



& **Personal Trainer Food.com**

## NATIONAL TRANSFORMATION CONTEST

### Transformation Challenge!

Name:

Date:

Goal:

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We are going to make this as simple as possible for each of you accomplish your goals and reach an awesome level of fitness in 8 weeks! All you have to do is put into place the rules and principles that we are going to lay out for you to get amazing results.

The first step is to understand you need to make some changes. We know that this will be tough, but you are here to be challenged and pushed by the entire group! You will need to change your eating, your workouts and your lifestyle to get the results you are looking for.

This nutrition program is meant to be simple and effective. All you have to do is follow the eating guidelines. If you eat the right foods at the right times you will transform your body faster than ever before!

## **Mindset**

The first actual step in starting your fat loss program is getting your mind in the right place. If you aren't making this a priority and taking the steps necessary to get the results you desire you will fail. I want you to be mentally prepared to attack these goals with everything you've got! I am not saying that you have to reorganize your life and change everything about your lifestyle, but you must be ready to endure some challenges.

To get yourself in the right mindset you will need to look deep inside yourself to discover why you want what you want.

Why do you want to lose the weight?

Why do you want to fit into a size \_\_\_\_?

Why do you want to have six pack abs?

There is no easy answer. The answer usually isn't (1) to look better or (2) to feel better. There is a deep underlying reason that you want to lose the weight or achieve a goal.

## Goal Setting

Many people don't know how to accurately set goals. If you don't know where you want to go how are you going to know what to do to get anywhere? Pick a goal or two and make a plan to get there.

Goals need to be specific and measurable. They don't have to be a weight goal but they should be something that has a set end point for you. Such as fitting back into my size 8 jeans or losing 3" off my waist. You should also give yourself a goal deadline. When will you accomplish these things? How long do you think it will take? If you know you have a deadline you will be much more likely to actually accomplish the goal.

Use the following to help you set your goals:

- 1) I want to..... (write down your goal, what you want)
- 2) I want to accomplish this by.... (how long will this take you)
- 3) To fulfill my goal I will.... (What actions will you take to reach your goal?)
- 4) I can visualize myself..... (What do you see when you accomplish your goal?)
- 5) I believe and expect... (Restate your goal and give yourself positive affirmation that you will accomplish it!)

Now that you have your goal make sure that you know the steps you are going to take to get to your goal. This will be different for everyone but we will help you to lay out your plan as well in this manual. We will lay out exactly what you need to do for your nutrition, exercise and attitude to make sure that you are on point to meet your goals.

Having someone hold you accountable to your goals is a large part of your success. We have created a forum on our website that you should be involved in so that we are able to hold you accountable to your goals. Go to the website and log in to the forum so that you can post your accountability each Friday.

## **Dieting Made Simple!**

We have found through our work with hundreds, if not thousands of people that simple is best way to approach your nutrition!

We stick to some very basic principles:

- 1) Eat a protein at every meal ( 1 Serving)
- 2) Eat 4-5 small meals per a day
- 3) Eat veggies at every meal (at least 1 Serving)
- 4) Snack on nuts, meats, cheeses, celery, carrots, broccoli etc (this counts as a meal)

It really is that simple!

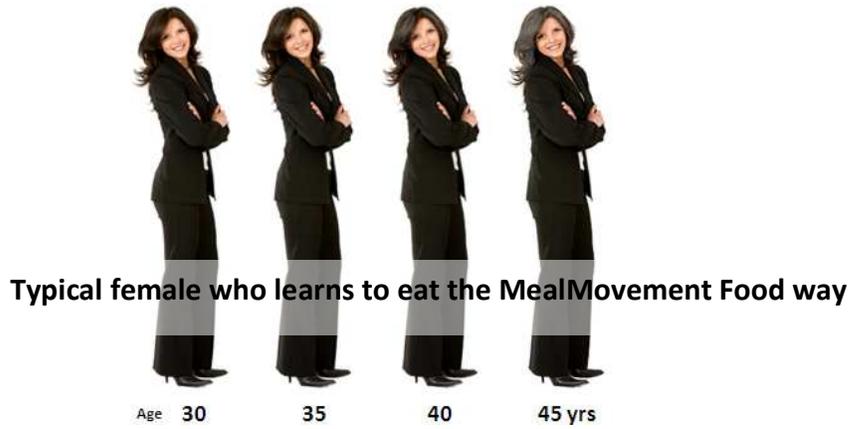
We have provided you with a great very basic meal plan for you to follow. To make this even easier we have partnered with MealMovement to provide with most, if not all, of your meals to start your journey to a new you!

MealMovement makes eating a breeze. No planning, no prepping, no more thinking. All you have to do is order your food, pick a meat and vegetable option for you day, heat and eat! It honestly doesn't get any easier, or better!

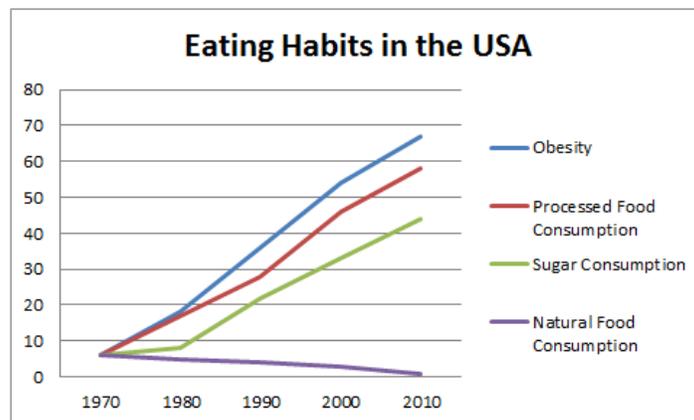
MealMovement uses ONLY Natural foods like meats, vegetable, nuts, eggs, and NO processed fillers, sugars, starches, noodles, rice, potatoes, gravies, etc. The convenient 'heat & eat' individually packaged meats and vegetables allow you to eat natural foods while maintaining your busy lifestyle. Because our food tastes great, you will stick with it. Because our variety is large, you will not get bored with it. Because our portions are filling, you will not get hungry and cheat. Because it is affordable, you will feel good about it. Because it works, you will LOVE IT!

### The 'Old School' of Dieting

For 40 years America has tried every fad diet and for 40 years we have gained more weight. We have been confused into obesity. Low calorie, portion control, starvation diets lead to a life of ultimate weight gain. MealMovement believes in eating natural foods like meats, vegetables, eggs, select nuts. Not 'less', not 'whole' this or 'low' that. It's simply changing habits of what you eat.



MealMovement is not a diet. It's a movement. It's a movement back to natural foods and a movement away from processed foods. Check out the chart below. Since 1970 obesity has skyrocketed. So has the consumption of processed foods, sugars, and convenient foods. While the consumption of plain natural foods like simple meats, vegetables, and eggs has declined.



Metabolically, your blood sugar will stabilize when you eat the MealMovement way. You may experience withdrawals, but this is the sign your body's fat burning switch is turning on! Within 3-4 weeks you experience the 'aha' moment... you get it!

### Why MealMovement Works

While our food is not magic, it does combine all the necessary ingredients to help you learn what to eat:

Great Taste, Filling, Large Variety, Affordability, Value, Excellent Customer Service and a 100% Money Back Guarantee!

### What to Expect on MealMovement...

Week	What to Expect	Blood Sugar	Size	Weight
1	→ Sugar Withdrawals	130	12	170
2	→ Body begins burning fat	120	12	167
3	→ The 'aha' moment	100	10-12	164
4	Lifestyle changes, Body in constant state of fat burn.	95	10	160
5		90	8-10	158
6		80-90	8	155

As your blood sugar declines your body is forced to burn body fat as fuel. Size usually reduces faster than weight. Besides weight is too volatile. The most important feature of The Meal Movement is lifestyle change. You learn WHAT to eat. Follow our program and this 'aha' moment occurs within 3-4 weeks!

## 28 Days of Food for as little as \$12.11/Day

It's time to burn fat and learn how to eat! MealMovement is so good you will not believe you are on a diet. No starving, no counting, no adding, no counseling, no bad food! You get everything you need in our program and we mean everything! MealMovement offers the best tasting and BEST valued weight loss program on the market! They guarantee it!

You can get 28 Days of Fat Burning, Delicious Food Delivered To Your Front Door!

**Option 1:** Lunches and Dinners- \$299 (\$10.67/day)

**Option 2:** Breakfasts, Lunches and Dinners - \$349 (\$12.46/day)

**Option 3:** Breakfast, Lunches, Dinners and Snacks- \$389 (\$13.89/day)

**Option 4:** Protein Only - \$339 (\$12.11/day)

# Rapid Fat Loss Program

## Optional Supplements

Prograde VGF 25+ Multivitamin	Take first thing in the morning
Prograde EFA Icon	Take first thing in the morning
Optional: Prograde Metabolism	Take as directed
Prograde Genesis	Take Once a Day
Pre-Workout	½ Serving Prograde Workout
Post-Workout	½ Serving Prograde Workout

Breakfast	Egg or Egg and Meat
Snack	¼ Cup Almonds, pistachios, or other nuts OR 1-2 Sticks String Cheese OR Jerky
Lunch	Meat and Vegetable Option
Snack	¼ Cup Almonds, pistachios, or other nuts OR 1-2 Sticks String Cheese OR Jerky
Dinner	Meat and Vegetable Option

## Hydration

Staying hydrated is a key component to fat loss. If you are dehydrated your kidneys will not work properly, when the kidneys are not working properly the liver must start to take over and pick up the slack for the kidneys. It was mentioned earlier that the liver is important in the processing and metabolism of fat. When the liver has to pick up the job of the kidneys it cannot process fat.

You should strive to drink at least 128 ounces of water a day. This will ensure that you are properly hydrated and metabolizing fat effectively and efficiently. The easiest way to do this is drinking 32 ounces with breakfast in the morning and then having a bottle with you all day. If you drink 32 ounces in the morning, 16 ounces with your second meal/snack, 32 ounces with your third meal/snack, 32 ounces with your final meal and just 16 ounces throughout the day or in the evening you will be at your minimum.

Other acceptable drinks include tea, green tea, coffee (no sweeteners or heavy cream, adding calories is not great), non calorie containing flavored water and diet sodas (these should be kept to a minimum.) These do not count towards your water count.

# Training Program

You should strive to complete at least 4 training sessions per week.

The ideal break down would be 2 strength and 2 interval/metabolic workouts each week.

To get quicker results you can add in 2-3 interval training cardio days each week on top of your strength and metabolic workouts.

You should have 1-2 days of recovery or active recovery (walking outside, playing, light bike riding) per week to ensure you are letting your body heal from your intense workouts.

**TIP\*\*\*\* If you aren't questioning why you are doing the workout and wondering if you should stop you probably aren't going hard enough!!!!**

Intensity with the workouts is the key to your success!

See the following pages for your cardio interval workouts and at home strength workouts.

# Cardio Interval Program

Although performing metabolic circuits and conditioning is, in my opinion, a superior method for fat loss I understand that many of our members and readers are going to be performing cardio on machines, running outside, biking or any of the other numerous forms of cardio.

Don't get me wrong, I think that you can be successful with cardio intervals. Heck, I have been successful with them in the past personally and with clients. However, through my evolution as a world class coach I have realized that they may not be the most efficient use of time.

A few reasons that you might want to use cardio intervals:

- 1) You are deconditioned or a beginner and need to gain/re-gain a base level of conditioning before adequately performing metabolic circuits at the optimal level.
- 2) You are injured or recovering from an injury and cardio intervals (normally stationary biking) are the best way to get in your interval work.
- 3) You are hoping to get in some active recovery work.



The trick to cardio interval programs is to pick a method that you can perform at the highest intensity for the work period and then quickly transition to the recovery period at a low to moderate pace. This is usually very difficult to do on a treadmill.

Your best bet for cardio intervals is to perform them outside on a grass field (this takes some of the stress off the joints when running) or on an air resisted stationary bike like the Schwinn Aerodyne.

These two methods are the easiest to use and work with in all types of intervals. They are also the most effective. I love running outside for intervals because it causes you to actually move and produce force into the ground to propel your body. This requires significantly more energy than running on a treadmill and it actually works different muscle groups. The Schwinn is great because it is almost impossible to hurt yourself on a stationary bike (and I know as soon as I say this someone will do it!). You also can transition quickly between hard and easy intervals. I also like the fact that you can use your arms to increase your speed during the hard work periods.

I would suggest using the bike to start with because in all honesty most of you are not physically prepared to run outside. It requires much more preparation than one might think to be able to efficiently and safely sprint or run at high intensities.

*Which body is best for health and performance?*



One other option for intervals is running hills or stairs to increase the intensity.

If you must perform your cardio intervals here is a plan that you can follow.

The trick to designing an interval program is monitoring the work and rest periods. We will start off with a 1 to 3 work to rest ratio and decrease that over time to ensure you are making progress. It is to be noted that as the ratios reach 1 to 1 it will be very difficult to maintain a high level of intensity for the entire workout.

<b>Week</b>	<b>Day</b>	<b>Work</b>	<b>Rest</b>	<b>Reps</b>
1	1	15s	45s	12
1	2	30s	90s	6
2	1	15s	45s	15
2	2	30s	90s	8
3	1	15s	45s	18
3	2	30s	90s	9
4	1	15s	45s	20
4	2	30s	90s	10
5	1	20s	40s	15
5	2	30s	60s	10
6	1	20s	40s	18
6	2	30s	60s	12
7	1	20s	40s	20
7	2	30s	60s	14
8	1	60s	120s	5
8	2	15s	30s	20
9	1	60s	120s	6
9	2	15s	30s	24
10	1	60s	120s	7
10	2	15s	30s	26
11	1	30s	30s	15
11	2	15s	15s	8 Sets, Rest 60s, Repeat 4 Times
12	1	30s	30s	20
12	2	15s	15s	8 Sets, Rest 60s, Repeat 4 Times

To properly perform these intervals you will need to adequately warm up. You should foam roll your lower extremities, perform a flexibility routine and then perform a 5 minute warm up using the method that you are going to perform your intervals.

At the end of each interval work out you will cool down for 5 minutes and repeat your flexibility routine.

The work period on these intervals is supposed to be performed at maximal effort. You should barely be able to finish the required time. During the rest periods you will decrease your effort. On a scale of

1 to 10, with 10 being the hardest you have ever worked, you will work around a 3 or 4 for your rest periods.

One the last two weeks (11 and 12) on day two you will be performing intervals of 15s intense work and 15s rest. To perform at the highest level and complete the workout you will perform 8 complete sets of 15s work/15s rest and then take 60s of complete rest. You will then repeat this 8 set sequence 3 more times for a total of 20 minutes.

This would look like this:

Bike @ 90 RPM for 15s, Bike @ 40 RPM 15s, Bike @ 90 RPM for 15s, Bike @ 40 RPM 15s, Bike @ 90 RPM for 15s, Bike @ 40 RPM 15s, Bike @ 90 RPM for 15s, Bike @ 40 RPM 15s, Bike @ 90 RPM for 15s, Bike @ 40 RPM 15s, Bike @ 90 RPM for 15s, Bike @ 40 RPM 15s, Bike @ 90 RPM for 15s, Bike @ 40 RPM 15s, Bike @ 90 RPM for 15s, Bike @ 40 RPM 15s

Rest 60s and Repeat.

If you are dead set in your ways and wish to continue performing your cardio interval routines this is the program to use for maximum results in minimum time!

# Strength Training Workouts

Perform the following circuit one time to prepare your body for the upcoming workout.

## 1A) Push Up Plank x 30seconds



With hands under your shoulders hold the top of the push up position for 30 seconds keeping your shoulders right over the hands, the arms locked out, and a straight line from your head to your feet. You should brace your core/abs like someone is going to kick you in the stomach. If you have trouble holding for the entire 30 seconds you can drop to your knees for a moment and then return to the plank position.

## 1B) Squat to Stand (aka bootstrapper) x 10



Start in the tall standing position with your feet shoulder width apart. Bend at the waist to grab your toes. Pull your butt underneath you with your heels staying on the ground and feet flat. Your elbows should remain inside your knees pushing out on them. You will pull down as far as you can and pull your chest up. Rock from side to side in the bottom position and then return to the hamstring stretch position. This is one rep. You can also hold the handle of a kettlebell, a post or door frame instead of your feet. The squat to stand is done the same way regardless.

## 1C) Calf/Hamstring Push Up x 10



Start in the push up position with abs braced, hands under the shoulders and a straight line from head to toe. If you are able you should go into the full push up. You will pull yourself to the ground maintaining a straight line and the entire body moving together. The elbows should come back to the body at a 45 degree angle. Press back up and then go into the pike position. You will drive the heels to the ground, keep your legs straight, and push your butt into the air. Your head should go back between your elbows. Hold this stretch for a three count and then return to the push up plank position. This is one rep.

If you are unable to complete the push up portion it is acceptable to remove it and simply perform the pike/stretch position.

#### 1D) Lateral Squat x 10 each side



Start with your feet wider than shoulder width and your toes pointed straight ahead. Sit your butt back and reach your hands forward (this is for balance) keeping your inside leg straight. Your knee should not drift outside of the foot, but rather be pointing straight in front of you. Push off the heel of your foot and drive back into the start position. Perform the same motion to the opposite side. Complete reps for each side.

**Note: You will see the following organizational method for the workouts. 1A, 1B, 2A, 2B, etc. This is simply a way for you to know what order and sequence to perform the exercises. Think of them as groupings. The number is the order of exercising pairings and the letters signify the order within the group. So you would complete exercise 1A for the time or repetitions and then 1B for the time or repetitions with no rest unless indicated. After you have completed the two exercises you would rest for the prescribed time. Then repeat for the number of sets. After this you would move to exercise 2A and 2B.**

**The metabolic conditioning is all done for time. You will have prescribed work and rest periods for each day. You should go at maximal effort for the work period and then use the rest time as a recovery period. You have to work at a high intensity to get the most out of these conditioning periods.**

## **Workout A**

*Perform the workout with a set of dumbbells and your body weight. Use as little rest as needed, but make sure to give your full effort on each set. Perform the exercises with good form.*

### 1A) Side Plank Right x 30s



There are two variations of this shown here. The first is a short lever side plank that is a bit easier than the long lever side plank. Progress from the short lever to the long lever as quickly as you can. Short lever- Start by placing your elbow under your shoulder and your hand directly in front of your chest. Bend your knees so that your knee forms a 90 degree angle and your feet are directly behind you. You will then press up through the knee and elbow and drive your hips up into the air so that you form a straight line. You should also form a straight line from head to knee. Make sure to squeeze the butt and press the hips forward and up. Do not let the hips drop. Squeeze your shoulder blades together as well.

Long Lever-All of the same set up and form is the same except you will press off your feet instead of your knees.

### 1B) Side Plank Left x 30s (that's a 30 seconds hold)

Complete the same movement on the other side.

Rest 30s Complete 3 Sets

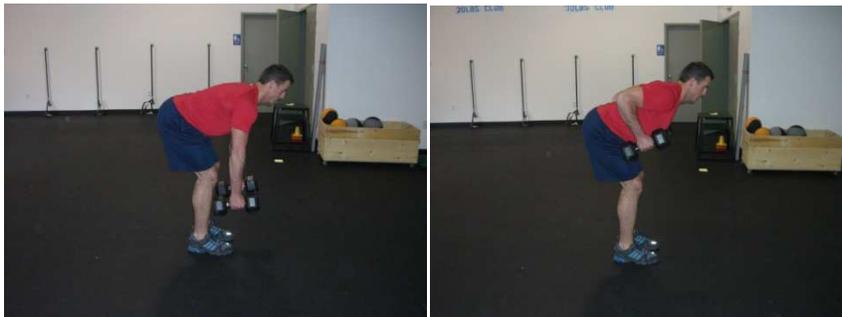
### 2A) Kettlebell or Dumbbell Goblet Squat x 15



Hold the kettlebell as shown in the pictures. Keep the bell at the chest level, elbows down. Hands are hold the sides of the handle. Take a shoulder width stance with your feet. Keep the chest tall as you initiate the movement with your hips, not your knees. Push your hips back with your weight

distributed on your heels and the outside of your feet. Pull yourself down into the bottom position driving your hips back and go as low as you can before you feel like you will bend excessively forward or you will lose balance. The goal is to go low enough that your elbows will touch the inside of your knees. Hold your core tight during the movement and keep the chest up and eyes forward. From the bottom position you will drive through the heels and stand back up to the start position. To perform this with a dumbbell: Hold the dumbbell by one end with it vertical to your body. The head of the dumbbell that you are holding should be at chest height with your elbows pointing out. Following the same steps as with the kettlebell

## 2B) DB Bent Over Row x 15



Take two dumbbells or kettlebells, one in each hand. With a slight bend in the knees and feet hip width apart you will hinge at the hips and stick your but backwards. You should maintain a neutral spine/flat back as shown in the picture. Begin with the bells at arm's length under the shoulders. Pull the bells to the body at the same time. Initiate this movement by pulling your shoulder blades down and back together. The palms of the hands will be pulled back to the lower rib cage. Do not shrug the shoulders to the ears, but rather pull them back and away from the ears. Lower the dumbbells under control to the start position.

Rest 30s Complete 3 Sets

## 3A) Single Leg Bridge x 15 each



The pictures here (1 and 2) show a double leg bridge. The third picture is the top of the single leg bridge. To start this you will be in a similar position to picture 1 but with one leg/foot outstretched just like picture 3. You should start with your back flat on the ground, hands at a 45 degree angle off your hips and pressed into the ground. Your feet will be about 8 inches from your butt and 4-6 inches apart. Lift the toes off the ground so that you can press into the ground with your heels. At this point lift one leg so that the thighs are level and your foot is outstretched. Now press through the heel that

is on the ground and drive with your hips to the top position. You should squeeze your butt and push your heel hard into the ground and press away from you. Do not arch your lower back. You should feel everything in your butt and hamstring. Lower under control and complete the reps on each side.

### 3B) Incline Push Up x 15 or As many as possible



This is a progressive way to get to a full push up. You will elevate your hands so that it is easier. Find a chair or other object that is mid thigh or waist height. You can lower the height as you get stronger. Start with your hands under your shoulder, fingers pointed straight ahead and palms flat on the surface. You will be up on your toes with your body in a straight line. Pull your elbows back at 45 degrees to your body so that your chest is 1-2" from the surface. The body should move as one unit in a straight line. Press back up through your palms to the start position. To maintain a good straight line position you should brace your abs and squeeze your butt through the movement.

Rest 30s Complete 3 Sets

Metabolic Conditioning: Complete 8 Rounds of the following 2 exercises. Complete the 30 seconds of work at a high intensity and the 60 seconds is used as an active recovery (a moderate pace).

### Mountain Climbers 30s / Lateral Step Out Squats 60s



Mountain Climber- Start in the push up position hold your abs tight and bring one knee to your chest and touch your toes to the ground. Return that foot to the start position and do the same thing with the other foot. Make sure that you are not moving your upper body. Your shoulders should not move behind your hands. Hold your abs tight the entire time. You should start this movement slowly and then increase the speed you perform the movement as you get better and in better shape.



Lateral Step Out Squat- Start with your feet together in a tall standing position. You may place your hands on your head to make the movement more difficult. You will then step out to the side in a just wider than shoulder width stance with your right foot and drop into the squat position. Your weight should remain on your heels and your chest tall. Remember to initiate the movement with your hips. Press off of your right heel and return back to the start position with your feet together. Perform the same movement by stepping out with your left and returning to the start position. Go back and forth from side to side for the entire time.

Stretch

## **Workout B**

1A) Body Weight Core Row x 10 each arm



You can start this with no DB's and progress to using DB's. Get in the push up plank position. Your feet should be in a wide stance for balance. The shorter your base the harder the exercise. You will brace your core and "row" one hand back like you are performing a DB row. You should move the shoulder blade down and back and bring the palm of the hand to the rib cage. Try to avoid tilting your hips or body, really brace your core tight. Replace the hand and then perform the same movement on the opposite side.

1B) DB Wood Chop (Hip to Shoulder) x 10 each side



You can do this with a DB by holding the handle with both hands. Start with your feet shoulder width apart. Brace your abs. You will then rotate your hips and turn your backside foot to lift the DB over your right shoulder. Under control but with some force you will then chop the DB down to the outside of your left hip keeping your chest tall and abs braced. You will move the DB in a straight diagonal line around your body. Keep the arms as far away from the body as possible. Reverse the movement and lift the DB back to the shoulder. Complete the reps on one side and do the same on the opposite side of the body.

Rest 30s Complete 3 Sets

2A) DB Squat at Sides x 15



The pictures are of a bodyweight prisoner squat. For the Squat with DB at sides you simply hold one DB in each hand at your sides. You will start with your feet shoulder width apart and begin the movement with your hips moving backward. Keep the weight on your heels and knees pushed outward to the outside of your feet. The chest should remain high. Go as low as you can with good form or until the DBs are at mid-shin height. Drive through the heels and stand back up.

2B) DB Shoulder Press x 15



Start with a good base with your feet. Your abs should be braced and the DB are right at shoulder height with your elbows in front and underneath the DBs. Start the movement by pressing the DBs straight overhead and pressing your elbows towards your ears. Lower the DBs back the start position under control. Do not lean back to assist in the movement.

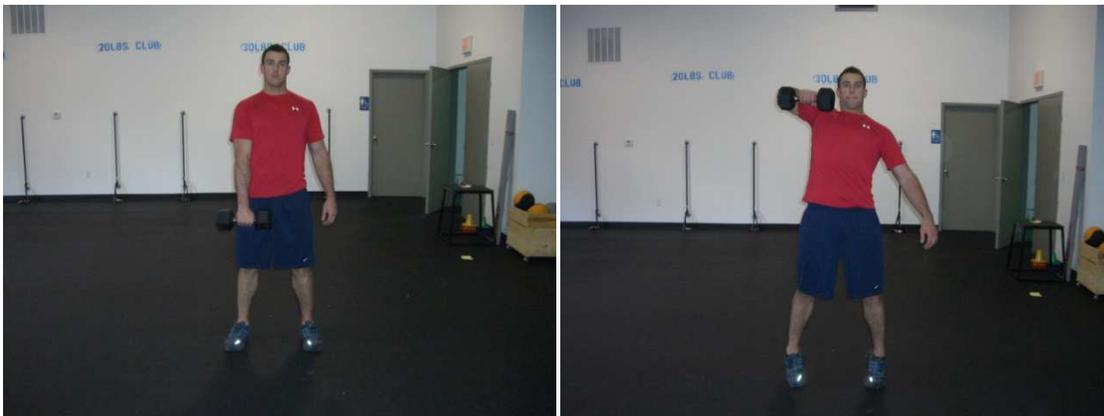
Rest 30s Complete 3 Sets

3A) Split Squat x 15 each



For the split squat step forward with one leg. Your knee should be just behind the ankle of the front foot and your back foot should have very little weight and be on the toe. The majority of your weight should be on the front heel. Stand tall with your upper body and lower your hips, keeping your front foot flat on the ground. You will have to bend at the back knee and attempt to keep the front knee from drifting far over the front toe. Lower yourself until you are 1-2" from the floor with the back knee and then drive up with your front heel to the start position. You will then lower again for the next rep. Switch legs after completing all the reps on one side. If you have a weaker side start with that leg.

3B) Single Arm DB Upright Row x 15 ea



Start with a good base for your feet and one DB in your right hand. You will pull the DB up to chest height, remaining close to the body, keeping your elbow high and up and always above your hand. You will bring your shoulder blade down and back as you do this. Return the DB back the start position and complete all the reps before switching sides.

Rest 30s and complete 3 Sets

Metabolic Conditioning: Complete 15 Rounds of the following 2 Exercises, Both are done a full intensity.

Kettlebell (or dumbbell) Swing 30s / Push Up Plank Hold 30s



The picture is of a KB swing. You can do this with a DB by holding one head of the DB vertically. Set the DB upright on one end and grab the top end with both hands. With a shoulder width stance, weight on your heels, and a flat back you should hike the KB behind you high next to your butt. You will have a slight bend in the knees but most of the motion is coming from your hips. Do not let the KB go lower than your knees or you risk hurting your back. Stand up and forcefully drive your hips forward and legs straight so that you are standing tall. Do not lean back or arch your lower back at the top. The KB should go right at chin or eye height. Your arms are doing very little work and your legs/hips are the driving force. You will then let gravity assist the weight back down as you hinge your hips backwards and push the KB back behind you to the start position for the next rep. This can be done rapidly once you figure out the movement.

Stretch

## **Workout C**

### 1A) Super Plank x 10



Start in the plank position from your elbows. You will then keep your abs braced and move to the push up plank position. To do this you will place one hand on the ground (picture 2 and 3) trying to keep your hips level. Press up and place the other hand on the ground with braced abs and now you are in the push up plank position (picture 4). Then lower yourself back to the plank from the elbows by switching hands and reversing the motion.

### 1B) KB or DB Russian Twist x 10each side

Sorry there is no picture for this so I will describe it as best I can.

Sit on the ground with your knees bent at 45 degrees and feet on the floor. Your upper body will be 45-60 degrees off the floor. You will maintain a straight back. Keep your shoulders back and think tall spine. Take the DB held upright with both hands on the handle. If you are using a kettlebell hold the sides of the handle with elbows down, the same as the KB Goblet squat. Start at your center. The further your arms are extended the harder this is. Brace your abs, move the KB off to the side next to one hip and then pull the weight back to center and move the KB to the other Hip. Try to keep the belly button pointed forward and move the arms and DB around the body.

Rest 30s Complete 3 Rounds

## 2A) KB Sumo Deadlift x 15



Start with the KB upright between your legs directly under your hips. Your feet will be wider than shoulder width with your feet turned slightly outward. Sit back with your hips, keep your shins vertical and your back flat to grab the top of the DB. Once in position you should feel tension in your hips and hamstrings. Drive up through the heels to the upright position. You should drive your hips forward and squeeze your butt at the top. Lower the KB back to the floor by hinging back at the hips and sitting into the start position.

## 2B) Push Up x 15 or as many as possible (Incline if needed)

Rest 30s and Repeat

## 3A) Single Leg RDL x 15 each side



Start with feet hip width apart. You will have a slight bend in the leg that is in contact with the ground. You will reach your chest forward and push your hips backward while reaching your back leg for balance. You can reach your hands out in front to maintain a flat back position. You will feel this in the back of your leg and butt. The key is to keep the hips pushing backward, not to let the back round and not to go lower than parallel to the ground with your chest. Your back foot should reach back like you are pushing a box behind you. From the middle position you will pull back to the start, moving your leg and chest at the same time, through the heel to the start position.

If this becomes too easy you can add a KB. The bell will hang from a straight arm



### 3B) Two Point KB or DB Row x 15 each side



Start with your feet in a hip width stance. Drive the hips backwards with a slight bend in the knees. You will have a DB in one hand and you will place the other hand behind your back so that the back of your hand is the small of your back. Your shoulders should be squat and your back slightly arched or flat. Start the movement by pulling the shoulder blade down and back to the spine. You should pull your elbow back right next to your side and pull your hand to your rib cage. Think of sticking your chest out at the top of the movement. Under control you will lower the DB back the start trying to maintain your level back and shoulder positions. Complete all reps on one side and the move to the other.

Metabolic Conditioning: Complete 4 Rounds of the following, Rest 60 seconds, Repeat for 4 more rounds. Maximum intensity for 20s and complete rest for 10s.

Drop Squat 20s / Rest 10s / Cross Body Mountain Climbers 20s / Rest 10s



To perform the Drop Squat you will start standing with your feet hip width or closer together. You will then slightly jump your feet out to the squat position and “drop” into the squat position. You have to do this under control but it should be dynamic. You will then drive through the heels and pop back up to the start position. Repeat for time.



To perform the Cross Body Mountain Climber you will start in the push up plank position. Then while keeping your core tight, and shoulders right over your hands you will drive the right knee up to the left elbow. The lower and harder you drive the knee the more difficult the exercise. Bring the leg back to the start position and then perform the same action with the left leg. Do this for time as quickly as possible. Remember to brace the abs the entire time.

Stretch