

WARNING: This eBook is for your personal use only.
You may **NOT** Give Away, Share Or Resell This
Intellectual Property In Any Way

All Rights Reserved

Copyright © 2016 – Derek Wahler. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

Top 10 Low-Impact Fat-Burning Exercises

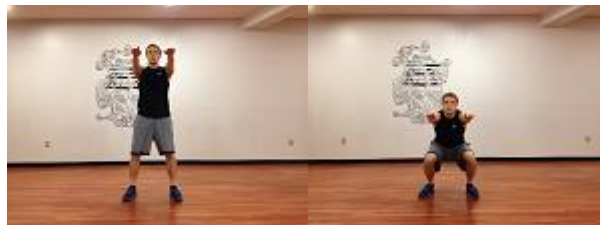
Bodysaw

- 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.



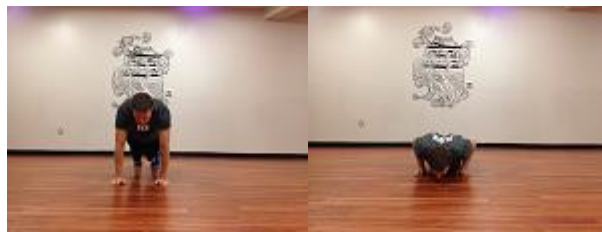
Bodyweight Squats

- 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.
- 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.



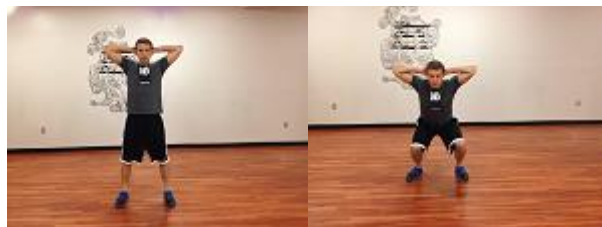
Close Grip Pushups

- 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.



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.



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.



Side Plank

- Lie on your left side.
- Support your bodyweight with your knees and left elbow.
- Raise your body up in a straight line.
- Keep your back straight and your hips up. Brace your abs and squeeze your glutes.
- Hold this position for the specified time period. Switch sides.



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.



Split Squats

- Start with your feet shoulder width apart.
- Step forward with one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground, it will mainly be used for balance. Your back knee should also be bent.
- Contract your glutes, brace your abs and keep your torso upright.
- Lower your body until your front thigh is parallel to the ground. Your back knee should be slightly above the ground at this point.
- Drive through the heel of your front foot and push yourself back up to the starting position. Continue for the specified time period, then switch legs.



Sumo Squats

- Stand with your feet out wide and your toes slightly angled out. Reach your arms out in front of you.
- Push your hips back, keep your abs braced and your torso upright as you lower yourself down.
- Drive through the heels of your feet and push through your glutes, hamstrings and quadriceps to return to the starting position.



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.

