



**FAT FOCUSED
SYSTEM**

Fat Focused System Lifestyle Guide

What is the Fat Focused System?

The purpose of this program is to aid in fat loss, but our goal goes beyond that. We strive to educate you on the optimal diet, nutritional, and fitness habits that can last a lifetime. Our intention is, when you reach your goal weight you will possess the proper skills to maintain that weight, or body size. Within your package we have provided you a complete lifestyle system that includes Lifestyle Guide, FFS Body Weight Training Manual and supplements.

Nutrition

What Do I eat?

Lunch and Dinner shall consist of a healthy balance of fats, proteins and vegetables from the acceptable foods chart below. We will be using a low glycemic/ketogenic based diet to create an environment for your body to metabolize fat effectively. You will be reducing your carbohydrate consumption to 20 grams per day or less. (some people will need to eat less than that while others may consume more.)

How Much should I eat?

Counting calories is very difficult because it is hard to always know how many calories you are getting from a specific food, also the human body processes the calories differently depending on the individual. It is important to choose foods that release hunger reducing hormones that keep you satisfied which causes you to ultimately consume less calories. Foods that help you stay satiated are going to be all the foods from our acceptable foods chart.

Meal frequency (Eating every 3-4hrs. is ideal)

This is one of the most important parts of the program. It is vital that you follow this step consistently. Meal frequency will boost your metabolism, and keep your body burning calories through the day. Frequent small meals are what we are looking to achieve.

Meal Schedule - Fat Focused Program

- 7:00 am – Breakfast
- 10:00 am – Snack or Shake
- 1:00 pm - Lunch (Circulate Slim Energy)
- 4:00 pm – Snack or Shake
- 7:00 pm - Dinner (Detox Body Cleanse)

Food Chart and Craving List

We have included an acceptable food chart where you can reference foods for your meal preparing. The food craving chart will be useful when the body's metabolic state has increased due to exercise and fat loss.

Hydration is Key

Water accounts for 60 percent of your body (or about 11 gallons or 92 pounds in a 155-pound person) and is essential to every cell. Make sure you are consuming a minimum of 50% of your body weight in ounces of water each day. Example 150lb person should consume 75 ounces of water per day.

Acceptable Food List

Protein and Fat Contents in Foods

Food Types (1oz)	Protein	Fat
Beef	7 grams	4 grams
Poultry - White meat	9 grams	1 gram
Poultry - Dark meat	7 grams	2 grams
Pork	8 grams	4 grams
Fish	6 grams	2 grams
Egg (1 whole)	6 grams	5 grams
Nuts	6 grams	14 grams

Acceptable Foods

Steak	Arctic char	Clams	Celery
Ground beef	Catfish	Crab	Green beans
Veal	Cod	Crawfish	Kale
Bison	Flounder	Lobster	Lettuce
Venison	Grouper	Mussels	Mushrooms
Lamb	Haddock	Octopus	Onions
Pork	Halibut	Oysters	Peppers
Bacon	Herring	Scallops	Radish
Ham	Mackerel	Shrimp	Spinach
Chicken	Mahi-Mahi	Squid	Tomato
Turkey	Monkfish	Butter	Zucchini
Duck	Orange roughy	Blueberries	Spaghetti Squash
Quail	Perch	Raspberries	Avocado
Ostrich	Red snapper	Strawberries	Protein Powders/Bars
Eggs	Salmon	Apples	Cream/Oil dressings
Cottage cheese	Sardines	Artichoke	Mustard
Sour cream	Sea bass	Asparagus	Hot sauce
Cream cheese	Shark	Bean sprouts	Blue cheese dressing
Yogurt (Greek or reg)	Sole	Bell peppers	Ranch dressing
Cheese	Surimi	Broccoli	Mayonnaise
Nuts	Swordfish	Brussels sprouts	Non sugar sweeteners
Almonds	Trout	Cabbage	Brown mustard
Peanuts	Tilapia	Carrots (uncooked)	Spices & Seasonings
Cashews	Tuna	Cauliflower	Garlic

Non-acceptable foods

Rice	Beer	Sugar
Bread	Liquor with sugar	Fruit Juices
Pasta	Milk	Sugar based sauces
Potatoes	American cheese	Sodas/energy drinks w/ sugar
Wine	Deserts with sugar	Coffee or Tea w/ sugar

The Food Craving Chart

When Your Body Craves Certain Foods, It Actually Is Looking for Nutrients

If you crave this...	What you really need is...	And here are healthy foods that have it:
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, toast	Nitrogen	High protein foods: fish, meat, nuts, beans
Oily snacks, fatty foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or tea	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish and poultry, seaweed, greens, black cherries
Alcohol, recreational drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens

If you crave this...	What you really need is...	And here are healthy foods that have it:
Chewing ice	Iron	Meat, fish, poultry, seaweed, greens, black cherries
Burned food	Carbon	Fresh fruits
Soda and other carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Acid foods	Magnesium	Raw nuts and seeds, legumes, fruits
Preference for liquids rather than solids	Water	Flavor water with lemon or lime. <i>You need 8 to 10 glasses per day.</i>
Preference for solids rather than liquids	Water	You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. <i>You need 8 to 10 glasses per day.</i>
Cool drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Pre-menstrual cravings	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
General overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits and vegetables
Lack of appetite	Vitamin B1	Nuts, seeds, beans, liver and other organ meats
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
	Chloride	Raw goat milk, unrefined sea salt
Tobacco	Silicon	Nuts, seeds; avoid refined starches
	Tyrosine	Vitamin C supplements or orange, green & red fruits and vegs

Recovery

Why is Sleeping so important?

- Less than 5.5 hours of sleep a night makes it 55% harder to lose weight (poor sleep causes a lower metabolic rate).
- Sleeping less than 6 hours can cause you to feel 25% hungrier.
- Sleeping just 6 hours could result in 14 lbs. of extra weight a year.
- Women who slept 5 hours or less weighed 5.4lbs more than those who slept 6+ hours.
- 7 out of 8 women lost between 3 – 15 lbs in 8 weeks just by sleeping more.

Hormones: Hunger & Appetite Management

- Sleeping 6 hours or less disrupts 2 critical hormone levels.
- Sleep deprivation can elevate Ghrelin levels and reduce Leptin level which will increase appetite and hunger

Leptin

- Suppresses appetite
- Low sleep suppresses leptin production, making us more likely to feel ongoing pangs of hunger

Ghrelin

- Spurs appetite and drives us to eat
- Increases appetite for high-calorie foods.
- Directs fat towards the midsection of the body

The Sleep-Brain-Appetite Relationship

Amygdala (Reward Center)

- Governs appetite and desire for food
- Sleep deprivation = MRI scans showing greater activity in the reward center of the brain when looking at pictures of junk food

Frontal Lobe

- Governs behavioral control
- Sleep deprivation = the frontal lobe activity in the frontal lobe resulting in a brain less able to moderate influence over food decisions

Burning Calories While You Sleep

- Your body burns the most calories during REM sleep
- Your REM sleep increases the longer you sleep.
- Therefore, if you sleep less hours, you miss that prime calorie burning window by cutting off the tail end of REM (or the longest period of REM where you could burn the most calories).

Nutritional Products (supplements and food)



Circulate was developed to create nitric oxide in the body which is critical for cardiovascular health along with helping the body to process nutrients more efficiently due to increased circulation throughout the body.

Slim Energy was developed to help with cravings associated with a heightened metabolic state but also to promote an increase in focus and energy throughout the day.



Detox promotes healthy digestive system function and assists with the removal of toxins and waste that are released during the fat burning process.

Body Weight Training Manual

Key Terms and Concepts

Workouts are read from left to right and contain the following information: circuit with exercises (images), number of reps (repetitions) next to each, number of sets for your fitness level (Normal, Hard, Advance) and rest time. "Reps" stands for repetitions, how many times an exercise is performed. Number of reps is always a total number for both legs / arms / sides. If it says 20 lunges it means 10 reps each leg. Reps to failure means to muscle failure = your personal maximum. The goal is to do as many as you possibly can.

SAMPLE WORKOUT

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up 2 minutes



10 jumping jacks



20 high knees



40 side-to-side chops



10 squats



20 lunges



10-count plank



20 climbers



10 plank jump-ins



to failure push-ups

Difficulty Levels:

NORMAL : 2 minute

HARD : 60 seconds

ADVANCE : 30 seconds

1 set

10 jumping jacks

20 high knees (10 each leg)

40 side-to-side chops (20 each side)

10 squats

20 lunges (10 each leg)

10-count plank (hold while counting to 10)

20 climbers (10 each leg)

10 plank jump-ins

to failure push-ups (your maximum)

Up to 2 minutes rest between sets

30 seconds, 60 seconds or 2 minutes -
it's up to you.

The transition from exercise to exercise is an important part of each circuit (set) – it is often what makes a particular workout more effective. Transitions are carefully worked out to hyper load specific muscle groups more for better results.

There is no rest between exercises – only after sets. You have to complete the entire set going from one exercise to the next as fast as you can before you can rest.

What does “up to 2 minutes rest” mean: it means you can rest for up to 2 minutes but the sooner you can go again the better. Eventually your recovery time will improve naturally which is an indication of your improving fitness.

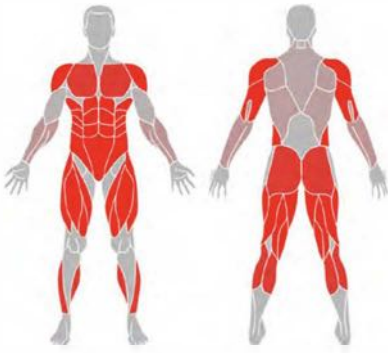
If you can't do all out push-ups yet on Normal it is perfectly acceptable to do knee push-ups instead. The modification works the same muscle as a full push-up but lowers the load significantly. Also if you need to do some exercises seated to begin with that is ok.

Our bodyweight workouts are built to give you the best results possible in the least amount of time. They can all be completed without any equipment. We have built the workouts to adjustable to any fitness level. You can adjust each exercise by changing positions to allow for safe movement. Some examples could be push-ups from the knees, working with a chair for stability, or even seated. Every daily workout is built as a circuit that has multiple sets depending on fitness level. Each workout will rotate between Strength, Cardio, Cool Down and Core. Daily workouts should be followed in order, if a day is missed just pick up where you left off its that easy.

Always consult your physician before beginning any exercise program

FFS Body Weight Training Schedule

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	Strength 1.0 / Cool Down 1.0	Cardio 1.0 / Core 1.0	Strength 1.1 / Cool Down 1.1	Cardio 1.1 / Core 1.1	Strength 1.2 / Cool Down 1.2
WEEK 2	Cardio 1.2 / Core 1.0	Strength 1.3 / Cool Down 1.3	Cardio 1.3 / Core 1.1	Strength 1.4 / Cool Down 1.4	Cardio 1.4 / Core 1.0
WEEK 3	Strength 1.5 / Cool Down 1.5	Cardio 1.5 / Core 1.1	Strength 1.6 / Cool Down 1.0	Cardio 1.6 / Core 1.0	Strength 1.7 / Cool Down 1.1
WEEK 4	Cardio 1.7 / Core 1.1	Strength 1.8 / Cool Down 1.2	Cardio 1.8 / Core 1.0	Strength 1.9 / Cool Down 1.3	Cardio 1.9 / Core 1.1



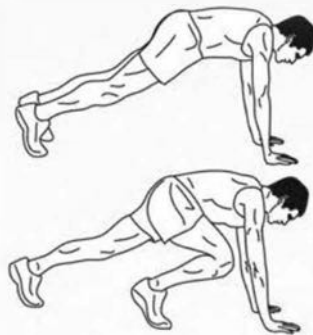
STRENGTH

1.0

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



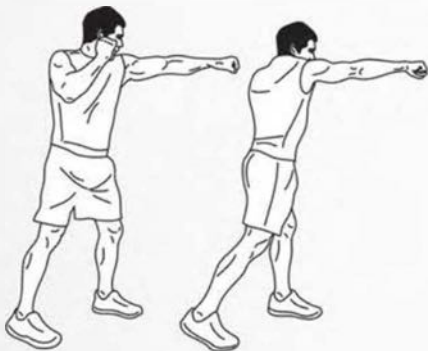
20 squats



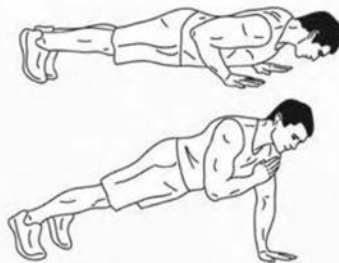
20 slow climbers



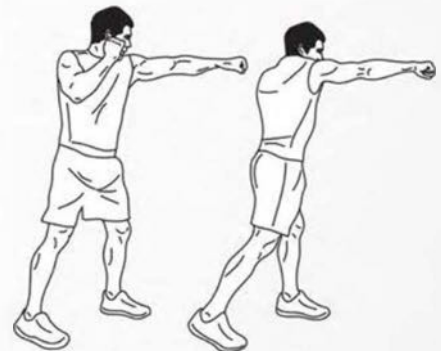
20 lunges



40 punches



20 push-up shoulder taps



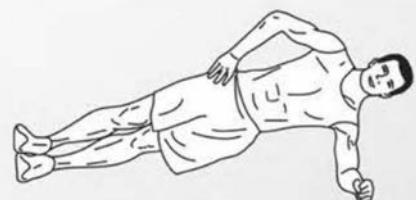
40 punches



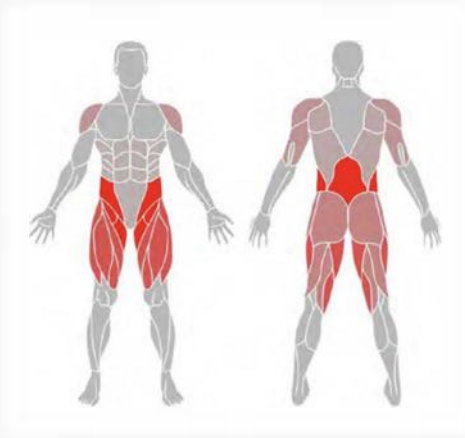
20-count plank



20-count raised leg plank



20-count side plank



COOL DOWN

1.0

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



1. lunge stretches



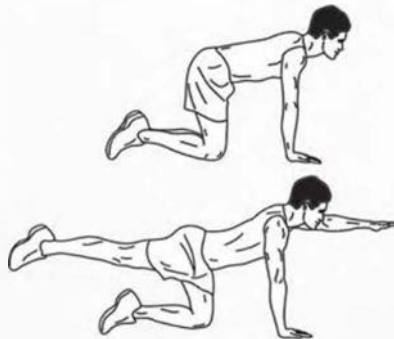
2. side-to-side lunges



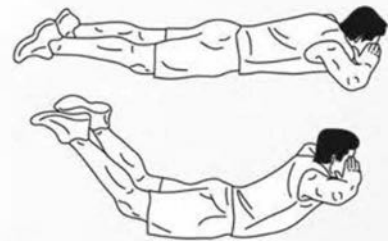
3. butterfly stretches



4. back stretches



5. opposite arm / leg raises



6. back extensions



7. stretch



8. stretch



9. stretch



10. stretch



CARDIO

1.0

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes

3 combos:

20 high knees

4 knee-to-elbow



3 combos:

20 high knees

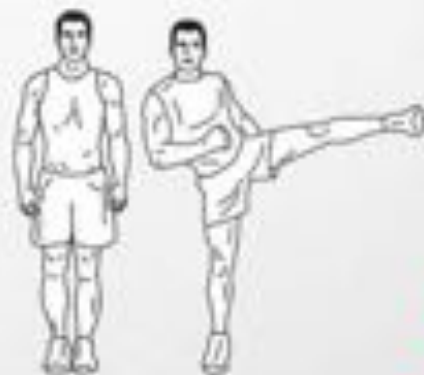
2 side-to-side jumps

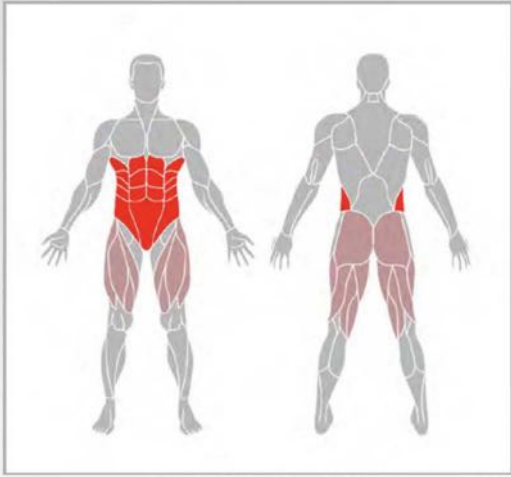


3 combos:

20 high knees

4 side leg raises

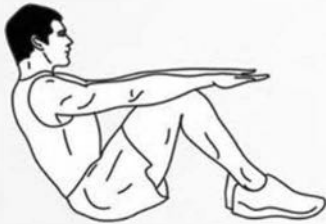




CORE

1.0

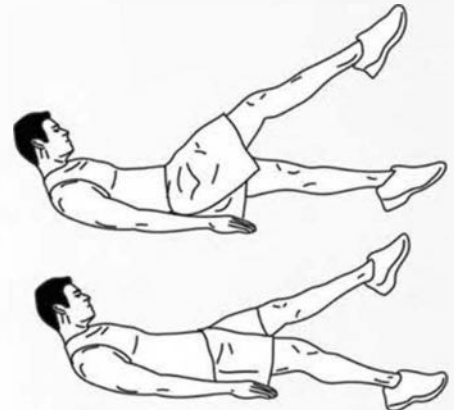
NORMAL 3 sets **HARD** 4 sets **ADVANCE** 5 sets **REST** up to 2 minutes



20 sit-ups



20 sitting twists



20 flutter kicks



20-count raised leg hold



20-count plank



20-count raised leg plank



STRENGTH

1.1

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



20 squats



10 push-up + shoulder tap



20 squats



10 walk-out + shoulder tap



20 squats



20 backfists



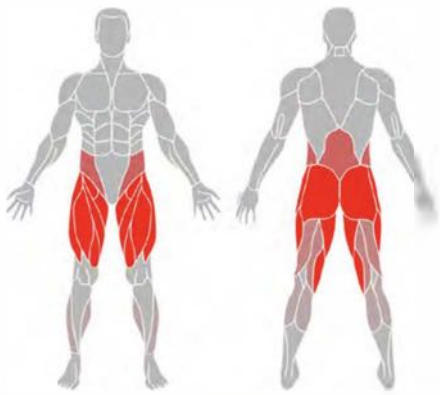
20sec elbow plank



20sec one arm plank



20sec side plank



COOL DOWN

1.1

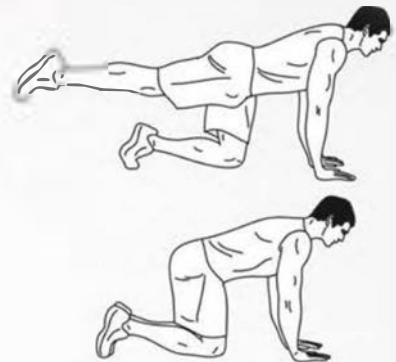
NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



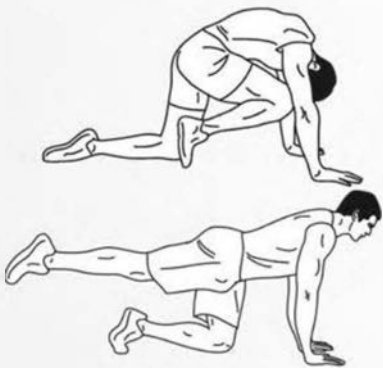
40 leg extensions



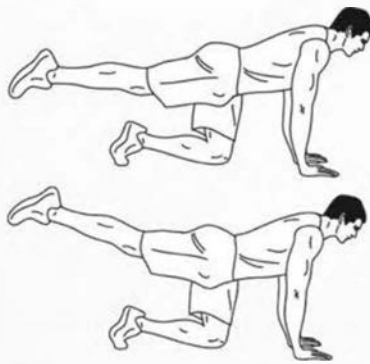
40 side leg extensions



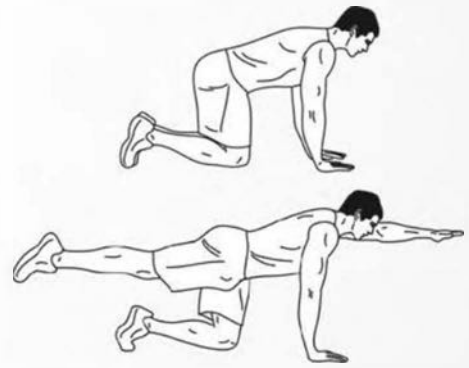
40 straight leg extensions



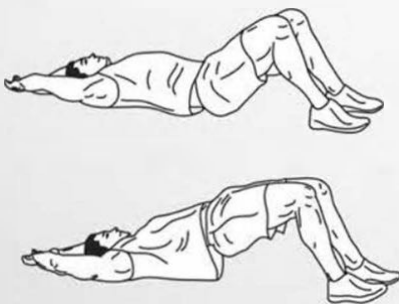
40 knee in extensions



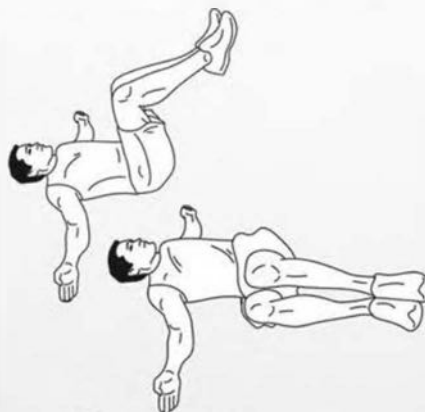
40 extended swings



40 alt arm / leg raises



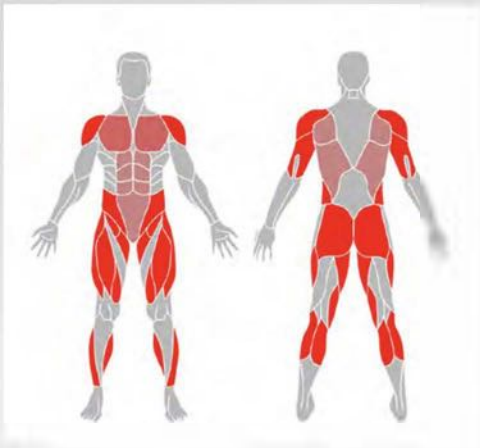
10 bridges



10 half wipers



10 knee hugs



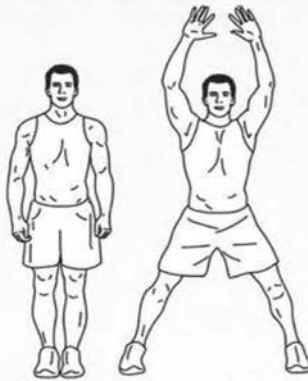
CARDIO

1.1

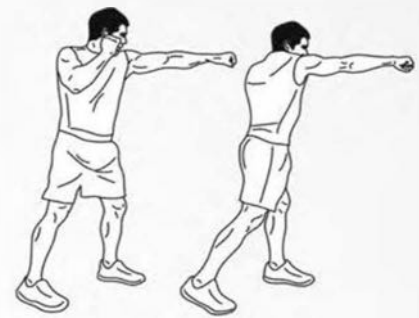
NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



20 high knees



20 jumping jacks



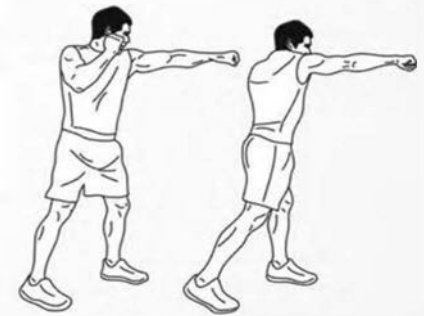
20 punches



20 high knees



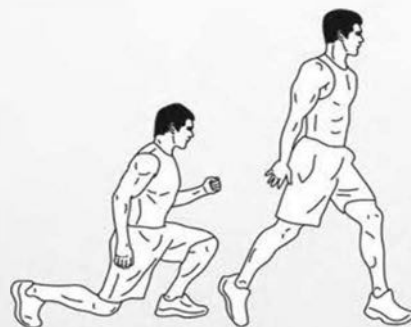
20 jump squats



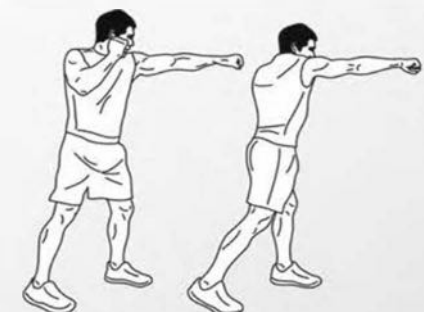
20 punches



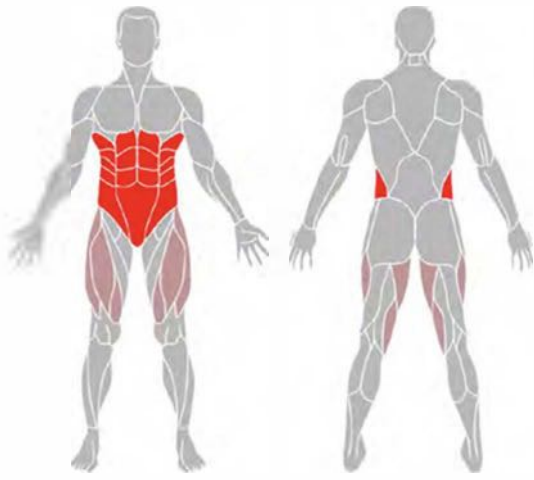
20 high knees



20 jumping lunges



20 punches



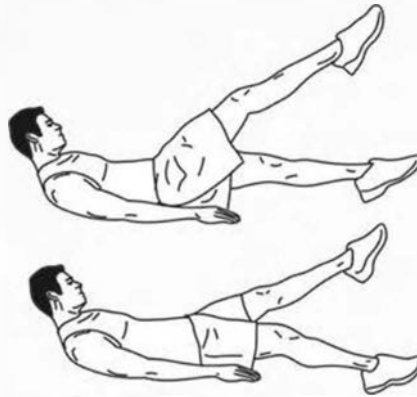
CORE

1.1

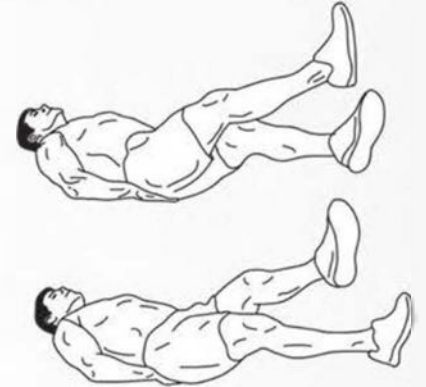
20 seconds each exercise | no rest between exercises



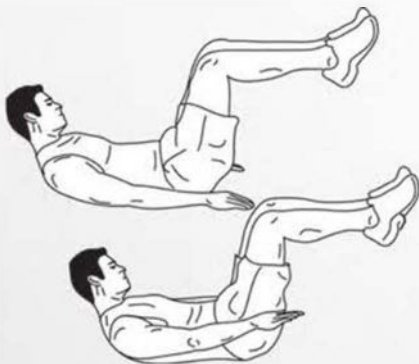
1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists



STRENGTH

1.2

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



10 combos push-up + climber tap (each foot)



10 plank into lunges



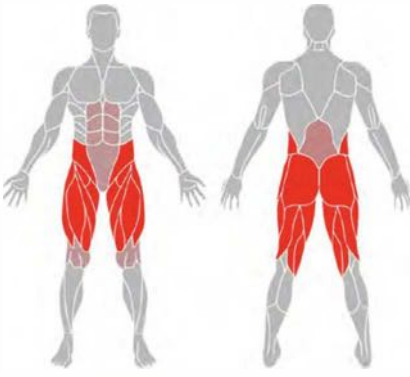
40 punches



10 wide grip push-ups



10 up and down planks



COOL DOWN

1.2

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes

SEQUENCE 1



15-count hold



15 side leg raises



15 straight leg swings



15 fast kicks



15 slow kicks



15-count hold

SEQUENCE 2



15-count hold



15 leg raises



15 high leg raises



15 move from side-to-side



15 circles



15-count hold



CARDIO

1.2

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



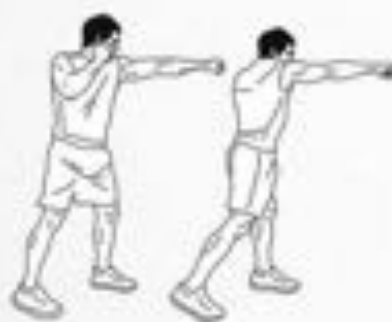
20 high knees



10 march twists



20 high knees



20 punches



10 overhead punches



20 punches



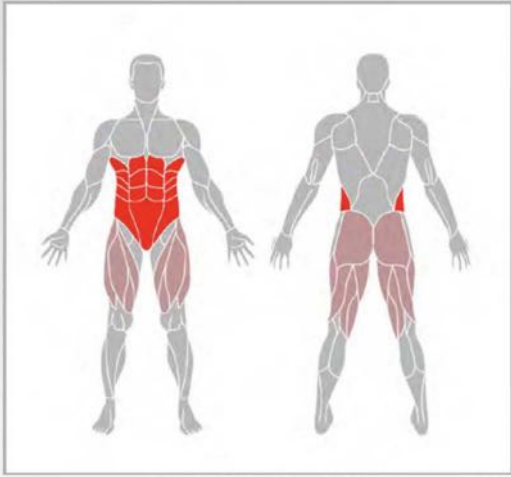
20 high knees



10 knee-to-elbow
one side first, then the other side



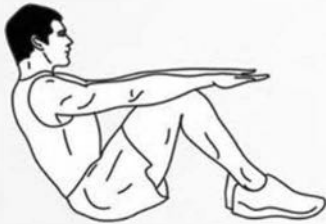
20 high knees



CORE

1.0

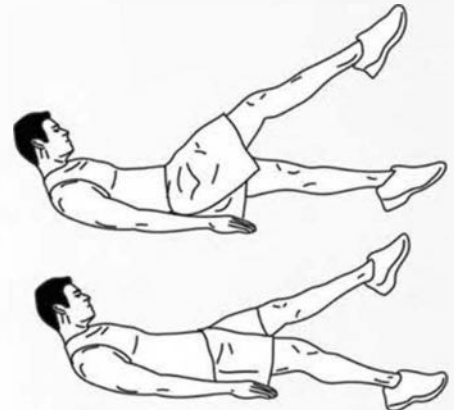
NORMAL 3 sets **HARD** 4 sets **ADVANCE** 5 sets **REST** up to 2 minutes



20 sit-ups



20 sitting twists



20 flutter kicks



20-count raised leg hold



20-count plank



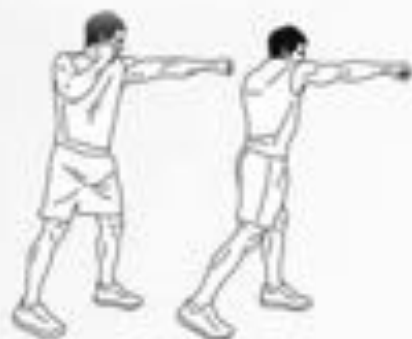
20-count raised leg plank



STRENGTH

1.3

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



60 punches



10 squats



60 punches



10 squats



60 side-to-side backfists



10 squats



10 push-ups



30-count elbow plank

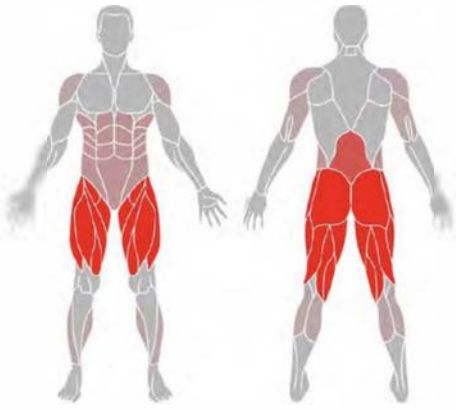


30-count side plank

COOL DOWN

1.3

Go through the sequence:
once the move is done,
change sides and repeat again
for the same amount of time.



10sec stretch **10sec** stretch **10sec** reach **10sec** stretch **10sec** stretch **10sec** reach



1min side leg raises + **30sec** hold

1min leg raises + **30sec** hold



10sec reach

10sec reach

10sec stretch

10sec reach

10sec stretch



CARDIO

1.3

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



20 jumping jacks



20 arm circles



20 jumping jacks



20 arm circles



20 side leg raises



20 arm circles



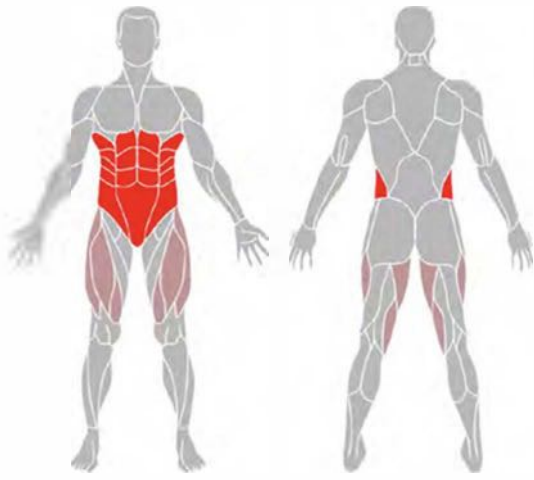
20 jumping jacks



20 basic burpees



20 jumping jacks



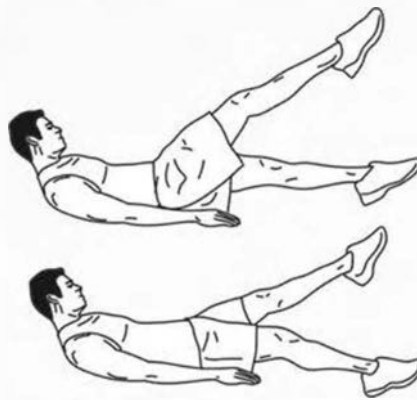
CORE

1.1

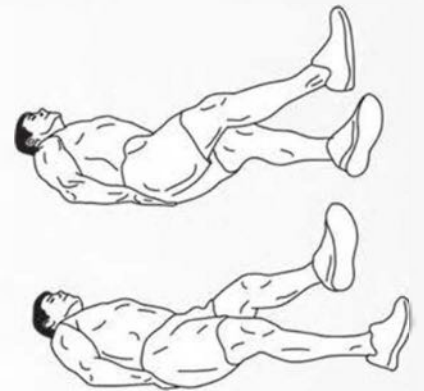
20 seconds each exercise | no rest between exercises



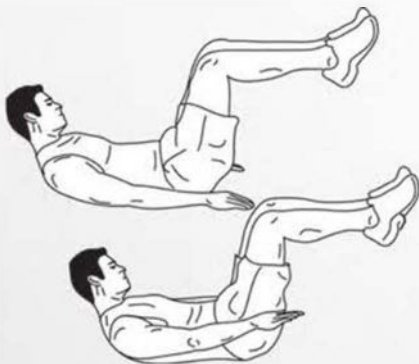
1. knee-to-elbow crunches



2. flutter kicks



3. scissors



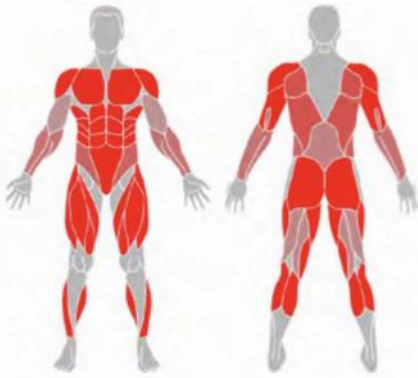
4. hundreds



5. reverse crunches



6. sitting twists



STRENGTH

1.4

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



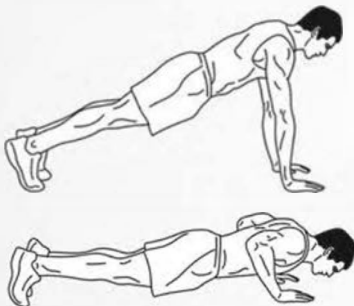
20 squats



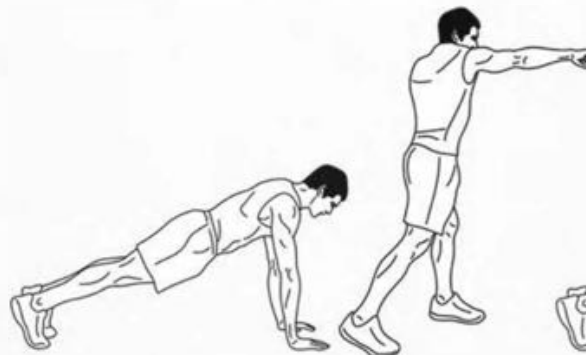
20 squat + hook



20-count squat hold



10 push-ups



10 plank step-out + punches



10-count plank



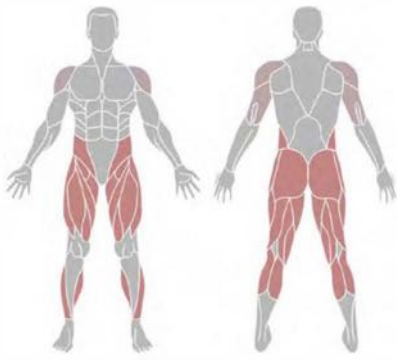
10 sit-ups



10 sit-up + punches



10-count sit-up hold



COOL DOWN

1.4

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



20sec stretch



20sec stretch



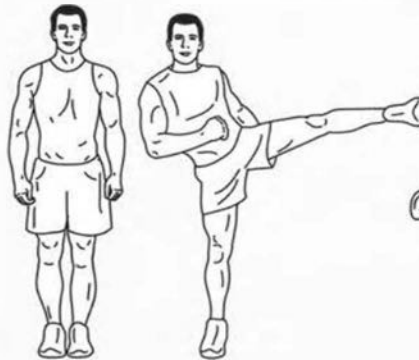
20sec stretch



20sec stretch



20 calf raises



40 side leg raises



40 side leg swings



combo: 10sec each, then change legs



20 side-to-side lunges, toes up



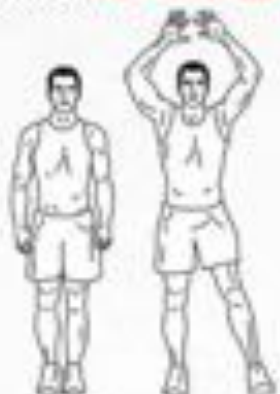
CARDIO

1.4

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



10 march steps



20 step jacks



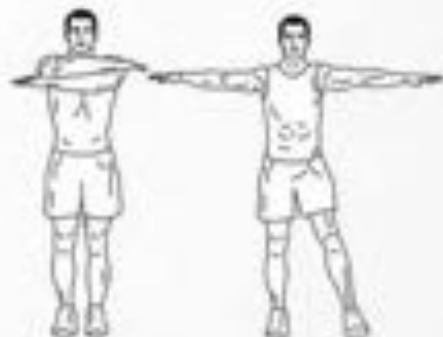
10 march steps



20 side jacks



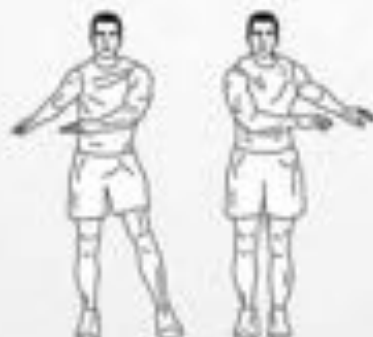
10 march steps



20 scissor steps



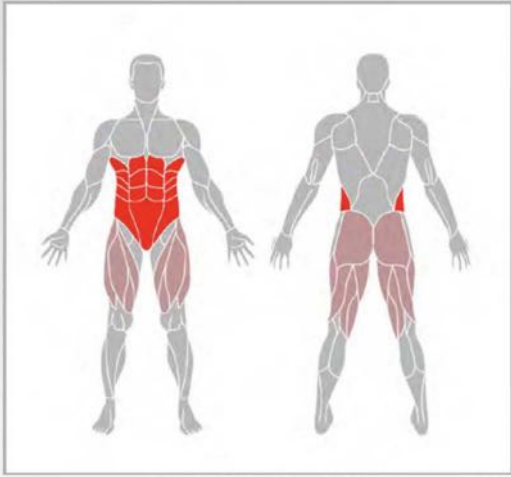
10 march steps



20 side-to-side steps



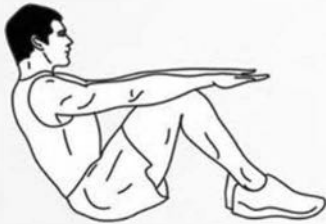
10 march steps



CORE

1.0

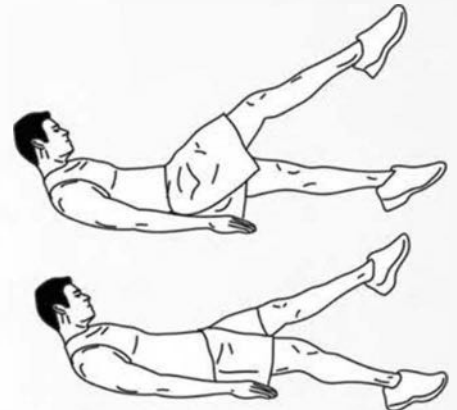
NORMAL 3 sets **HARD** 4 sets **ADVANCE** 5 sets **REST** up to 2 minutes



20 sit-ups



20 sitting twists



20 flutter kicks



20-count raised leg hold



20-count plank



20-count raised leg plank



STRENGTH

1.5

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



20 squat + side leg raise

20 side-to-side lunges

20 split lunges



20 plank back kicks

20 side leg raises

20 split wipers



COOL DOWN

1.5

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



40 knee-to-elbow lunges



20 forward & backward bends



20 side-to-side tilts



20 knee bends



40-count quad stretch



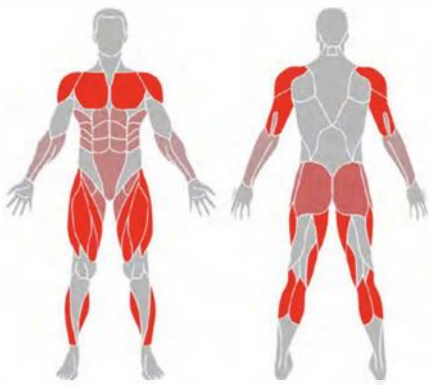
20-count back stretch



20-count arm stretch #1



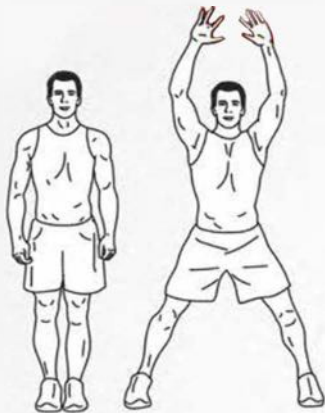
20-count arm stretch #2



CARDIO

1.5

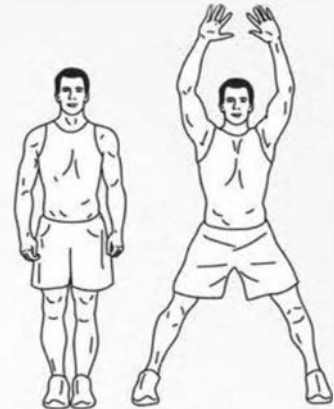
NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



10 jumping jacks



4 side-to-side jumps



10 jumping jacks



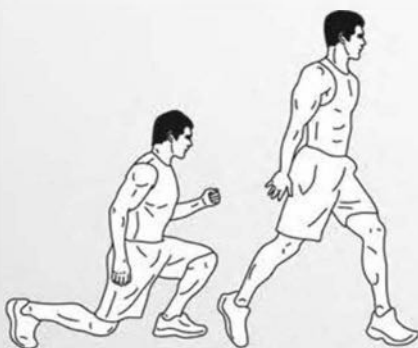
10 high knees



4 knee-to-elbow twists



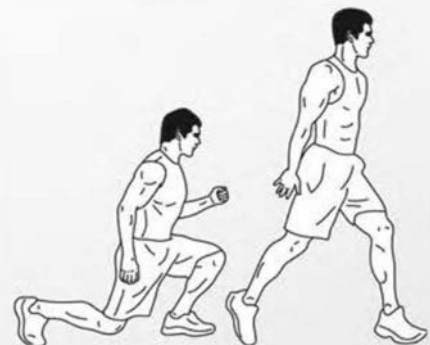
10 high knees



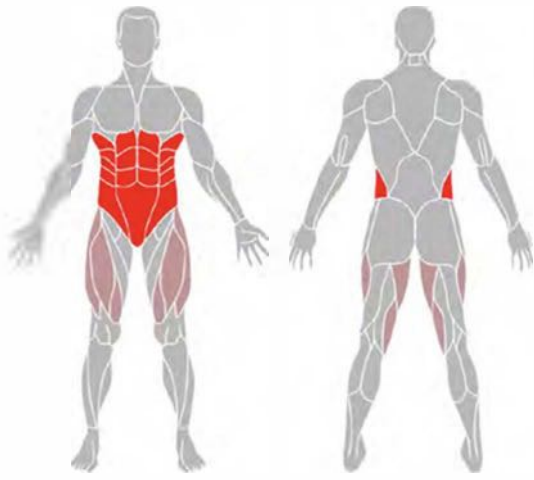
10 jumping lunges



4 side-to-side lunges



10 jumping lunges



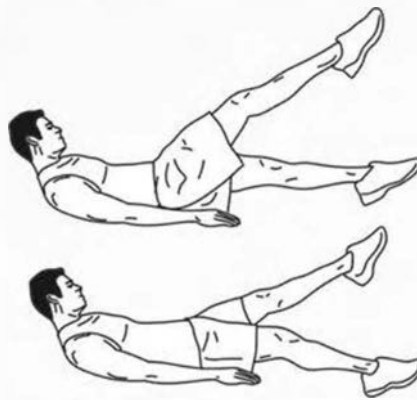
CORE

1.1

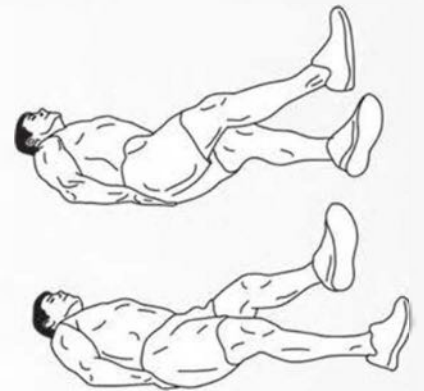
20 seconds each exercise | no rest between exercises



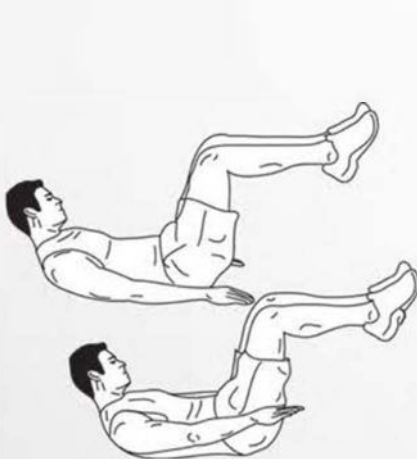
1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists



STRENGTH

1.6

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



20 jump knee tucks



20 squat hops



20 basic burpees + jump



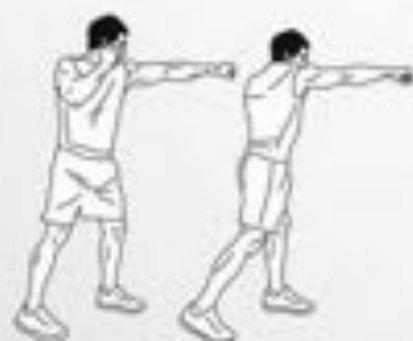
10 power push-ups



10-count push-up plank



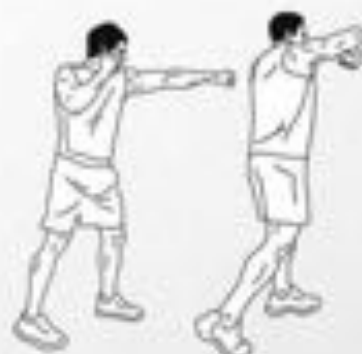
10 power push-ups



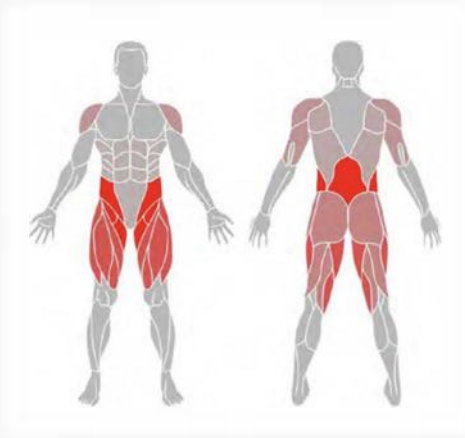
40 jab + cross



40 hooks (left + right)



40 jab + hook



COOL DOWN

1.0

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



1. lunge stretches



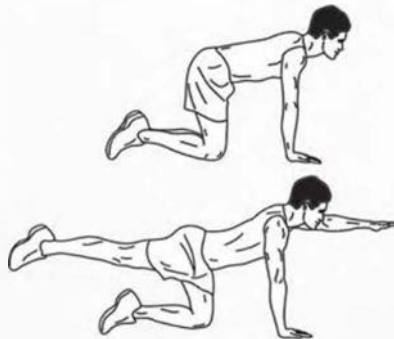
2. side-to-side lunges



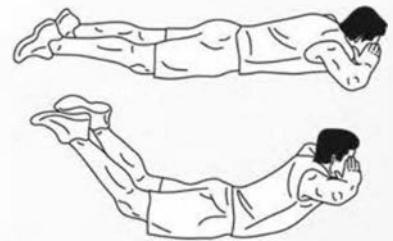
3. butterfly stretches



4. back stretches



5. opposite arm / leg raises



6. back extensions



7. stretch



8. stretch



9. stretch



10. stretch



CARDIO

1.6

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



10 high knees



5 squats



10 high knees



5 squats



10 high knees



5 push-ups



10 high knees



5 push-ups



10 high knees



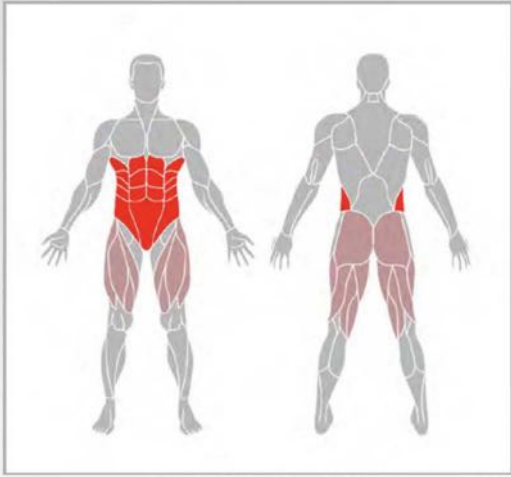
5 sit-ups



10 high knees



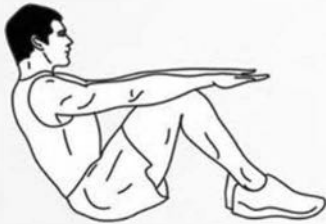
5 sit-ups



CORE

1.0

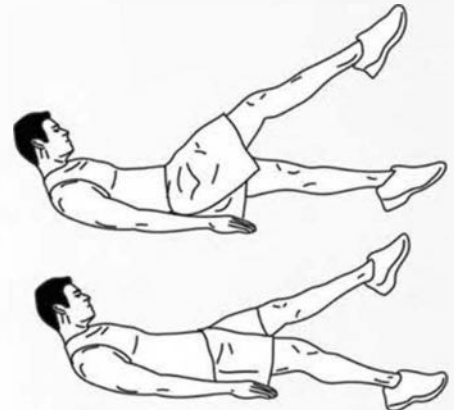
NORMAL 3 sets **HARD** 4 sets **ADVANCE** 5 sets **REST** up to 2 minutes



20 sit-ups



20 sitting twists



20 flutter kicks



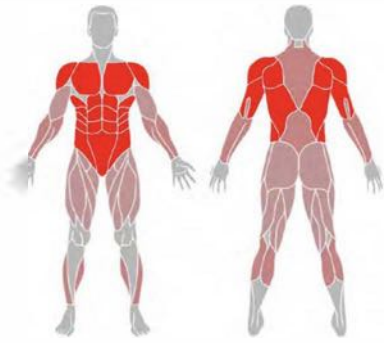
20-count raised leg hold



20-count plank



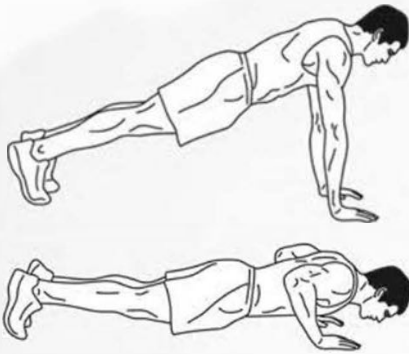
20-count raised leg plank



STRENGTH

1.7

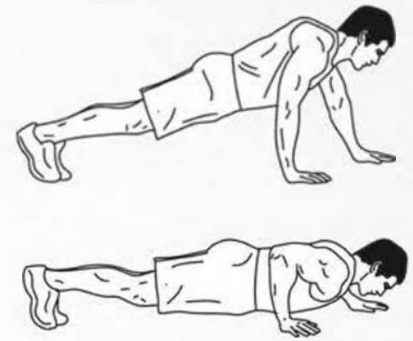
NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



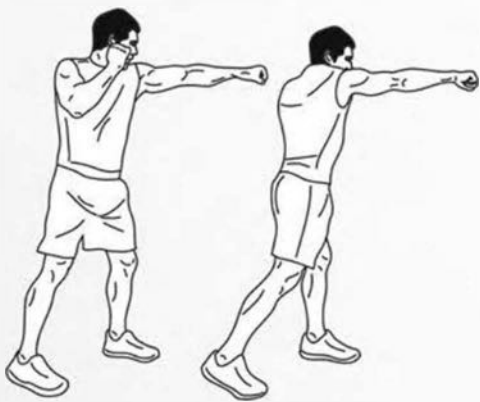
to failure push-ups



10 shoulder taps



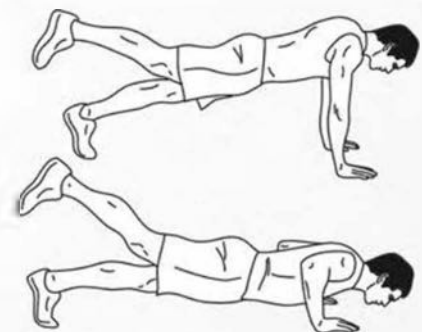
4 staggered push-ups



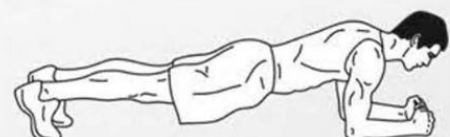
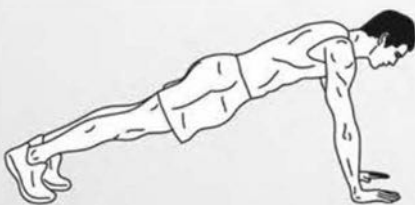
40 punches



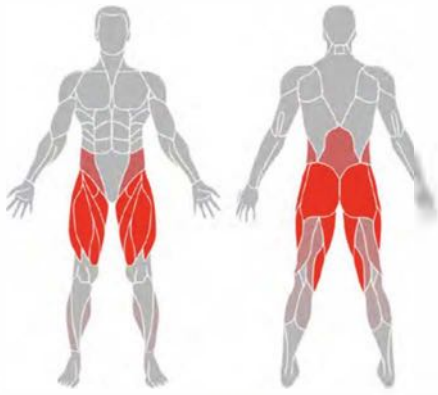
40 speed bag punches



4 raised leg push-ups



10 up and down planks



COOL DOWN

1.1

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



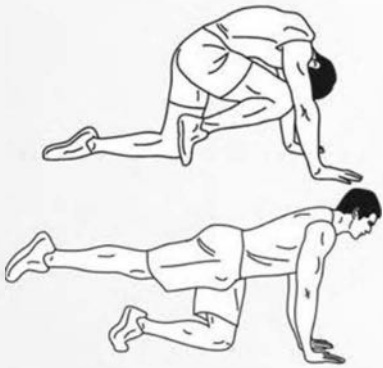
40 leg extensions



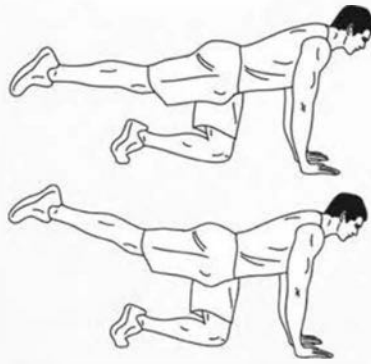
40 side leg extensions



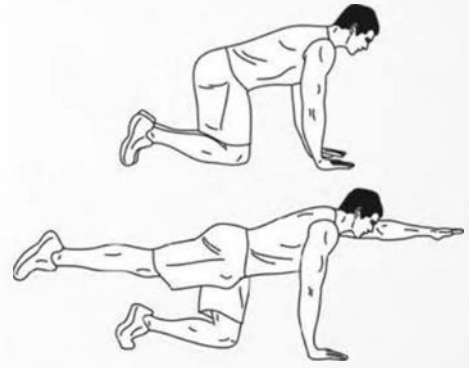
40 straight leg extensions



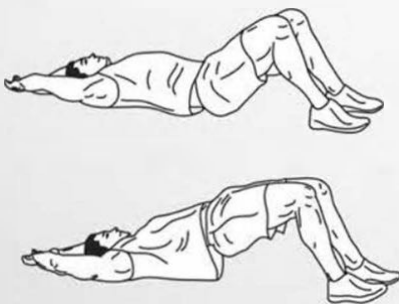
40 knee in extensions



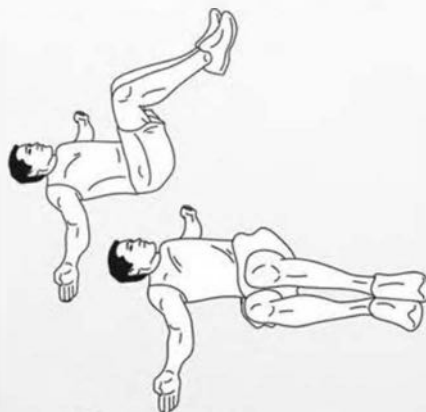
40 extended swings



40 alt arm / leg raises



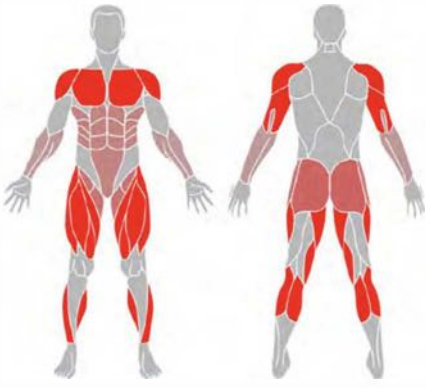
10 bridges



10 half wipers



10 knee hugs



CARDIO

1.7

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



20 high knees

2 push-ups

20 high knees

2 push-ups

20 high knees

2 push-ups

20 high knees

2 push-ups

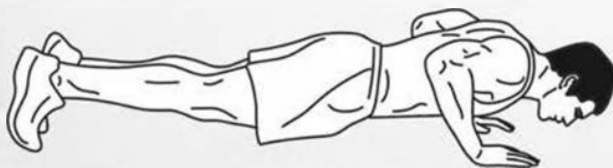
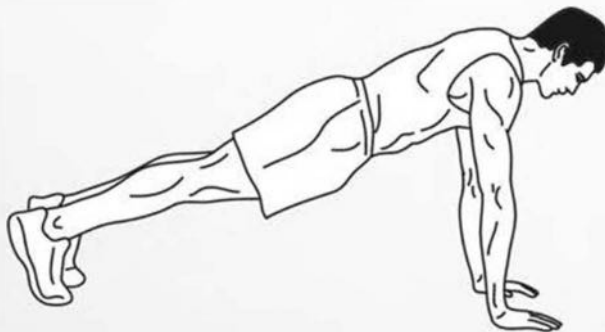
20 high knees

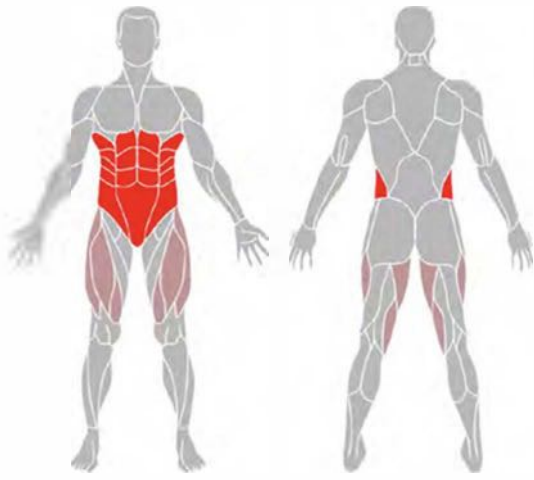
2 push-ups

20 high knees

2 push-ups

done





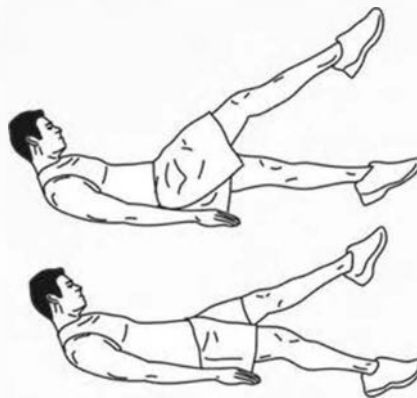
CORE

1.1

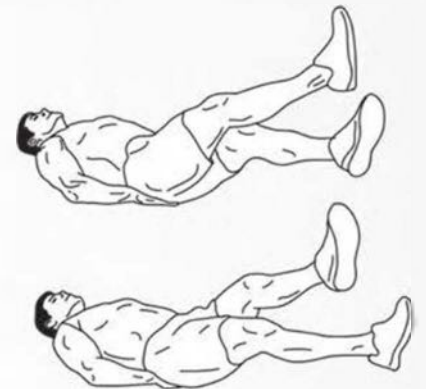
20 seconds each exercise | no rest between exercises



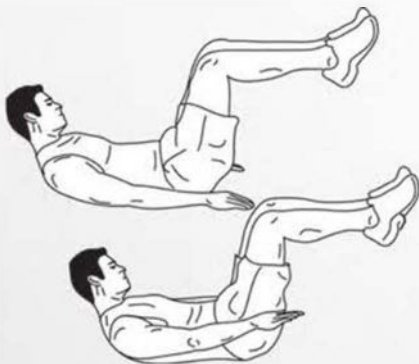
1. knee-to-elbow crunches



2. flutter kicks



3. scissors



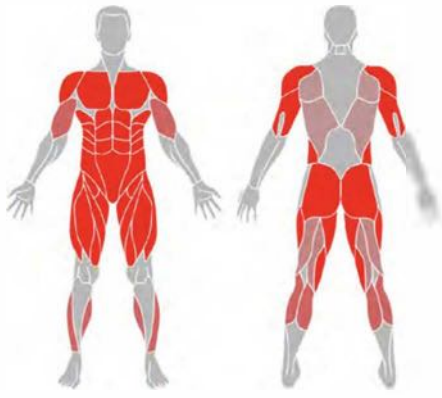
4. hundreds



5. reverse crunches



6. sitting twists



STRENGTH

1.8

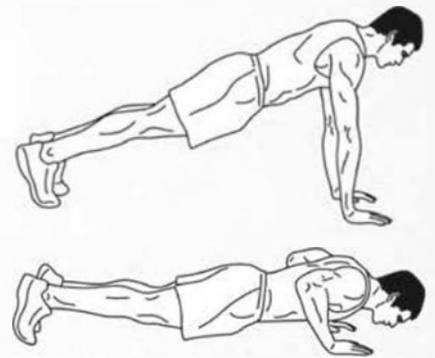
NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



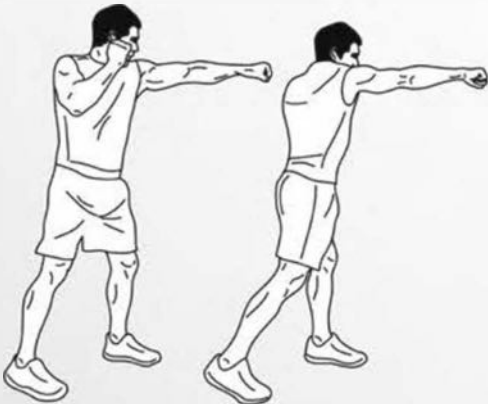
40 squats



40 lunges



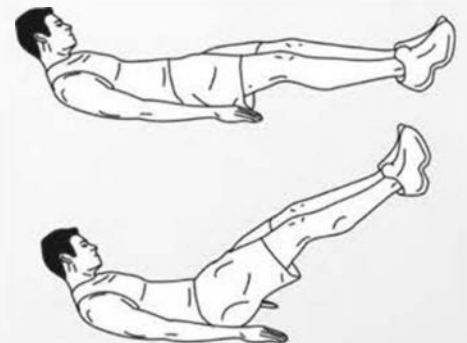
20 push-ups



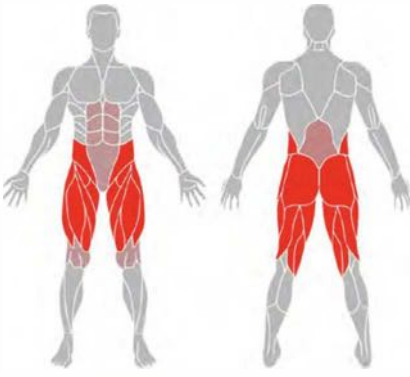
40 punches



20 sit-ups



20 leg raises



COOL DOWN

1.2

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes

SEQUENCE 1



15-count hold



15 side leg raises



15 straight leg swings



15 fast kicks



15 slow kicks



15-count hold

SEQUENCE 2



15-count hold



15 leg raises



15 high leg raises



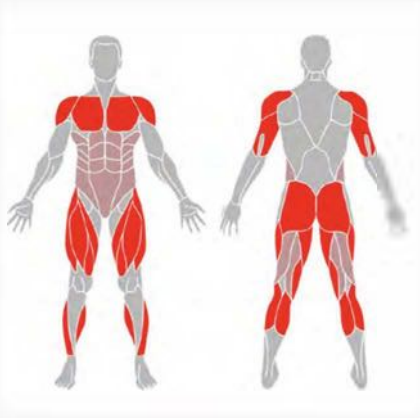
15 move from side-to-side



15 circles



15-count hold



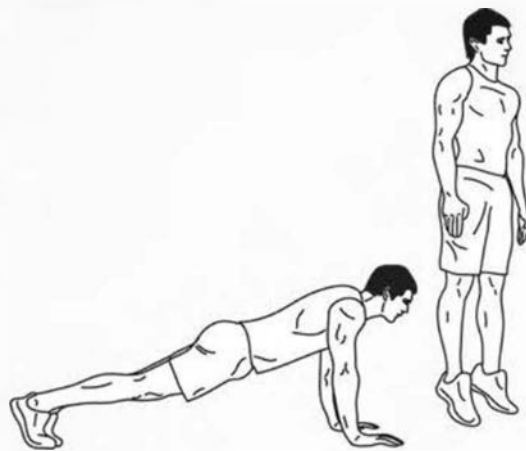
CARDIO

1.8

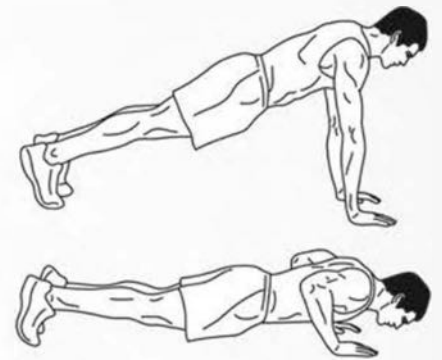
NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



60 high knees



10 basic burpee w/jump



10 push-ups



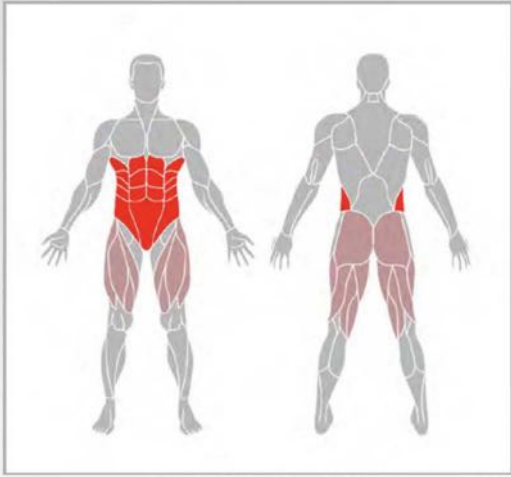
60 high knees



10 squats



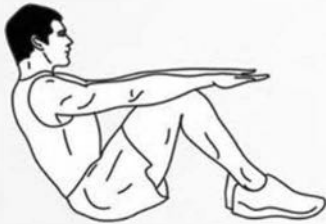
10 jump squats



CORE

1.0

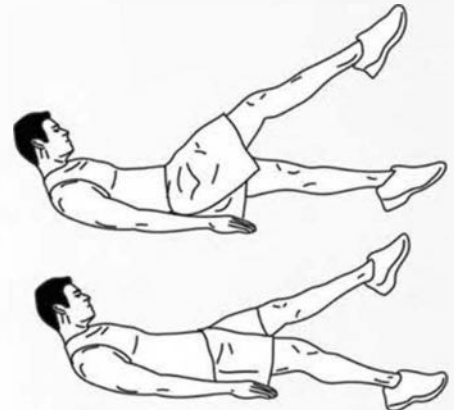
NORMAL 3 sets **HARD** 4 sets **ADVANCE** 5 sets **REST** up to 2 minutes



20 sit-ups



20 sitting twists



20 flutter kicks



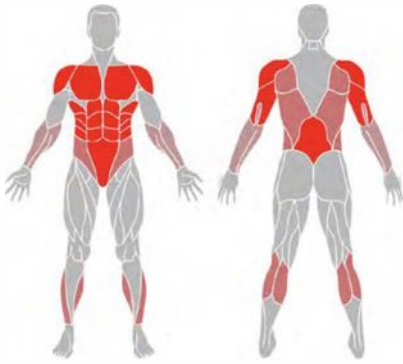
20-count raised leg hold



20-count plank



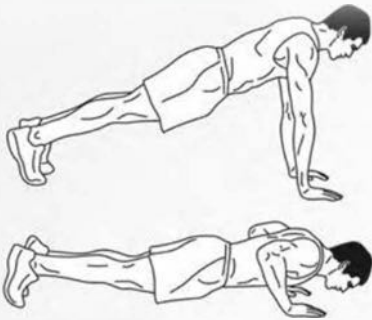
20-count raised leg plank



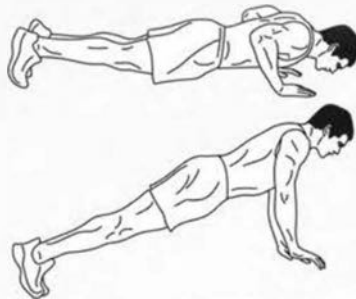
STRENGTH

1.9

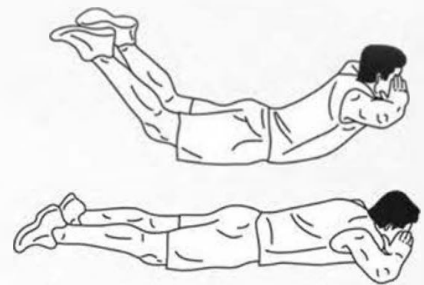
NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



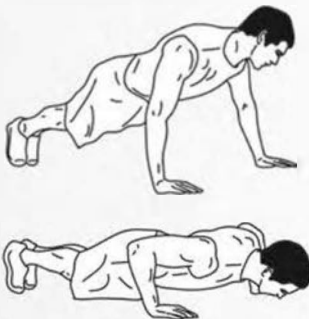
6 classic push-ups



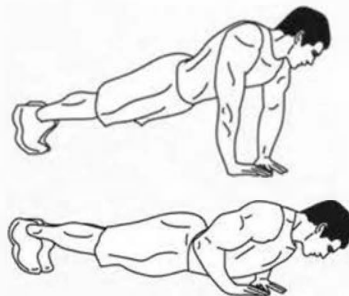
6 power push-ups



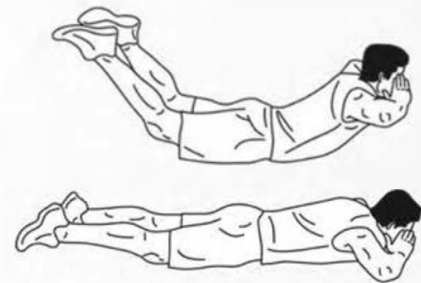
4 back extensions



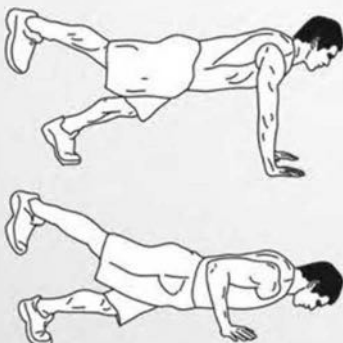
6 wide grip push-ups



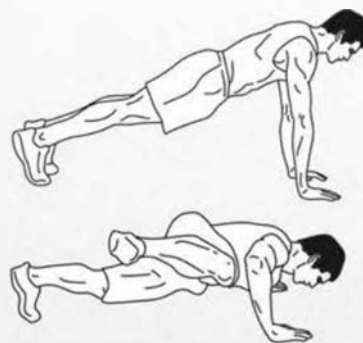
6 close grip push-ups



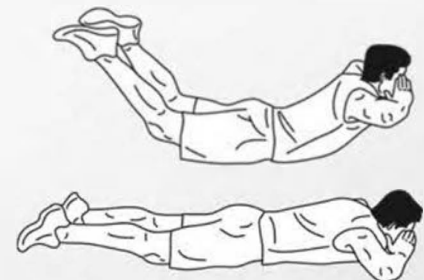
4 back extensions



6 raised leg push-ups



6 side crunch push-ups

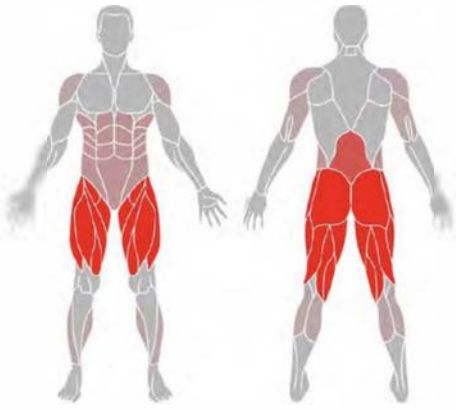


4 back extensions

COOL DOWN

1.3

Go through the sequence:
once the move is done,
change sides and repeat again
for the same amount of time.



10sec stretch **10sec** stretch **10sec** reach **10sec** stretch **10sec** stretch **10sec** reach



1min side leg raises + **30sec** hold

1min leg raises + **30sec** hold



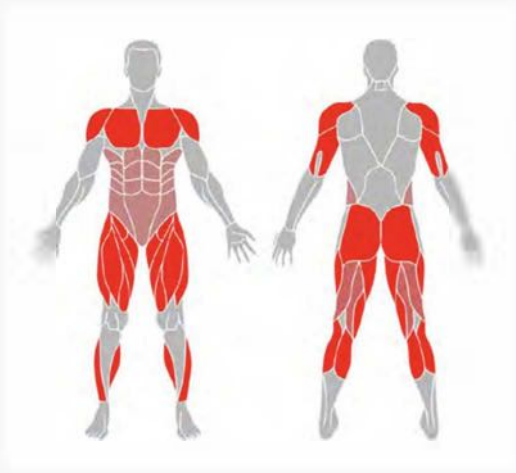
10sec reach

10sec reach

10sec stretch

10sec reach

10sec stretch



CARDIO

1.9

NORMAL 3 sets **HARD** 5 sets **ADVANCE** 7 sets **REST** up to 2 minutes



20 high knees



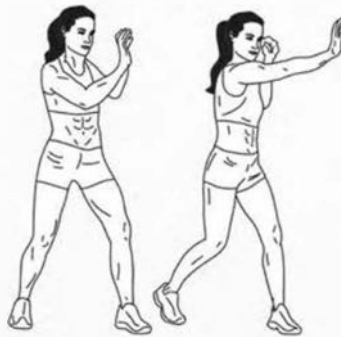
20 squats



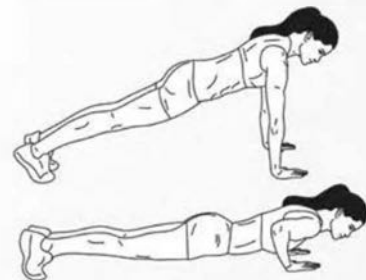
4 jump knee tucks



20 high knees



20 palm strikes



4 push-ups



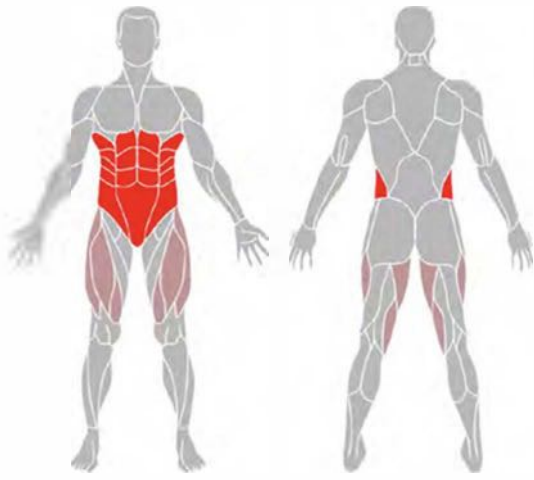
20 high knees



20 lunges



4 jumping lunges



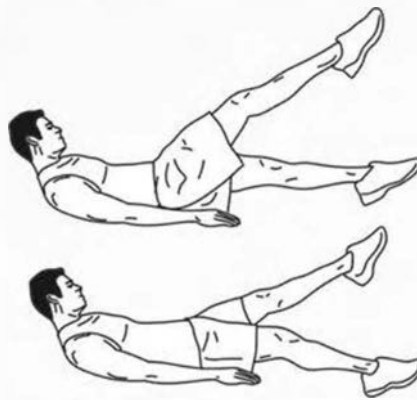
CORE

1.1

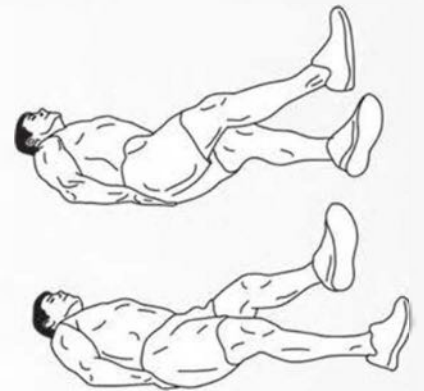
20 seconds each exercise | no rest between exercises



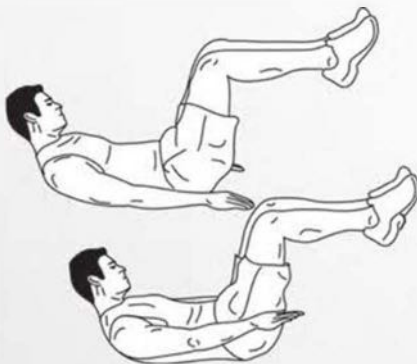
1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists