period, not a complete stop.

You can end your session with an optional 3 minute cool down. This simple sequence of movements will speed your recovery and increase your flexibility and overall wellness.

3 Minute Cool Down (Optional)

| | |
|------------------|----------------------|
| Shoulder Stretch | 30 seconds each side |
| Pectoral Stretch | 30 seconds each side |
| Reaching Table | 30 seconds each side |

Nutrition

If you're following a meal plan, stick to Day 1 of that meal plan. If you're following the meal timing routine, we'll discuss this below.

Fast Carbs Around Workout

Example given is if you train in the morning. The same principles apply if you train in the evening.

I Train in the Morning

We're focusing the majority of our carbs around our workout. With that, we're going to feed our muscles and slow the rise of cortisol - which makes our bodies use muscle as fuel rather than fat.

We want to hold on to and build lean muscle in this phase, so make sure you're focusing a good portion of fast carbs around the workout, especially in that post-workout shake. For the remainder of the day, follow the guidelines listed below.

Meal #1 (optional pre workout meal)

- 1 portion fast carbs (optional, and ideally fruit)
- 1 portion (up to 1 cup of oatmeal) of a slow carb
- 1 portion of a lean protein

Meal #2

- Post-workout Shake
- 1 portion fast carbs (fruit, fruit juice, or half of a sports drink)
- Protein powder

Meal #3 - Post-workout Meal

- 1 portion of slow carbohydrates
- 1 portion of lean protein

Meal #4 - Dinner

- 1 portion good fats + protein
- ½ portion slow carbs (carbs are optional for this meal, if you do have carbs, yams or vegetables are your best bet).

Meal #5 (optional before bed snack)

- 1 portion good fats + protein

Tuesday

Exercise

Like every bodyweight training day, we're going to focus on the entire body. Follow the routine to a tee. If you find yourself struggling, take a second to recover, but then hit it hard again. Keep on improving with each week.

5 Minute Warm Up (Optional)

Skipping

5 minutes

Superset

Start with push-ups on your knees. Hit the 30 rep mark, then move right in to the inverted row going to failure. Then, after both are done, rest for 60 seconds and repeat for a total of 3 rounds.

| | | | | |
|-----------------|----|---------------|---------------|-----------------|
| 3 Rounds | A1 | Knee Push-ups | 30 | |
| | A2 | Inverted Row | 15 or failure | Rest 60 seconds |

Circuit

Start with dips for 15 reps or failure, then right in to frog jumps, then tuck jumps. When all 3 are complete, rest for 45 seconds, then repeat the same circuit two more times for a total of 3 rounds.

| | | | | |
|-----------------|----|---------------|---------------|--------|
| 3 Rounds | B1 | Split squat | 15 each | |
| | B2 | Chin-ups | 15 or failure | |
| | B3 | Step-up Jumps | 15 each | 45 sec |

GTD Calisthenics

With the calisthenics portion of the workout, find a clock or a stopwatch and keep track of the time you're performing each exercise. Each should be done for 30 seconds, and are in groups of 4. After you've finished the fourth in a group, rest for 60 seconds, then continue on to the next round.

| | | | | |
|--------------------------------|----|-------------------------|-------------------|-----------------|
| Round 1 Upper | C1 | Knuckle Push-ups | 30 seconds | |
| | C2 | Floor Licks | 30 seconds | |
| | C3 | Walk-Outs | 30 seconds | |
| | C4 | Knee Push-ups | 30 seconds | Rest 60 seconds |
| Round 2 Lower | C1 | Lunges | 30 seconds | |
| | C2 | Squats | 30 seconds | |
| | C3 | Tuck Jumps | 30 seconds | |
| | C4 | Frog Jumps | 30 seconds | Rest 60 seconds |
| Round 3 Abs | C1 | Crunches | 30 seconds | |
| | C2 | Changing Levels | 30 seconds | |
| | C3 | Bicycle | 30 seconds | |
| | C4 | Mountain Climbers | 30 seconds | Rest 60 seconds |

Cardio

You know your options. You're either going at a slower pace for 15 minutes, or you're ideally doing interval training for a total of 10 minutes.

Jog/bike

Time: 15-minutes at 60-75% of maximum speed.

Sprint Program:

10 second sprint with a 50 second recovery (rest) period - repeat for 10 sprints. If you're finding it tough, work up to those 10 sprints.

You can end your session with an optional 3 minute cool down. This simple sequence of movements will speed your recovery and increase your flexibility and overall wellness.

3 Minute Cool Down (Optional)

| | |
|------------------|----------------------|
| Shoulder Stretch | 30 seconds each side |
| Pectoral Stretch | 30 seconds each side |
| Reaching Table | 30 seconds each side |

Nutrition

If you're following a meal plan, stick to Day 1 of that meal plan. If you're following the meal timing routine, we'll discuss this below.

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We're focusing the majority of our carbs around our workout. With that, we're going to feed our muscles and slow the rise of cortisol - which makes our bodies use muscle as fuel rather than fat.

We want to hold on to and build lean muscle in this phase, so make sure you're focusing a good portion of fast carbs around the workout, especially in that post-workout shake. For the remainder of the day, follow the guidelines listed below.

Meal #1 (optional pre workout meal)

- 1 portion fast carbs (optional, and ideally fruit)
- 1 portion (up to 1 cup of oatmeal) of a slow carb
- 1 portion of a lean protein

Meal #2

- Post-workout Shake
- 1 portion fast carbs (fruit, fruit juice, or half of a sports drink)
- Protein powder

Meal #3 - Post-workout Meal

- 1 portion of slow carbohydrates
- 1 portion of lean protein

Meal #4 - Dinner

- 1 portion good fats + protein
- ½ portion slow carbs (carbs are optional for this meal, if you do have carbs, yams or vegetables are your best bet).

Meal #5 (optional before bed snack)

- 1 portion good fats + protein

Wednesday

Today you have a rare day off. No sprinting, no lifting. So take advantage of it. If you want to go for a walk, by all means do so, but my guess is you're a tad pooped, so recover.

Nutrition—Slow Carb + Fruit

Meal plan users: Do yo' thang. Stick with the plan.

For those following the meal timing, there's not much timing today. Keep your carbs to start the day low - veggies or assorted fruits only. For the rest of the day (except for before night), keep your carbs slow.

Meal #1

- 1 portion (up to 1 cup of oatmeal) of a slow carb
- 1 portion of a lean protein

Meal #2 (optional)

- 1 portion fast carbs (fruit + water)
- Protein powder

Meal #3

- 1 portion of slow carbohydrates
- 1 portion of lean protein

Meal #4 - Dinner

- 1 portion good fats + protein
- ½ portion slow carbs (carbs are optional for this meal, if you do have carbs, yams or vegetables are your best bet).

Meal #5 (optional before bed snack)

- 1 portion good fats + protein

Thursday

Exercise

Today we're back with a full upper body-focused day, and a full cardio day. So let's hit it hard.

5 Minute Warm Up (Optional)

Skipping

5 minutes

Superset

Start with box jumps, where you're on a bench or a smaller box, drop to the ground, and explode back up to the bench or box as fast as possible. After you've finished 15 reps, hop off and move right in to tuck jumps for 15 reps.

After both, rest for 60 seconds, then repeat for 3 rounds.

| | | | | |
|----------|----|------------|----|-----------------|
| 3 Rounds | A1 | Box Jumps | 15 | |
| | A2 | Tuck Jumps | 15 | Rest 60 seconds |

Circuit

Start with dips for 15 reps or failure, then right in to frog jumps, then tuck jumps. When all 3 are complete, rest for 45 seconds, then repeat the same circuit two more times for a total of 3 rounds.

| | | | | |
|----------|----|--------------------|-------------|-----------------|
| 3 Rounds | B1 | Inverted Row | 15 | |
| | B2 | Close Grip Push-up | 20 | |
| | B3 | Lunge Jumps | 10 each leg | Rest 45 seconds |

Note: If you can't do chin-up, do cable lat pull-downs, or an inverted row.

GTD Calisthenics

With the calisthenics portion of the workout, find a clock or a stopwatch and keep track of the time you're performing each exercise. Each should be done for 30 seconds, and are in groups of 4. After you've finished the fourth in a group, rest for 60 seconds, then continue on to the next round.

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|--------------------------------|-----------|-------------------------|-------------------|-----------------|
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| | C4 | Knee Push-ups | 30 seconds | Rest 60 seconds |
| Round 2 Lower | C1 | Lunges | 30 seconds | |
| | C2 | Squats | 30 seconds | |
| | C3 | Tuck Jumps | 30 seconds | |
| | C4 | Frog Jumps | 30 seconds | Rest 60 seconds |
| Round 3 Abs | C1 | Crunches | 30 seconds | |
| | C2 | Changing Levels | 30 seconds | |
| | C3 | Bicycle | 30 seconds | |
| | C4 | Mountain Climbers | 30 seconds | Rest 60 seconds |

Cardio

You know your options. You're either going at a slower pace for 15 minutes, or you're ideally doing interval training for a total of 10 minutes.

Jog/bike

Time: 15-minutes at 60-75% of maximum speed.

Sprint Program:

10 second sprint with a 50 second recovery (rest) period - repeat for 10 sprints. If you're finding it tough, work up to those 10 sprints.

You can end your session with an optional 3 minute cool down. This simple sequence of movements will speed your recovery and increase your flexibility and overall wellness.

3 Minute Cool Down (Optional)

| | |
|--------------------|----------------------|
| Hip Flexor Stretch | 30 seconds each side |
| Hamstrings Stretch | 30 seconds each side |
| Gluts Table | 30 seconds each side |

Nutrition

If you're following a meal plan, stick to Day 1 of that meal plan. If you're following the meal timing routine, we'll discuss this below.

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We want to hold on to and build lean muscle in this phase, so make sure you're focusing a good portion of fast carbs around the workout, especially in that post-workout shake. For the remainder of the day, follow the guidelines listed below.

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Meal #4 - Dinner

- 1 portion good fats + protein
- ½ portion slow carbs (carbs are optional for this meal, if you do have carbs, yams or vegetables are your best bet).

Meal #5 (optional before bed snack)

- 1 portion good fats + protein

Friday

Exercise

Friday is a full sprint day. We're not in the gym - unless that's where you do your cardio. Make sure you get a good warm up in before you start your sprints (or jog).

5 Minute Warm Up (Optional)

| | |
|-----------------|-----------|
| Skipping | 5 minutes |
|-----------------|-----------|

Start by warming up with your skipping rope for 5 minutes. If you want to practice that on your own time, here's a second option:

3 Minute Warm Up

| | |
|---------------------------------|------------|
| Bodyweight Squat | 30 seconds |
| Push-ups | 30 seconds |
| Punch-Outs/Jumping Jacks | 30 seconds |

Rest for 30 seconds, then repeat.

Cardio

You know your options. You're either going at a slower pace for 15 minutes, or you're ideally doing interval training for a total of 10 minutes.

- Jog - we typically see boxers jogging in the morning. This is awesome for fat loss, but it's also good to help a fighter stay loose.
- Ideally, sprint. They can be done on a field, a hill, stairs, a treadmill, or on a bike (the same can be done with jogging).

Jog/bike

Time: 15-minutes at 60-75% of maximum speed.

NOTE: Because you're not in the gym today, head outside. Find a set of stairs, a track, or a hill. Get your cardio done in the great outdoors. Use the time you've normally allotted for the gym, for this cardio workout, and KILL IT!

SIDE NOTE: Buy a Rocky-style hoodie/sweatshirt. Grey, cheap, but it'll do the job, and it'll get you in the right mood for this Bodyweight Program cardio session.

Sprint Program:

10 second sprint with a 50 second recovery (rest) period - repeat for 10 sprints. If you're finding it tough, work up to those 10 sprints.

Note: if you're skipping or on the stationary bike for your sprints, your recovery time will be a cooling down period, not a complete stop.

You can end your session with an optional 3 minute cool down. This simple sequence of movements will speed your recovery and increase your flexibility and overall wellness.

3 Minute Cool Down (Optional)

| | |
|--------------------|----------------------|
| Hip Flexor Stretch | 30 seconds each side |
| Hamstrings Stretch | 30 seconds each side |
| Gluts Table | 30 seconds each side |

Nutrition—Fast Carbs Around Workout

Example given is if you train in the morning. The same principles apply if you train in the evening.

Due to the fact that we're not performing a full training day, we're going to take our carbs back a bit. Still have the post workout shake that you've been having after every workout, but this time, cut the fast carbs from your pre and post workout meals, and instead keep them slow.

Fruit is always okay. I have mixed berries along with an omelet and turkey bacon for one of my favorite meals.

Meal Plan Followers: Stick to the meal plan. It's filled with good fats, slow carbs, and it'll help you shred fat.

Sprint in the Evening

Meal #1 (optional pre workout meal)

- 1 portion protein with good fats
- 1 snack

Meal #2 - Lunch

- 1 portion protein with good fats
- 1 portion vegetables

Meal #3 (optional pre-workout meal)

- 1 portion (up to 1 cup of oatmeal) of a slow carb
- 1 portion of lean protein

Meal #4

- Post-workout Shake
- 1 portion fast carbs (fruit, fruit juice, or half of a sports drink)
- Protein powder

Meal #5 – Post-workout Meal

- 1 portion of slow carbohydrates
- 1 portion of lean protein

Meal #6 (optional before bed snack)

- 1 portion good fats + protein

Saturday

Exercise

We're back at it with our last workout of the week, the lower body day.

5 Minute Warm Up (Optional)

Skipping

5 minutes

Superset

You're going to be doing both exercises consecutively, with no rest, before moving on to the next set (3 rounds total). Start with burpees, complete 15 reps, then move into walk outs, again with 15 reps. After you've finished both, rest for 60 seconds, then repeat for 3 rounds.

| | | | | |
|----------|----|-----------|----|-----------------|
| 3 Rounds | A1 | Burpees | 15 | |
| | A2 | Walk-Outs | 15 | Rest 60 seconds |

Circuit

You'll be doing 3 exercises consecutively for 3 reps. Start with the knee push-ups, finishing 30 reps - or failure, whichever comes first - then move on to an inverted row, finishing with step-up jumps 10 each leg, alternating legs in the air as you jump).

| | | | | |
|----------|----|---------------|-------------|-------------|
| 3 Rounds | B1 | Knee Push-ups | 30 | |
| | B2 | Inverted Row | 15 | |
| | B3 | Step-up Jumps | 10 each leg | Rest 45 sec |

GTD Calisthenics

With the calisthenics portion of the workout, find a clock or a stopwatch and keep track of the time you're performing each exercise. Each should be done for 30 seconds, and are in groups of 4. After you've finished the fourth in a group, rest for 60 seconds, then continue on to the next round.

| | | | | |
|--------------------------------|-----------|-------------------------|-------------------|-----------------|
| Round 1 Upper | C1 | Knuckle Push-ups | 30 seconds | |
| | C2 | Floor Licks | 30 seconds | |
| | C3 | Walk-Outs | 30 seconds | |
| | C4 | Knee Push-ups | 30 seconds | Rest 60 seconds |
| Round 2 Lower | C1 | Lunges | 30 seconds | |
| | C2 | Squats | 30 seconds | |
| | C3 | Tuck Jumps | 30 seconds | |
| | C4 | Frog Jumps | 30 seconds | Rest 60 seconds |
| Round 3 Abs | C1 | Crunches | 30 seconds | |
| | C2 | Changing Levels | 30 seconds | |
| | C3 | Bicycle | 30 seconds | |
| | C4 | Mountain Climbers | 30 seconds | Rest 60 seconds |

Cardio

You know your options. You're either going at a slower pace for 15 minutes, or you're ideally doing interval training for a total of 10 minutes.

Jog/bike

Time: 15-minutes at 60-75% of maximum speed.

Sprint Program:

10 second sprint with a 50 second recovery (rest) period - repeat for 10 sprints. If you're finding it tough, work up to those 10 sprints.

You can end your session with an optional 3 minute cool down. This simple sequence of movements will speed your recovery and increase your flexibility and overall wellness.

3 Minute Cool Down (Optional)

| | |
|------------------|----------------------|
| Shoulder Stretch | 30 seconds each side |
| Pectoral Stretch | 30 seconds each side |
| Reaching Table | 30 seconds each side |

Nutrition

If you're following a meal plan, stick to Day 1 of that meal plan. If you're following the meal timing routine, we'll discuss this below.

Fast Carbs Around Workout

Example given is if you train in the morning. The same principles apply if you train in the evening.

I Train in the Morning

We're focusing the majority of our carbs around our workout. With that, we're going to feed our muscles and slow the rise of cortisol - which makes our bodies use muscle as fuel rather than fat.

We want to hold on to and build lean muscle in this phase, so make sure you're focusing a good portion of fast carbs around the workout, especially in that post-workout shake. For the remainder of the day, follow the guidelines listed below.

Meal #1 (optional pre workout meal)

- 1 portion fast carbs (optional, and ideally fruit)
- 1 portion (up to 1 cup of oatmeal) of a slow carb
- 1 portion of a lean protein

Meal #2

- Post-workout Shake
- 1 portion fast carbs (fruit, fruit juice, or half of a sports drink)
- Protein powder

Meal #3 - Post-workout Meal

- 1 portion of slow carbohydrates
- 1 portion of lean protein

Meal #4 - Dinner

- 1 portion good fats + protein
- ½ portion slow carbs (carbs are optional for this meal, if you do have carbs, yams or vegetables are your best bet).

Meal #5 (optional before bed snack)

- 1 portion good fats + protein

Sunday

We've reached the end of the week, which is also one of those rare complete recovery days.

We're going to keep our carbs low and slow, with the exception of fruits - which can be had with any meal.

Nutrition—Slow Carb + Fruit

Meal plan users: Do yo' thang. Stick with the plan.

For those following the meal timing, there's not much timing today. Keep your carbs to start the day low - veggies or assorted fruits only. For the rest of the day (except for before night), keep your carbs slow.

Meal #1

- 1 portion (up to 1 cup of oatmeal) of a slow carb
- 1 portion of a lean protein

Meal #2 (optional)

- 1 portion fast carbs (fruit + water)
- Protein powder

Meal #3

- 1 portion of slow carbohydrates
- 1 portion of lean protein

Meal #4 - Dinner

- 1 portion good fats + protein
- ½ portion slow carbs (carbs are optional for this meal, if you do have carbs, yams or vegetables are your best bet).

Meal #5 (optional before bed snack)

- 1 portion good fats + protein

Conclusion

Repeat this cycle for the next four weeks. Make sure you stick to a schedule, so you're training at the same times and days. It'll ensure you're sticking to the program and not leaving your results to chance.

Work hard!

Stay focused!