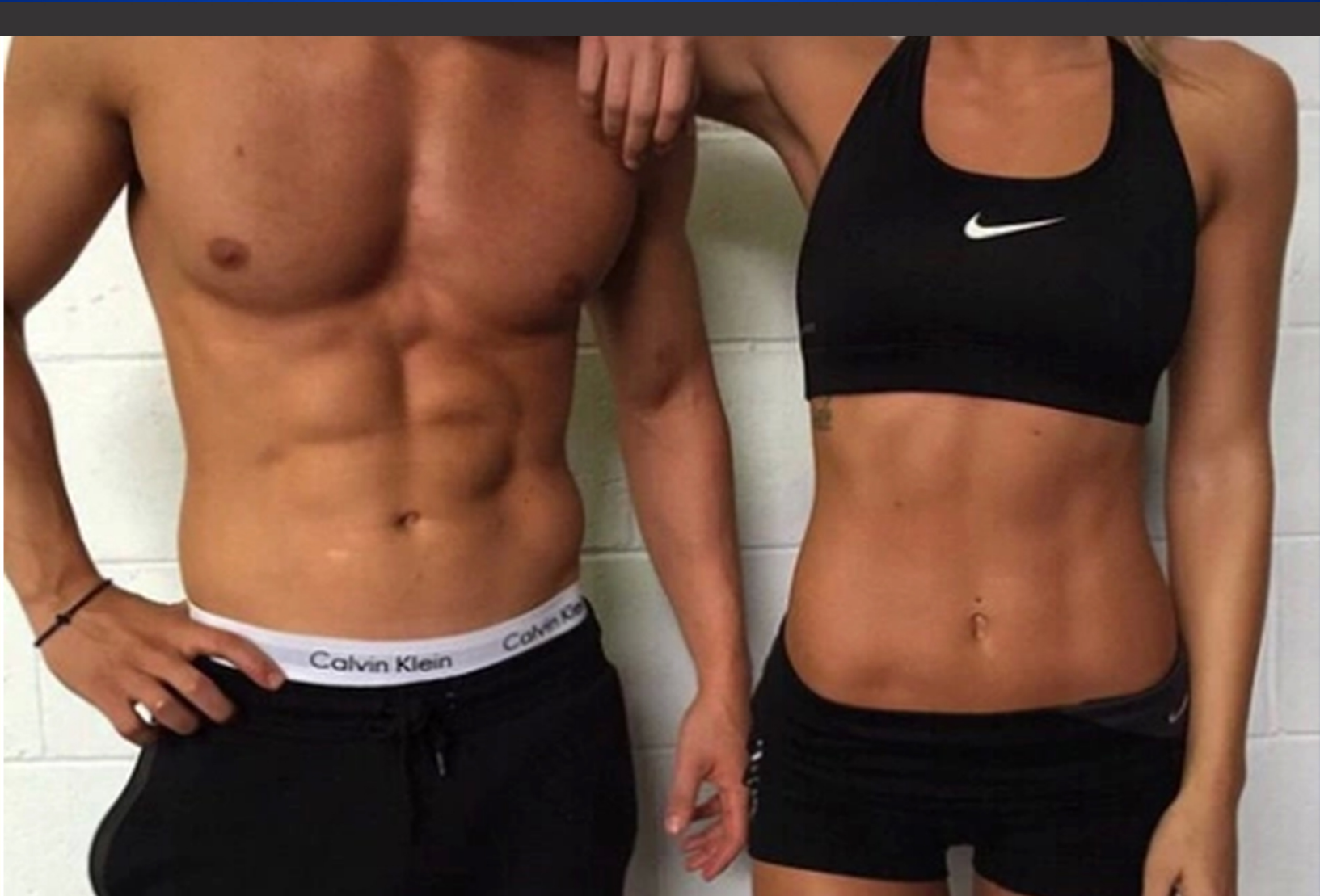


5-DAY EXTREME FLAT BELLY FLUSH



Derek Wahler, CTT

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Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the Extreme 5-Day Flat Belly Flush Program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use the 5-Day Flat Belly Flush Program, please follow your doctor's orders.

Welcome to the Extreme 5-Day Flat Belly Flush Program

You're about to take part in a new fat loss journey, where your workouts easily fit into your busy schedule. You will no longer have to plan your day around your workouts just to get them in. It's time that you take control of your new healthy lifestyle.

In this program, you'll discover a variety of new workout formats that will allow you to burn fat and build lean muscle in the shortest amount of time possible. It's not done with any special tricks, supplements or unsafe exercise movements.

It's all about YOU and putting forth your maximum effort in every workout that you do. Give all that you can for 10 short minutes and I guarantee the results will show.

You will be exposed to the 20-10 workout model, which has been proven to burn as many calories in 4 minutes as 30 minutes of slow, boring cardio. How exactly? It follows the same common theme of exercises that use multiple muscle groups, insufficient rest periods and YOU bringing the intensity.

All the hard work has been done for you. The planning, preparation, motivation and support have been taken care of by my team of Certified Turbulence Trainers. We'll be here with you every step of the way.

In fact, at some point in our lives, we were in the same position that you're in now. Whether it be struggling with weight loss, looking to burst through a plateau, or simply looking for a more efficient way to get great results.

The key is to start taking your fitness goals very seriously, come back every day, and give your best effort in the workouts. The results will come, I promise.

Your friend and coach,

Derek Wahler, CTT, CPT

Certified Turbulence Trainer

Extreme 5-Day Rapid Fat Loss Program Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, If you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian.

- Follow this program for 5 days only. This is NOT a long-term program.
- **The workout schedule is based on training five days in a row.**
- This is a very aggressive five-day plan. Always listen to your body and take longer rest periods if necessary.
- Follow each workout with static stretching if necessary.
- Start every workout with the warm-up circuit below.

Bodyweight Warm-Up Circuit

Go through the circuit twice before moving on to your workout. **Perform each exercise for 20 seconds before moving on to the next exercise.** There is no scheduled rest between exercises, only rest if you need to.

- Jumping Jacks
- Prisoner Bodyweight Squats
- Pushups or Kneeling Pushups
- Reverse Lunges
- Arm Crosses
- Stick Ups
 - Repeat 1 more time

5-Day Flat Belly Flush Workout Program

Day 1: 20-10 Total Body Shred

Do each exercise for 20 seconds (as many repetitions as you can), then rest for 10 seconds. That's considered 1 round. Do as many rounds as specified for each exercise.

- Prisoner Squats – 20 seconds on, 10 off x 6 rounds (3 minutes total)
- Eccentric Pushups (4 second lowering phase) – 20 seconds on, 10 off x 4 rounds
- Diagonal Lunges – 20 seconds on, 10 off x 4 rounds
- Plank – 20 seconds on, 10 off x 6 rounds
 - Repeat 2 more times

Day 2: Bodyweight Cardio Shred

Workout A

Set your timer for 20 minutes. Do the exercises listed below, complete the specified number of repetitions before moving on to the next exercise. Once you've completed all the reps for each exercise, that's 1 round. Complete as many rounds as possible in 22 minutes. Rest only when necessary.

- 5 Close Grip Pushups
- 10 Y-Squats
- 15 Lying Leg Raises
- 20 Jumping Jacks

For example, you will do 5 Close Grip Pushups, followed by 10 Y-Squats, then 15 Lying Leg Raises, and then 20 Jumping Jacks. That's 1 round. Complete as many rounds as possible in the time given.

Workout B

Perform each exercise for 1 minute. Do not rest between exercises. After you have completed each exercise, rest 2 minutes and repeat 1 more time.

- Jumping Jack Burpees – 60 seconds
- Total Body Extensions – 60 seconds
- Cross Body Mountain Climbers – 60 seconds
- Prisoner Squat Jumps – 60 seconds
 - Rest for 2 minutes, repeat 1 more time

Day 3: Flat Ab and Core Shred

Workout A

Set your timer for 15 minutes. Do the exercises listed below, complete the specified number of repetitions before moving on to the next exercise. Once you've completed all the reps for each exercise, that's 1 round.

Complete as many rounds as possible in 15 minutes. Rest only when necessary.

- 15 Bodysaws
- 15 Scissor Kicks
- 15 Cross Body Mountain Climbers (per leg)
- 15 Goblet Squats

Workout B

Do each exercise for 40 seconds and rest 20 seconds before moving to the next exercise. Once you finish the first round, immediately repeat 2 more times for a total of 3 rounds.

- High Knees Sprint in Place – 40 seconds
 - Rest 20 seconds
- Around the World – 40 seconds
 - Rest 20 seconds
- Prisoner Reverse Lunges w/ Knee Up – 40 seconds
 - Rest 20 seconds
- Jumping Jack Burpees – 40 seconds
 - Rest 20 seconds
- Seal Jacks – 40 seconds
 - Rest 20 seconds, repeat 2 more times

Day 4: Extreme Shred

Do each exercise for 50 seconds and rest 10 seconds before moving to the next exercise. Once you finish the first round, immediately repeat 5 more times for a total of 6 rounds.

- Wall Squat – 50 seconds
 - Rest 10 seconds
- Spiderman Climb – 50 seconds
 - Rest 10 seconds
- Close Stance Goblet Squats – 50 seconds
 - Rest 10 seconds
- Pushups – 50 seconds
 - Rest 10 seconds
- Goblet Split Squats (switch legs after 25 seconds) – 50 seconds
 - Rest 10 seconds, repeat 5 more times

Day 5: Intense Cardio Shred

Workout A

In the first circuit, perform each exercise for 30 seconds and then move on to the next exercise. Do not rest between exercises. After completing the circuit, rest for 30 seconds and repeat 2 more times. Then move on to the Pure Ironman.

- T-Pushups – 30 seconds
- Low Squat Hold – 30 seconds
- Total Body Extensions – 30 seconds
 - Rest for 30 seconds, repeat 4 more times

Workout B

Perform each exercise for 20 seconds, then rest 10 seconds. That's considered one round. Repeat for the number of rounds specified below.

- Lying Hip Extensions – 20 seconds on, 10 off x 4 rounds (2 minutes total)
- Fake Jump Rope Jumps – 20 seconds on, 10 off x 4 rounds
- Mountain Climber Burpees - 20 seconds on, 10 off x 4 rounds
- Prisoner Bodyweight Squats - 20 seconds on, 10 off x 4 rounds
- Jumping Jacks - 20 seconds on, 10 off x 4 rounds
 - Repeat 1 more time

Exercise Library

Jumping Jacks

- Start with your feet shoulder width apart and your hands at your sides.
- Jump your feet out and raise your arms above your head.
- Jump your feet back in and lower your arms.
- Keep your arms straight at all times.



Prisoner Bodyweight Squats

- Stand with your feet a little wider than shoulder width apart.
- Place your hands behind your head and interlock them together.
- Flex your elbows back, do not let your elbows creep in closer to your head.
- Push your hips backward, like you're sitting back into a chair.
- Squat down as far as possible.
- Keep your back flat, shoulders and chest up, while looking straight ahead.
- Keep your weight on your heels, explode back up by pushing with your glutes, hamstrings and quadriceps.



Pushups

- Start with your hands slightly wider than shoulder width apart. Brace your abs and contract your glutes, so there's a straight line from your shoulders to your toes.
- In a controlled motion, lower yourself down until you're an inch above the ground.
- Keep your elbows in at a 45 degree angle, do not let them flare out.
- Push yourself back up through your chest, shoulders, and triceps



Reverse Lunges

- Stand with your feet slightly wider than shoulder width apart.
- Take a big step backward with one leg. Keep your front foot stationary.
- Lower your body until your front thigh is parallel to the ground.
- Keep your shoulders square, chest up, back flat and always be looking straight ahead.
- Push back up to the starting position through the heel of your front foot. Alternate legs.



Arm Crosses

- Stand with your feet about shoulder width apart.
- Open your arms up wide.
- Swing them across your body, like you're giving someone a big hug.
- Open your arms back up and repeat.



Stick Ups

- Stand up against a wall. Your back and butt should be touching the wall, while there's a small gap between the wall and your lower back.
- Raise your arms straight up against the wall.
- Slowly lower your arms and bring your elbows down toward your ribs.
- Keep your arms and hands in contact with the wall at all times. Once you can't bring your arms down any further, slowly raise them back up and reach up as high as you can.
- Repeat this process keeping tension on the back at all times.



Eccentric Pushups

- Start with your hands slightly wider than shoulder width apart.
- Brace your abs and keep a straight line from your shoulders to your toes.
- Use a timer or count to 4 seconds while you slowly lower yourself down in a controlled motion, until you are an inch off the ground.
- Push yourself back up using your chest muscles, shoulders and triceps.
- Keep your elbows in, do not let them flare out.



Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Step diagonally at a 45 degree angle with one leg and lower your body until your thigh is parallel with the ground. The foot on your lead leg should always be pointed forward.
- Keep your shoulders and chest upright.
- Drive off the heel of the lead leg, contracting your quadriceps and groin.



Plank

- Lie on your stomach with your toes and forearms on the ground.
- Raise your body up in a straight line.
- Brace your abs, squeeze your glutes and drive your elbows back toward your groin (don't actually move your elbows).
- Hold this position for the specified time period.



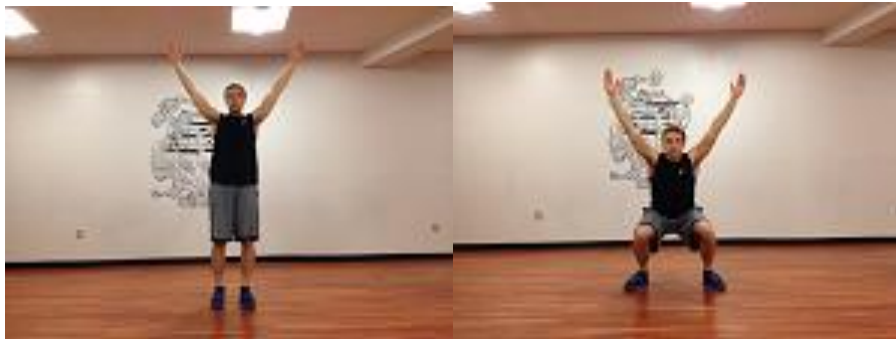
Close Grip Pushups

- Start in the pushup position, with your hands slightly closer than shoulder width apart.
- Brace your abs and lower yourself until you're an inch off the ground.
- Push through your chest, shoulders and triceps back to the starting position.
- Keep your body in a straight line at all times.
- Keep your elbows tucked in against your side.



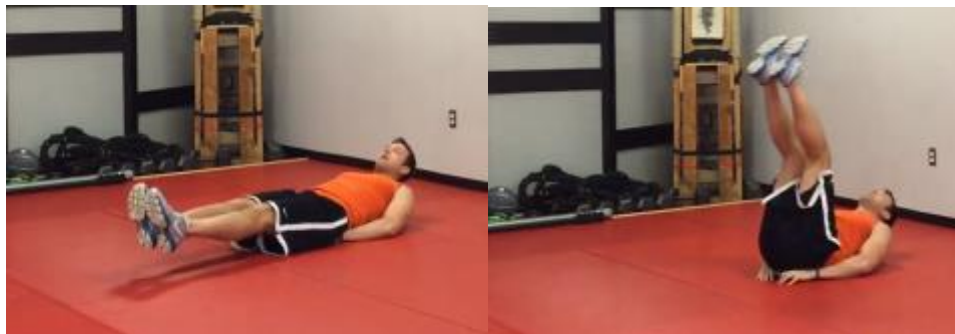
Y-Squat

- Stand with your feet a little wider than shoulder width apart.
- Raise your arms up overhead and hold them at a 45 degree angle.
- Push your hips backward, like you're sitting back into a chair.
- Squat down as far as possible.
- Keep your back flat, shoulders and chest up, while looking straight ahead.
- Keep your weight on your heels, explode back up by pushing with your glutes, hamstrings and quadriceps.



Lying Leg Raises

- Lay on your back with your legs straight. Place your hands by your side, or underneath your butt – whichever is most comfortable for you.
- Brace your abs and lift your legs up off the ground.
- Lift them as far as you can, then lower them back down.
- Without your feet touching the floor, lift them back up and repeat.



Jumping Jack Burpees

- Start with your feet shoulder width apart.
- Drop down onto your hands and feet, then thrust your feet back, so you're in the pushup position.
- Do a pushup and then thrust your feet back in toward your chest.
- Explode back up and do one jumping jack.



Total Body Extensions

- Start with your feet slightly wider than shoulder width apart. Brace your abs.
- Squat down quickly into a quarter squat and swing your arms back behind your sides.
- Explode up onto your toes and swing your arms up overhead.
- Lower back down in a controlled motion to the starting position and immediately explode back up again. Continue this movement for the specified time period.
- This is a no-impact replacement for jumping.



Cross Body Mountain Climbers

- Start in the pushup position, with your hands a little wider than shoulder width apart.
- Brace your abs, squeeze your glutes and keep your body in a straight line.
- Bring your right knee across your body, toward your left elbow, in a slow and controlled motion (at least 2 seconds).
- Return to the starting position and do this with your other leg. Alternate back and forth.



Prisoner Squat Jumps

- Stand with your feet slightly wider than shoulder width apart.
- Place your hands behind your head and interlock them together.
- Flex your elbows back, do not let your elbows creep in closer to your head.
- Start the movement at the hip joint. Push your hips backward, like you're sitting back into a chair.
- Squat as deep as possible, do not round your lower back.
- From the low squat position, use your glutes, hamstrings and quadriceps to jump up into the air.
- Land softly and repeat. Keep your torso upright.



Bodysaw

- Start in the plank position, with your forearms and toes on the ground, supporting your weight.
- Keep your abs braced and squeeze your glutes together.
- Keeping your toes stationary, move your body forward about 6 inches and then come back to the starting position.



Scissor Kicks

- Lay on your back with your hands either by your side or underneath your butt.
- Brace your abs and lift your feet off the ground.
- Keep your legs straight and pull them apart, making a V with your legs.
- Move your legs laterally so your right foot crosses over the top of your left foot.
- Pull your legs apart again and then move your left foot over the top of your right foot.



Goblet Squats

- Stand with your feet slightly wider than shoulder width apart.
- Hold a dumbbell or kettlebell close to your chest, using both hands, with your elbows tucked in toward your sides.
- Keep your back flat and your torso upright.
- Bend slightly at the hips and squat down. Bring your knees up to your chest. Try to keep your elbows between your knees when you get in the low squat position.
- Use your heels to drive yourself back up to the starting position.



High Knees Sprint in Place

- Start in an athletic position, with your feet slightly wider than shoulder width apart.
- In a running motion, drive your left knee up toward hip level, while also bringing your right arm up. Then do the same with the other leg and arm.
- Sprint in place as fast as you can, while using good form and bringing your knees up to hip level.



Around the World

- Start in the pushup position.
- Brace your abs, pull your shoulder blades together, and squeeze your glutes together.
- While keeping your feet stationary, walk your hands around in a big circle.
- Keep your hips square, don't let them raise up too high or sink too low.



Here's a demo video - https://www.youtube.com/watch?v=jMxK_f6zeaU

Prisoner Reverse Lunge w/ Knee Up

- Stand with your feet slightly wider than shoulder width apart.
- Place your hands behind your head and interlock them together.
- Flex your elbows back, do not let your elbows creep in closer to your head.
- Take a big step backward with one leg. Keep your front foot stationary.
- Lower your body until your front thigh is parallel to the ground.
- Keep your shoulders square, chest up, back flat and always be looking straight ahead.
- Push back up to the starting position through the heel of your front foot. Raise your knee up toward your stomach (using the leg that performed the reverse lunge).
- Alternate sides for the specified time period.



Seal Jacks

- Start on the balls of your feet, with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back to the middle. At the same time, bring your arms to the middle and cross your right arm over your left.
- Return to the start position and then hop back to the middle, this time cross your left arm over your right.
- Repeat, alternating which arm crosses on top.
- Think regular jumping jacks, except you're crossing your arms instead of raising them overhead.



Wall Squat

- Stand with your feet slightly wider than shoulder width apart, with your back up against the wall.
- Lower yourself down into the squat position.
- Keep your abs braced, back against the wall and hold for the specified time period.



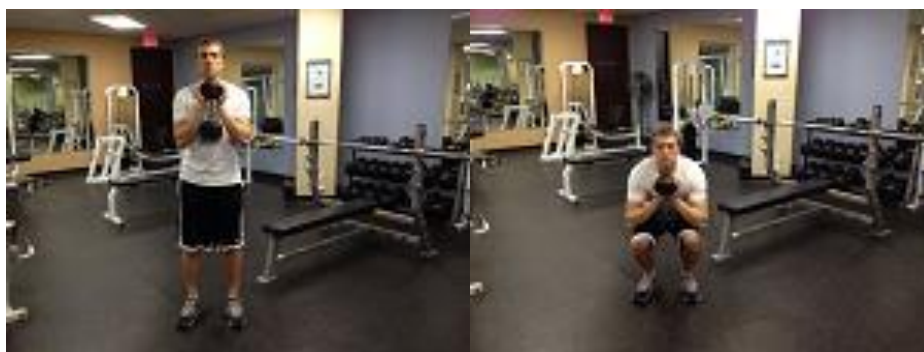
Spiderman Climb

- Start in a pushup position with your abs braced.
- Pick up one foot off the floor, slowly bring your knee up outside of your shoulder and touch your foot to the floor, near your hand.
- Pause briefly and then return your foot to the starting position, without raising your hips.
- Alternate sides for the specified time period.



Close Stance Goblet Squats

- Stand with your feet in a little closer than shoulder width apart.
- Hold a dumbbell or kettlebell with both hands in front of you. Keep it close to your chest, with your elbows driving in toward your rib cage.
- Squat down as far as possible.
- Keep your back flat, shoulders and chest up, while looking straight ahead.
- Keep your weight on your heels, explode back up by pushing with your glutes, hamstrings and quadriceps.



Goblet Split Squats

- Stand with your feet shoulder width apart.
- Hold a dumbbell or kettlebell with both hands close to your chest, with your elbows tucked in.
- Step forward with one leg taking a slightly longer than normal first step.
- Press the toes of your back foot into the ground. They will mainly be used for balance. Your back knee should also be bent.
- Contract your glutes, brace your abs and keep your lower back flat.
- Lower your body until your front thigh is parallel to the ground.
- Keep your shoulders and chest up, always looking straight ahead.
- Push up using the heel of your front foot, but stay in the split squat position. Do the entire interval or reps in this position, then switch legs.



T-Pushups

- Start in the pushup position, with your hands slightly wider than shoulder width apart and your abs braced.
- Slowly lower yourself down until you're an inch off the ground.
- Use your chest muscles, shoulders and triceps to push yourself back up.
- As you come up, rotate to one side and point that arm toward the ceiling.
- Alternate sides with each rep.



Low Squat Hold

- Stand with your feet a little wider than shoulder width apart.
- Extend your arms out straight in front of you.
- Push your hips backward, like you're sitting back into a chair.
- Squat down as far as possible and hold for the specified time period.
- Keep your back flat and your shoulders and chest up.



Lying Hip Extensions

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs and contract your glutes (butt muscle).
- Use your glutes bridge your hips up.
- Keep your abs braced, do not use your lower back.
- Slowly lower your hips down until they are an inch off the ground. Repeat this motion.



Fake Jump Rope Jumps

- Pretend like you're jumping rope...without the actual jump rope.



Mountain Climber Burpees

- Start with your feet shoulder width apart.
- Drop down onto your hands and feet, then thrust your feet back, so you're in the pushup position.
- Do a pushup, followed by one repetition of the mountain climbers (see description below) and then thrust your feet back in toward your chest.
- Explode back up to the starting position with your arms raised overhead.

