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10 **MINUTE** **FAT LOSS**

EXERCISE GUIDE



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10-Minute Fat Loss Exercise Guide

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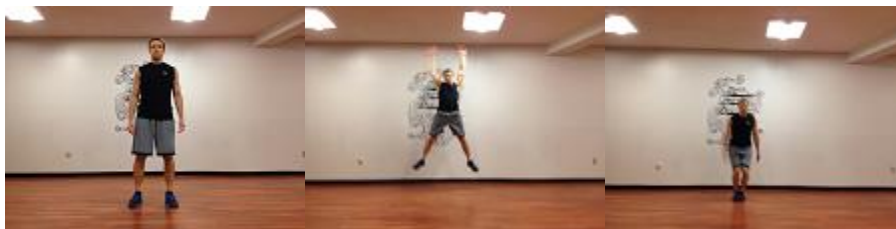
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1 Jump Jumping Jacks

- Stand with your feet shoulder width apart, with your arms resting at your sides.
- Jump your feet out and raise your hands overhead with straight arms.
- While still in the air, return and land in the starting position. Essentially you'll do 1 full jumping jack while you're in the air.



1 Leg Lying Hip Extensions

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, contract your right glute (butt muscle) and raise your left leg off the ground and into the air.
- Using your right glute, 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.
- Switch legs based when the specific workout tells you to.



Alternating Forward Lunges

- Start with your feet shoulder width apart.
- Step forward with one leg, slightly longer than a normal step. Keep your back toes on the ground and use them for balance. The back knee should be bent.
- 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.



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.



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.



Bird Dog

- Start with your knees on the ground and place your hands right underneath your shoulders.
- Slowly lift your left arm up and stretch out as far as you can.
- While you do that, slowly lift your right leg off the ground, squeeze your glute, and form a straight line with your leg.
- Keep your back flat and brace your abs.
- Hold for 3 seconds, then slowly lower without rotation your pelvis.
- Switch and do this with the opposite arm and leg.



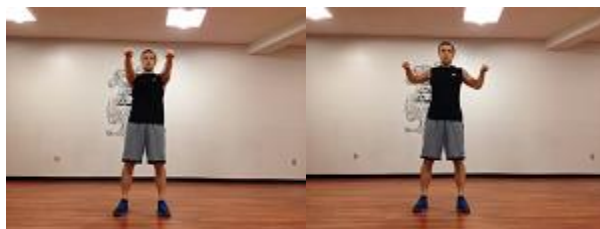
Bodysaw

- 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.



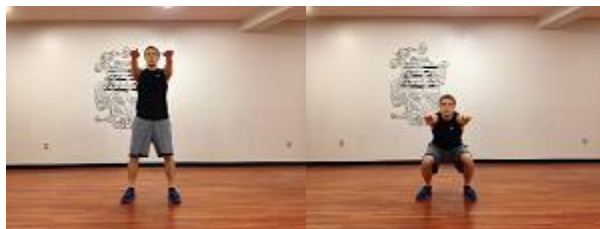
Bodyweight Row

- Stand with your feet shoulder width apart.
- Extend your arms out straight in front of you.
- Slowly pull your shoulder blades together, creating internal tension in your muscles.
- Imaging there's a pencil between your shoulder blades, and you're trying to snap it.
- Return 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.



Bodyweight Squats 1 ½ Reps

- 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.
- Push back up only half way, then squat back down (this is the ½ rep).
- Keep your weight on your heels, drive all the way back up by pushing with your glutes, hamstrings and quadriceps.



Bodyweight Squats w/ Alternating Knee Up

- 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.
- Lift your right knee up, return to the starting position, then lift your left knee up.



Bulgarian Split Squat

- Stand with your feet shoulder width apart.
- Lift one foot up and place it on a bench behind you. Step out with your other foot on the ground.
- 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.

**Bulgarian Split Squat 1 ½ Reps**

- Stand with your feet shoulder width apart.
- Lift one foot up and place it on a bench behind you. Step out with your other foot on the ground.
- 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 yourself up only halfway, using the heel of your front foot.
- Lower your body back down and then push all the way back up.



Burpee Chin Ups

- 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.
- Stand up and grab the pull up bar with an underhand grip, with your palms facing you.
- Pull yourself up until your chest reaches bar level.
- Slowly lower yourself back down under control.



Burpee Pull Ups

- 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.
- Stand up and grab the pull up bar with an overhand grip, with your palms facing away from you.
- Pull yourself up until your chest reaches bar level.
- Slowly lower yourself back down under control.





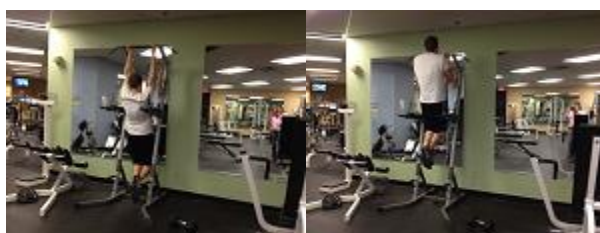
Burpees

- 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 and stand up.
- You can add a vertical jump at the end.



Chin Ups

- Place your hands on the bar with an underhand grip, so your palms are facing you.
- Pull yourself up until your chest reaches bar level.
- Slowly lower yourself back down under control.



Close Grip ¾ Rep Pushups

- Start in the pushup position, with your hands closer together, directly underneath your shoulders.
- Brace your abs and lower yourself until you're an inch off the ground.
- Push through your chest, shoulders and triceps until you're ¾ of the way back up. Do not fully extend your arms.
- Keep your body in a straight line at all times.



Close Grip Chin Ups

- Place your hands on the bar, a little closer than shoulder width apart, with an underhand grip.
- Pull yourself up until your chest reaches bar level.
- Slowly lower yourself back down under control.



Close Grip Cross Body Mountain Climber Pushups

- Start in the pushup position, with your hands closer together, directly underneath your shoulders.
- 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.
- Then bring your right knee up toward your left elbow and back. Do the same on the other side. Do not rush this motion.
- Keep your body in a straight line at all times.



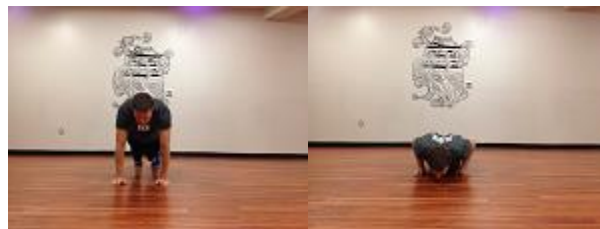
Close Grip Pull Ups

- Place your hands on the bar, a little closer than shoulder width apart, with an overhand grip.
- Pull yourself up until your chest reaches bar level.
- Slowly lower yourself back down under control.



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.



Close Stance Bodyweight Squats

- Stand with your feet in a little closer 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 Stance Bodyweight Squats 1 ½ Reps

- Stand with your feet in a little closer 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.
- Push through your heels only halfway back up. Lower yourself back down and then explode all the way back up by pushing with your glutes, hamstrings and quadriceps.

**Close Stance Bodyweight Squat w/ Knee Up**

- Stand with your feet in a little closer 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.
- Lift your right knee up, lower back down and then lift your left knee up.



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.



Cross Body 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 cross body 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.





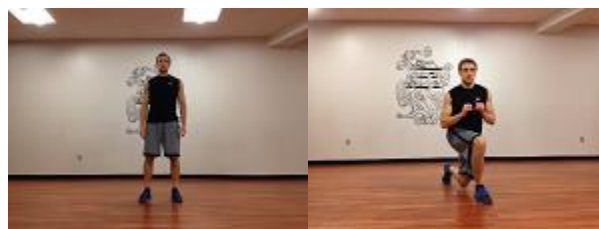
Cross Body Mountain Climbers

- 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.



Crossover Lunge

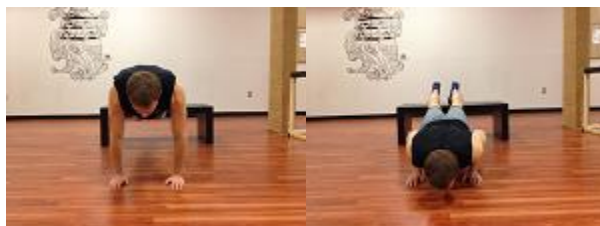
- Stand with your feet a little wider than shoulder width apart.
- Bring your right leg across your body, drop your hips and bend at both knees.
- Push back up using the heel of your front foot and then switch legs.
- Keep your shoulders square and chest up at all times.



Decline Close Grip Pushups

- Place your feet up on the bench behind you.

- Assume the regular close grip pushup position, with your hands in a little closer than shoulder width apart.
- Brace your abs and squeeze your glutes together.
- Lower yourself down until you're an inch above the ground.
- Push through your chest, shoulders and triceps.
- Keep your elbows tucked right against your side the entire time.



Decline Pushups

- Place your feet up on the bench behind you.
- Assume the regular pushup position, with your hands out a little wider than shoulder width apart.
- Brace your abs and squeeze your glutes together.
- Lower yourself down until you're an inch above the ground.
- Push through your chest, 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.



Double Jump 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.
- From the crouching position, explode up and jump into the air, with your arms raised above your head (take out the jump if you're on a hard surface).
- Land softly and immediately jump up one more time.



Double Pushup 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 2 pushups and then thrust your feet back in toward your chest.
- From the crouching position, explode up and jump into the air, with your arms raised above your head (take out the jump if you're on a hard surface).



Double Pushup 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 a mountain climber with one leg, another pushup, followed by a mountain climber with the other leg. Then thrust your feet back in toward your chest.
- From the crouching position, explode up and jump into the air, with your arms raised above your head (take out the jump if you're on a hard surface).



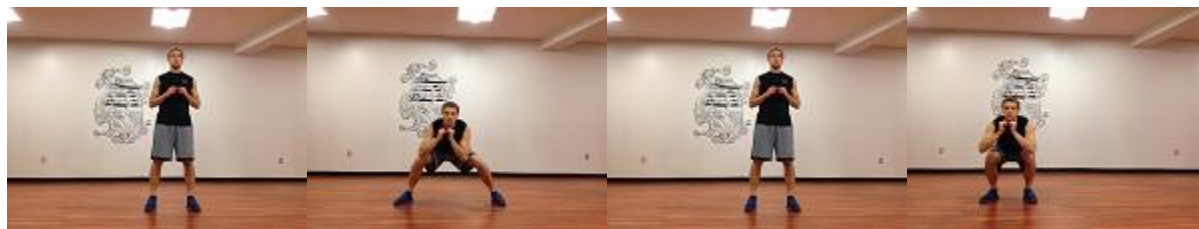
Double Squat Thrust Burpees

- 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. Thrust your feet back in toward your chest. Repeat the squat thrust 1 more time.
- From the crouching position, explode up and jump into the air, with your arms raised above your head (take out the jump if you're on a hard surface).



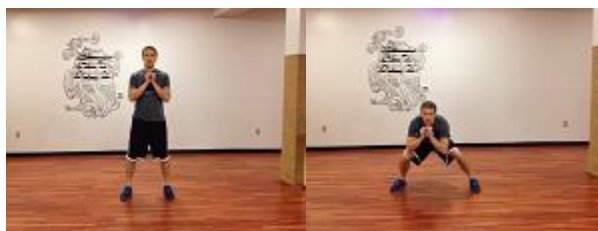
Duck Under Squats

- Start with your feet should width apart. Pretend there is an imaginary bar right next to you.
- Drive your hips back, squat down and take a lateral step with your right leg. Keep your torso upright, go under the imaginary bar and stand up on the other side.
- Perform a bodyweight squat (description above).
- Follow the same motion and go back under the imaginary bar. Perform a bodyweight squat.



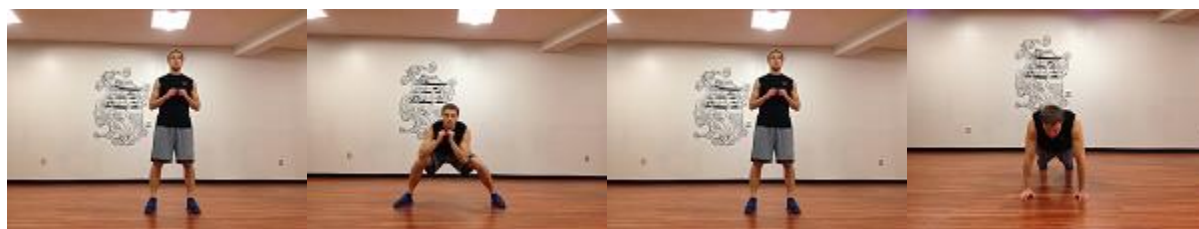
Duck Unders

- Start with your feet should width apart. Pretend there is an imaginary bar right next to you.
- Drive your hips back, squat down and take a lateral step with your right leg. Keep your torso upright, go under the imaginary bar and stand up on the other side.
- Follow the same motion and go back under the imaginary bar.



Duck Unders w/ a Pushup

- Start with your feet shoulder width apart. Pretend there is an imaginary bar right next to you.
- Drive your hips back, squat down and take a lateral step with your right leg. Keep your torso upright, go under the imaginary bar and stand up on the other side.
- Drop down, do a pushup and then stand back up.
- Follow the same motion and go back under the imaginary bar. Do a pushup.



Dumbbell Chest Press

- Hold the dumbbells above your chest with your palms facing your feet.
- Lower the dumbbells under control to chest level.
- Press the dumbbells back up above your chest.



Dumbbell Chest Supported Row

- Lie with your chest supported by a bench with a slight incline.
- Hang your arms down on your side. Grab the dumbbells and row them by squeezing your shoulder blades together.
- Slowly return to the start position.



Dumbbell Close Grip Pushups

- Set two dumbbells about shoulder width apart.
- Grip your hands around the dumbbells instead of having them flat on the floor.
- Perform close grip pushups (see description above).



Dumbbell Close Stance Squats

- Stand with your feet in a little closer than shoulder width apart.
- Hold a dumbbell in each hand, with your arms at your side.
- 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.
- Keep your low back arched, do not round your lower back.



Dumbbell Incline Chest Press

- Lay back on a bench with a slight incline.
- Hold the dumbbells above your chest, with your palms facing toward your feet.
- Lower the dumbbells in a controlled motion under they reach chest level. Press them back up straight above your chest.



Dumbbell Incline Curls

- Set up a bench so you're sitting back slightly from an upright position.
- Keeping your back flat, pick up a dumbbell with each hand.
- Curl them up toward your shoulder by squeezing your biceps.
- Lower the dumbbells back down in a controlled motion.



Dumbbell Neutral Grip Incline Chest Press

- Lay back on a bench with a slight incline.
- Hold the dumbbells above your chest with your palms facing each other.
- Lower the dumbbells under control to chest level.
- Press the dumbbells back up above your chest.



Dumbbell Pushups

- Set two dumbbells slightly wider than shoulder width apart.
- Grip your hands around the dumbbells instead of having them flat on the floor.
- Brace your abs and do pushups (see description above) for the specified time period.



Dumbbell Rows

- Place your left hand and knee on a bench, while keeping a flat back.
- With a dumbbell in your right hand, squeeze your shoulder blade back and row the weight up to your side.
- Slowly lower the weight in a controlled motion.
- Do all reps for one side and then switch to your other arm.



Dumbbell Squats

- Stand with your feet slightly wider than shoulder width apart.
- Hold a dumbbell in each hand, with your arms at your side.
- 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.
- Keep your low back arched, do not round your lower back.



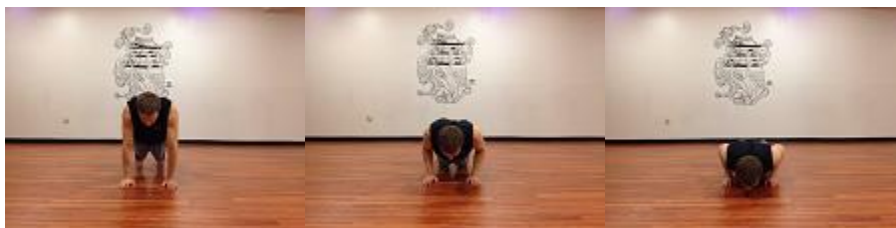
Eccentric Chin Ups

- Place your hands on the bar with an underhand grip, so your palms are facing you.
- Pull yourself up until your chest reaches bar level. You can also use a step or chair to assist you.
- Use a timer or count to 4 seconds while you slowly lower yourself back down under control. The lowering phase is the eccentric motion, which we're emphasizing with this exercise.



Eccentric Close Grip Pushups

- Start in the pushup position, with your hands slightly closer together than shoulder width apart.
- Brace your abs.
- Use a timer or count to 4 seconds, while you slowly lower yourself in a controlled motion, 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.



Eccentric Pull Ups

- Place your hands on the bar with an overhand grip, so your palms are facing away from you.
- Pull yourself up until your chest reaches bar level. You can also use a step or chair to assist you.
- Use a timer or count to 4 seconds while you slowly lower yourself back down under control. The lowering phase is the eccentric motion, which we're emphasizing with this exercise.



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.



Elevated Pushups

- Use a dumbbell, kettlebell, yoga block or any type of raised surface.
- Place one hand on the raised surface, with the other flat on the ground. Your hands should be slightly wider than shoulder width apart.
- Brace your abs and keep a straight line from your shoulders to your toes.
- Lower yourself down in a controlled motion, until you're an inch above the ground, then push back up using your chest muscles, shoulders and triceps.
- Keep your elbows in, do not let them flare out.
- Do the specific interval/number of reps on one side, then switch to the other side.



Glute Bridge

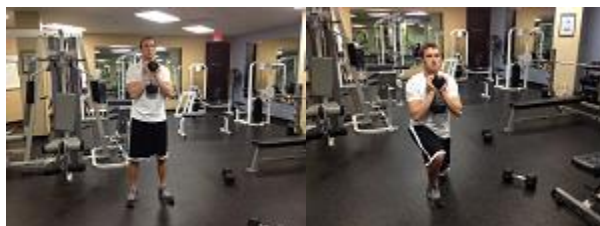
- Lie on your back with your knees bent and your feet flat on the floor.
- Raise your arms straight above your chest.
- Brace your abs, squeeze your glutes (butt muscles) to bridge your hips up.
- Hold this position
- Do not use your lower back to do this exercise.



Goblet Alternating Forward Lunge

- Stand with your feet slightly wider than 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, slightly longer than a normal step. Keep your back toes on the ground and use them for balance. The back knee should be bent.
- 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, switch legs.



Goblet Alternating Reverse Lunge

- Stand with your feet slightly wider than shoulder width apart.
- Hold a dumbbell or kettlebell with both hands close to your chest, with your elbows tucked in.
- 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, switch legs.



Goblet Bulgarian 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.
- Lift one foot up and place it on a bench behind you. Step out with your other foot on the ground.
- 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.



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.



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

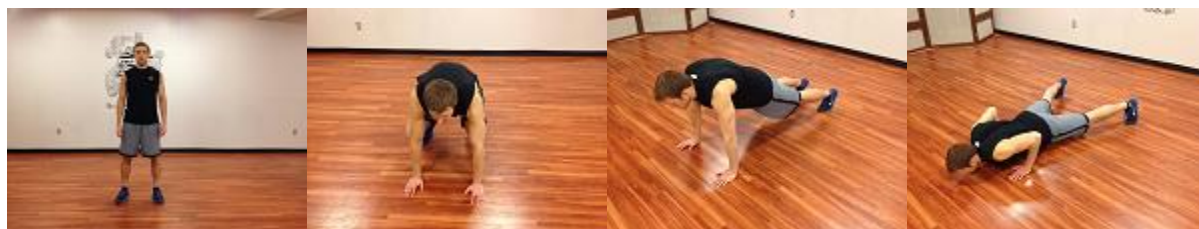
- Start in an athletic position, with your feet slightly wider than shoulder width apart.
- In a running motion, drive your left knee up toward hip level, while also bringing your right arm up. Then do the same with the other leg and arm.
- Sprint in place as fast as you can, while using good form and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



Jumping Jack Pushup Burpees

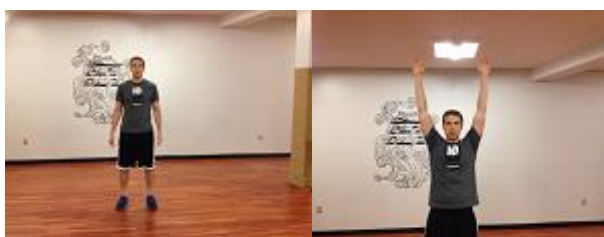
- Start with your feet shoulder width apart.
- Drop down onto your hands and feet, then thrust your feet back, so you're in the pushup position.

- While you're doing the eccentric (lowering) motion of the pushup, jump your feet out to a wide stance. Once you're an inch from the ground, push yourself back up and jump your feet back to their original position. Then thrust your feet back in toward your chest.
- From the crouching position, explode up and jump into the air, with your arms raised above your head (take out the jump if you're on a hard surface).



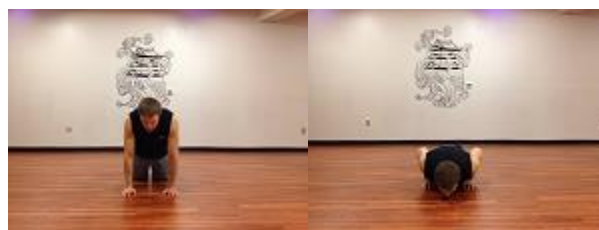
Jumping Jacks

- 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.



Kneeling Close Grip Pushups

- Start with your knees about shoulder width apart on the ground, with your hands just inside shoulder width apart.
- Brace your abs and lower yourself until you're an inch off the ground. Keep your elbows tucked along your side. Do not let them flare out.
- Push through your chest, shoulders and triceps back to the starting position.
- Keep your body in a straight line at all times.



Kneeling Eccentric Close Grip Pushups

- Place your knees on the ground about shoulder width apart, with your hands slightly closer together than shoulder width apart.
- Brace your abs.
- Use a timer or count to 4 seconds, while you slowly lower yourself in a controlled motion, 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.



Kneeling Eccentric Pushups

- Start with your hands and knees 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.



Kneeling Pushups

- Start with your hands and knees slightly wider than shoulder width apart.
- Brace your abs and keep a straight line from your shoulders to your toes.
- 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.



Lateral Jump + Alternating Forward Lunge

- Start with your feet shoulder width apart, your knees slightly bent and your abs braced.
- Jump laterally to one side and land softly on your feet, with your knees bent and hips back.
- Do an alternating forward lunge (see description).
- Jump back to the other side and do another alternating forward lunge. Rest as little as possible between jumps.



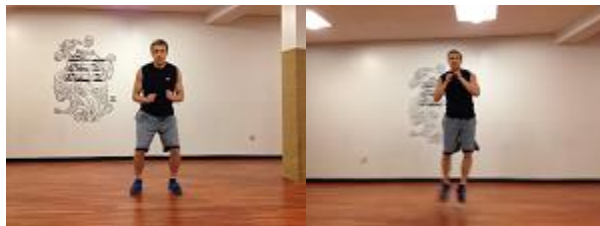
Lateral Jump + Pushup

- Start with your feet shoulder width apart, your knees slightly bent and your abs braced.
- Jump laterally to one side and land softly on your feet, with your knees bent and hips back.
- Drop down and do a pushup (see description).
- Stand back up, do another lateral jump, followed by another pushup.



Lateral Jumps

- Start with your feet shoulder width apart, your knees slightly bent and your abs braced.
- Jump laterally to one side and land softly on your feet, with your knees bent and hips back.
- Keep jumping back and forth, always landing with your knees bent, resting as little as possible between jumps.



Low Squat Hops

- Stand with your feet slightly wider than shoulder width apart. Brace your abs and drop your hips back into a low squat position.
- From this low squat position, do small hops off the ground with both feet.
- Keep your torso upright and land softly with each hop.



Lying Dumbbell Triceps Extension

- Lie flat on your back, hold two dumbbells above your chest with your palms facing each other.
- With your arms straight, bend at the elbow and lower them toward your shoulders in a controlled motion.
- Extend your arms back up.



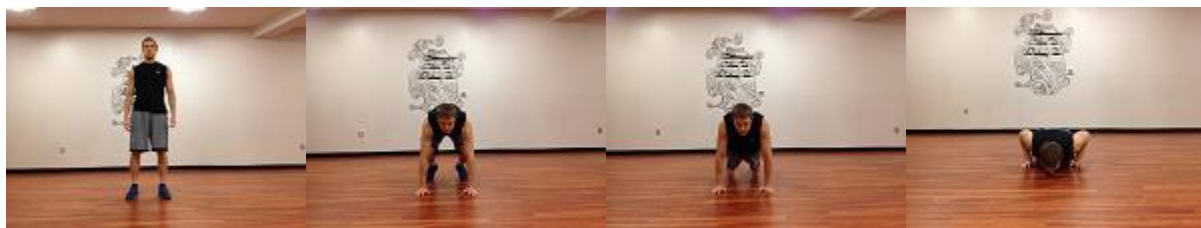
Lying Hip Extensions

- 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.



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.





Mountain Climber Pushups

- Start in the pushup position, with your hands slightly wider than shoulder width apart.
- Brace your core and keep a straight line from your shoulders to your toes.
- 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.
- Perform a mountain climber (see description below).



Mountain Climbers

- Start in the pushup position, with your hands slightly wider than shoulder width apart.
- Brace your core and keep a straight line from your shoulders to your toes.
- Bring your right knee up to your right elbow in a controlled motion and then back to the starting position. Do not let your hips sag or rotate.
- Alternate sides until you are done with the exercise.



Oblique Mountain Climber Pushups

- Start in the pushup position, with your hands slightly wider than shoulder width apart.
- Brace your core and keep a straight line from your shoulders to your toes.
- 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.
- Perform an oblique mountain climber (see description below).



Oblique Mountain Climbers

- Start in the pushup position, with your hands slightly wider than shoulder width apart.
- Brace your core and keep a straight line from your shoulders to your toes.
- Bring your right knee up and outside of your right elbow in a controlled motion and then back to the starting position. Do not let your hips sag or rotate.
- Alternate sides until you are done with the exercise.



Offset Pushups

- Start in the pushup position with your hands slightly wider than shoulder width apart.
- Place one hand in front of shoulder level and the other hand behind shoulder level.
- Brace your abs and keep a straight line from your shoulders to your toes.
- 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.
- Do specified interval or number of reps for one side, then switch your hand placement.



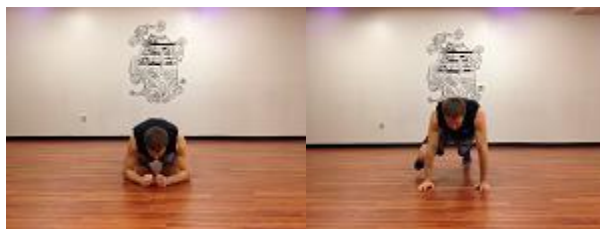
Plank

- 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.



Plank to Oblique Mountain Climber

- Perform the plank (description above) and hold for 5 seconds.
- Go from your forearms to your hands, while keeping your abs braced.
- Perform an oblique mountain climber (description above).
- Return to the plank position, hold for 5 seconds and repeat for specified time period.



Plank to Pushup

- Get in the plank position (see description above).
- Go from your forearms up on to your hands, in the full pushup position.
- Keep your abs braced and a straight line from your shoulders to toes throughout this exercise.
- From the pushup position, go back down into the plank position.
- Continue moving back and forth between the plank and pushup position.

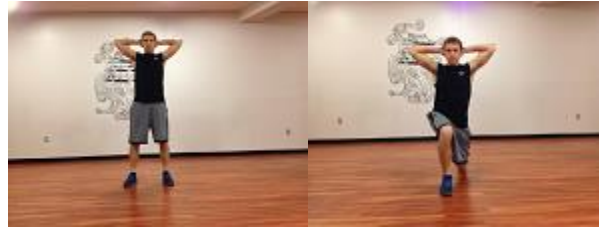


Plank w/ Arm & Leg Raise

- Start in the plank position (see description above).
- In a controlled motion, lift your right arm out, keep it straight and stretch it out as far as possible.
- While moving your right arm, contract your left glute and raise your left leg up in the air, keeping it in a straight line.
- Hold for 3 seconds and then repeat with opposite arm and leg.
- Alternate sides for the specified time period.

**Prisoner Alternating Forward Lunge**

- Start with your feet 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.
- Step forward with one leg, slightly longer than a normal step. Keep your back toes on the ground and use them for balance. The back knee should be bent.
- Lower your body until your front thigh is parallel to the ground, keeping your back flat.
- Push back up to the starting position through the heel of your front foot.



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 Close Stance Bodyweight Squats

- Stand with your feet in a little closer 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

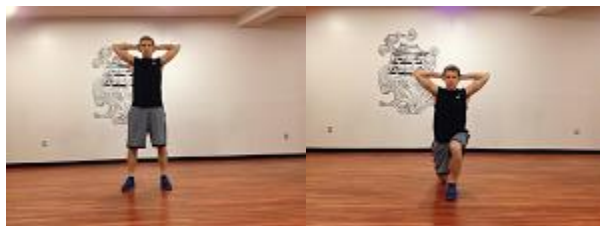
- Stand with your feet slightly wider than shoulder width apart.
- Place your hands behind your head and interlock them together.
- Flex your elbows back, do not let your elbows creep in closer to your head.
- Take a big step backward with one leg. Keep your front foot stationary.
- Lower your body until 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.



Prisoner Reverse Lunges

- 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. Alternate legs.



Prisoner Squat Jumps

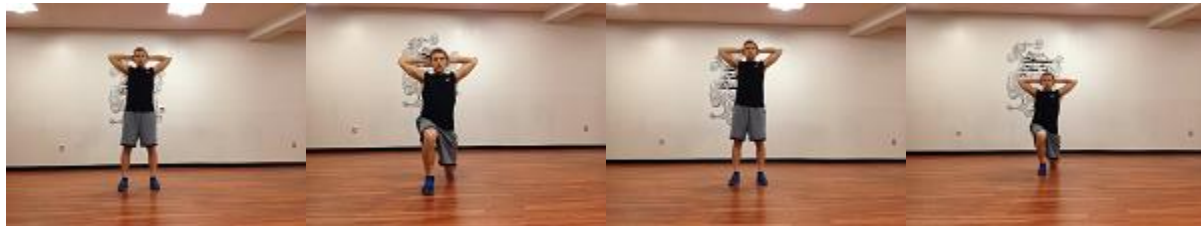
- Stand with your feet slightly wider than shoulder width apart.
- Place your hands behind your head and interlock them together.
- Flex your elbows back, do not let your elbows creep in closer to your head.
- Start the movement at the hip joint. Push your hips backward, like you're sitting back into 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.



Prisoner Switch Lunge

- 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.
- Step forward with one leg into a lunge position, taking a larger than normal step.

- Drop your back knee just above the ground and bend your front knee, until your front thigh is parallel to the ground. Keep your torso upright.
- Drive through your front leg back to the starting position.
- With the other leg, perform a reverse lunge. That's 1 repetition. Alternate and repeat for specified time period.



Pull Ups

- Place your hands on the bar, slightly wider than shoulder width apart, with an overhand grip.
- Pull yourself up until your chest reaches bar level.
- Slowly lower yourself back down under control.



Pushups 1 ½ Reps

- 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 **halfway** back up, using your chest, shoulders and triceps. Immediately lower yourself back down and then push yourself all the way back up. That's 1 rep.



Pushup Punisher

- This applies when you're using the 20-10 system.
- Do pushups (description below) for 20 seconds.
- Instead of resting for 10 seconds, hold yourself up in the top pushup position. Keep your abs braced and glutes squeezed, so there's a straight line from your shoulders to your toes.



Pushup Squat Thrusts

- Perform a pushup (description below).
- Then immediately do a squat thrust (description also below).
- Repeat for the specified time period.



Pushup Walk

- 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.

- Using your hands and feet, take small steps forward. Don't let your hips sag or raise up. If you run out of room, walk backwards. Continue for the specified time period.



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.
- Push yourself back up, using your chest, shoulders and triceps.
- Keep your elbows in at a 45 degree angle, do not let them flare out.



Pushups ¾ Reps

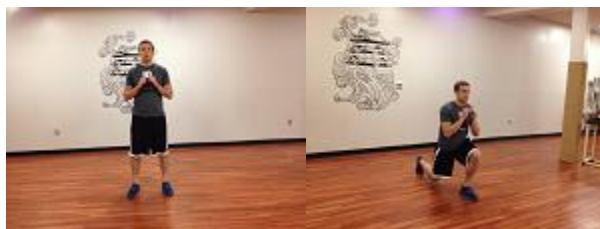
- Start with your hands slightly wider than shoulder width apart. Brace your abs and contract your glutes, so there's a straight line from your shoulders to your toes.
- In a controlled motion, lower yourself down until you're an inch above the ground.
- Keep your elbows in at a 45 degree angle, do not let them flare out.
- Push yourself ¾ of the way back up. Do not fully extend your arms on the way up.



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.



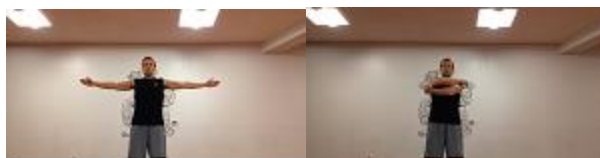
SCREACH

- 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.
- Once your foot is on the floor, rotate your upper body and point your arm toward the ceiling.
- Keep your abs braced and return to the starting position in a controlled motion.
- Alternate sides.



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.



Side Plank

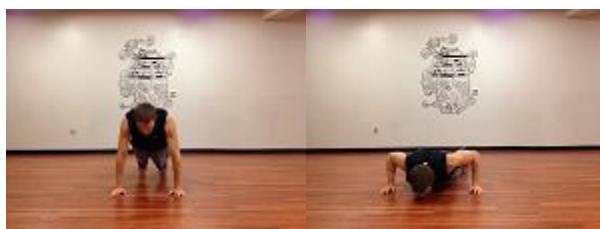
- Lie on your left side.

- 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.



Side to Side Pushups

- Start in the pushup position, with your arms slightly wider than shoulder width apart and brace your abs.
- In one motion, step to the right with your right hand and right foot. Once your hand and foot touch the ground, do a pushup. Then bring your hand and foot back in to the starting pushup position.
- Step your left hand and foot out, do a pushup, then return to the starting pushup position.
- Alternate sides for the specified time period. Keep a straight line from your shoulders to your toes at all times.



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.



Spiderman Climb 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 the spiderman climb for each leg (description above) and then thrust your feet back in toward your chest.
- From the crouching position, explode up and jump into the air, with your arms raised above your head (take out the jump if you're on a hard surface).



Spiderman Pushups

- Start in the pushup position, with your hands slightly wider than shoulder width apart, and brace your abs. Keep a straight line from your shoulders to your toes.
- Lower yourself in a controlled motion until you're an inch from the ground.
- As you lower yourself, bring your right knee up to your right elbow.
- Keep your foot off the ground as you do this.
- Push through your chest, shoulders and triceps to return to the starting position, and return your leg to the starting position as well. Alternate sides for the specified time period.



Split Shuffle

- Stand with one foot forward and the other back in a split stance.
- Raise your opposite arm and bring it forward, move your other arm back.
- Quickly switch your arm and foot position. Continue to do this as fast as possible, almost like you're running in place.



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.



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.



Squat Punisher

- Perform regular bodyweight squats (see description) for 20 seconds.
- Instead of resting for 10 seconds, hold the bottom position of the squat for 10 seconds.
- Continue with 20 seconds of bodyweight squats and 10 seconds of the squat hold for the specified time period.



Squat Speed Shuffle

- Get into the low squat position (see squat hold description).
- Keep your abs braced, back flat and torso upright.
- Shuffle back and forth in the low squat position for the specified time period. Try to move quickly and stay as low as possible.



Squat Thrusts

- Start in the pushup position, with your hands slightly wider than shoulder width apart.
- Brace your abs and keep a straight line from your shoulders to your toes.
- Jump both feet up towards your chest. Once they hit the ground, jump back out to the starting position.
- Don't let your hips raise up when you jump.



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.



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.



Switch Grip Pull Ups

- Place your hands on the bar, slightly wider than shoulder width apart.
- Have the palm of one hand facing you and the palm of the other hand facing away.
- Pull yourself up until your chest reaches bar level.
- Slowly lower yourself back down under control.
- Repeat for the specified time interval/number of reps and then switch your hand placement.



Switch Lunges

- Stand with your feet shoulder width apart.
- Step forward with your right leg, taking a slightly larger step than normal, into a lunge position.
- Drop your left knee slightly above the ground and drive your toes into the ground. Keep your torso upright.
- Drive through your right leg and return to the starting position.
- Then with the left leg, perform a reverse lunge.
- Now do the same thing, but switch legs (left leg does the forward lunge, immediately followed by the right leg doing the reverse lunge)
- That's one repetition, continue for the specified time period.



Total Body Extension Punisher

- Perform Total Body Extensions (see description below) for 20 seconds.
- Instead of resting for 10 seconds, hold the bottom position of the Total Body Extension for 10 seconds.
- Continue with 20 seconds of Total Body Extensions and 10 seconds of the hold for the specified time period.



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.



Triple Stop Pushup

- Start in the pushup position, with your hands slightly wider than shoulder width apart.
- Lower yourself half way down and pause for 1 second.
- Then lower yourself all the way down, about an inch off the ground and pause for 1 second.
- Push yourself halfway back up and pause for 1 second.
- Push yourself all the way back up to the starting position, using your chest muscles, shoulders and triceps. That's 1 repetition.
- Keep your abs braced, glutes squeezed and a straight line from your shoulders to your toes.



T-Pushup 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 two T-pushups (see description) alternating which arm extends into the air, and then thrust your feet back in toward your chest.
- Explode back up to the starting position with your arms raised overhead.



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.



Walkout

- Start in a modified push up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your hands toward your chest.
- Keep your hands moving toward your chest until you feel a stretch, but don't round your lower back.
- Once you feel a stretch, stand up (bend your knees slightly if necessary).
- Slightly bend your knees, place your hands on the ground, and walk them out to the starting position.



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.



Y-Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Raise your arms up overhead and hold them at a 45 degree angle.
- 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.



Y-Forward Lunge

- Start with your feet shoulder width apart.
- Raise your arms up overhead and hold them at a 45 degree angle.
- Step forward with one leg, slightly longer than a normal step. Keep your back toes on the ground and use them for balance. The back knee should be bent.
- 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.



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.

