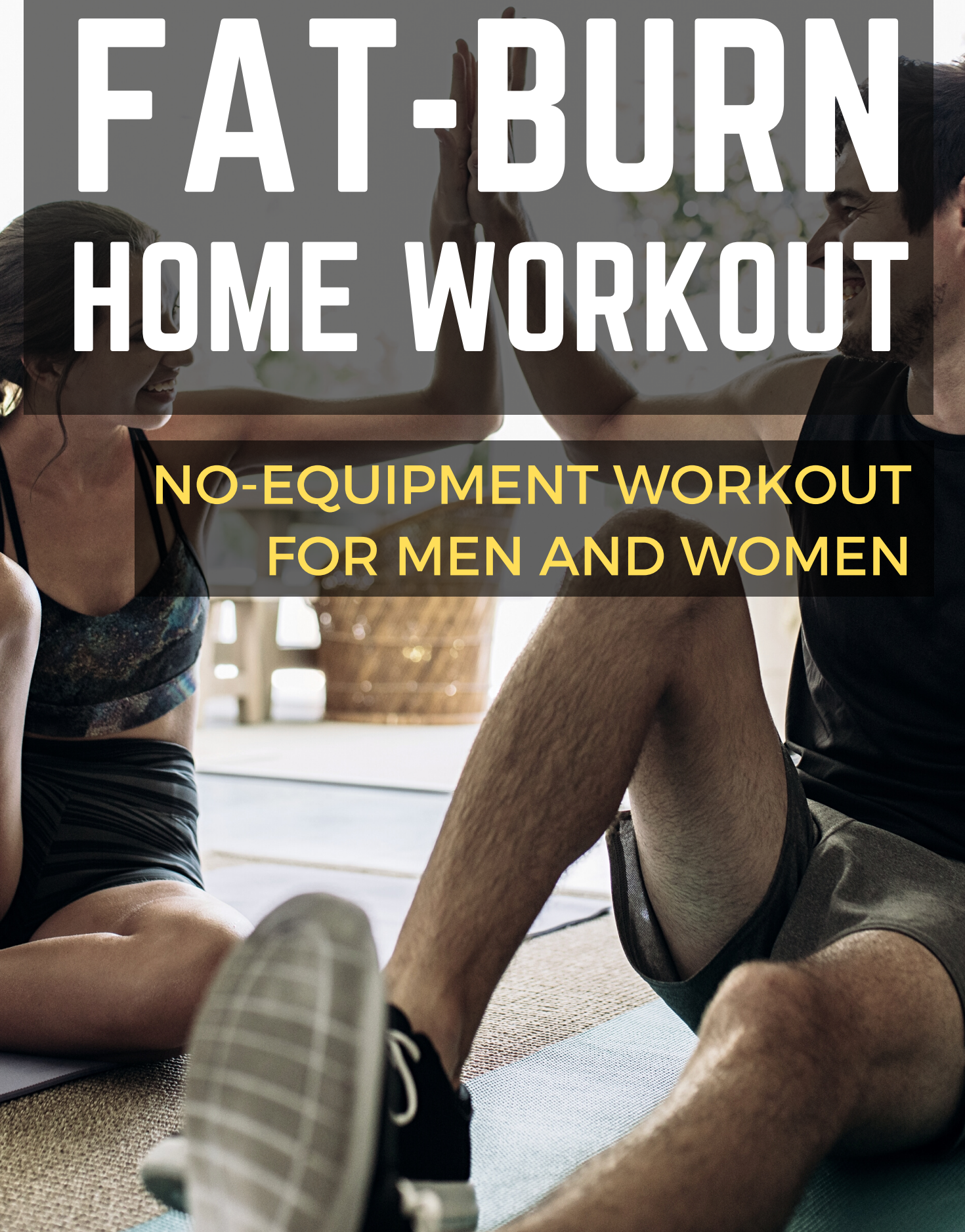


THE ULTIMATE FAT-BURN HOME WORKOUT

NO-EQUIPMENT WORKOUT
FOR MEN AND WOMEN



This high-intensity workout is designed to get your heart rate up and ramp your body into fat-burning mode.

No equipment = no excuses!

The workout is made up of 8 exercises and is designed to be completed in 4 circuits. Give it everything you've got in order to burn maximum calories.

- Do each exercise for 20 seconds
- Rest for 10 seconds between each exercise
- Complete the full circuit 4 times

For best results, complete the workout 3 times a week. If you're trying to lose excess weight, combine the workouts with a calorie deficit diet.

Start with warming up your body...

- Arm circles in both directions for 40 secs
- Star jumps for 40 secs
- Butt kicks for 40 secs

Now for the workout...

Exercise 1: Burpees

- Stand with your feet shoulder-width apart with arms at your sides.
- Push your hips back, bend your knees, and lower your body into a squat.
- Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
- Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
- Jump your feet back so that they land just outside of your hands.
- Reach your arms over head and explosively jump up into the air.
- Land and immediately lower back into a squat for your next rep.



Exercise 2: Mountain climbers

- Get into a plank position, making sure to distribute your weight evenly between your hands and your toes.
- Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
- Pull your right knee into your chest as far as you can.
- Then switch, pulling that knee out and bringing the other knee in.
- Keeping your hips down, run your knees in and out as far and as fast as you can.
- Alternate inhaling and exhaling with each leg change.



Exercise 3: Press-ups and low squat

- Start in a standard press-up position. Place each hand as wide as is comfortable. The wider apart your hands are the harder you will work out your chest.
- Slowly lower your chest towards the floor whilst ensuring your abs are tight and your spine is in neutral position.
- Slowly push back up to the start position while simultaneously exploding into a low squat.
- Revert your legs back into the starting position and repeat the press-up.



Exercise 4: Reverse lunges

- Stand upright, with your hands at your hips.
- Take a large step backward with your left foot.
- Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted.
- Return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep.
- Alternate legs, and step back with right leg.



Exercise 5: Plank

- Start with your feet together, arms slightly wider than shoulder width and your weight resting on your forearms.
- Most importantly, your body should form a straight line and be stiff from head to toe as you brace your abs.
- The moment your back begins to sag, is the moment you should stop, no matter how long the clock has been ticking.



Exercise 6: Squat jumps

- Stand with feet shoulder width and knees slightly bent.
- Bend your knees and descend to a full squat position.
- At the bottom of the squat, powerfully explode straight up bringing your knees toward your chest while in midair.
- At the top of the jump, your thighs should touch your torso.



Exercise 7: Bicycle crunches

- Start by lying on the ground, with your lower back pressed flat into the floor and your head and shoulders raised slightly above it.
- Place your hands lightly on the sides of your head; don't knit your fingers behind.
- Lift one leg just off the ground and extend it out.
- Lift the other leg and bend your knee towards your chest. As you do so twist through your core so the opposite arm comes towards the raised knee.
- You don't need to touch elbow to knee, instead focus on moving through your core as you turn your torso.
- Lower your leg and arm at the same time while bringing up the opposite two limbs to mirror the movement.
- Keep on alternating sides



Exercise 8: Shadow boxing

- Stand with your feet hip-width apart.
- Place one clenched fist near your face with the other punching forward.
- Alternate back and forth while twisting your torso to improve the range of motion.
- Punch as fast as possible to burn maximum calories.

