100 NO-EQUIPMENT WORKOUTS

easy to follow home workout routines
with **visual guides** for all fitness levels

neilarey.com

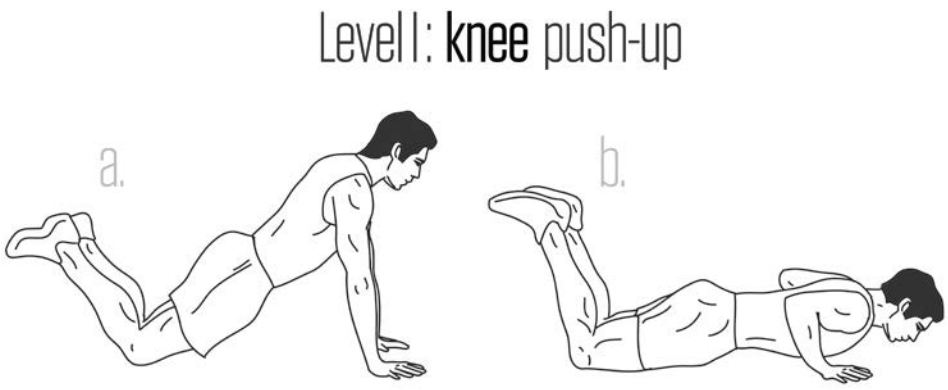
100 Workouts

1. 1&1 Workout
2. 2 Minute Workout
3. 5 x 5 Workout
4. 12 Count Burpee
5. 300 Workout
6. 1000 points
7. AbLab
8. Abs Daily
9. Abs on Fire
10. Adrenaline
11. Aftershock
12. I Aim to Misbehave
13. Airborne
14. Anvil
15. Apex
16. Arrow
17. Assassin
18. Axel
19. Batman
20. Batman [Bane Edition]
21. @Beach
22. Blade Runner
23. Bookmark
24. Borderline
25. Borderline 2.0
26. Breathless
27. Bruce Lee Abs
28. Catch-22
29. Codex
30. Crossfire
31. Daily Workout
32. Die-Hard
33. Diesel
34. Dynamic Pyramid
35. Eliminator
36. Epic
37. Express
38. Fast & Furious
39. Fast Pace
40. Fireman
41. Five minute plank
42. Fury
43. Fusion
44. Gamer
45. Gladiator
46. Gravity
47. Guardian
48. Highlander
49. Hopper
50. Imperials
51. Inferno
52. Infinity
53. Iron
54. Jacks
55. Jedi
56. Junior
57. Legster
58. Loop
59. Mad
60. Make Me a Sandwich
61. Mass Blast
62. Master Crunch
63. Matrix
64. Max Impact
65. Momentum
66. Moonbase
67. Neo
68. Ninja
69. Nuked
70. Odin
71. Office
72. Origami
73. Phoenix
74. Power Sprinter
75. Power Up
76. Predator
77. Purgatory
78. Ragnarok
79. Rebel
80. Red
81. Revenge
82. Riddick
83. Ripper
84. Rocky
85. Run, you clever boy
86. Skyfall
87. Spartacus
88. Spiderman
89. Squatter
90. Supernova
91. Thunder
92. Tiger, Tiger
93. Toaster
94. TV Workout
95. Uncharted
96. Vitality
97. Wake Up
98. Walkers
99. Wall Hugger
100. Wipe Out

Levels & Difficulty

Each workout has three levels of difficulty: I, II and III. If you are new to exercise or you haven't done any training in a long while you should start on Level I. You don't have to stay on level I consistently, if you feel that you can do more, you can advance a level. Level III is the hardest level of difficulty and can be pretty challenging to complete.

Note: On **level I** all push-ups can be done on your knees:



Before you start:

Look over the workout you chose to do and make sure you understand all of the exercises illustrated so it doesn't slow you down once you have started. If you are not sure how to perform an exercise, Google it.

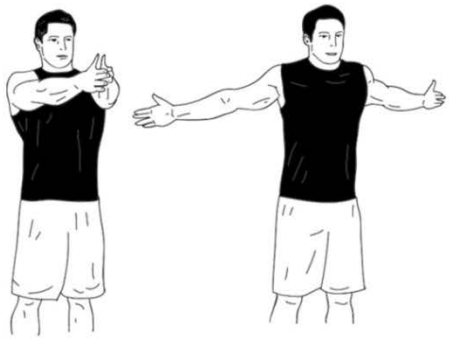
Download a stopwatch app for your mobile or find a kitchen timer for workouts that require you to time the exercises (e.g. planks and wall sits)

The workouts are organized in alphabetical order so you can find the workouts you favor easier and faster.

PRE-WORKOUT STRETCHING

[OPTIONAL]

15-20 SECONDS EACH



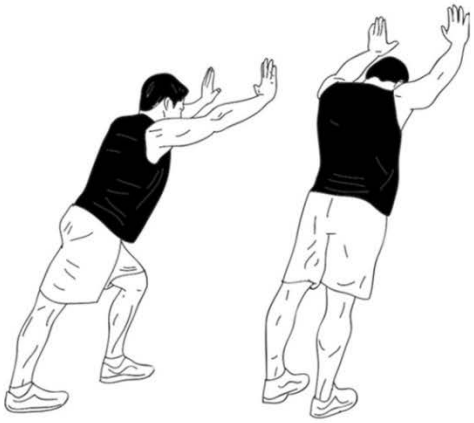
1. dynamic chest

2. triceps

3. shoulder

4. groin and back

5. standing toe



6. calf
hands against wall

1

1&1 workout

Get up close and personal with your inner being with minute-long workout routines followed by minute-long breaks in between. This is interval training. It primes up your system, helps you burn fat. It will challenge you irrespective of your fitness level as you can simply up the intensity of each rep, in each set, for that special burn.

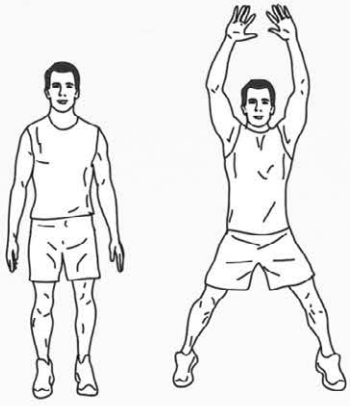
What it works: This is a total body workout. It works your aerobic and cardiovascular systems and trains your arms, legs, glutes and abs.

Tips: For maximum recovery in the one-minute break, squat down and go limp. By folding your body like that you reduce the distance the blood has to travel from the heart to your extremities and maximize recovery between exercises.

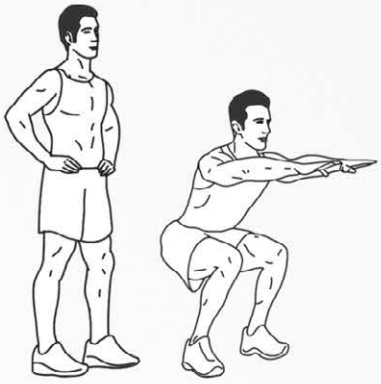
1&1 WORKOUT

1 minute each exercise / 1 minute rest after each exercise

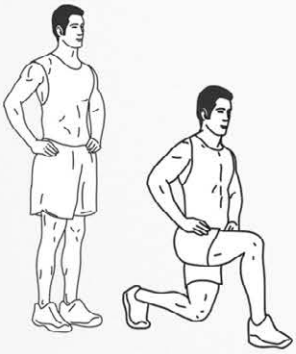
1. high knees



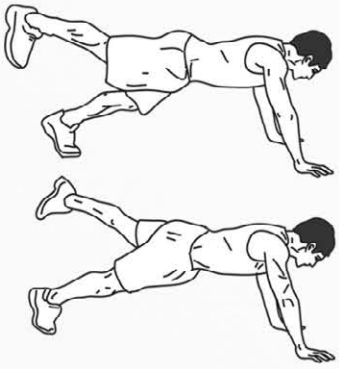
2. jumping jacks



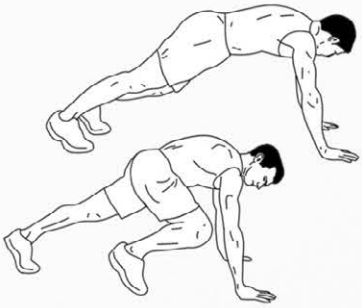
3. squats



4. lunges

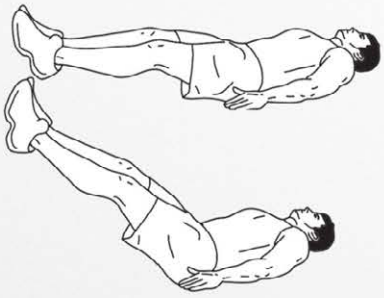


5. plank leg raises

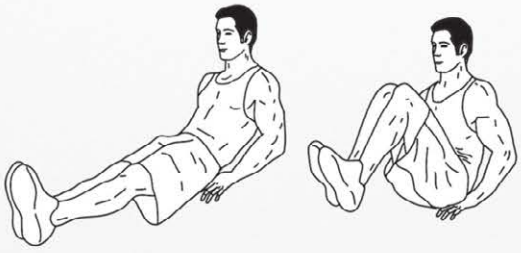


6. climbers

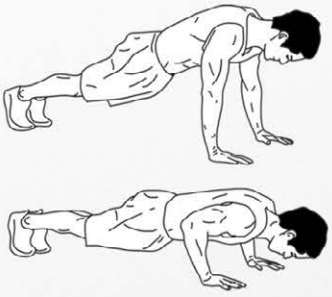
7. bicycle crunches



8. leg raises



9. knee pull-ins



10. push-ups

sets **level I** 3 sets **level II** 4 sets **level III** 6 sets **rest between sets** up to 3 minutes

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2

2 minute

No rest for the wicked and this is a truly wicked set of exercises. This is a high intensity workout for the lower body designed to help you achieve explosiveness. Start off at any level you feel comfortable with but do it flat-out each time to reap the benefits.

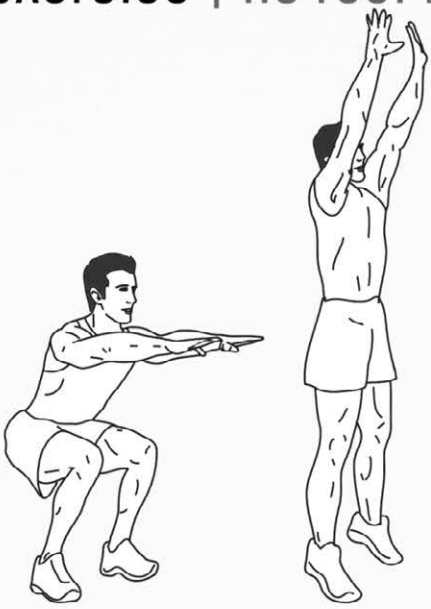
What it works: Quads and calves. The 20-second, high-intensity bursts work your body anaerobically burning all the fuel stored in the muscles before you need to get to anything else. It also helps you build up endurance by extending the length of time muscles can work before they get tired.

Tips: An entire set takes no more than 120 seconds to complete. You are likely to feel fatigue after the very first one, or two exercise. Do not worry about how tired you get or how much fatigue slows you down. The whole point of this is to keep going regardless. That's where the gain comes from. So the moment you hit the proverbial 'wall' just push on past it.

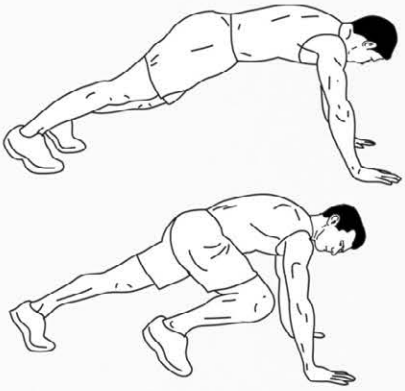
2 minute

20 seconds each exercise | no rest between exercises

1. high knees

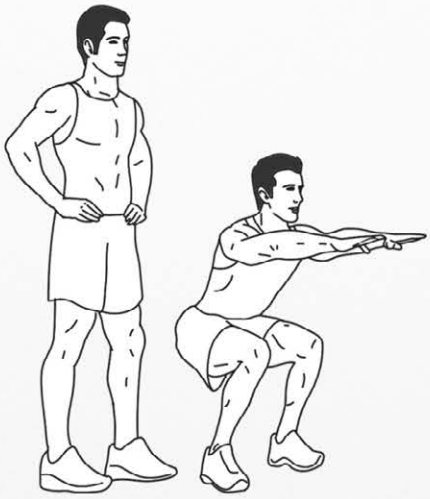


2. jump squats

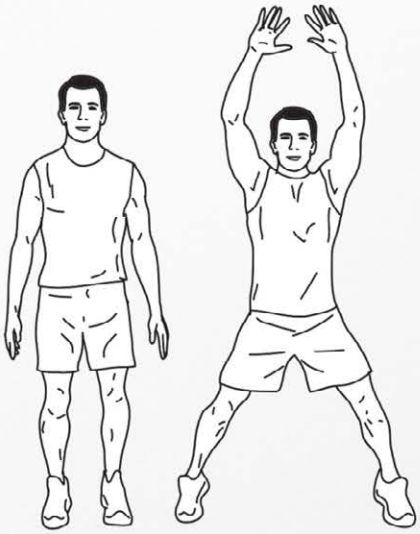


3. mountain climbers

4. side-to-side lunges



5. squats



6. jumping jacks

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 2 minutes

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3

5x5 workout

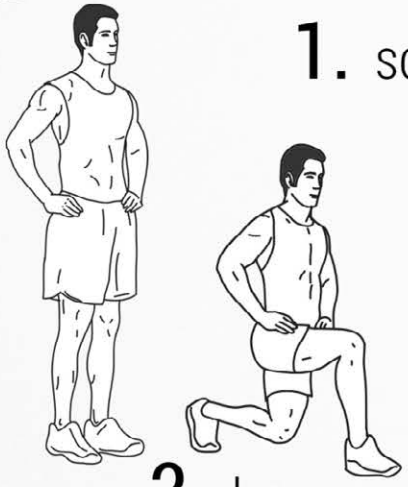
Five is the magic number for a workout with a difference. With no rest between the exercise and three sets for **level I** this is a workout that will push you hard. The good news is it can be done and all you need is perseverance and …a laundry basket (more about that in a mo).

What it works: Legs, arms, lower abs, glutes, core. This workout does a lot.

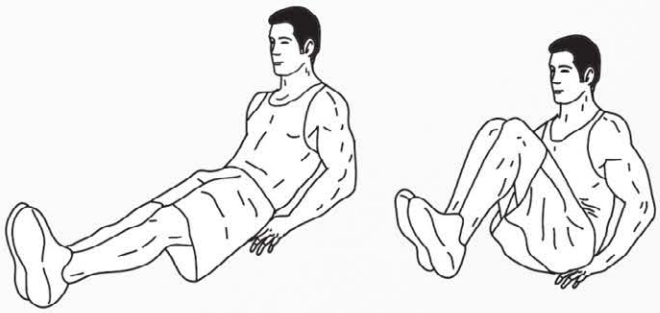
Tips: Use a laundry basket for the lifting exercises. Just aim to get through each one. All you need is tenacity.

5x5 workout

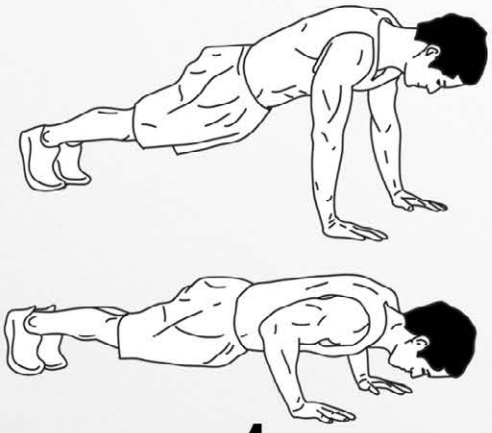
1. squat, lift, walk & repeat



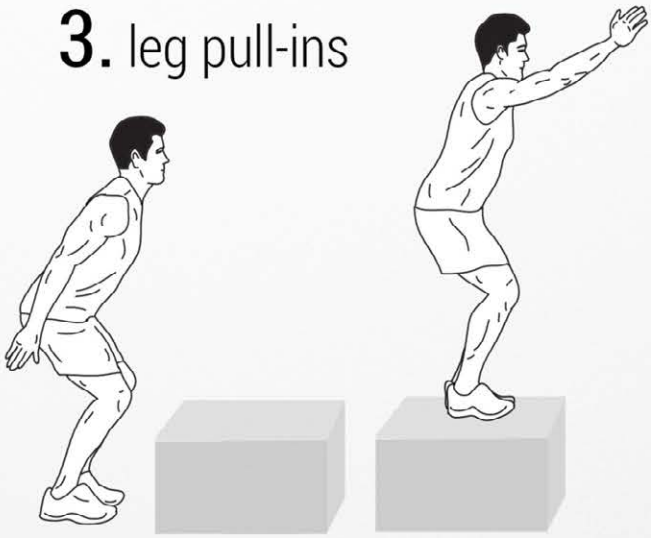
2. lunges



3. leg pull-ins



4. push-ups



5. box jumps

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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4

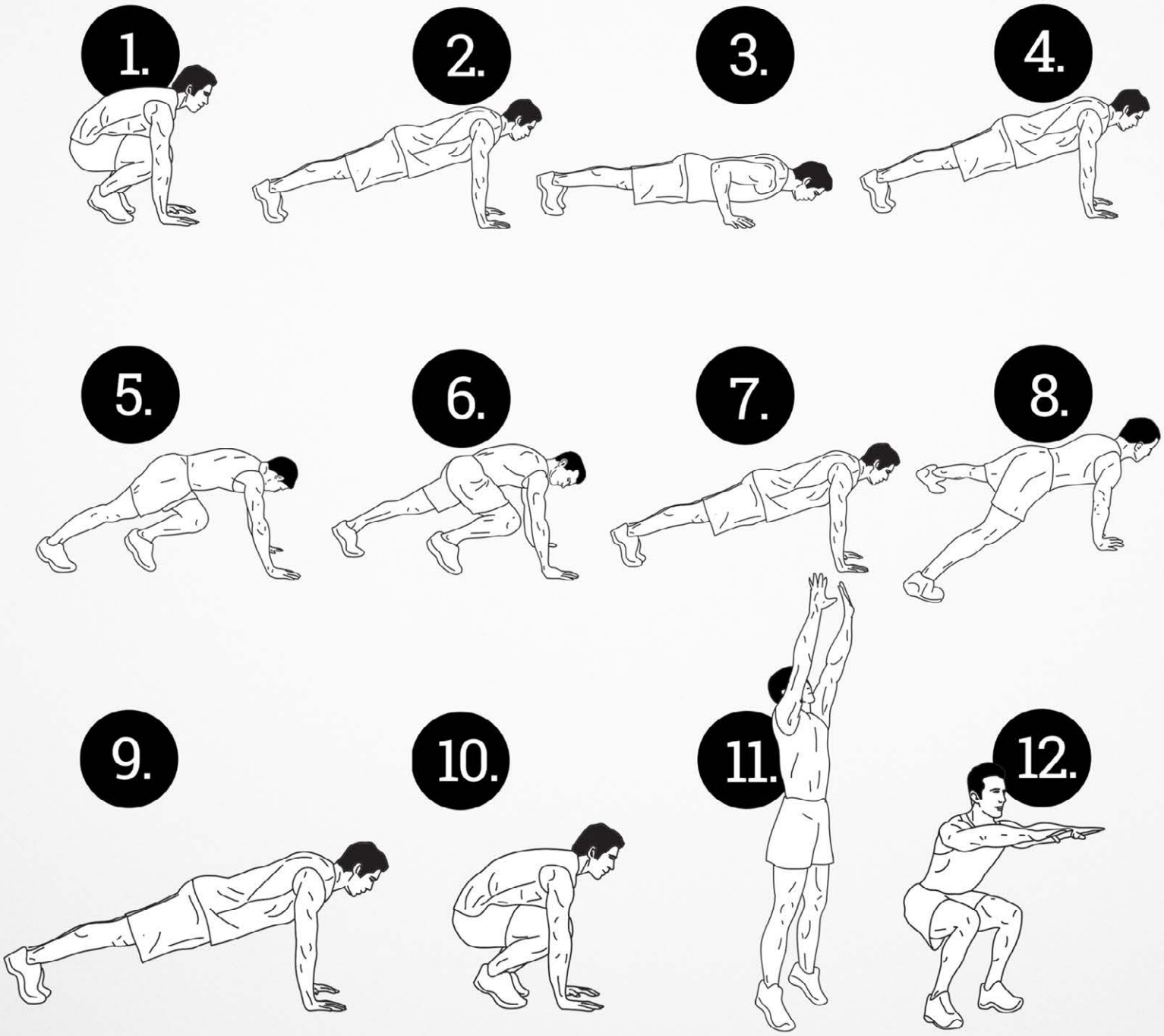
12 count burpee

One burpee to beat them all. This is a super-set of the classic burpee exercise. The twelve-step program to the perfect burpee set can be practiced anywhere you have a little bit of floor space, making this the perfect exercise routine to have with you when you travel.

What it works: Chest, triceps, lower abs, lower back, glutes, quads.

Tips: Keep your lower abs tensed when you bring up your knees and keep your lower back parallel to the floor. Do not let it bounce up and down. This maximizes the pull on the lower abs and, at the same time, safeguards your lower back from injury.

12 count burpee



sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 60 seconds

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5

300 workout

Spartans took pain and made it their friend. The 300 workout exercises some major muscle groups to give you the total warrior feeling when you move. This is a multi-level exercise. You can up both the number of reps and the number of sets of each one, depending where you want to take it, and yourself.

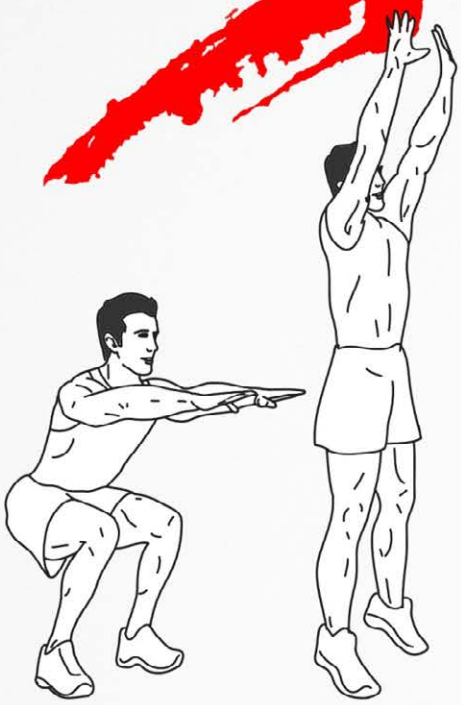
What it works: Quads, chest, triceps, lower abs, upper abs. All the major muscle groups (including shoulders and biceps) will feel the burn here. Go up in numbers and up in sets and feel a real burn, if you want to.

Tips: When doing jump squats, push-ups and lunges, make sure your back is as straight as possible. This ensures that pressure is applied to the muscles more evenly and avoids any possible, lower back injury.

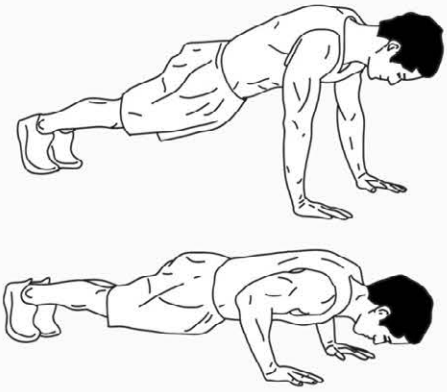
300

reps each

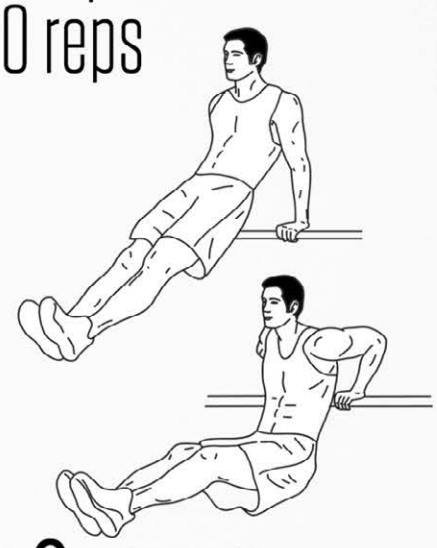
level I	10 reps
level II	20 reps
level III	30 reps



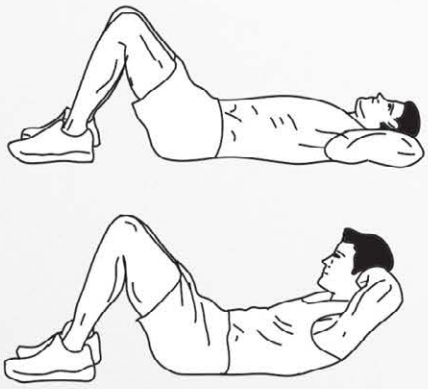
1. jump squats



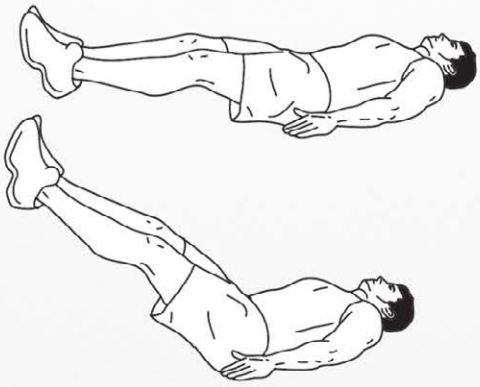
2. push-ups



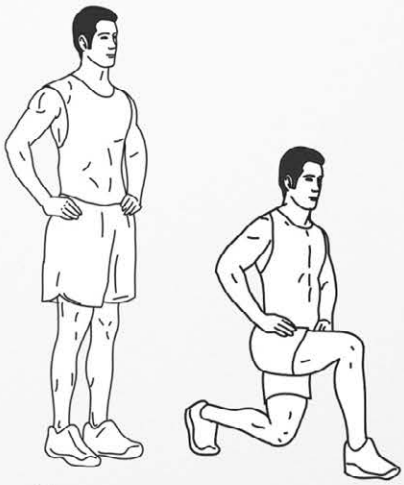
3. tricep dips



4. crunches



5. leg raises



6. lunges

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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6

1000 points

Reward yourself with a point and feel good about what you do with a workout designed to supercharge your body. The 1000 point, total body workout will see you take to the air as well as command the ground.

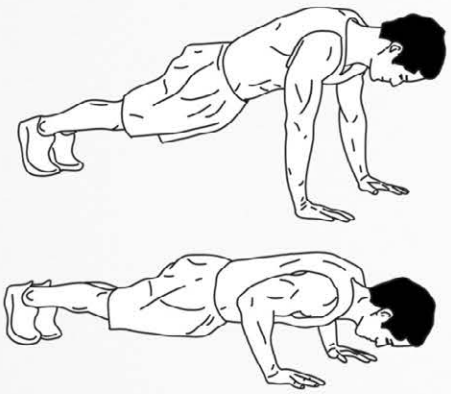
What it works: chest, triceps, lower abs, upper abs, adductors, calves, quads. This one does a lot.

Tips: When taking to the air with a jump knee tuck two things are important: to maintain your balance and to minimize impact and injury. To achieve the first make sure that you bring your knees to your chest rather than your chest to your knees. To achieve the second make sure that you land on the ball of the foot rather than the heel. This avoids jarring to the spine and brings into play the calf muscles, hamstrings and the tendons of the ankle, strengthening them.

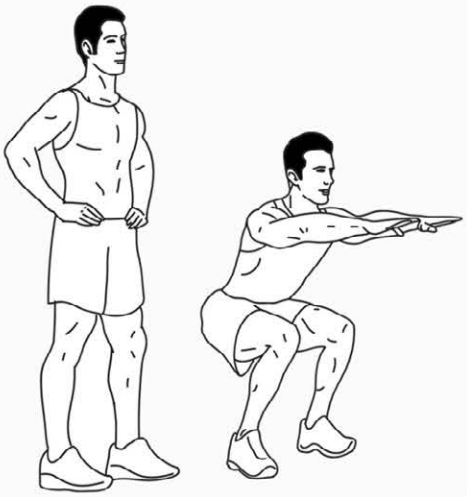
It's ok to cheat. You can earn the bulk of the points doing a lot of half jacks, for example. It's really up to you how you hit the target… as long as you get all the points in until the day is up.

1000 POINTS

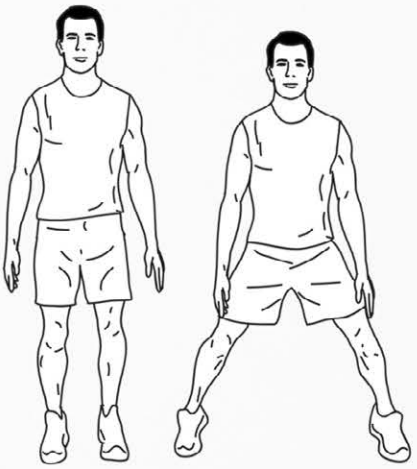
throughout the day workout | each rep = 1 point



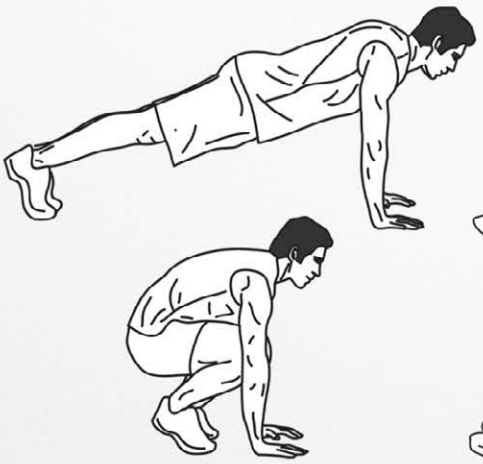
push-ups



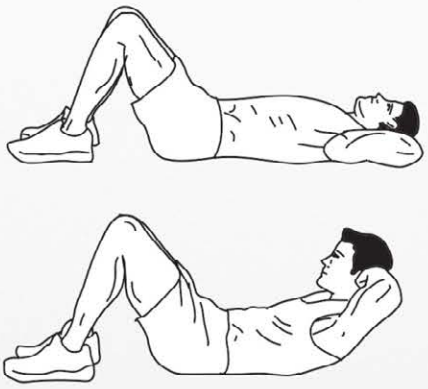
squats



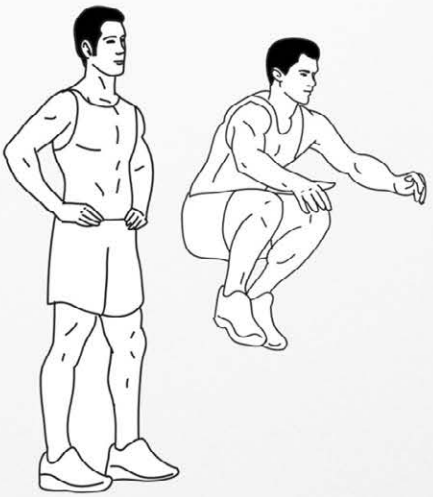
half jacks



plank jump-ins



crunches



jump knee tucks

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7

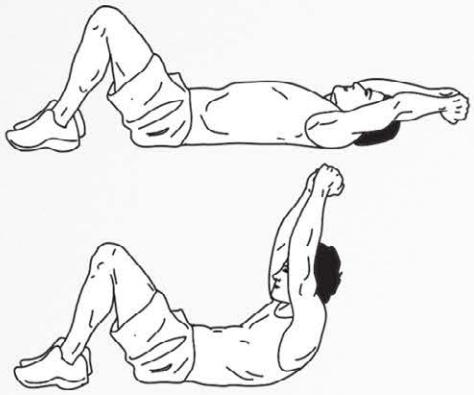
ablab workout

The abdominal muscle group is the strongest muscle group in the body and the only way to be kind to your abs is by putting them through their paces. This is a workout that will give you that special burn you crave and the kind of next-day ache that tells you, you're really winning.

What it works: lower abs, upper abs, side abs, abs, abs, abs all the way.

Tips: Always exhale when you perform any exercise that tenses the abs. This flattens your lower stomach and brings the abdominal muscles into proper alignment, increases the pull exerted on them and strengthens them faster.

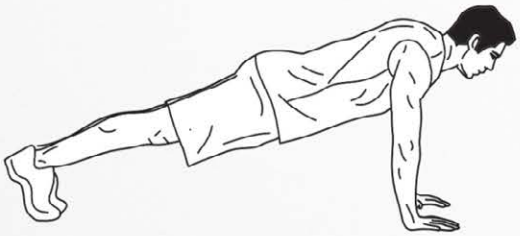
ablab



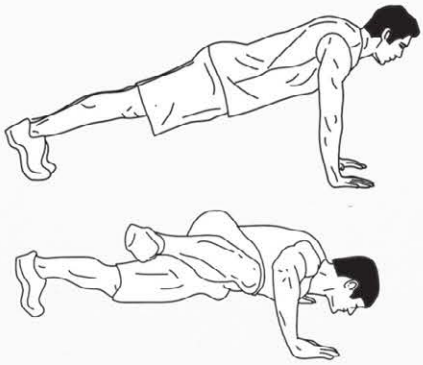
10 long arm crunches

10 Russian twists

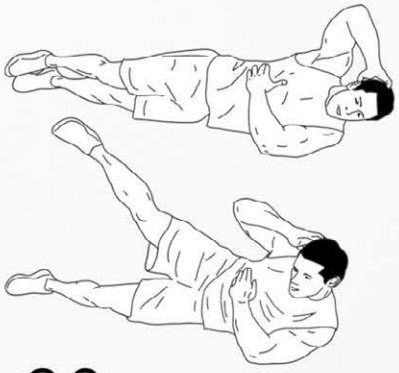
10 heel touches



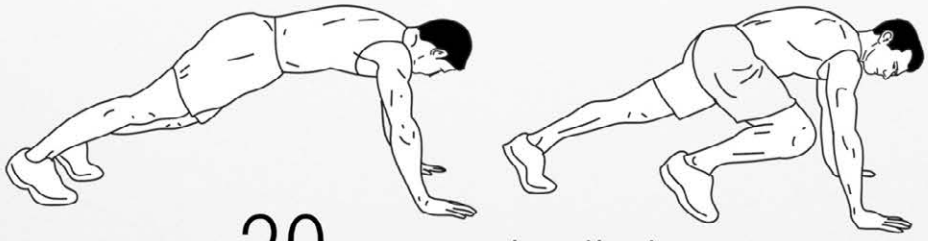
30 sec plank



20 push-up plank crunches



20 side jackknives



20 mountain climbers

sets **level I** 3 sets **level II** 4 sets **level III** 6 sets **rest between sets** up to 2 minutes

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8

abs daily

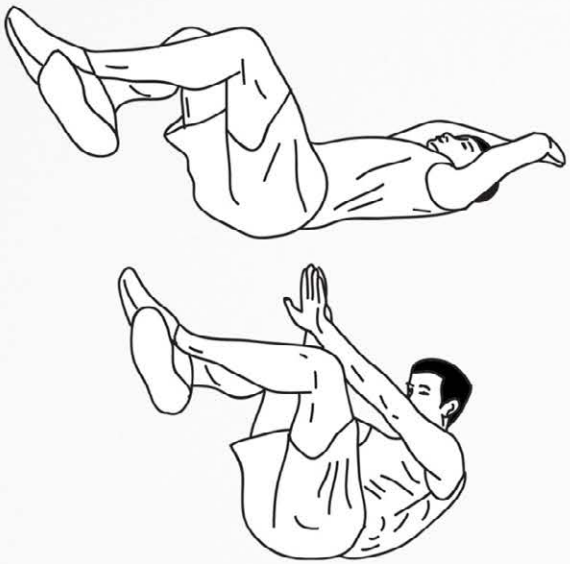
For abs that perform as well as they look you need nothing more than an abs training routine that can work daily. This one does just that. Four simple exercises and two different ways to up the level (up the reps or up the sets in a combination that works for you).

What it works: Upper, lower and lateral abs. Best be prepared to look awesome.

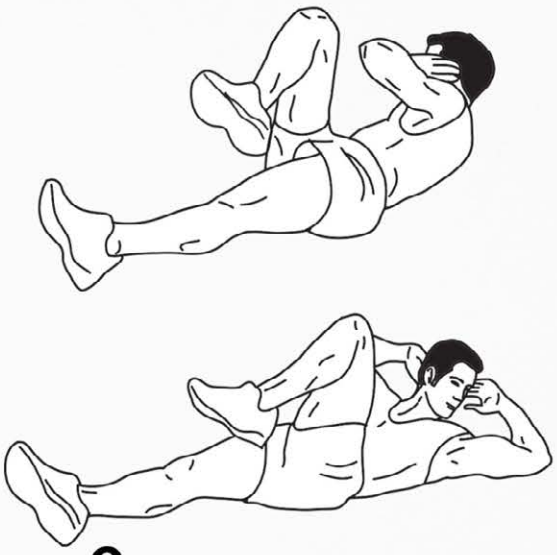
Tips: Every time you tense the abdominal muscle wall exhale. This flattens your lower stomach and brings the abdominal muscles into proper alignment, plus it increases the pull exerted on them and sculpts them faster.

ABS DAILY

level I 10 reps level II 20 reps level III 30 reps



1. knee crunches



2. bicycle crunches

3. heel touches

4. Russian twists

sets level I 3 sets level II 4 sets level III 6sets rest between sets up to 2 minutes

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9

abs on fire

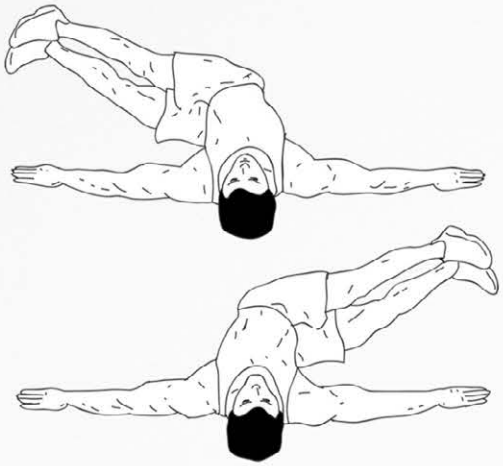
Take your abs to the next level with a workout designed to sculpt them fast. This will really set your abs on fire but it will also give you some great results. Six challenging exercises and three different levels are designed to help you sculpt stronger abs.

What it works: Upper, lower and lateral abs.

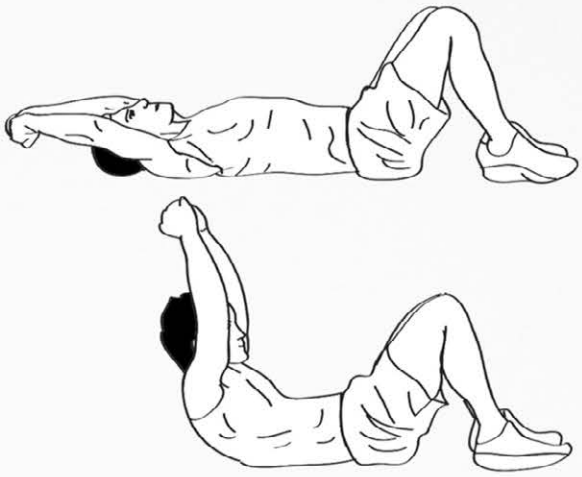
Tips: Every time you tense the abdominal muscle wall exhale. This flattens your lower stomach and brings the abdominal muscles into proper alignment, increases the pull exerted on them and sculpts them faster. One thing to remember, if you're new to all this, your abs will need to get a little bit stronger before you can start feeling *that* burn. So, persevere and it will happen.

ABS ON FIRE

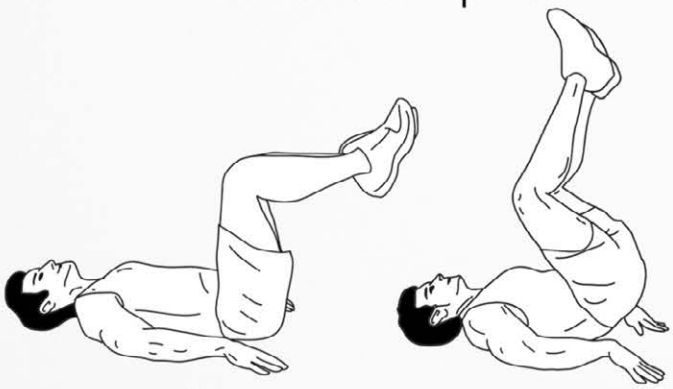
10 REPS EACH



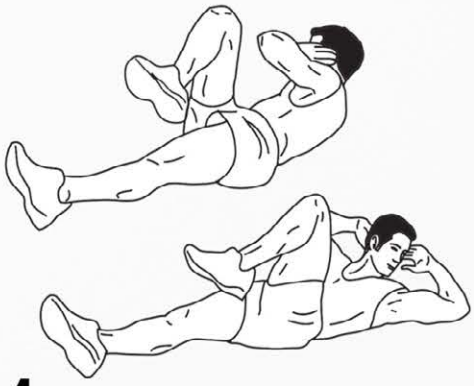
1. windshield wipers



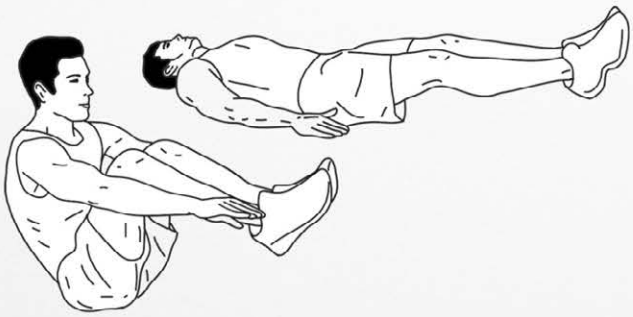
2. long arm crunches



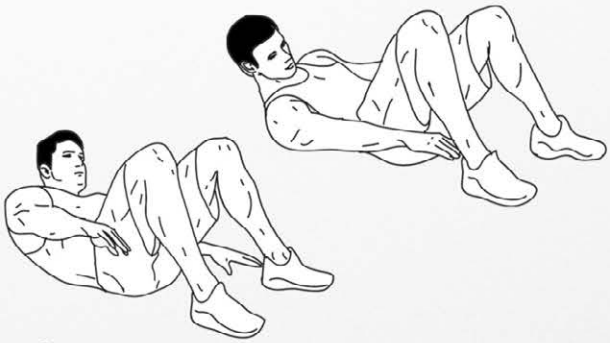
3. reverse crunches



4. bicycle crunches



5. modified V-sits



6. heel touches

sets **level I** 3 sets **level II** 5 sets **level III** 8 sets **rest between sets** up to 60 seconds

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10

adrenaline

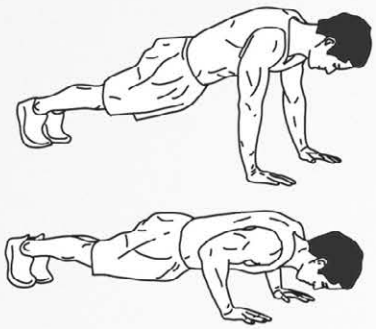
This is a total body workout that will have you working up a good sweat. Adrenaline lives up to its name by letting you work all those muscle groups you thought you couldn't in a single workout.

What it works: Chest, triceps, biceps, lower abs, lower back, lateral abs, adductors, quads, glutes, deltoids, upper abs, core abs.

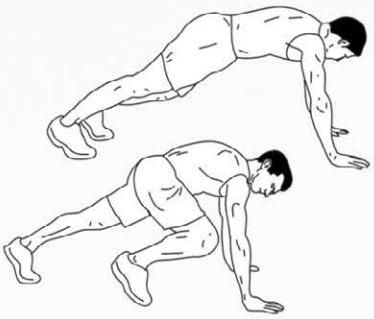
Tips: Perform push-ups with your abs totally tensed and your body straight. Tense your lower abs, pulling them in when you perform heel touches, flutter kicks and reverse crunches.

adrenaline

reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps

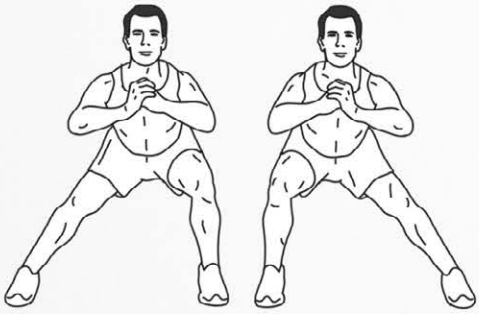


1. push-ups

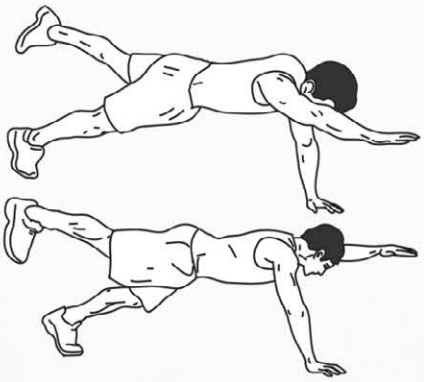


2. mountain climbers

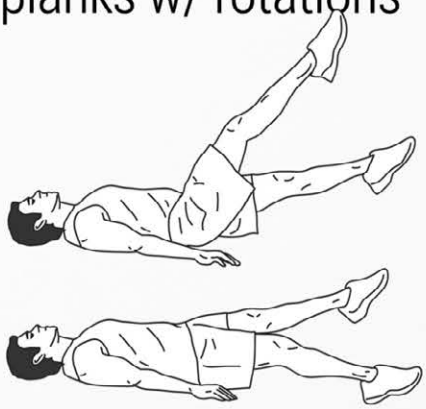
3. planks w/ rotations



4. side-to-side lunges

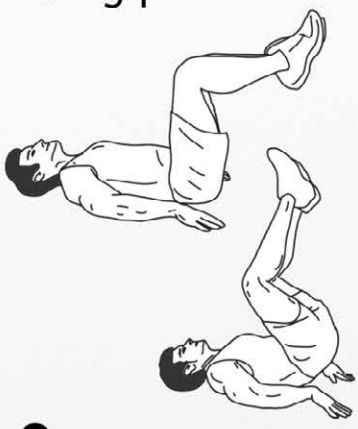


5. alt arm/leg planks



6. flutter kicks

7. heel touches



8. reverse crunches

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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11

aftershock

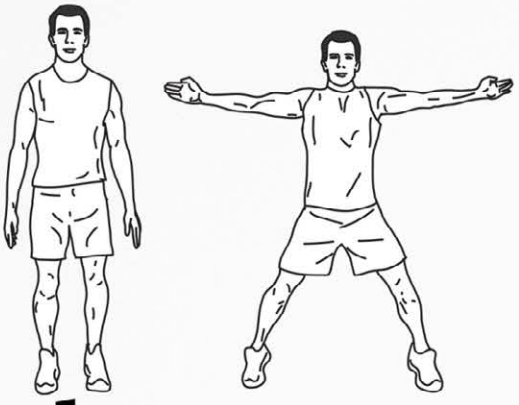
Make the ground shake and your presence felt with a workout that helps develop explosiveness and muscle density. Impact workouts increase the shock travelling through the bones and make the muscles vibrate more. The result is greater density in both. This also gives you greater strength and stability.

What it works: quads, shoulders, glutes, lateral abs, chest, lower abs,

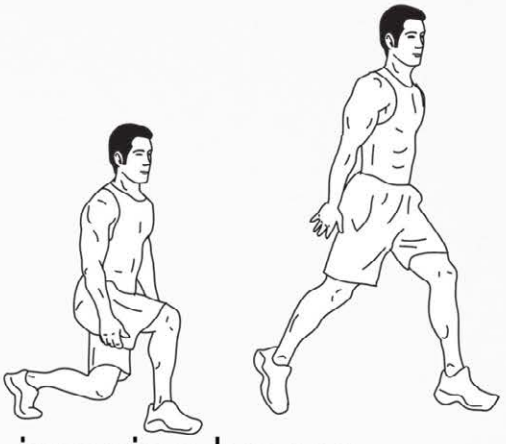
Tips: When you perform any jumping exercise like this make sure that you keep your lower back straight on lift off and landing. Always land on the balls of your feet first. This helps reduce jarring to your lower back and it helps strengthen additional muscle groups such as your calf muscles as well as strengthen your ankle joint.

aftershock

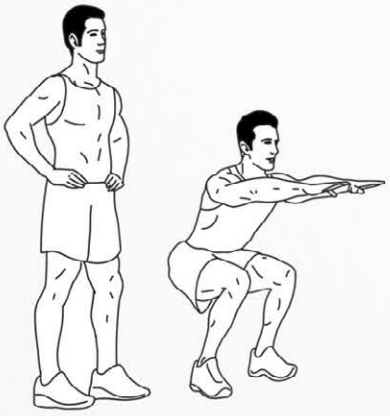
20 seconds each exercise / 20 seconds rest between exercises



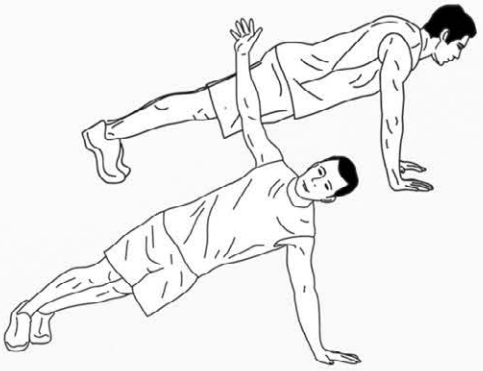
1. jumping Ts



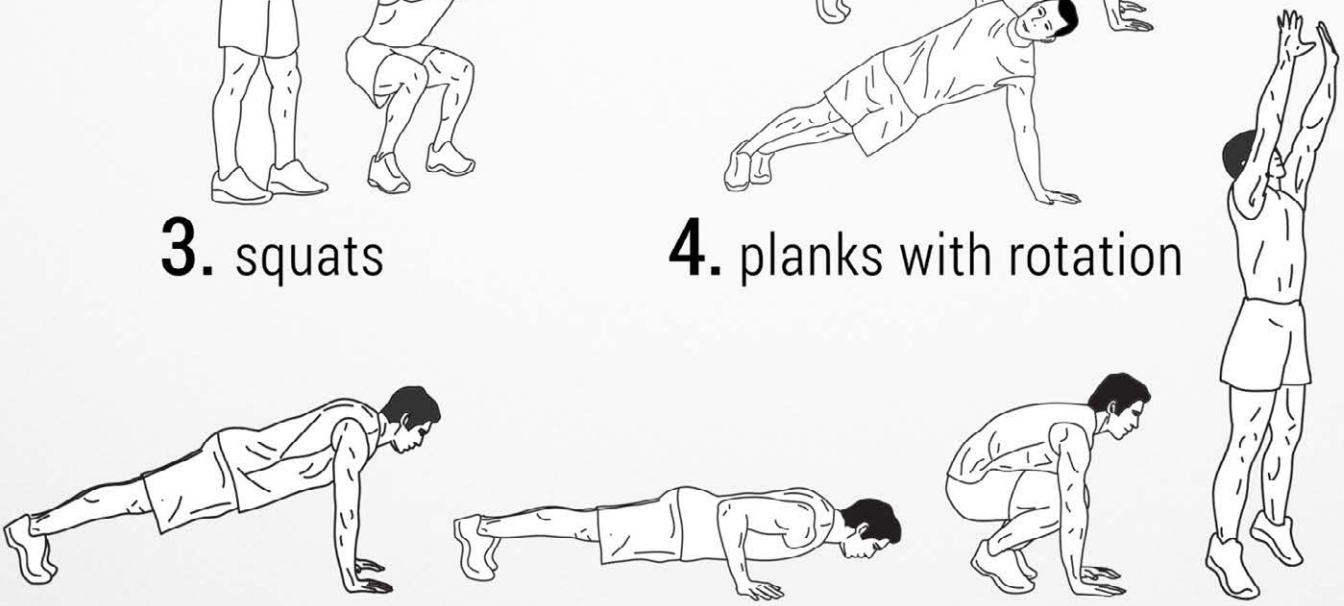
2. jumping lunges



3. squats



4. planks with rotation



5. burpees

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 3 minutes

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12

I aim to misbehave

Nobody likes being good all the time, but if you aim to misbehave you'd better make sure you can take the pace. This is a workout full of cavorting, hops, jumps and kicks to shake things up a little.

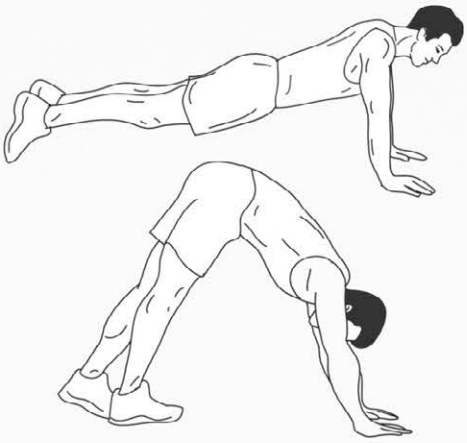
What it works: Quads, lower back, hip flexors, lower abs, upper abs, glutes, hamstrings, core stability, arm strength.

Tips: For maximum effectiveness, when doing the duck walk avoid coming up a little and then going down again. Keep your upper body upright, eyes level in front and work your legs beneath you in the full range of motion, without coming up a level in height.

Dedicated to "Firefly". Never forget.

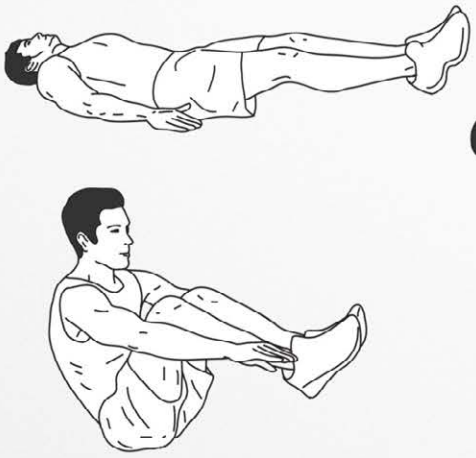
I aim to misbehave

duck walk
20 steps forward
20 steps back

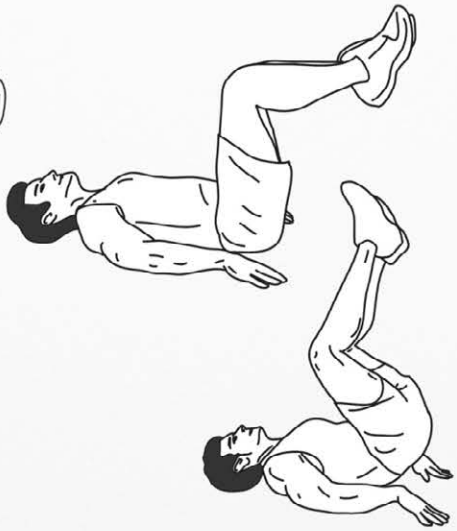


20 inchworms
yep, those are pretty long worms

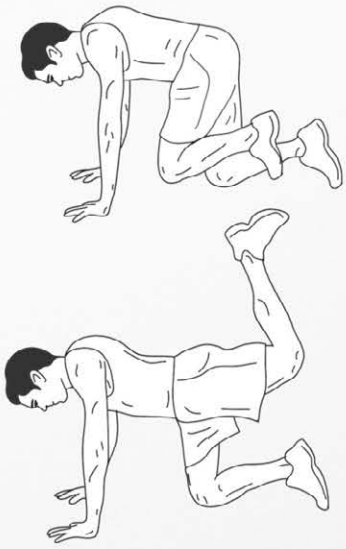
30 frog hops



20 modified V-up



40 reverse crunches



30 donkey kicks

sets **level I** 4 sets **level II** 7 sets **level III** 10 sets **rest between sets** up to 60 seconds

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13

airborne

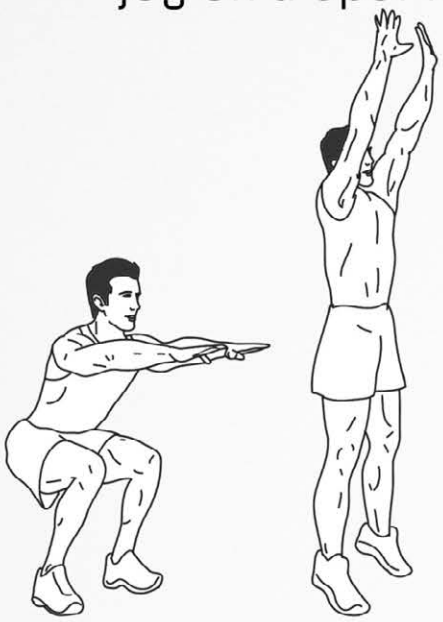
Defy gravity. Take to the air to give wings to your performance afterwards in any kind of sporting activity. This is a workout that uses your bodyweight against you, maximizing the impact on your muscles for some pretty spectacular results.

What it works: glutes, pecs, triceps, quads, calves, forearms.

Tips: These are all dynamic exercises they work best when you use the downward motion as the trigger to fire up the upward one so that you never stop in between. This avoids the stop/start problem associated with airborne exercises and allows your muscles to work in a more fluid, powerful way.

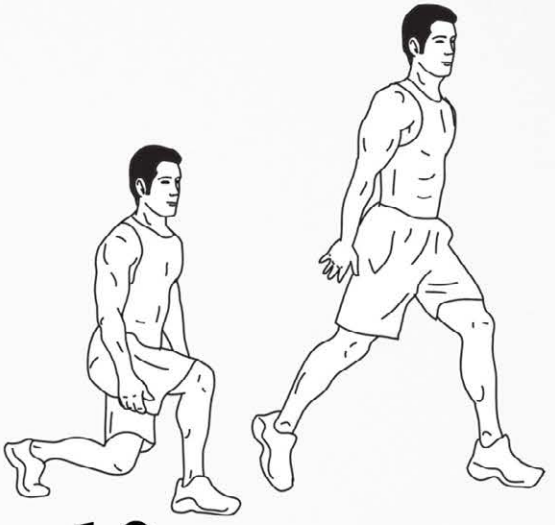
AIRBORNE

jog on a spot for 10 seconds between every exercise

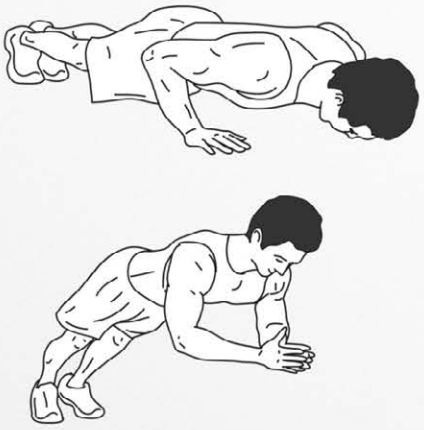


10 jump squats

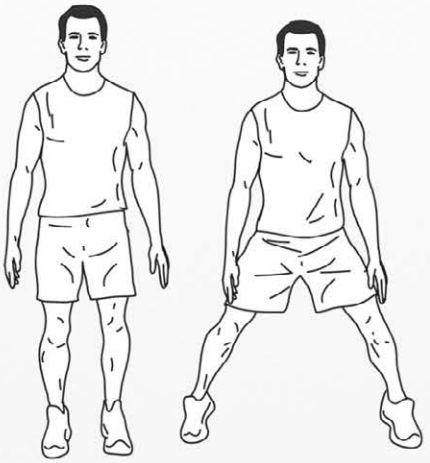
20 high knees



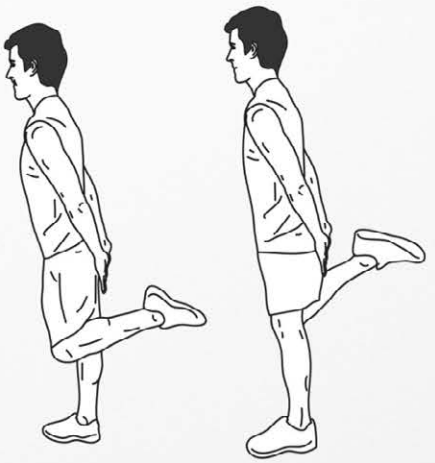
10 jumping lunges



10 clapping push-ups



20 half jacks



20 butt kicks

sets **level I** 3 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 60 seconds

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14

anvil

Use the exercises in this set to hammer yourself a new body. The Anvil workout puts you under some intense core abdominal work changing not just how you look but also how you feel and move.

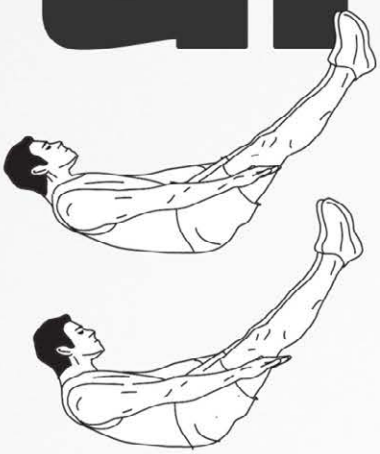
What it works: Lower abs, upper abs, later abs, core abs, quads, glutes, triceps, lower back.

Tips: Keep your body as straight as possible during the plank routines here, bringing your core stabilizers into play.

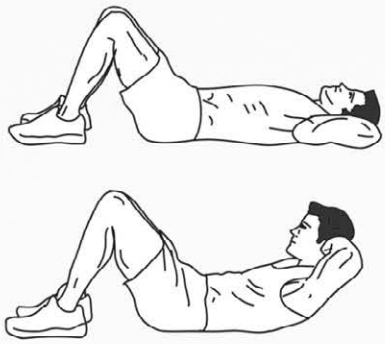
anvil

reps each

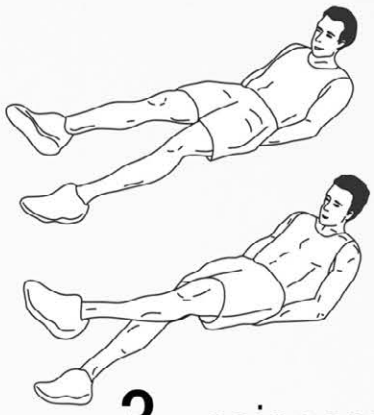
level I 10 reps
level II 20 reps
level III 30 reps



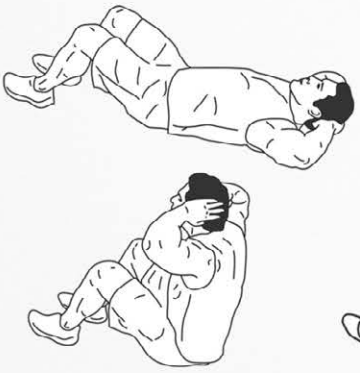
1. 100s



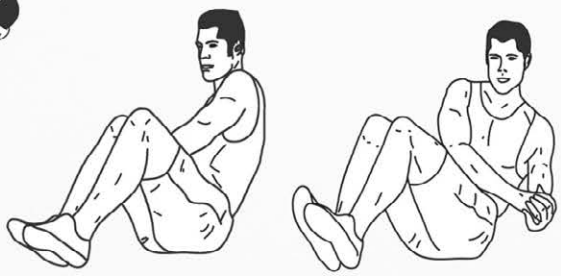
2. crunches



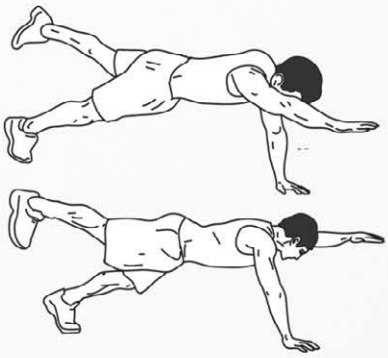
3. scissors



4. sit-ups

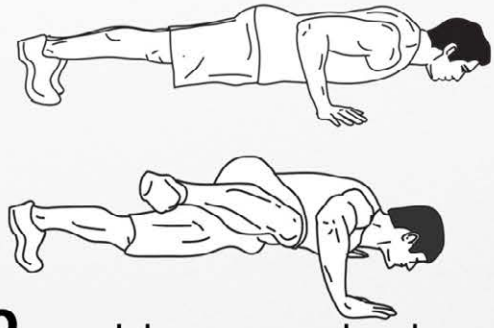


5. Russian twists



6. alt arm/leg planks

7. 45 sec plank



8. spiderman planks

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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15

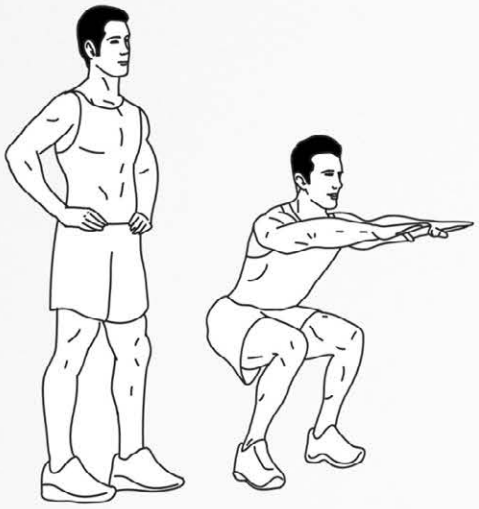
apex

Apex predators move in a fluid, explosive way that combines strength, stability and flexibility. This is a workout designed to get those muscle groups working that give you all that.

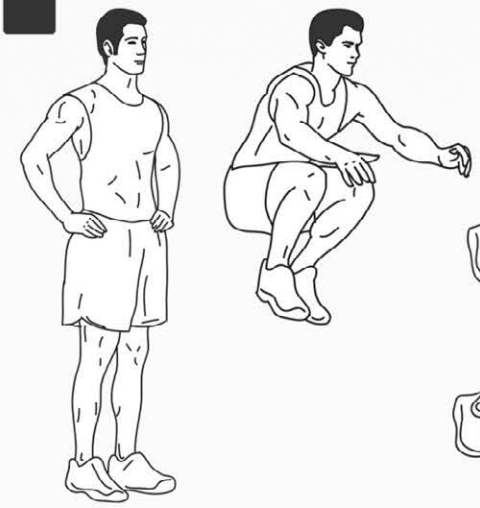
What it works: Quads, lower abs, calves, triceps, shoulders, chest, upper abs, lateral abs.

Tips: Always land on the balls of your feet first. This helps reduce jarring to your lower back and it helps strengthen additional muscle groups such as your calf muscles as well as strengthen your ankle joint.

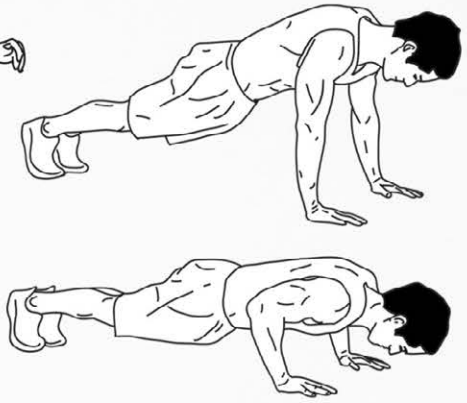
apex



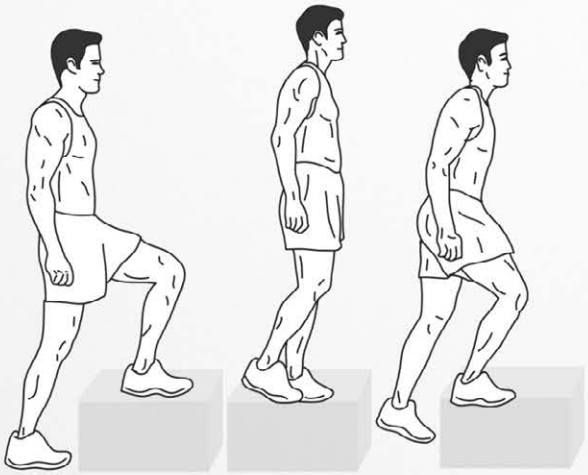
10 squats



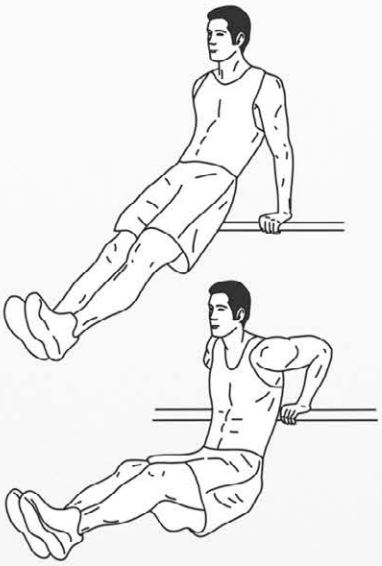
5 jump knee tucks



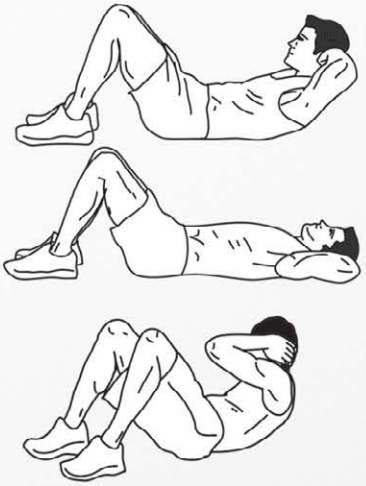
5 push-ups



20 box step ups



20 tricep dips



20 mixed crunches

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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16

arrow

No self-respecting super hero exercise routine is complete without a “to failure” set of exercises. Unless you want to “fail your city” you’d best be prepared to take your fitness to a new level. To use the bow and arrow effectively, with lethal precision, you need terrific upper body strength and muscle control. These are exercises designed to give you that kind of strength and control.

What it works: Quads, calves, lower abs, lateral abs, shoulders, biceps, pecs, deltoids, lats.

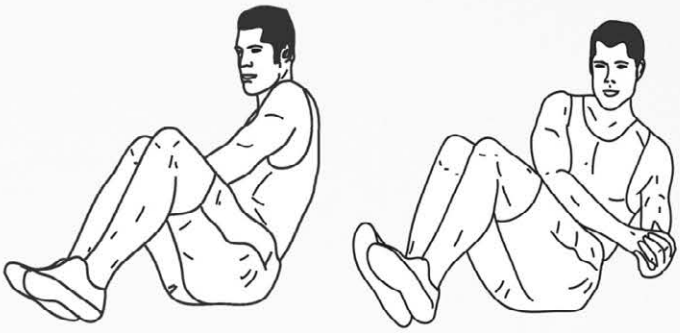
Tips: Tense your lower abs when you perform leg raises, keeping your lower back on the floor and avoiding undue pressure exerted upon it.

If you don’t own a pull-up bar you can always get creative with door frames, stairways, all kinds of beams and playground equipment. As long as you can grab something and pull yourself up – it’ll do. Make sure it’s something stable, though.

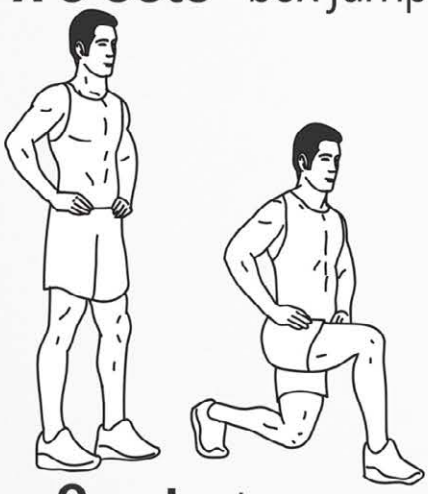
Want more? Try this: Get a bucket of water and practice slapping it hard with the palm of your hand, like in *The Arrow*. Slapping water is an old martial arts exercise. It conditions your blink response at the moment of contact. It also helps condition tendons in your wrist, forearm and shoulder and it helps strengthen the elbow joint. Plus, you have to admit, it is kinda fun.

ARROW

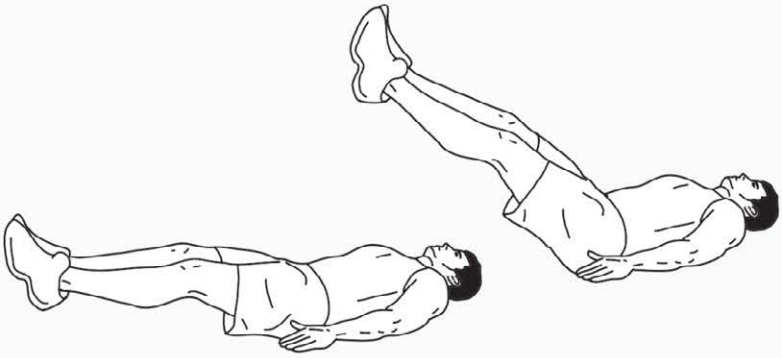
20 x 3 sets box jumps



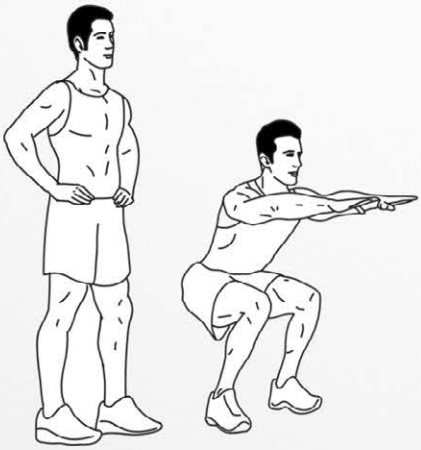
3 sets - to failure Russian twists



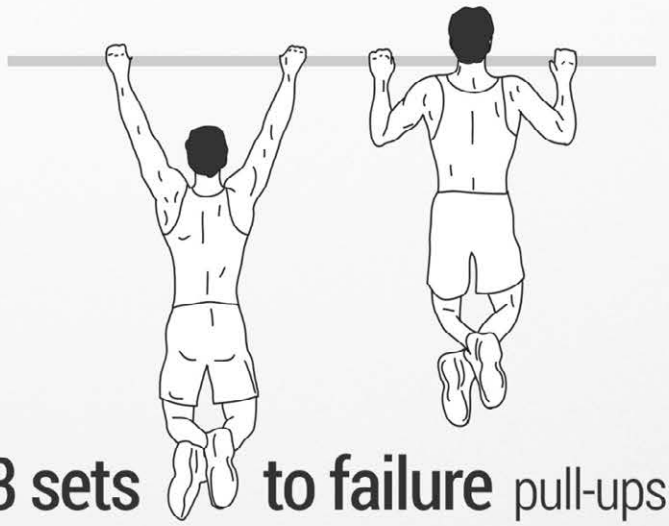
20 x 3 sets lunges



3 sets - to failure leg raises



20 x 3 sets squats



3 sets to failure pull-ups

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 60 seconds

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17

Assassin

Assassins need to bring every muscle they have into play. No assassin workout could then be complete without a mix of isometric and ballistic exercises for maximum muscle strength, stability and control. This one will help you achieve it all.

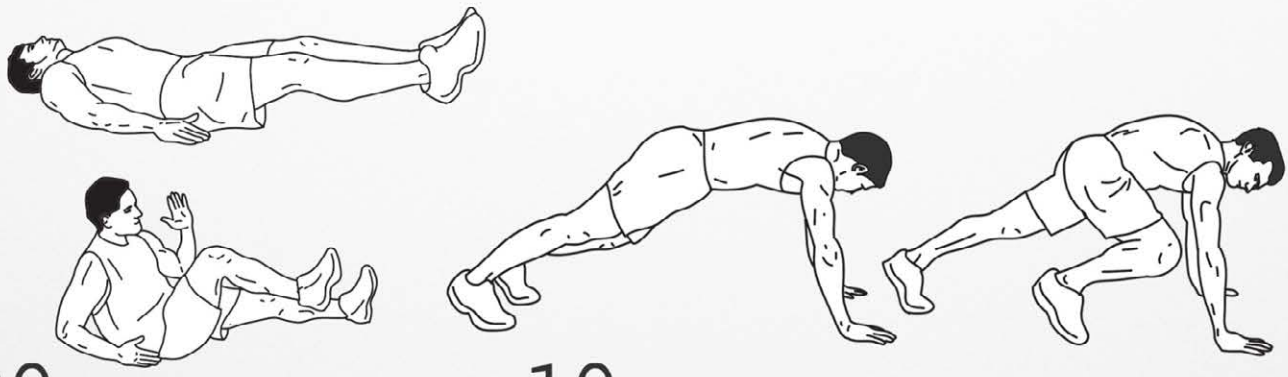
What it works: Calves, adductors, shoulders, quads, triceps, lower abs, lateral abs.

Tips: When performing mountain climbers keep your hips parallel to the floor at all times. Work your knees fast but avoid bounce that could injure your lower back.

Assassin's workout

40 jumping Ts 30 box jumps 40 high knees

2 min wall sit 10 tricep dips 10 low squat jumps



20 sprinters 10 mountain climbers

sets **level I** 3 sets **level II** 5 sets **level III** 8 sets **rest between sets** up to 60 seconds

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18

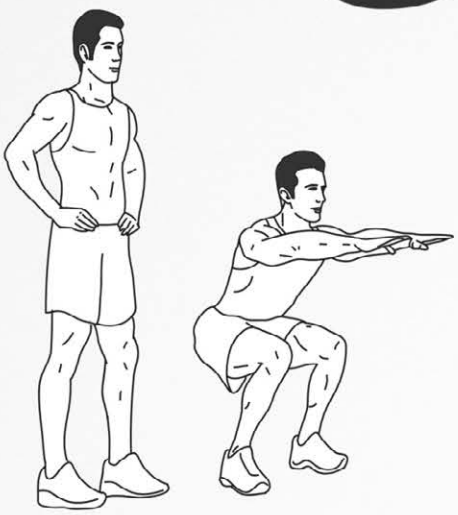
axel

Your body is a vehicle. Your muscles is what you use to command and control it. This workout gives you some of the basics you need to achieve just that.

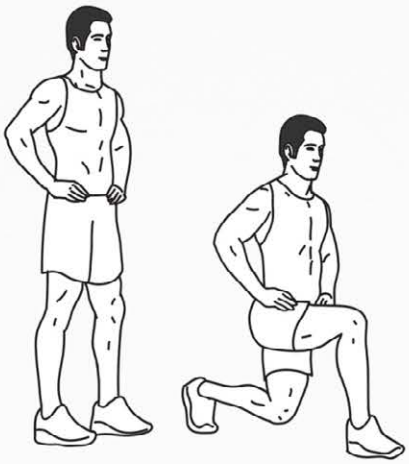
What it works: Quads, lower back, core strength, glutes, abs, triceps, biceps, chest.

Tips: Keep your knees straight in both the reverse flutter kicks exercise and the alternating arm/leg planks one. This maximizes the pressure exerted on your lower back helping strengthen it and your core faster.

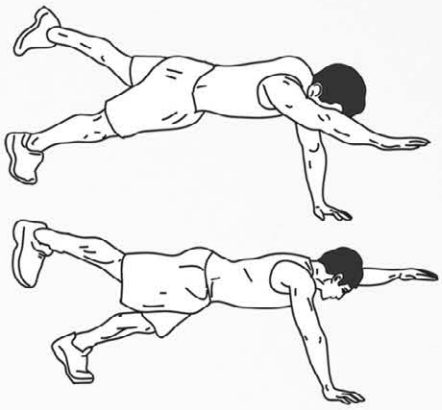
axel



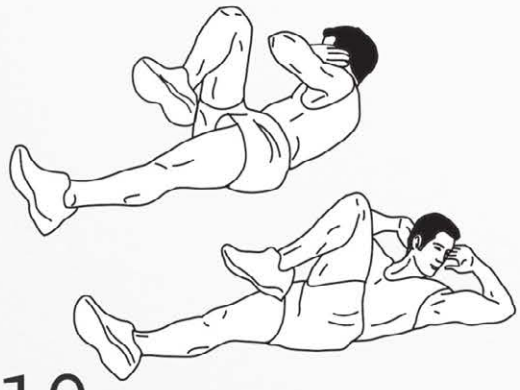
20 squats



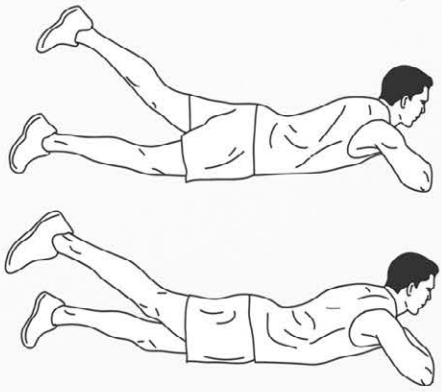
10 lunges



20 alt arm/leg planks



10 bicycle crunches



20 reverse flutter kicks

10 burpees

sets **level I** 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 60 seconds

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19

Batman

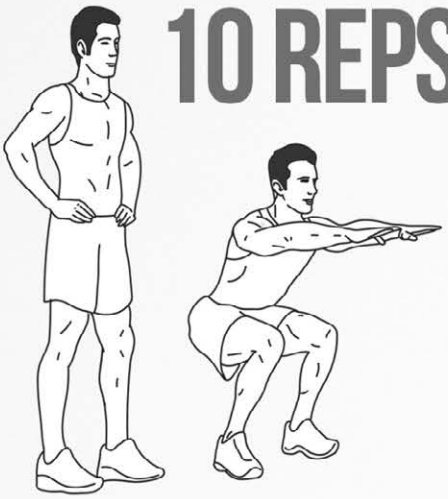
This is the Dark Knight workout that went viral across the web. Nine sets of exercises designed to build you to rule the streets of Gotham City at night. Exorcise your inner demons with this set of exercises.

What it works: Quads, triceps, biceps, chest, shoulders, lower abs, lateral abs, glutes, upper abs, aerobic system, cardiovascular system. This one has it all.

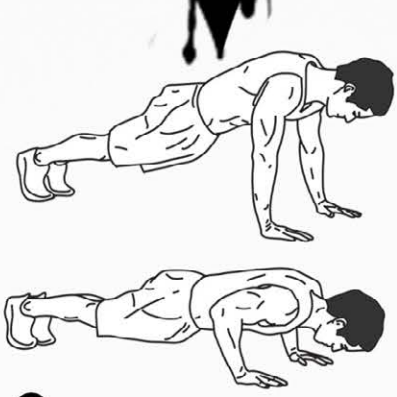
Tips: Perform for speed and fluidity of motion. Execute the full range of motion of each exercise but resist the temptation to start-and-stop each time. Instead use each exercise to create a bounce effect in execution that enables you to just keep on going.

BATMAN
WORKOUT

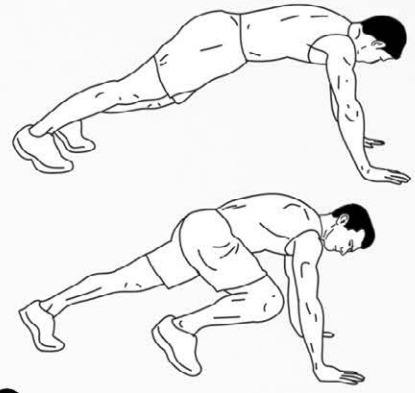
10 REPS EACH **10 SETS**



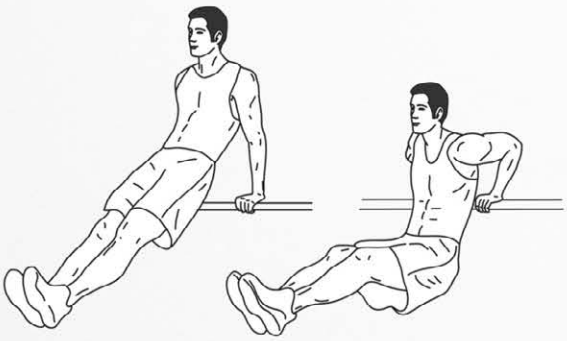
1. squats



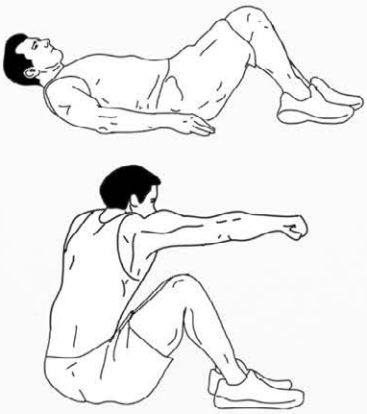
2. push-ups



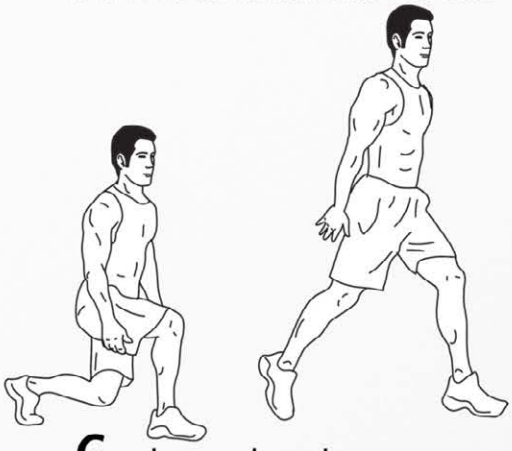
3. mountain climbers



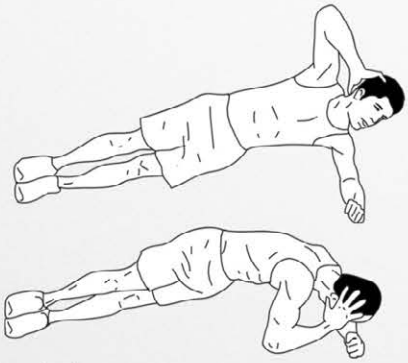
4. tricep dips



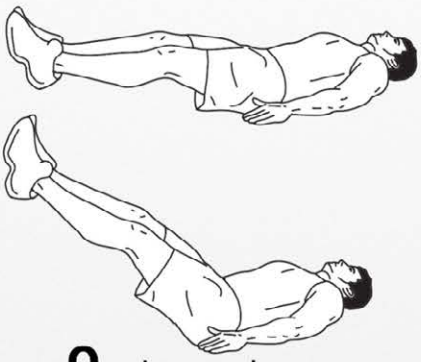
5. cross punch sit-ups



6. jumping lunges



7. side plank crunches



8. leg raises

9. bicycle crunches

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BATCAVE FRIENDLY

20

Batman

[Bane Edition]

The Bane edition of the Batman workout, as you'd expect is performed on your back, on the floor. Even when down a super hero is far from out and this set of exercises proves just that. Plus, the change of perspective allows you to exercise in a totally new way and challenge your muscles afresh.

What it works: lower abs, quads, upper abs, lateral abs, cardiovascular system.

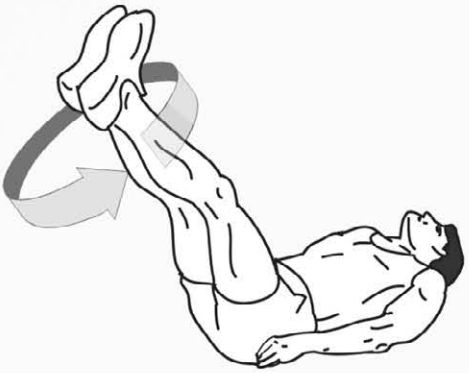
Tips: Scissors, flutter kicks and raised leg circle exercises should be performed with the knees perfectly straight. This brings in line the quad muscles maximizing the training benefits of the exercise.

This workout can be done at the beginning of every day before you even get up from your bed and go about your day (plus it probably helps you kick those bedcovers off in the morning).

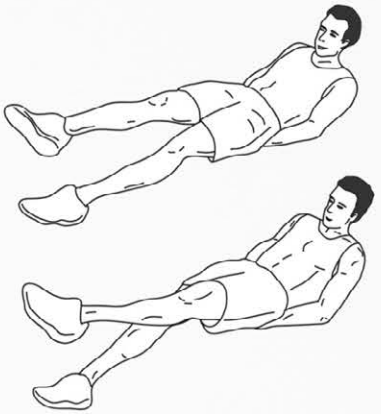
BATMAN

[Bane edition]

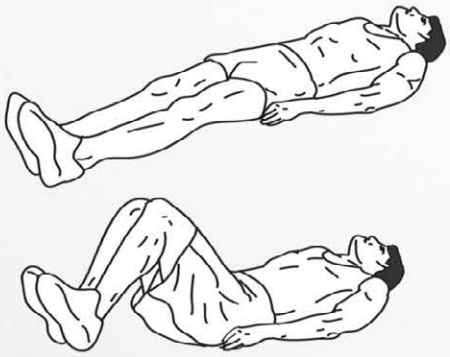
1. heel touches



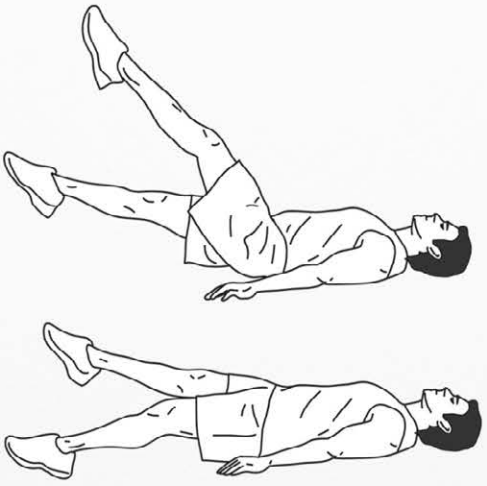
2. raised leg circles



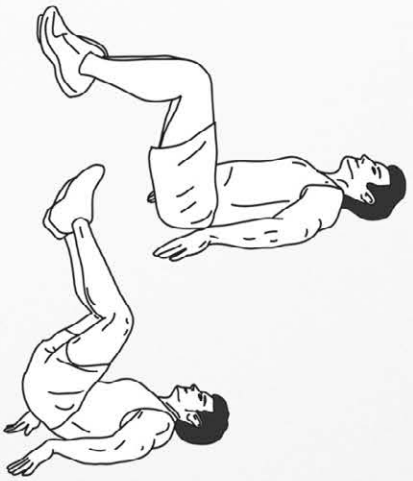
3. scissors



4. knee pull-ins



5. flutter kicks



6. reverse crunches

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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@ beach

The beach is the perfect place for some exercise. The water, the sun and the open air make looking good effortless, and you know that this is totally good for you, so no excuses for not making it happen.

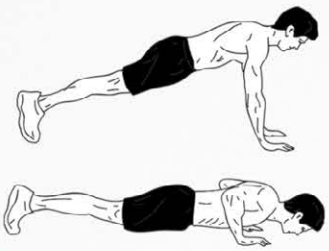
What it works: Aerobic system, cardiovascular system, quads, calves, chest, triceps, shoulders, back, biceps, lower abs, abs, lower back.

Tips: Sand can sap as much as 60% of your strength and water adds up to 40% more drag on every movement. Running on sand on the beach and in water can work either your cardiovascular system or your aerobic one, depending on the intensity of the exercise. If you want to challenge yourself, up the intensity level and feel the extra burn.

@ BEACH

round 1

10 push ups

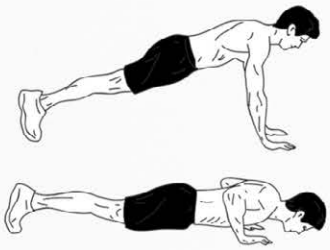


50m jog

10 lunges

round 2

10 push ups



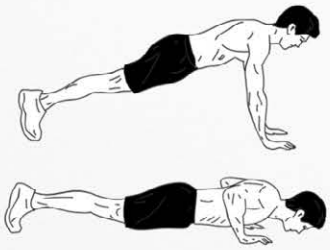
50 stroke swim

or swim from the lifeguard stand
to the green or red flag

10 squats

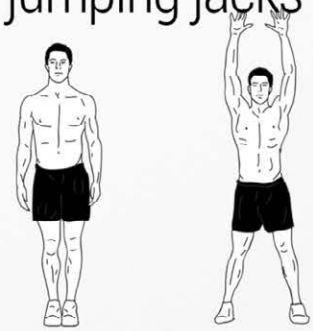
round 3

10 push ups



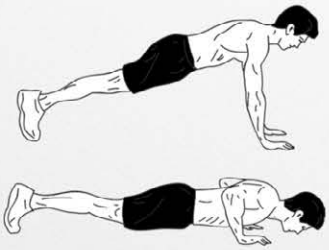
20m water jog
(knee deep)

10 jumping jacks



round 4

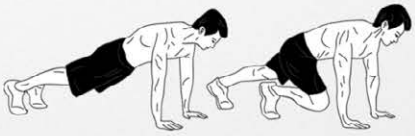
10 push ups



50 stroke swim

or swim from the lifeguard stand
to the green or red flag

10 mountain climbers



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22

blade runner

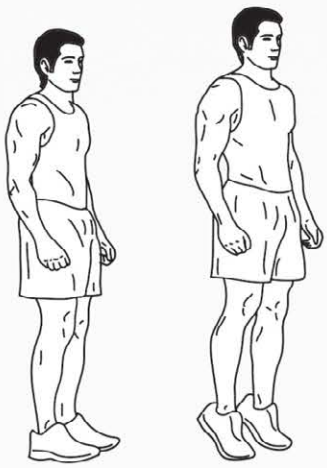
If you've seen the famous film you know that to escape a Blade Runner you need speed, explosiveness and a little bit of strength. This workout gives you all these tools.

What it works: Quads, calves, lower abs, glutes, lower back.

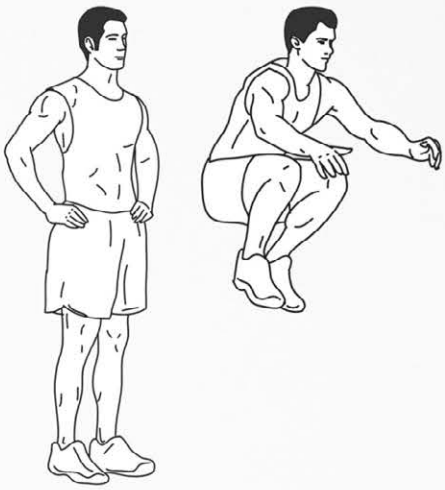
Tips: Make sure that when you perform jump knee tucks, you land on the ball of the foot rather than the heel. This avoids jarring to the spine and brings into play the calf muscles, hamstrings and the tendons of the ankle, strengthening them.

blade runner

100 high knees

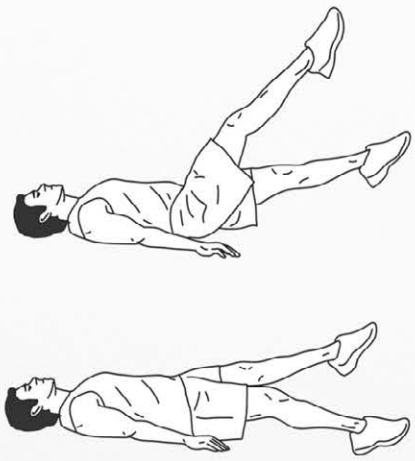


20 calf raises

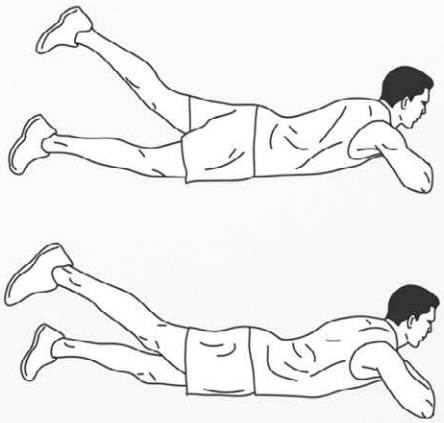


10 jump knee tucks

20 scissors



10 flutter kicks



10 reverse flutter kicks

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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bookmark

Never underestimate the power of a book even more so when it is five. This is a workout for those of you who like reading but have never sacrificed fitness for it. Combining strength, stability and coordination it's a true case of wanting to have a sound body as much as a sound mind.

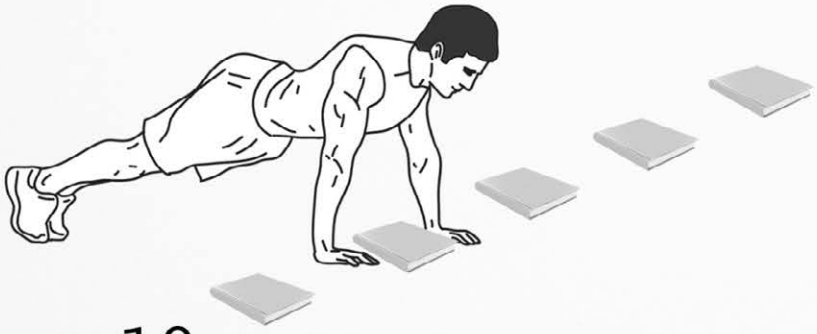
What it works: Adductors, quads, lower abs, core abs, triceps, chest, shoulders.

Tips: The emphasis here is on control. The books give you a marker to work around. Make each set of moves is as smooth as possible, aiming for fluidity with proper exhaling when tensing a muscle group and breathing in on the recovery movement.

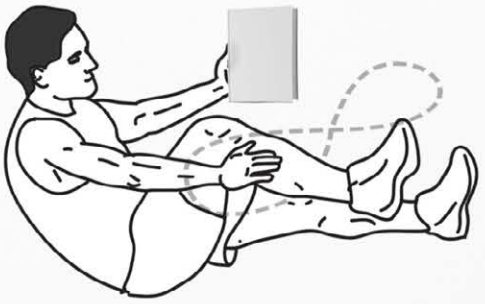
BOOKMARK

1. 20 groiners
step forward - pick book up,
step back; step forward
- place book back

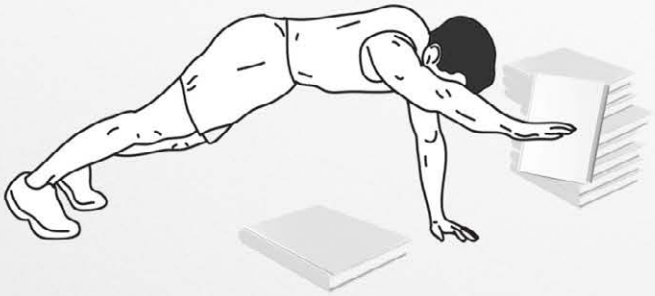
2. 10 plank side walk
over 5 books + push up
one trip – one rep



3. 20 infinite book unders
pass the book under your
legs while doing sprinters



4. 10 plank book pass
move the stack of books
from side to side one at a time
min 10 books in a stack



5. 10 squats
hold the book
in front of you

sets **level I** 3 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 2 minutes

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borderline

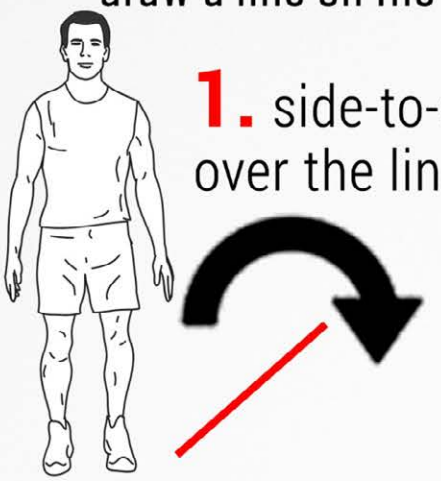
This is an impact workout that also works your core. You can increase the intensity but you should never sacrifice quality of movement for the sake of speed, here.

What it works: Calves, ankle joint, lower back, lower abs, triceps, glutes, core.

Tips: When performing the elbow to knee exercise exhale fully and tighten your abs. This brings the fine core muscles into play as your balance is challenged.

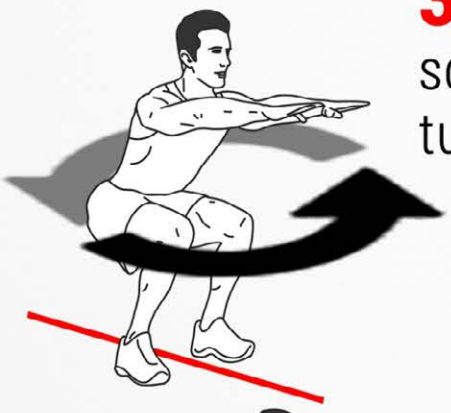
borderline

draw a line on the floor 20 seconds each exercise | no rest



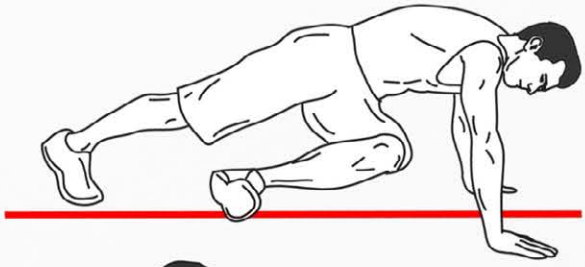
1. side-to-side over the line jumps

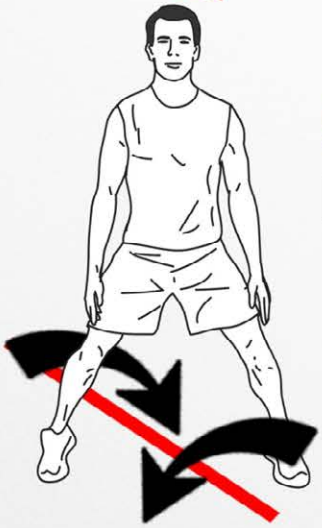
2. turning jumps



3. double hop squatting turning jumps

4. over the line cross mountain climbers





5. cross the line half jacks

6. knee to elbow over the line

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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borderline 2.0

It's amazing what drawing two lines can do for your fitness level, especially when you then use them to exercise. This is a high impact, fine-coordination workout that requires great muscular control of your body.

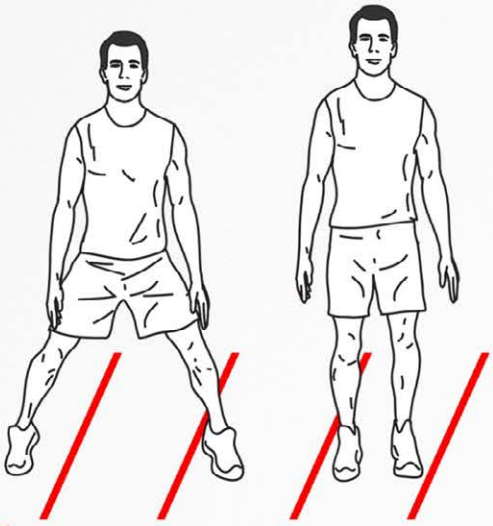
What it works: Cardiovascular system, ankle joints, calves, core, lower abs, quads.

Tips: When performing the elbow to knee exercise exhale fully and tighten your abs. This brings the fine core muscles into play as your balance is challenged.

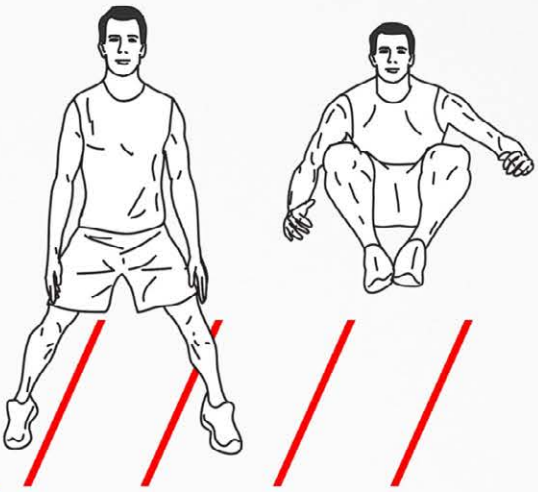
The Borderline 2.0 workout is inspired by a popular children's game – French Skipping. If you can get hold of some elastic rope to set it up, it'll add an extra level of difficulty with the lines being literally raised above ground. Have fun!

borderline 2.0

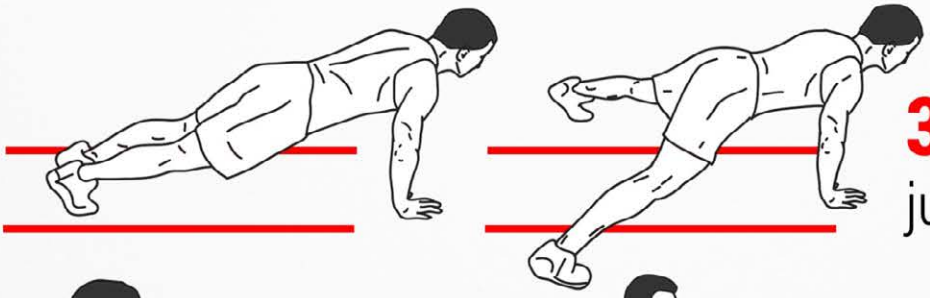
draw two lines shoulder length apart **20 seconds each exercise** | no rest



1. half jacks
jump-inside the lines

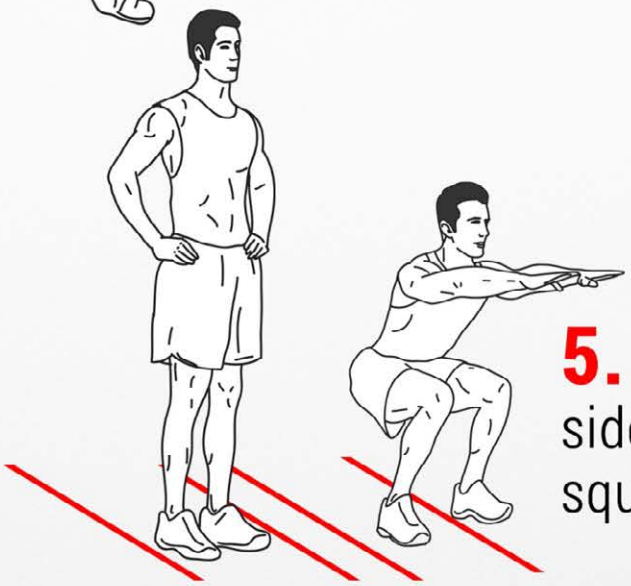


2. high jumps with
feet touching in the air



3. plank half jacks
jump-inside the lines

4. knee
to elbow



5. over the line
side-to-side
squats

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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26

breathless

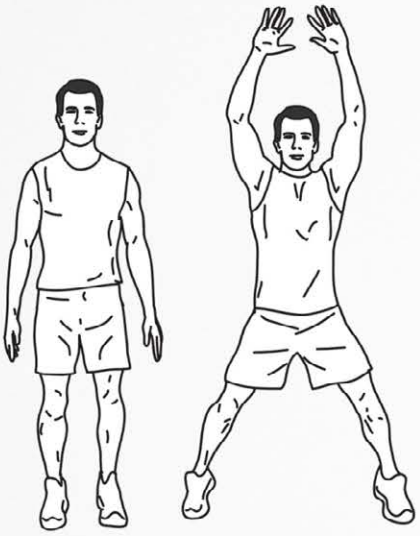
Ideally every workout should leave you breathless so you know that when one is titled “breathless” things can get really challenging really quickly. Up the intensity on this one to the max. It’s only 20 seconds so you’re really pushing your anaerobic and recovery (i.e. cardiovascular) systems to the limit.

What it works: Endurance, anaerobic system, quads, glutes, abs, core, arms, chest.

Tips: You’re only active for 20 seconds on each exercise so be as fast as you can and try and maintain that speed throughout. The trick here is on focus. Fatigue is always the norm but you now need to edit it out.

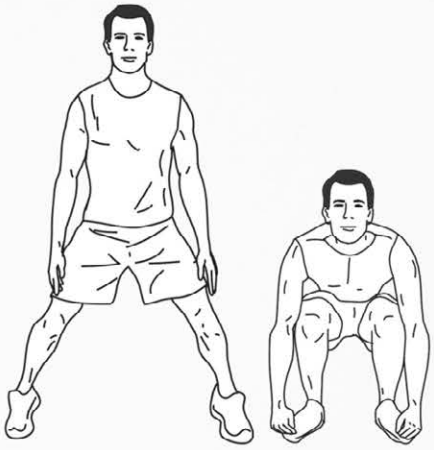
Breathless

20 seconds each | 20 seconds rest

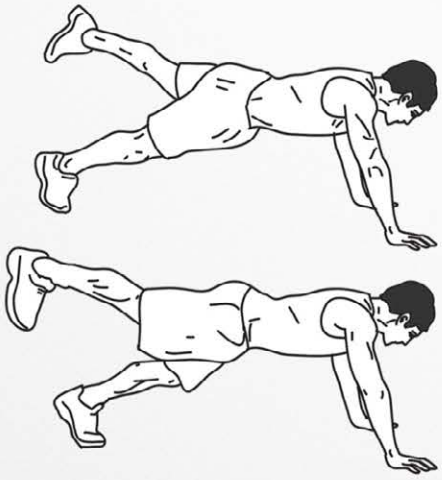


1. jumping jacks

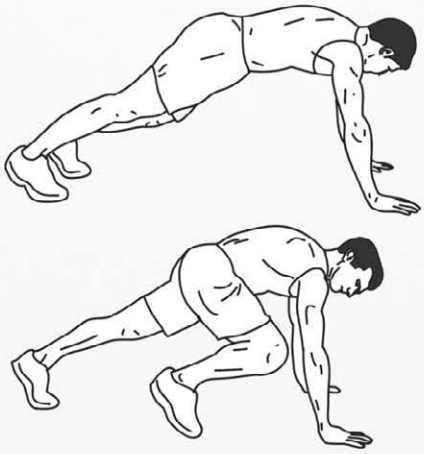
2. high knees



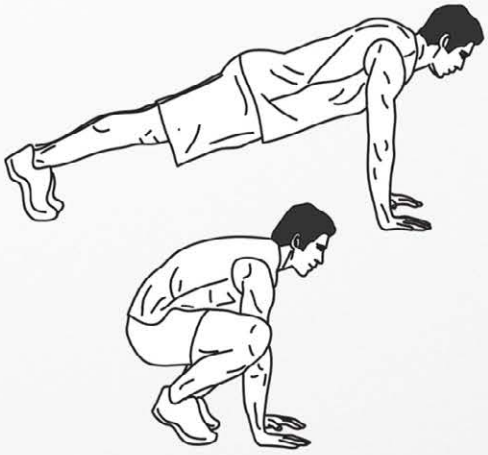
3. half jack / low squats



4. plank leg raises



5. mountain climbers



6. plank jump-ins

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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Bruce Lee abs

Bruce Lee perfected his abs through an intensive, daily routine that worked them to the max. He believed that a strong set of abdominal muscles changed all the power the body could output in every movement and it appears, he was right.

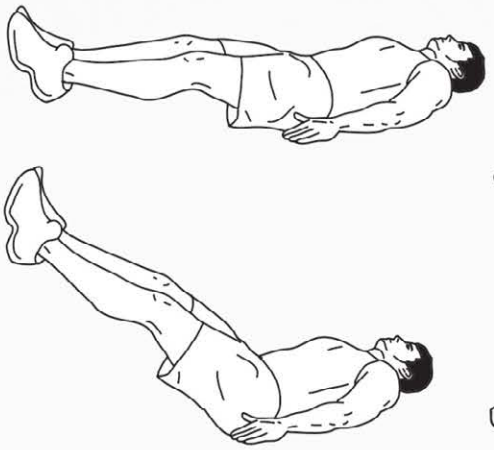
What it works: Upper abs, lateral abs, lower abs, core, quads.

Tips: Bruce Lee was renowned for his explosive martial arts moves. Aim, here, to do every exercise as fast as you can, upping your personal intensity level, exhaling fast and hard at the point of maximum muscle tension.

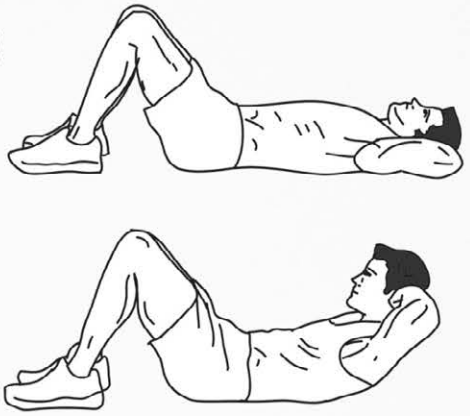
Bruce Lee abs

reps each **level I** 20 reps **level II** 30 reps **level III** 40 reps **bruce lee** 90 reps

1. Russian twist

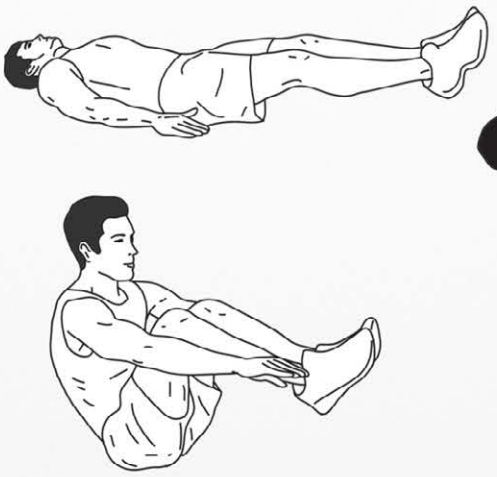


2. leg raises

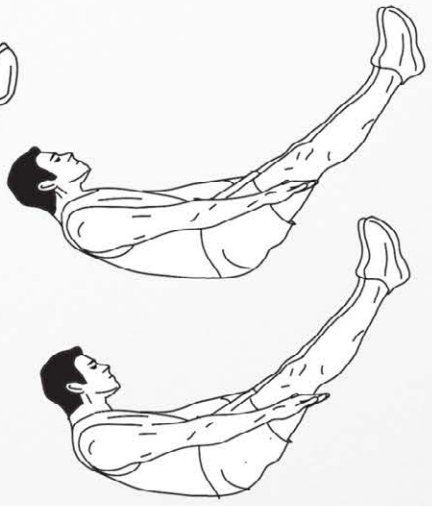


3. crunches

4. heel touches



5. modified V-sits



6. 100s

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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Catch 22 workout

You don't have to be crazy to do this workout but if you are, a little, it helps. This is a long burn, high intensity workout that will challenge your endurance and your aerobic capacity. Go at it like your life depends on it and … have fun.

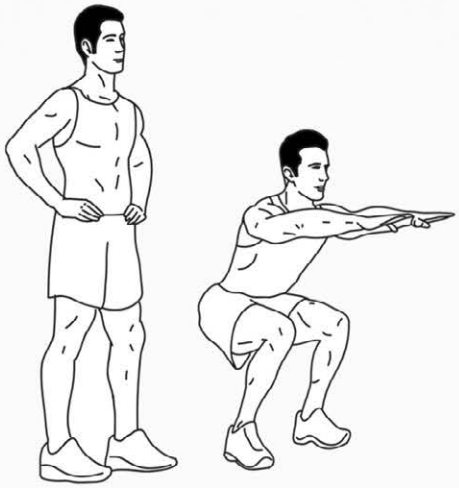
What it works: Calves, quads, lower abs, chest, triceps.

Tips: This is a long, high burn. Each exercise though uses a different set of muscles group allowing the ones used in the previous exercise to recover on the go. Yes, you will get tired but you will get the maximum benefit by emptying everything you have into each rep without thinking of what lies ahead.

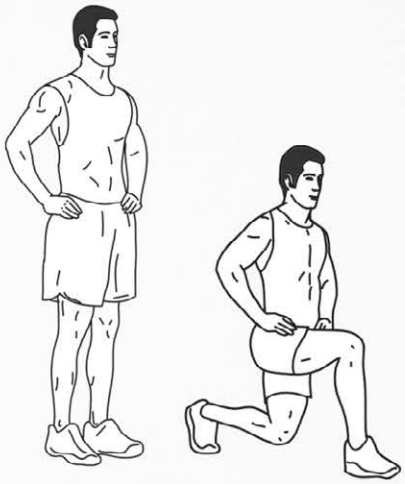
catch 22

60 seconds each exercise / 30 seconds between sets

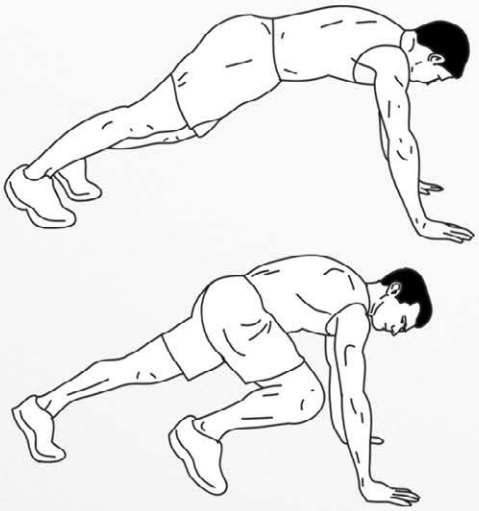
1. high knees



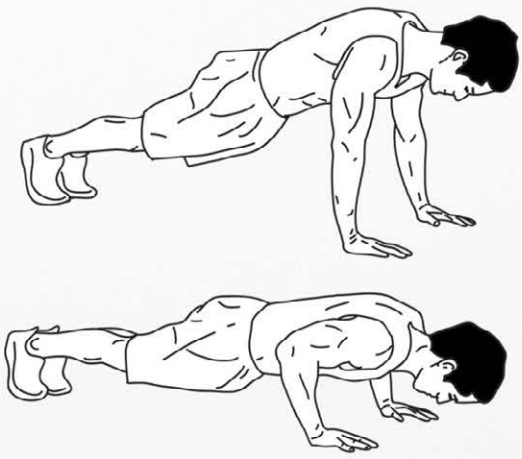
2. squats



3. lunges



4. mountain climbers



5. push-ups

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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CODEX

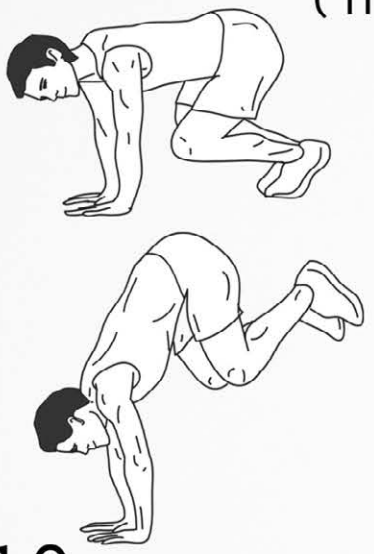
Stay glued to the ground and see just how much you can challenge your body. This is a set of exercises that takes a traditional routine and gives it an extra spin with a real challenge. Because of that it forces your muscles to work in unfamiliar ways that make it totally challenging.

What it works: Triceps, biceps, shoulders, chest, glutes, lowers abs, core, lower back, abs.

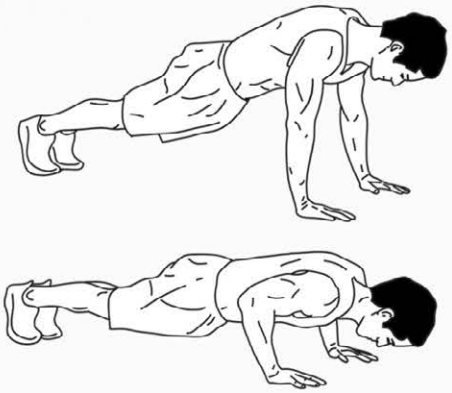
Tips: Exercise smooth control over each movement at all times. Avoid too much ballistic movement and too hard landings. Everything should be controlled and as smooth as possible and do remember to breathe out at the point of maximum muscle tension of each rep.

CODEX

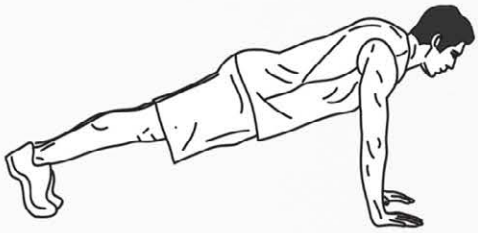
{ hands never off the ground }



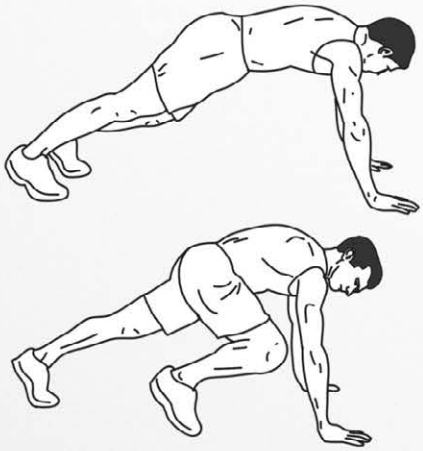
10 up and overs



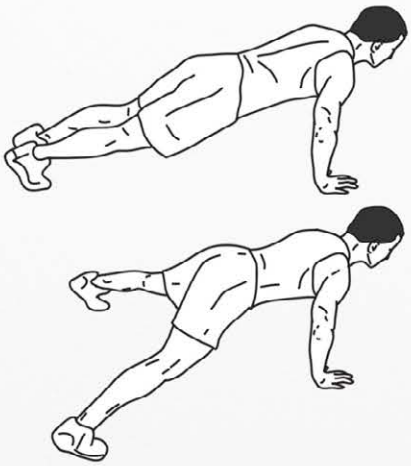
10 push-ups



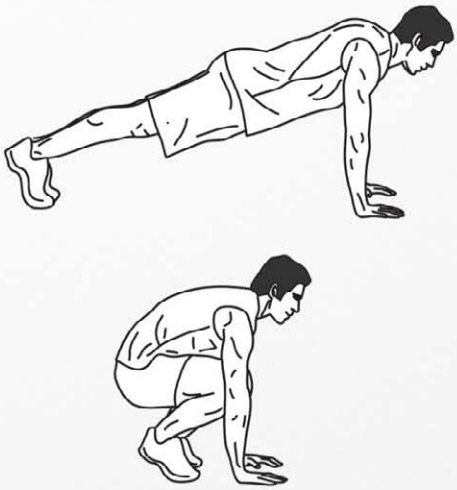
20 sec plank



20 mountain climbers



20 jumping planks



10 plank hop-ins

sets **level I** 3 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 60 seconds

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crossfire

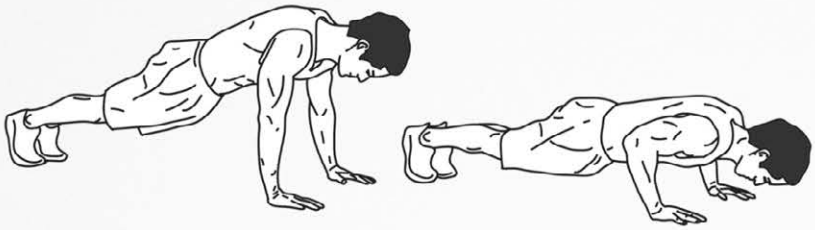
When it comes to a workout there is speed and then there is … Crossfire. Take everything to an entirely new level with a top-speed workout. Do each rep as fast as you can pushing your anaerobic and cardiovascular systems to the max.

What it works: Anaerobic system, chest, abs, triceps, quads, glutes, lower abs.

Tips: This is all about developing short action muscle fiber. Go flat out on each rep and use the recovery time between sets to recover by breathing in as deep as possible to help your muscles oxygenate.

crossfire

{ as fast as you can go }

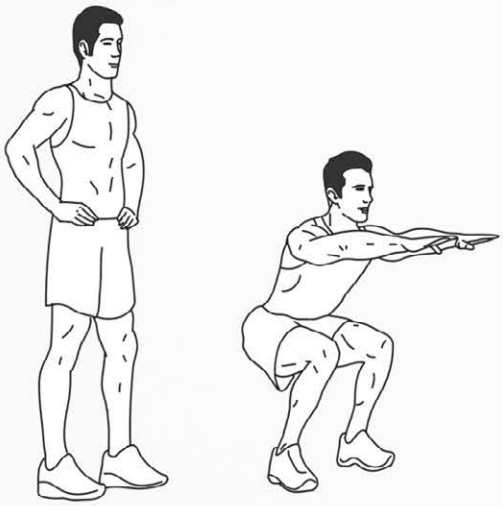


5 push-ups

10 squats

10 plank leg raises

10 plank jump-ins

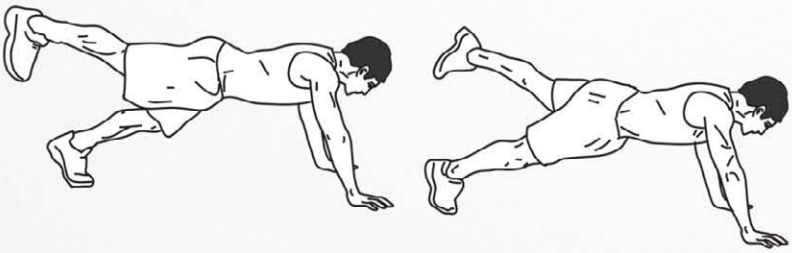


10 push-ups

20 squats

20 plank leg raises

20 plank jump-ins



5 push-ups

10 squats

10 plank leg raises

10 plank jump-ins

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 3 minutes

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daily workout

This is the perfect workout for those days when you're not sure what to do and know you really need to do something to workout. Use it as a filler, a routine, the go-to workout when you have nothing else to fire you up. At ten reps per exercise there really is no excuse not to do them.

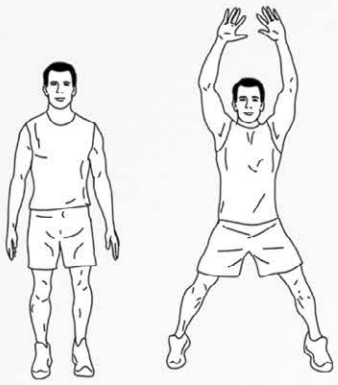
What it works: Calves, quads, chest, triceps, biceps, lower abs.

Tips: This is your go-to exercise routine when you're looking for motivation. Do each exercise fully engaged (it's only 10 reps) and focus on correct breathing and posture throughout.

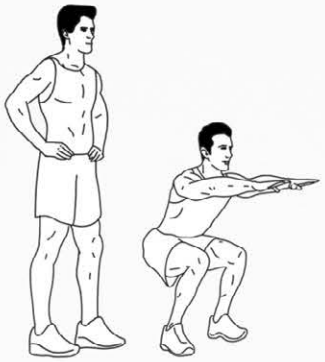
Hint: It's called *Daily* for a reason.

daily workout

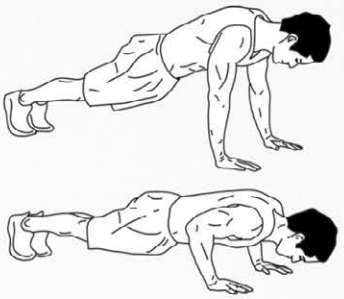
10 reps each



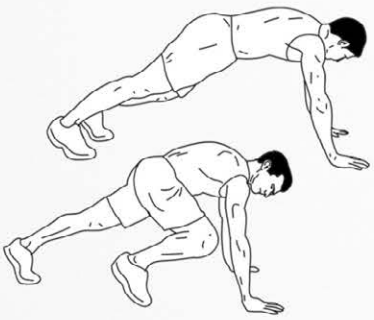
1. jumping jacks



2. squats



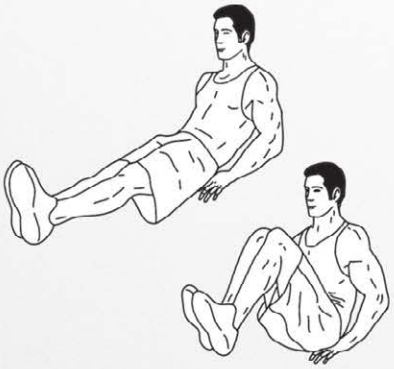
3. push-ups



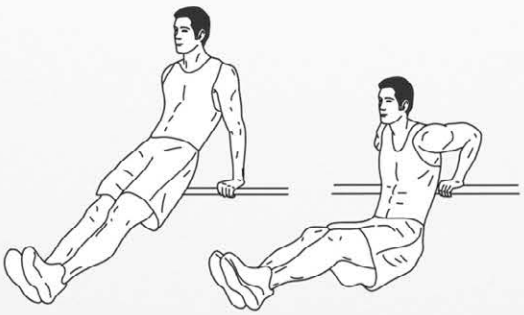
4. mountain climbers

5. cross crunches

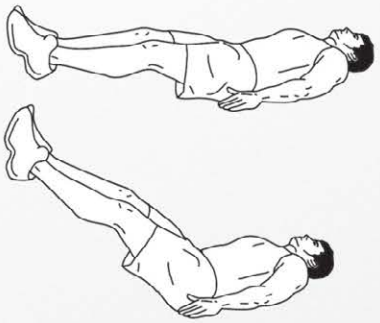
6. high knees



7. knee pull-ins



8. tricep dips



9. leg raises

sets **level I** 3 sets **level II** 4 sets **level III** 6 sets **rest between sets** up to 60 seconds

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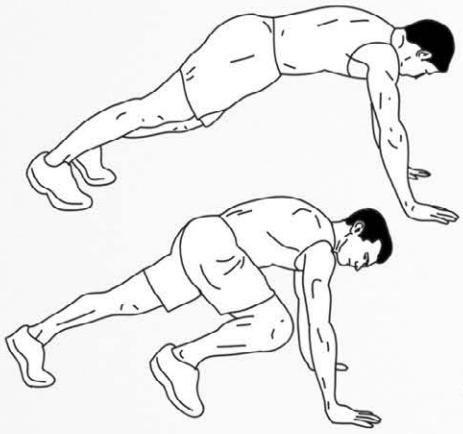
die hard

When you need a workout that'll become the key you use to unlock the potential within you then this is the one you should reach for. With core and lower ab work integrated it's designed to take you to the edge, and beyond. And hey, as the title suggests, this is one for those who are simply not ready to quit.

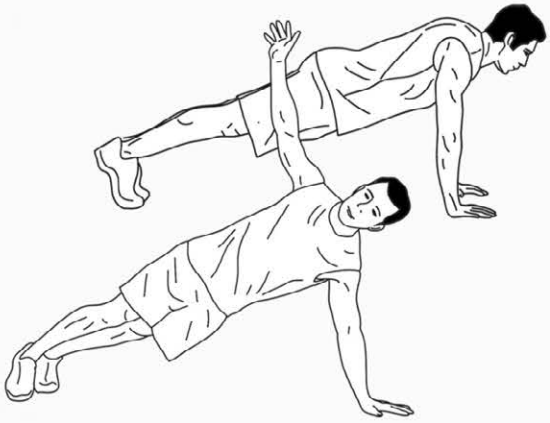
What it works: Lower abs, shoulders, triceps, quads, lateral abdominals, cardiovascular system.

Tips: When you do the mountain climbers balance your body weight on your shoulders. Then you can just piston your knees back and forth without bouncing your lower back up and down. It's faster, more efficient and less likely to produce any injuries, oh, it also works your shoulders.

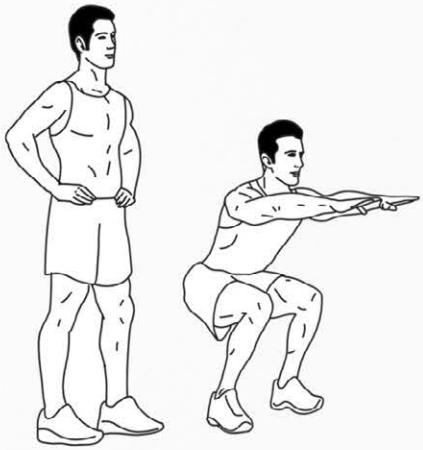
it's a good day to DIE HARD



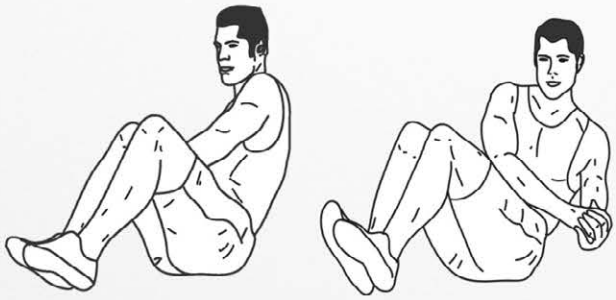
100 mountain climbers



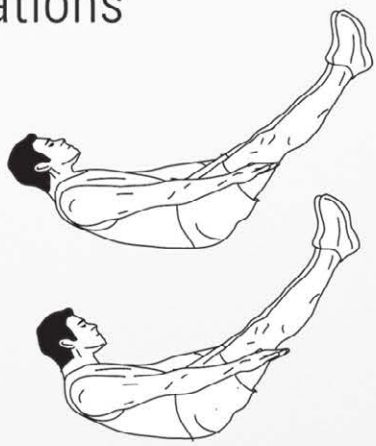
20 planks with rotations



20 squats



20 Russian twists



20 100s

sets **level I** 3 sets **level II** 7 sets **level III** 10 sets **rest between sets** up to 60 seconds

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33

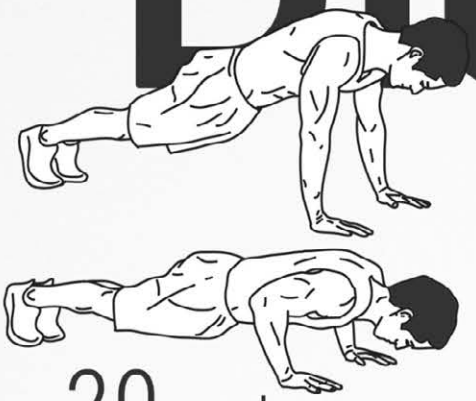
Diesel

Exercise is fuel. It powers the person you want to become and this is a workout to help you burn more efficiently than ever. Each exercise is developed to target core muscle groups so you can walk tall.

What it works: Chest, abs, triceps, biceps, quads, lateral abs.

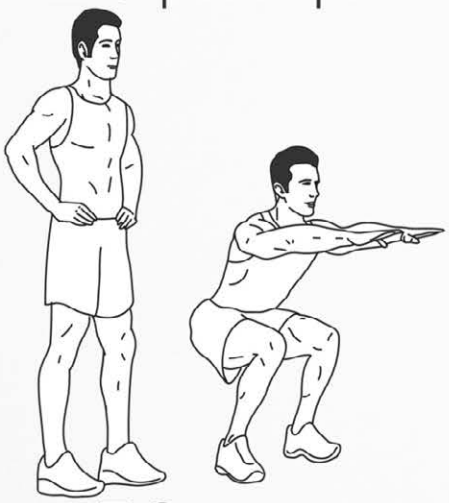
Tips: When performing knee to elbow crunches, breathe out and tense your lower abs, flattening them and helping to properly align the pull of the muscles. It helps you reach your goal of a cleanly defined set of abs, faster.

Diesel

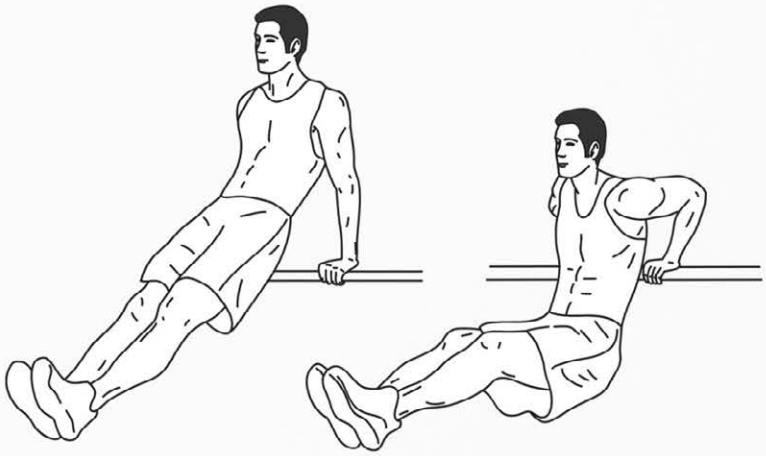


20 push-ups

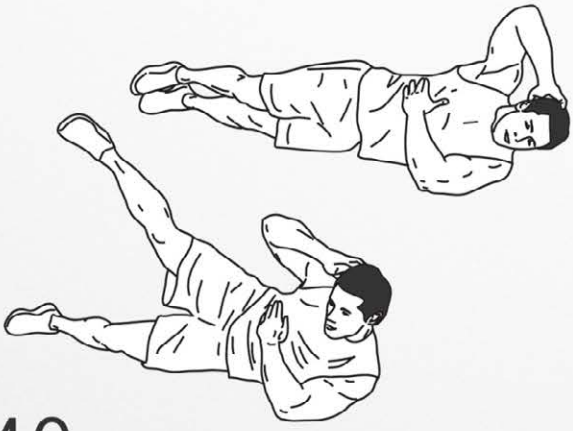
45 sec elbow plank



50 squats



20 tricep dips



40 side jackknives

20 knee to elbow crunches

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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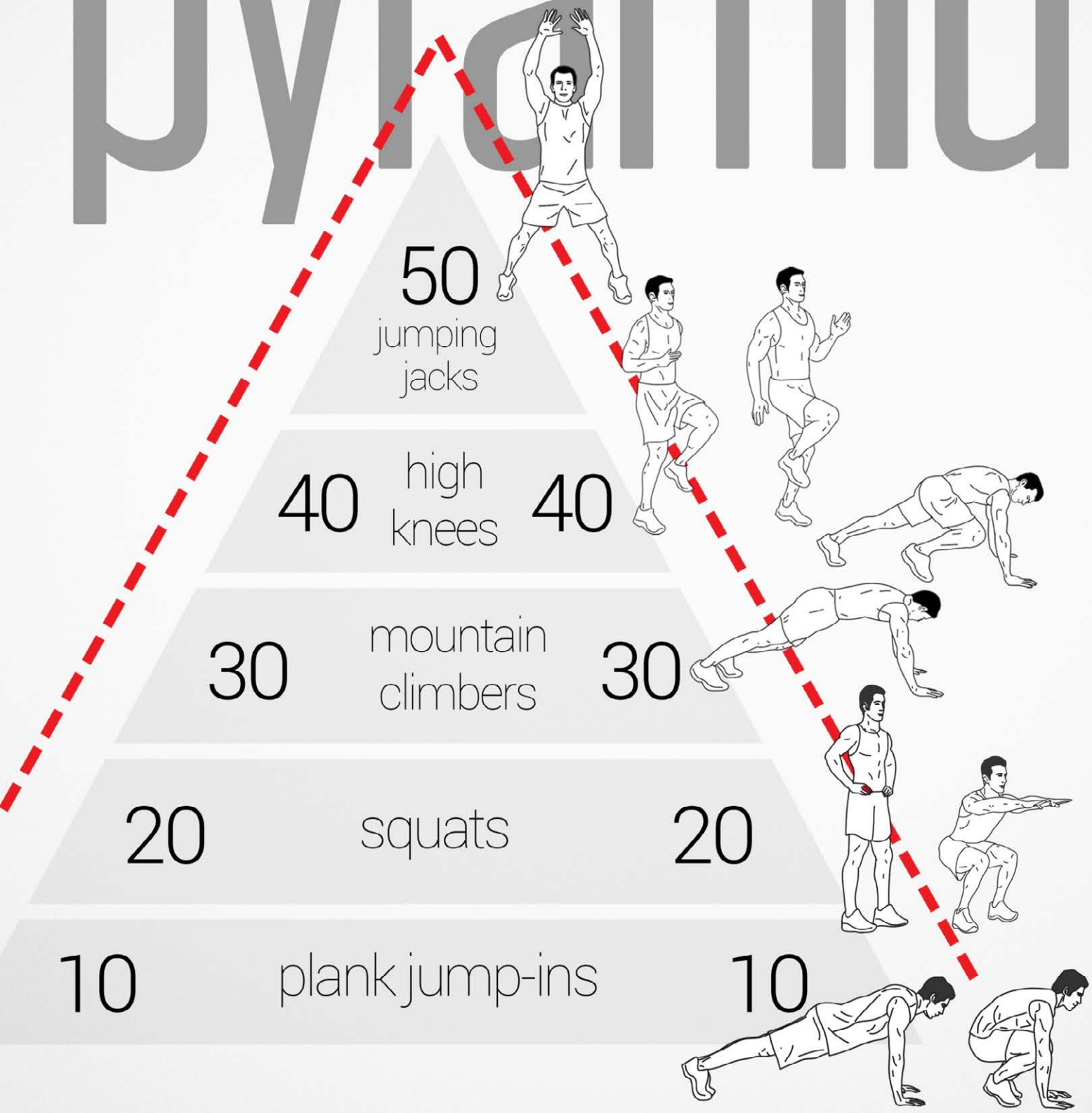
pyramid

Pyramid workouts are great because they work overlapping but separate systems in your body. Your cardiovascular, anaerobic and aerobic systems are worked here which means that you also get to build up some serious endurance.

What it works: Cardiovascular system, anaerobic system, aerobic system, quads, shoulders, chest, triceps, biceps, abs, lower abs.

Tips: The trick to getting the maximum benefits here is to start off at the same intensity (about 75% of what you can normally do) and maintain it. That way you do not fall into the trap of burning high on the lower reps and fizzing out on the higher ones and you benefit from the ramping up and lowering of the pyramid system.

dynamic pyramid



sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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Eliminator

This is the best workout to do if you're in the mood to reward yourself for working out. After each set you can eliminate the last exercise off the following set, the goal is to do enough sets to get to doing nothing. Yay!

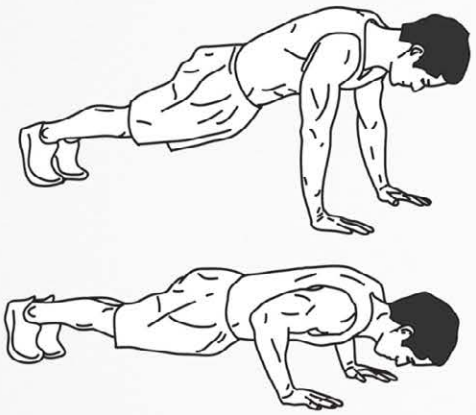
What it works: Chest, triceps, biceps. Lower abs, quads, calves.

Tips: If you want to challenge yourself here, minimize the rest time between sets and up the intensity level, this will send your aerobic system into high gear.

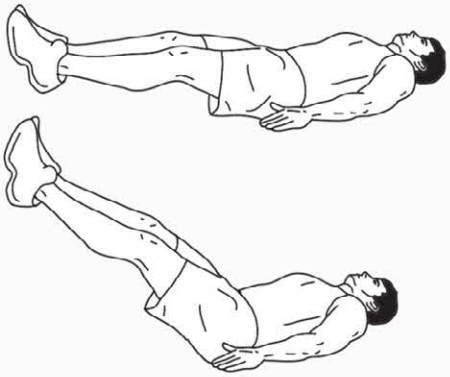
Eliminator

5 sets – after every set take the last exercise off the following set

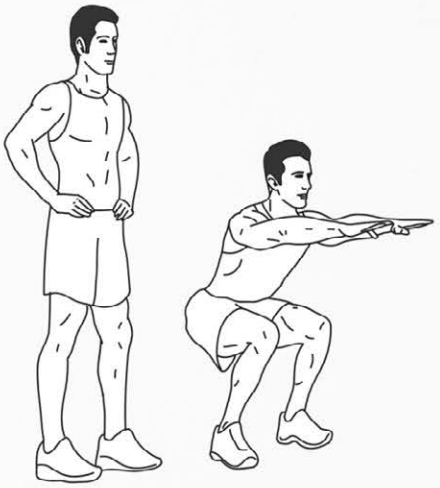
rest between sets up to 45 seconds



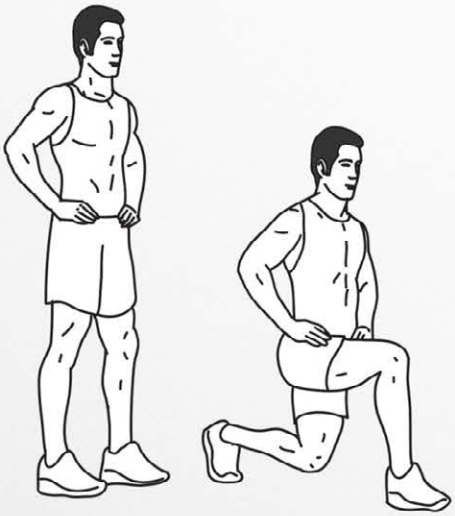
5 push-ups



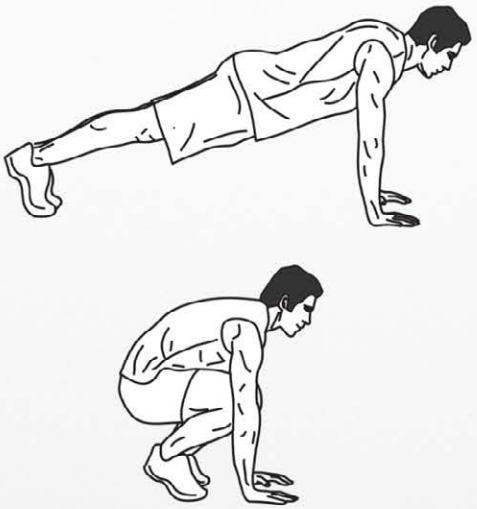
20 leg raises



15 squats



25 lunges



30 plank jump-ins

30 high knees

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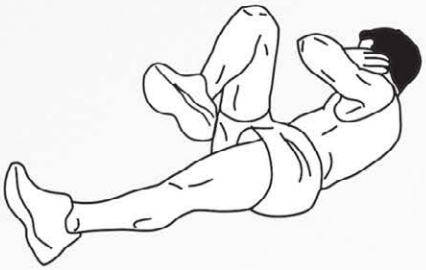
epic

This is a simple, alternating, high-burn workout that will leave you out of breath and feeling like you're worthy of the title of "Epic". Do each rep to the max and just enjoy the journey.

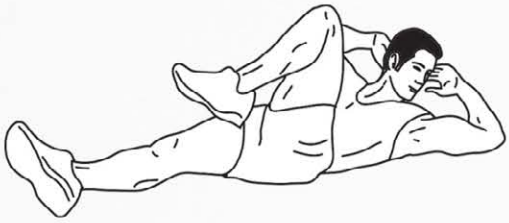
What it works: lower abs, lateral abs, chest, triceps, biceps, quads.

Tips: Exhale hard at the maximum point of muscle tension of each rep. This helps ramp up the effort and create a nice explosive move from each.

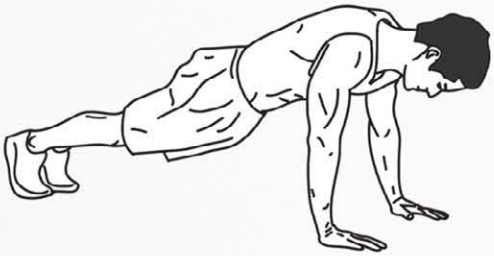
EPIC workout



30 bicycle crunches
10 push-ups
20 squats

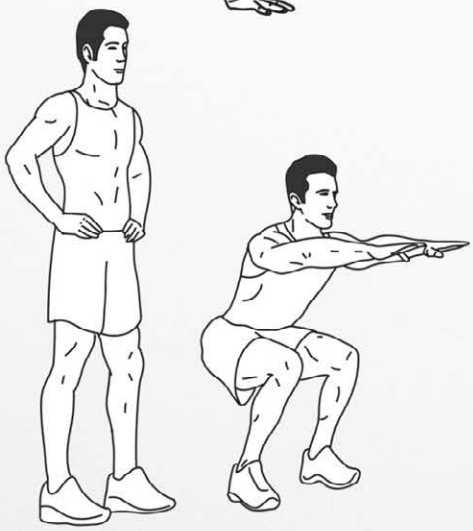


20 bicycle crunches
5 push-ups
20 squats



30 bicycle crunches
10 push-ups
20 squats

20 bicycle crunches
5 push-ups
20 squats



30 bicycle crunches
10 push-ups
20 squats

20 bicycle crunches
5 push-ups
20 squats

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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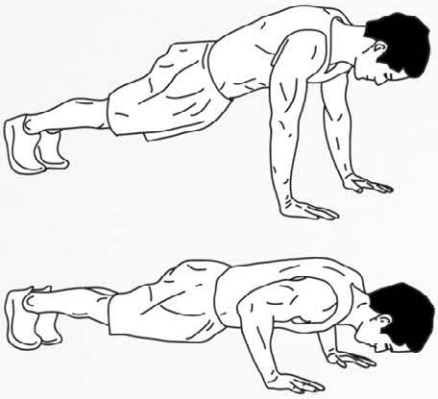
express

This is the workout for when you want something fast, are pressed for time but don't want to skimp on quality. Up the intensity just a little on each rep and you can both have your cake and eat it.

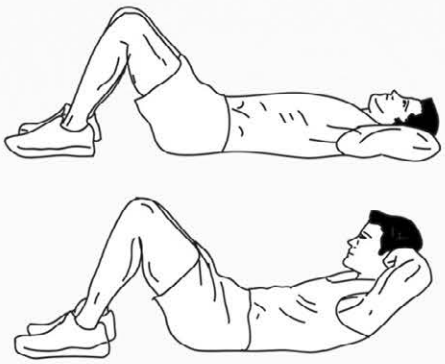
What it works: Chest, triceps, biceps, quads, cardiovascular system.

Tips: During the wall sit exercise tighten your lower abs. This allows greater focus of your lower body muscles that are being worked in this exercise and it can lead to faster results.

EXPRESS workout



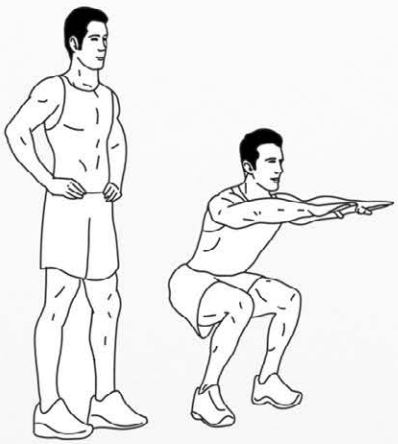
10 push-ups



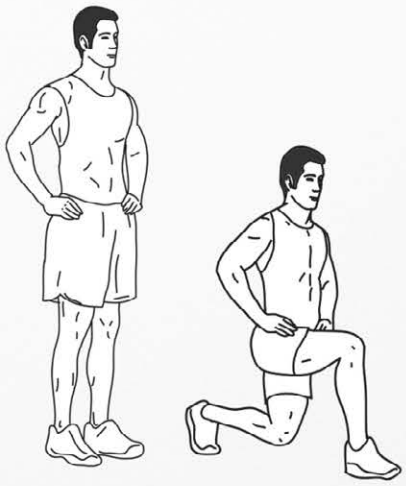
20 crunches

20 sec plank

30 sec wall sit



10 squats



10 lunges

sets **level I** 3 sets **level II** 4 sets **level III** 6 sets **rest between sets** up to 60 seconds

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Fast & Furious

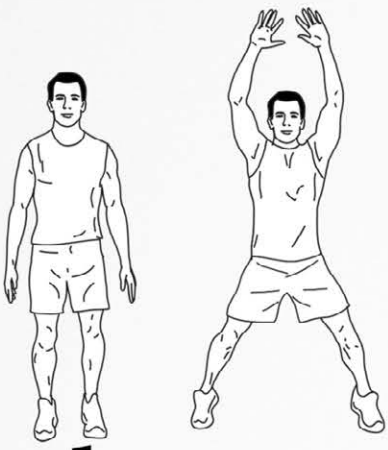
This is the work out for all bad boys and the girls who run with them. It's all about performance with the reps pushing your aerobic and anaerobic systems to work harder.

What it works: Aerobic system, anaerobic system, quads, chest, biceps, triceps, abs, lower abs.

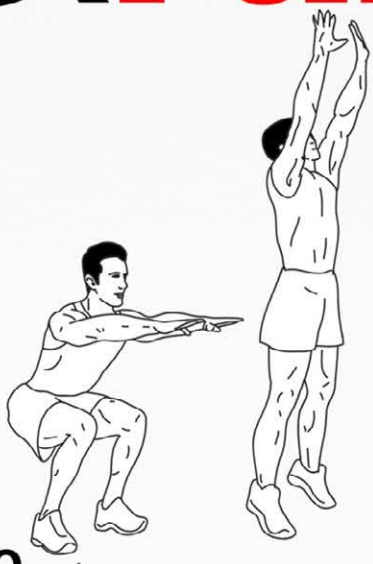
Tips: This is really a "suck it up" exercise. Just get down and do it, getting through each rep and each set as fast and as hard as possible. Provided you give 100% at each point even if you're slowing down with muscle fatigue, you're making valuable performance gains in a total fast and furious kind of way.

Fast & Furious

10 reps each

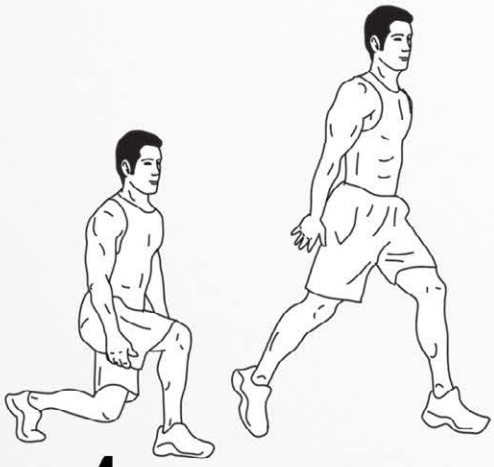


1. jumping jacks

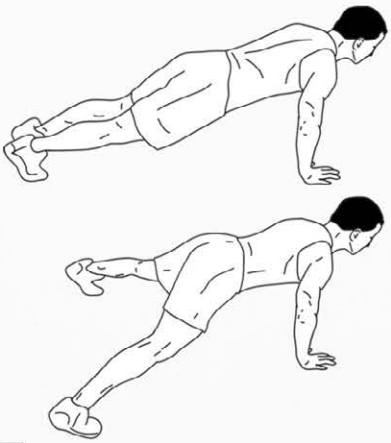


2. jump squats

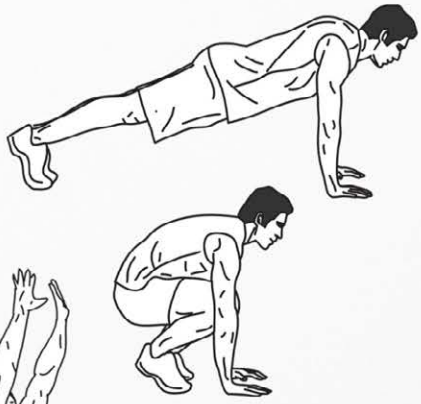
3. high knees



4. jumping lunges



5. plank jacks



6. plank knee-ins

7. burpees

sets **level I** 5 sets **level II** 8 sets **level III** 12 sets **rest between sets** up to 2 minutes

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fast pace

This is a workout that'll make your aerobic system kick in and train some serious muscle groups.

What it works: Calves, lower abs, quads, chest, triceps, biceps, deltoids, glutes, lower back, lateral abs,

Main Focus: aerobic system.

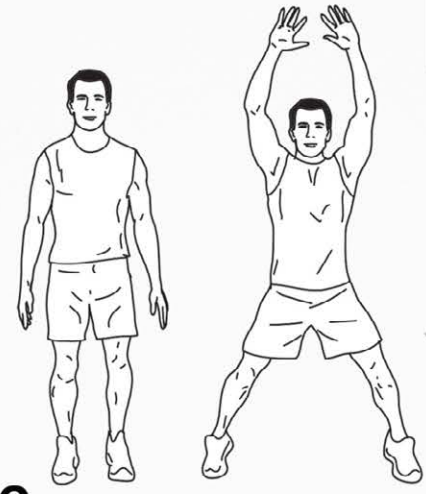
Tips: When performing the side to side jump squats, keep your feet together and your knees together so that your body works on the stability necessary.

fast pace

total body

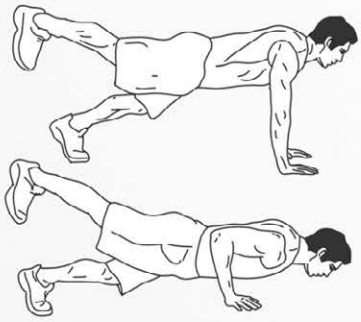
10 reps each

1. high knees

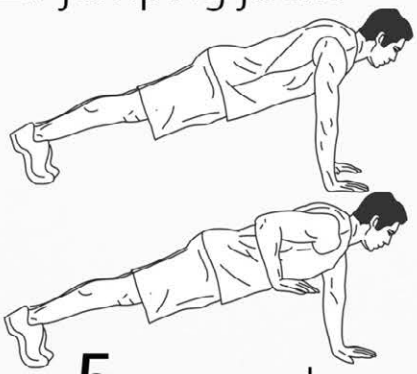


2. jumping jacks

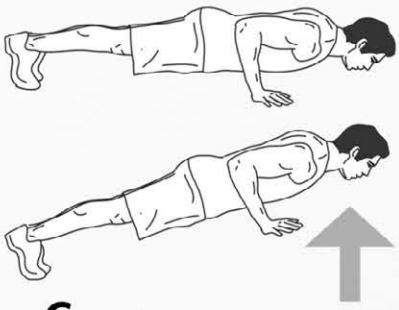
3. side to side jump squats



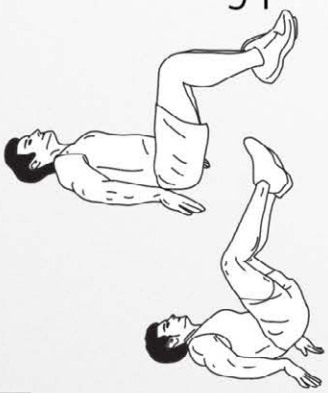
4. raised-leg push-ups



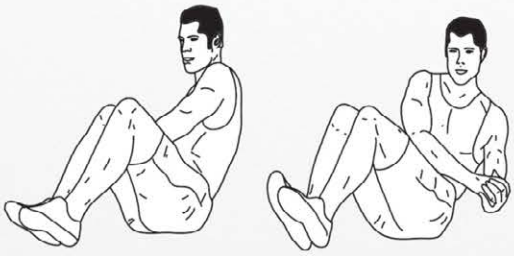
5. renegade row



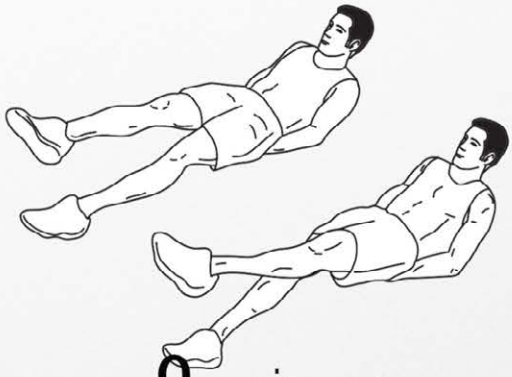
6. air push-ups



7. reverse crunches



8. Russian twists



9. scissors

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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fireman

Firemen are real heroes. They need good core strength, strong legs and upper body strength to do their job properly and save lives. This is a workout designed to target those muscle groups you'd need if you wanted to fling a body over your shoulder and go up steps and over obstacles on your way to safety.

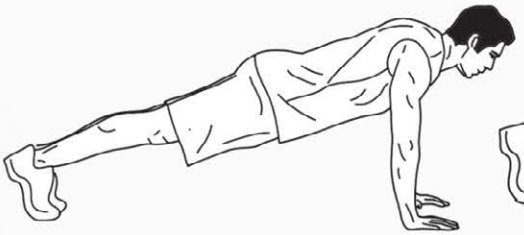
What it works: Quads, chest, triceps, biceps, abs, core, lower abs, lower back, glutes.

Tips: These are isometric exercise designed to pit one muscle group against another. When you perform them key to your success is form.

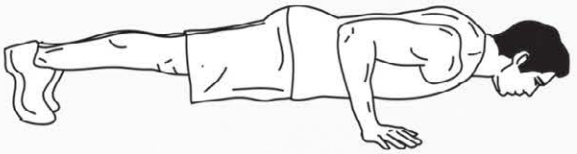
fireman workout

30 seconds each / no rest

1. wall sit



2. plank



3. plank push-up

4. static V

5. static raised legs

6. superman

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 2 minutes

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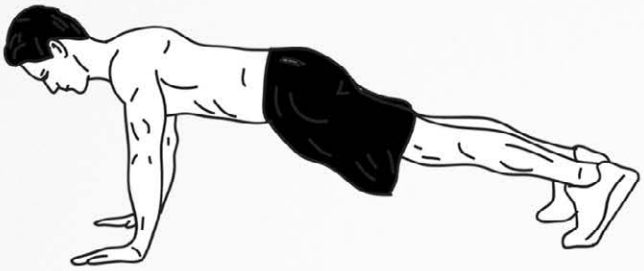
five minute plank

The abdominal muscle group is supported by a whole lot of smaller but important ones and strengthening them all leads to the kind of core strength that boosts performance. This is your go-to workout for just this kind of strength.

What it works: Abs, chest, glutes, lower back, core.

Tips: To gain the maximum out of your time in this exercise tense your abdominal muscle group at each rep.

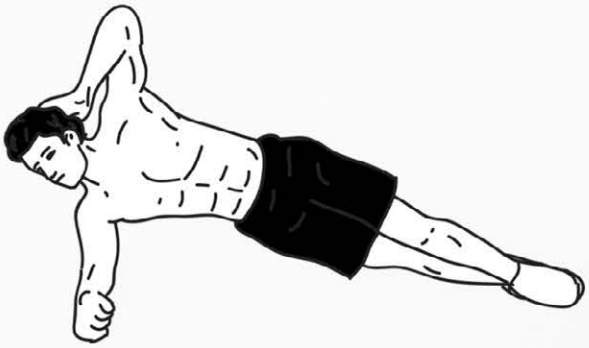
5 MIN WORKOUT PLANK



1:00 basic plank

0:30 elbow plank

1:00 leg raised plank
30 seconds - each leg



1:00 one side plank
30 seconds - each side

0:30 basic plank

1:00 elbow plank

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fury

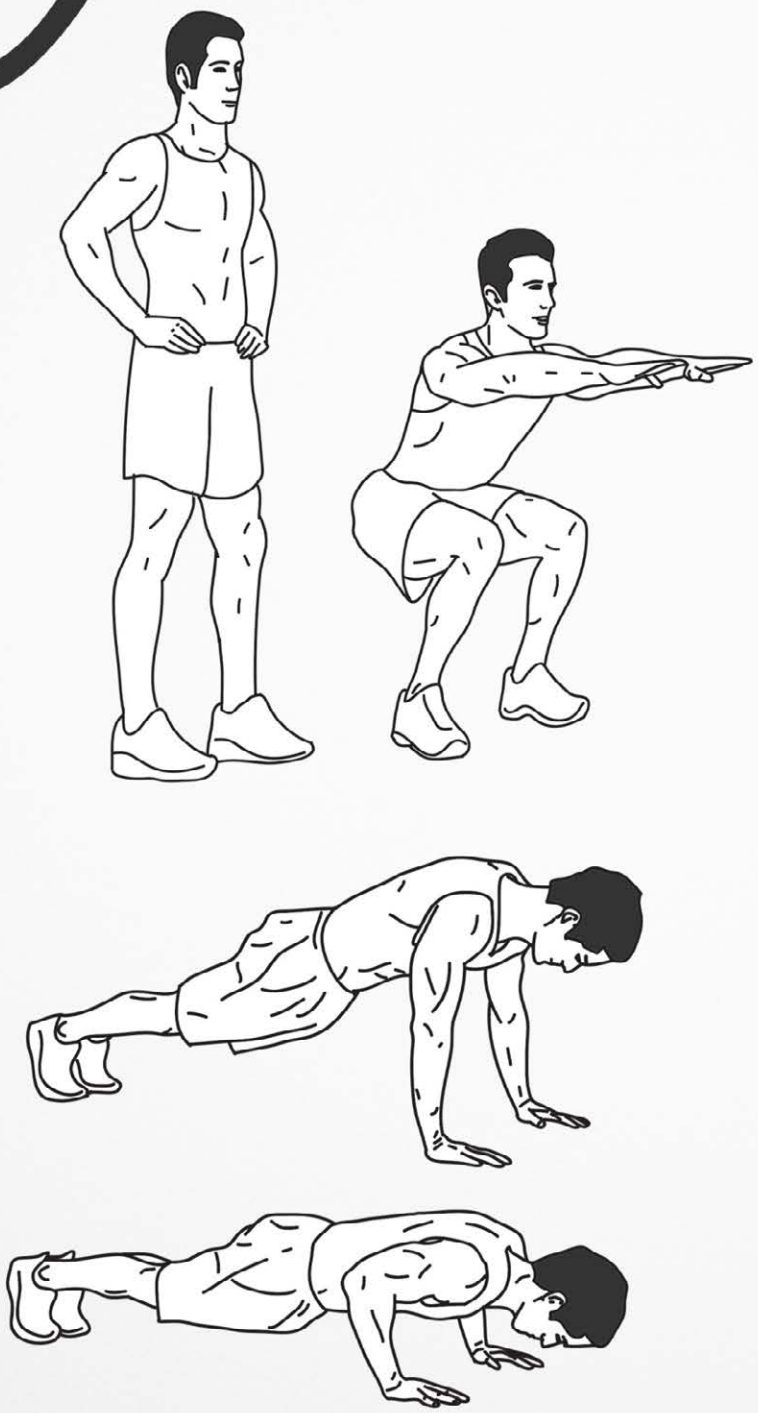
An alternating set of exercises that target some major muscle groups can really help kick your aerobic system into overdrive and help your endurance. Fury is designed to do just that.

What it works: Quads, chest, triceps, biceps, anaerobic system, aerobic system.

Tips: In order to be kind to yourself you really need to feel the pain here. Go with intensity, push the limits of what you can do and ramp up the effort.

fury

workout



10 squats
5 push-ups
15 squats
5 push-ups
20 squats
5 push-ups
25 squats
5 push-ups
30 squats
5 push-ups
35 squats
5 push-ups
40 squats

sets **level I** 3 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 2 minutes

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fusion

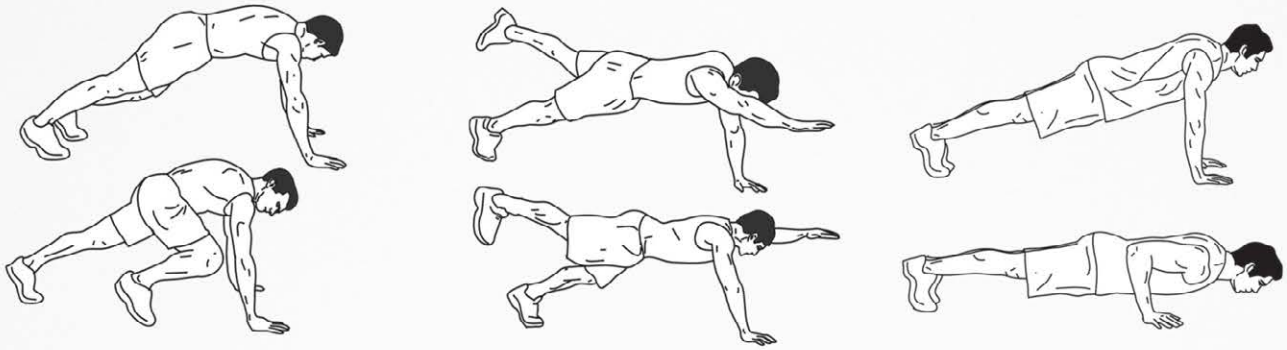
A fusion of exercises can often produce remarkable results faster by mixing the muscle groups being used and really challenging them. Muscles here are challenged to the limit, tired out by one exercise they are required to recover on the go and perform in the next one. Working the cardiovascular and aerobic systems this is a workout for building some serious endurance.

What it works: Cardiovascular system, aerobic system, quads, chest, triceps, biceps, glutes, lower abs, upper abs.

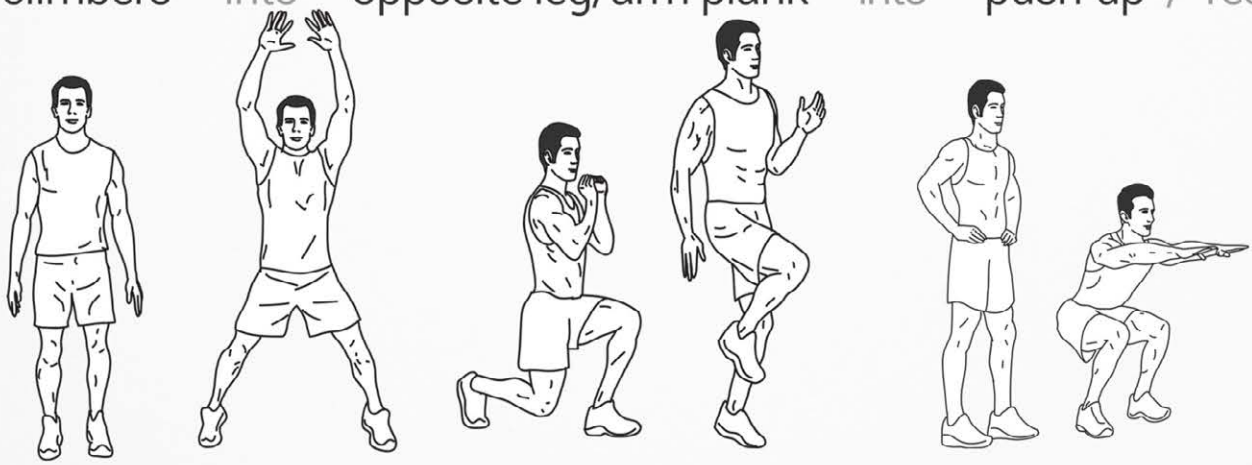
Tips: Never stop. Simply go from one exercise into the next allowing the change of activity to 'rest' the muscles on the go.

Fusion

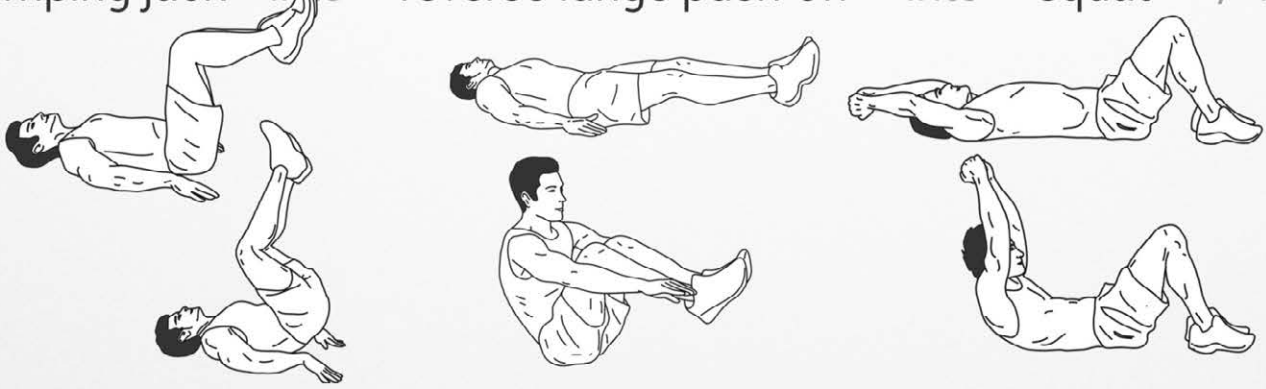
40 seconds each 20 seconds rest between exercises



climbers – into – opposite leg/arm plank – into – push-up / rest



jumping jack– into – reverse lunge push-off – into – squat / rest



reverse crunch – into – modified V – into – long arm crunch

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 3 minutes

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gamer

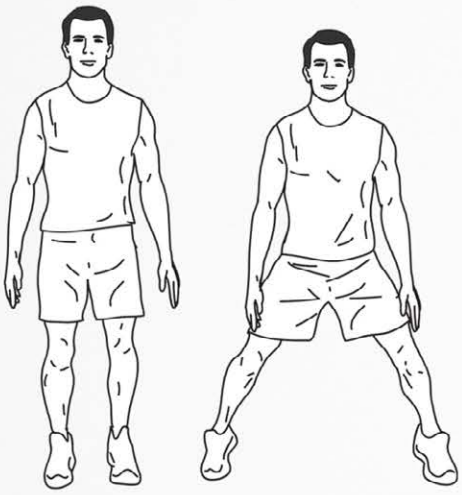
Whether on-screen or off it a Gamer needs to have some sound core stability and strength and the ability to control his body to the max. This workout is a pretty good place to start for those qualities.

What it works: Calves, quads, lower abs, chest, shoulders, triceps, biceps.

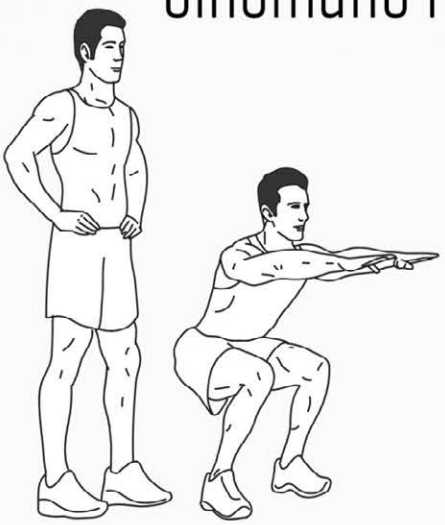
Tips: For lunges and squats to have their best result you need to push off with your legs in a smooth, fluid motion, exhaling as you do.

gamer workout

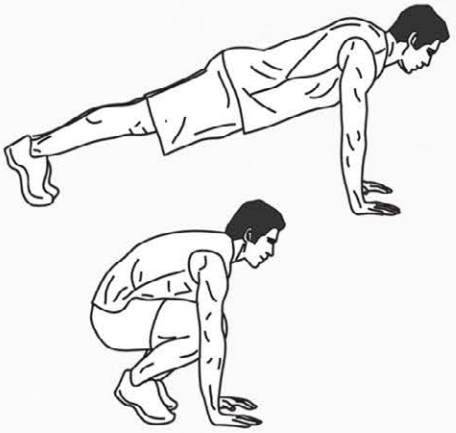
every respawn, construction or cinematic trailer



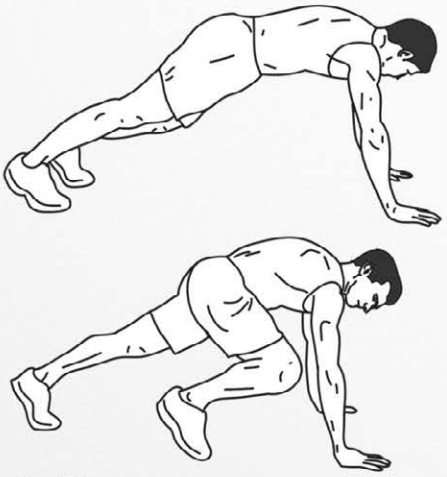
6 half jacks



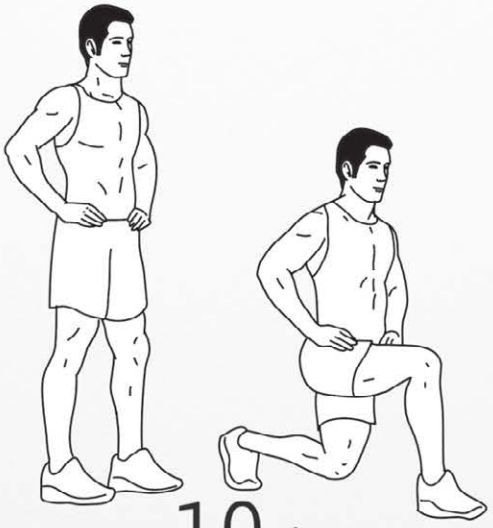
6 squats



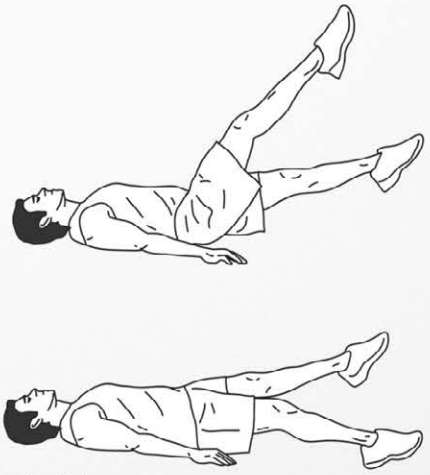
6 plank jump-ins



10 mountain climbers



10 lunges



10 flutter kicks

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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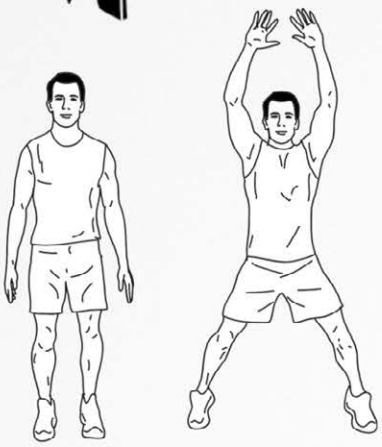
gladiator

Gladiators were fierce people. To survive they required good core stability and strength followed by excellent ballistic movement capability. If you're ready to leap into the arena then this workout is a good way to prepare.

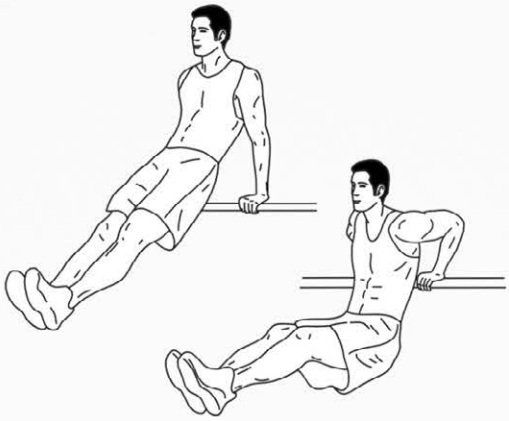
What it works: Shoulders, calves, triceps, quads, lower abs, lateral abs, core.

Tips: This is a workout for strength and endurance. There is no rest between the exercises so make sure you maintain the intensity of your performance.

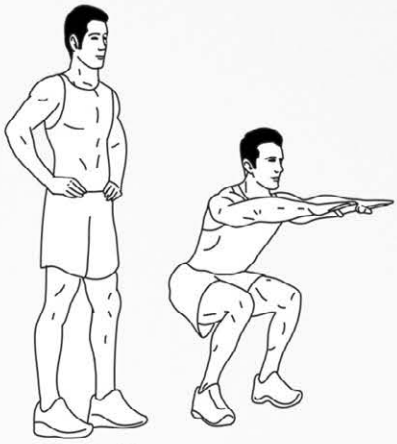
GLADIATOR



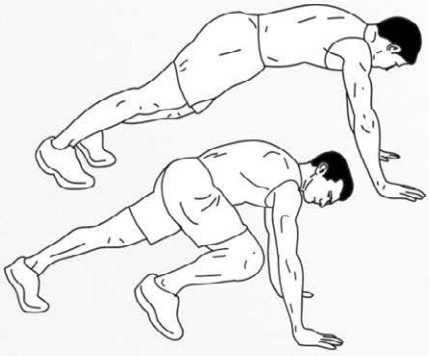
50 jumping jacks



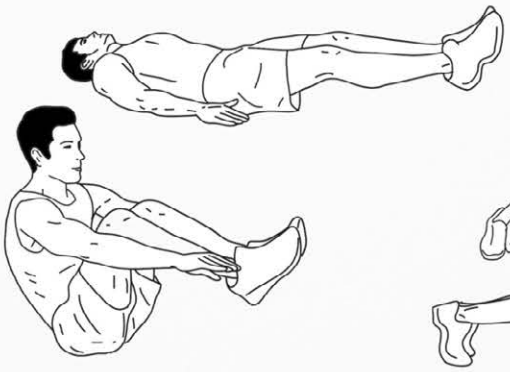
20 tricep dips



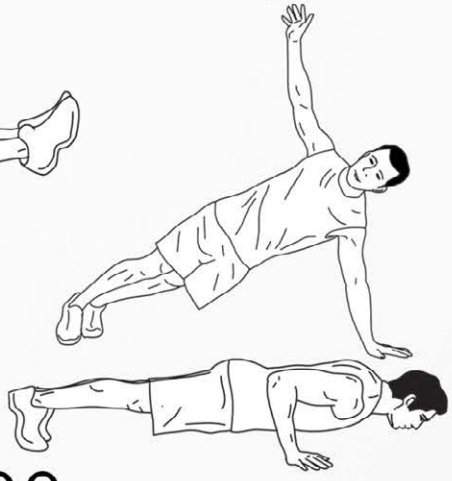
40 squats



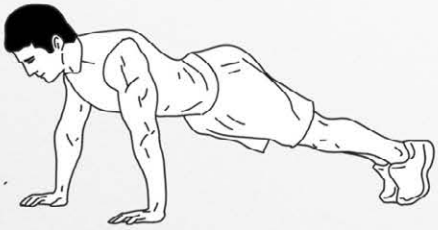
50 mointain climbers

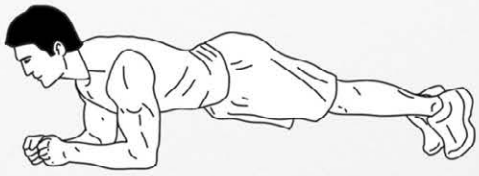


20 modified v-sits



20 push-ups w/ rotation





20 up & down planks

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 2 minutes

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gravity

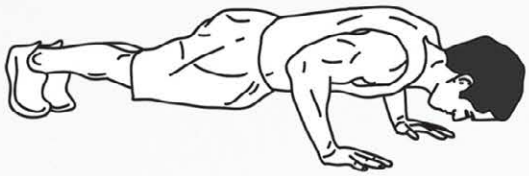
To escape gravity you need dense muscles and strong bones and nothing gets muscles denser or bones stronger than a hyper-loaded floor workout.

What it works: Chest, abs, lateral abs, triceps, biceps, shoulders, deltoids.

Tips: There is little recovery time for each muscle group here so you need to make sure that your muscles get as much oxygen as possible by breathing in as deeply as possible at the recovery phase of each rep.

Gravity

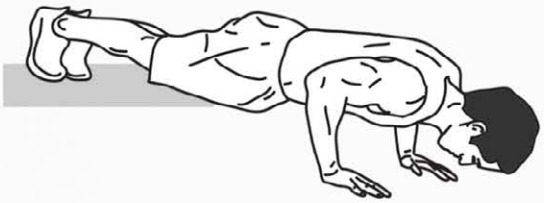
round 1



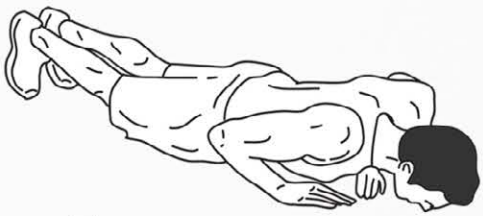
10 push-ups

5 wide grip push-ups

round 2

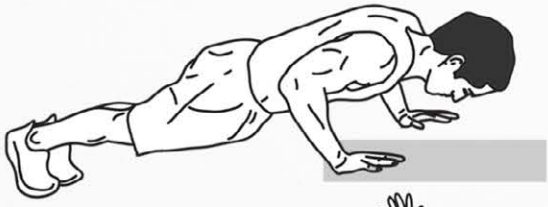


10 declined push-ups



5 diamond push-ups

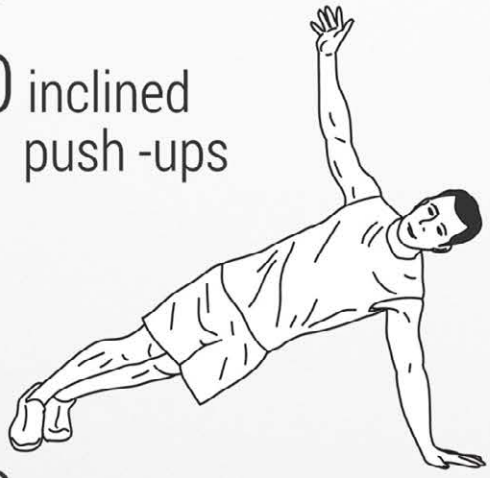
round 3



10 inclined push -ups

5 wide grip push-ups

round 4



10 push-ups with rotations

5 diamond push-ups

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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The Guardian

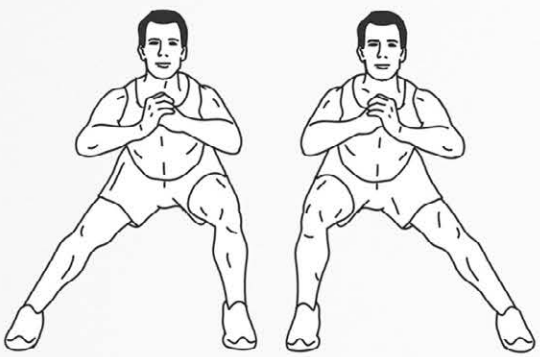
Every super hero and avenging guardian angel in every film and comic book had one thing in common: agility. Agility comes with core strength and stability. Cue this workout.

What it works: Adductors, core, lower back, lower abs, glutes, shoulders, lateral abs, triceps.

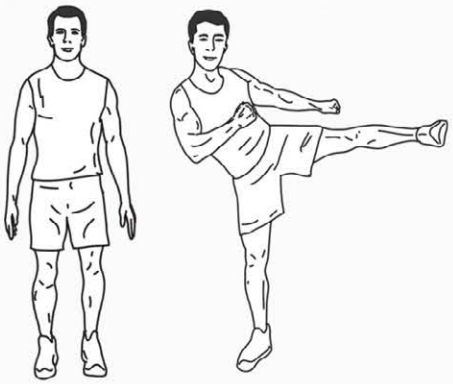
Tips: When executing side-to-side lunges avoid the rising and falling effect where your body changes levels. Keep the movement smooth at a constant level. This increases the benefits you reap from it.

THE GUARDIAN

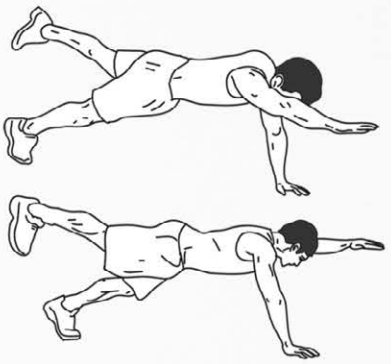
reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps



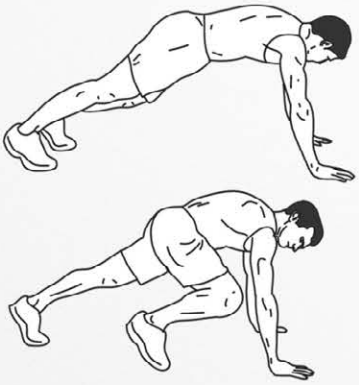
1. side-to-side lunges



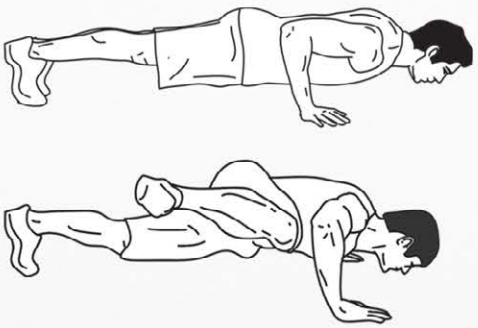
2. standing leg raise



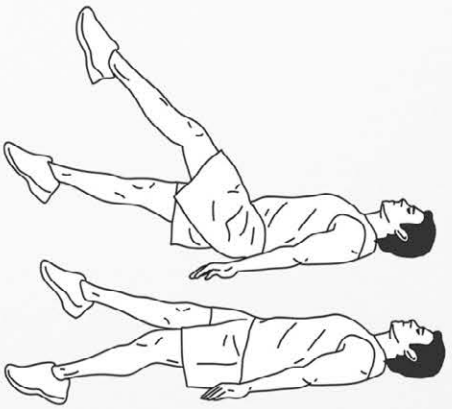
3. altarm/leg planks



4. mountain climbers



5 plank crunches



6. flutter kicks

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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highlander

Highlanders in the mountainous Scottish regions, needed to have lower body strength aplenty in order to charge at the enemy. This workout gives you all that, and more.

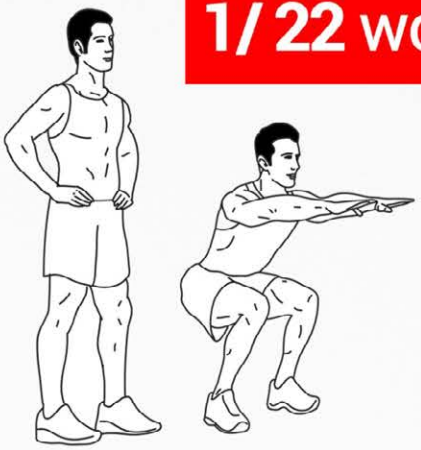
What it works: Lower abs, quads, lateral abs, cardiovascular system.

Tips: You need to build up muscle endurance here and to achieve that you need to try and reduce the rest period between sets to as low as you can take it.

HIGHLANDER

1/ 22 workout

1 minute high knees

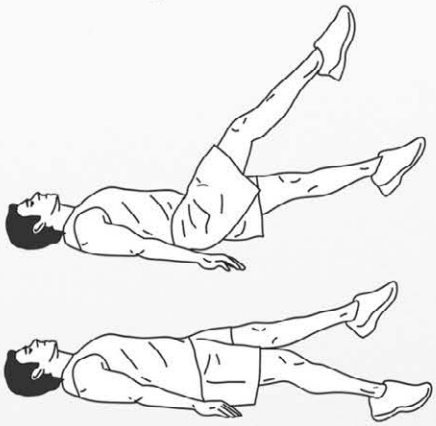


22 squats

1 minute high knees

22 planks with rotations

1 minute high knees



22 flutter kicks

sets **level I** 3 sets **level II** 6 sets **level III** 9 sets **rest between sets** up to 2 minutes

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hopper

Strong legs play a pivotal role to releasing the power of the upper body. This is a workout for those who really want to have legs of steel.

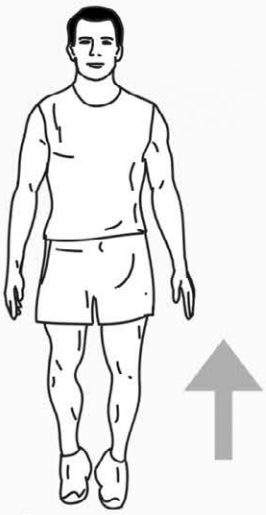
What it works: ankle joint, calves, hamstrings, quads, lower abs.

Tips: For maximum gains keep your body upright and centered over your feet during all hopping exercises.

HOPPER

20 seconds each exercise | no rest between exercises

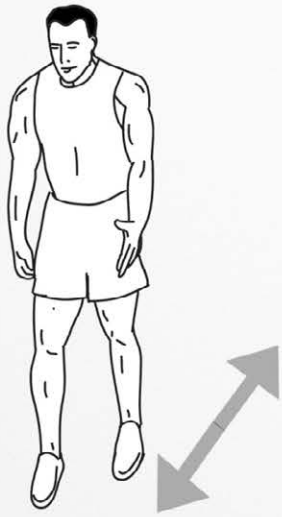
1. hop on one leg



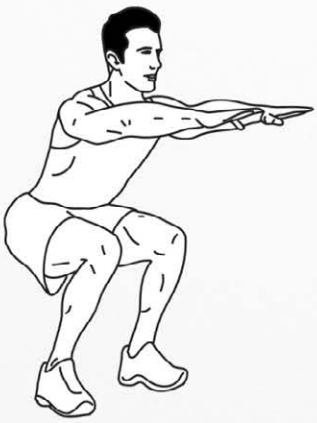
2. hop on both legs

3. hop from side to side on both legs

4. high knees

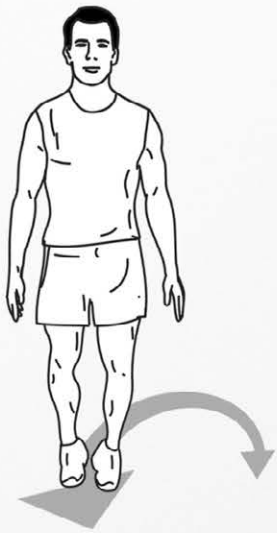


5. split hopes



6. double hop & squat

7. hop from side to side on one leg



8. hop back & forward on both legs

sets **level I** 3 sets **level II** 4 sets **level III** 6 sets **rest between sets** up to 2 minutes

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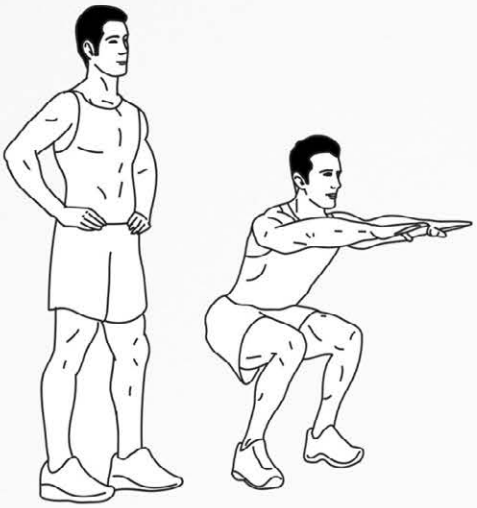
Imperials

The perfect workout for working up a sweat on the spot. You don't even need to leave the comfort of your home office or den. Just get up and prep yourself for some sweating.

What it works: Quads, chest, triceps, biceps, abs.

Tips: This is a time-saver exercise. Make gains faster by tensing your lower abs and aligning the abdominal muscle during crunches.

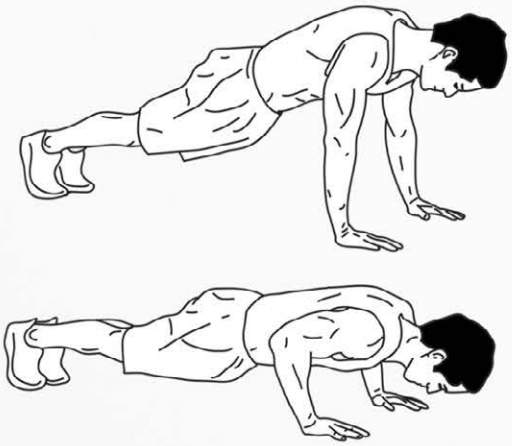
IMPERIALS workout



5 squats

5 push-ups

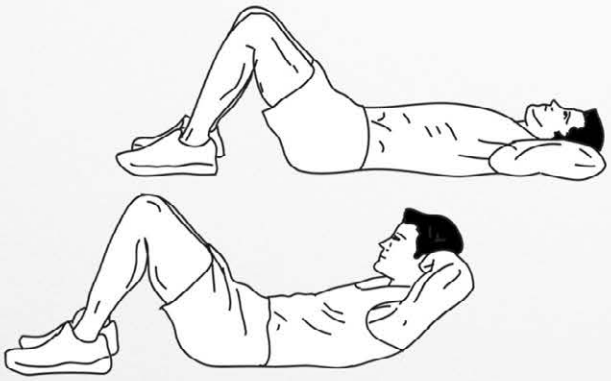
20 crunches



10 squats

10 push-ups

30 crunches



15 squats

15 push-ups

40 crunches

sets **level I** 3 sets **level II** 6 sets **level III** 10 sets **rest between sets** up to 45 seconds

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inferno

The trick to a great workout is a good sweat and working up a good sweat means you need to raise your body's temperature. For that to happen the muscles really need to work. This workout makes that happen.

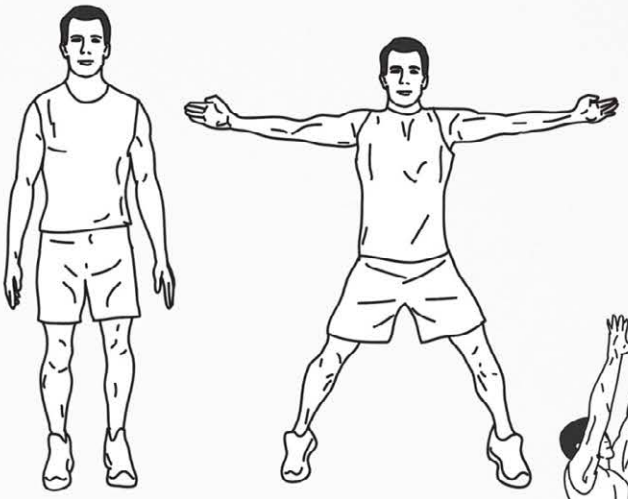
What it works: Quads, calves, ankle joint, aerobic capacity, endurance.

Tips: This is a very focused workout targeting some major muscle groups that will make major oxygen demands on your body. Take deep, even breaths, throughout trying to open up the lungs as much as possible.

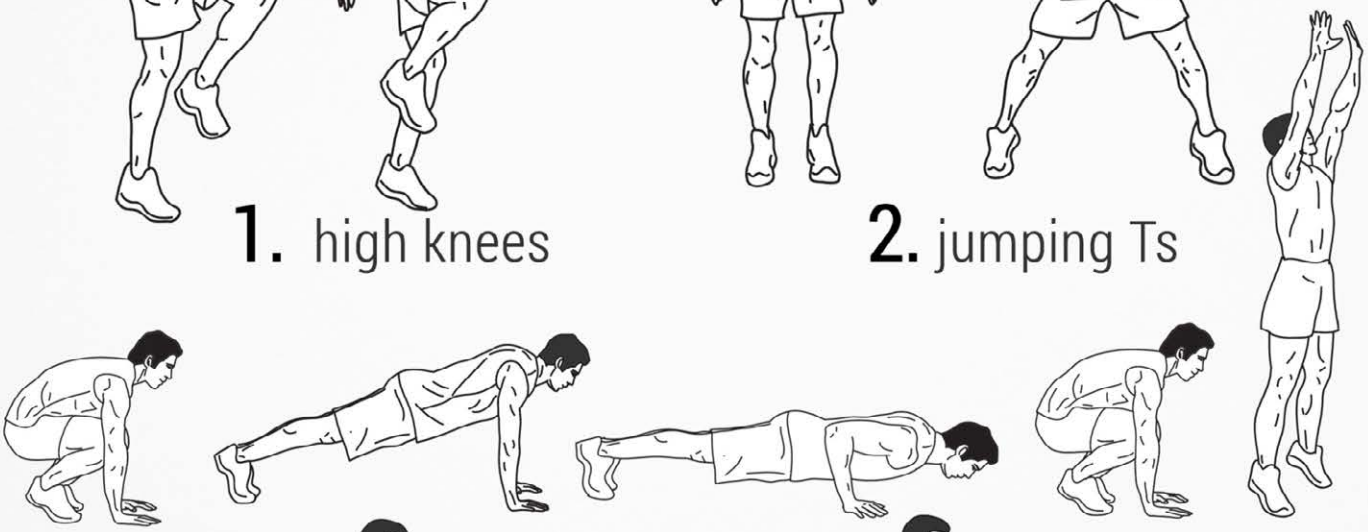
inferno

reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps

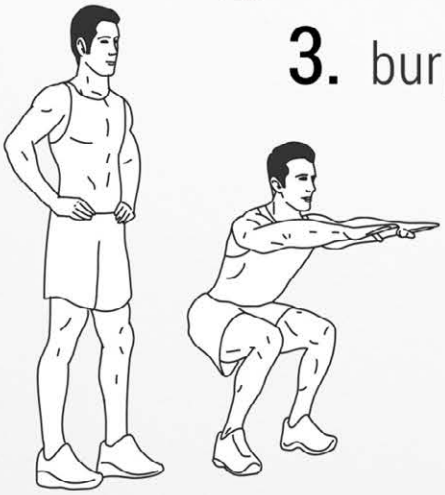
1. high knees



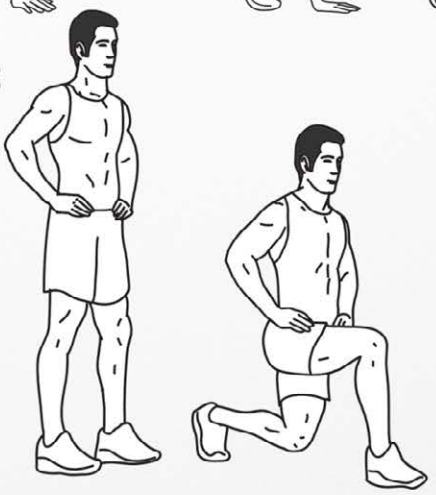
2. jumping Ts



3. burpees



4. squats



5. lunges

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 60 seconds

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infinity

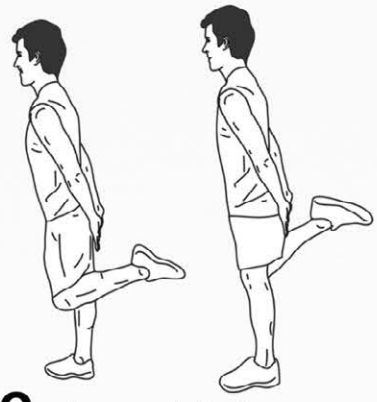
The Infinity workout takes all the dynamic movements that help create explosiveness and control and puts them together in a single workout that can be done really fast.

What it works: Quads, glutes, hamstrings, ankle joint, anaerobic system, aerobic capacity, shoulders, triceps, biceps, lower back, lower abs.

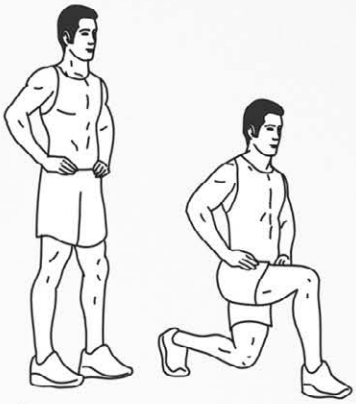
INFINITY

reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps

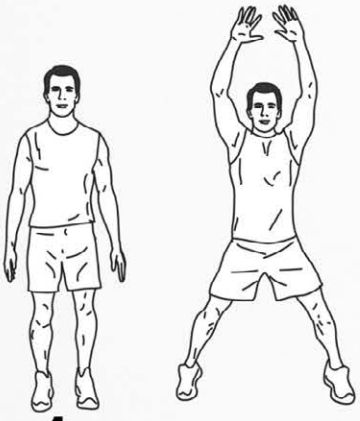
1. high knees



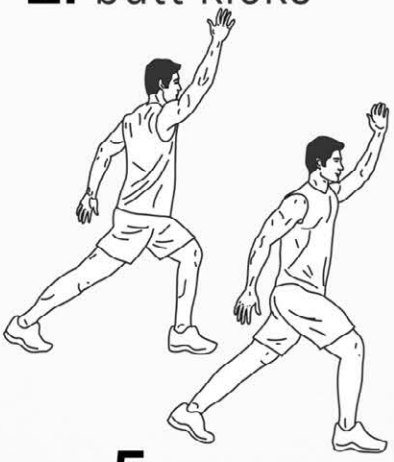
2. butt kicks



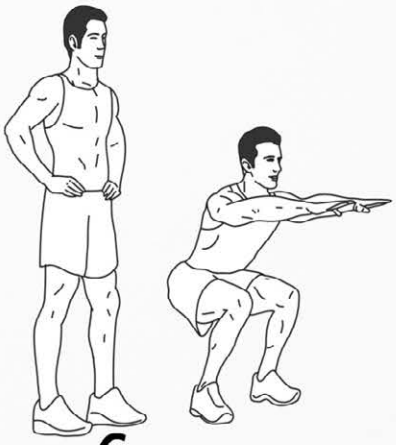
3. lunges



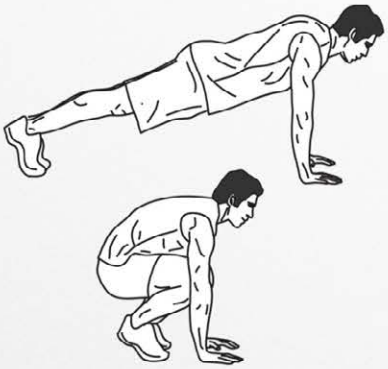
4. jumping jacks



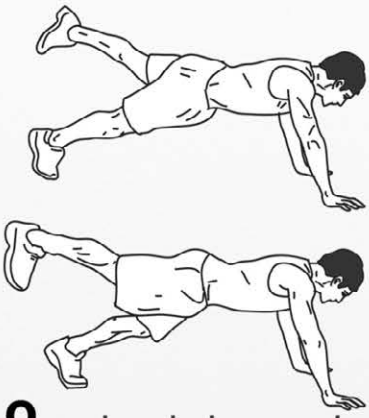
5. split jacks



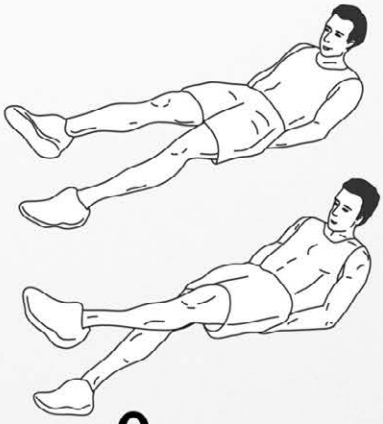
6. squats



7. plank jump-ins



8. plank leg raises



9. scissors

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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IRON

Iron is strong, hard, stable and the iron workout works the core to produce stability, strength and hardness in your muscles.

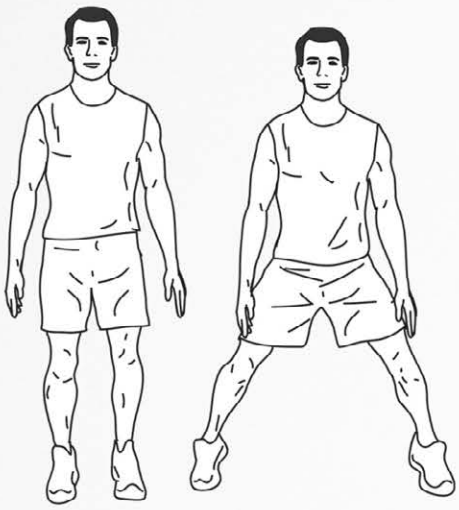
What it works: Calves, quads, lower abs, upper abs, glutes, core.

Tips: When performing crunches exhale forcefully when coming up and tense the lower abs, flattening the muscles and aligning them to exert greater pull, for faster results.

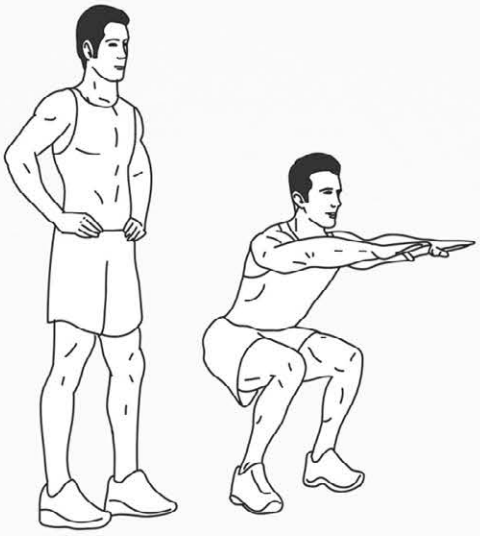
IRON

reps each

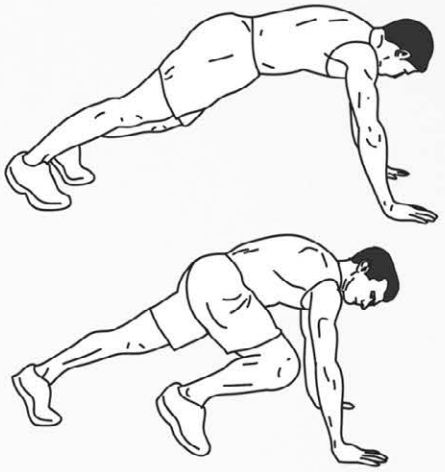
level I 10 reps
level II 20 reps
level III 30 reps



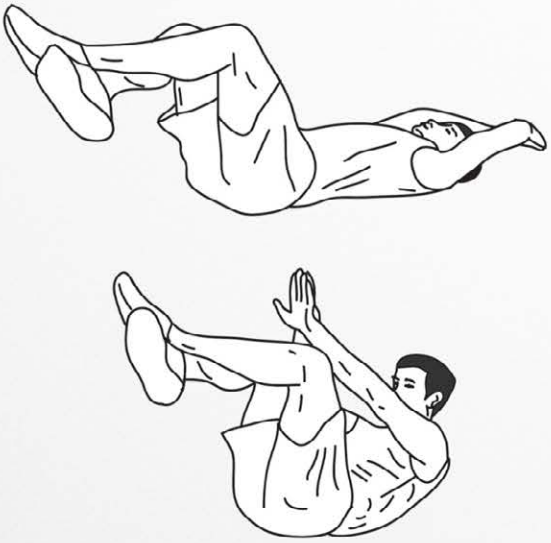
1. half jacks



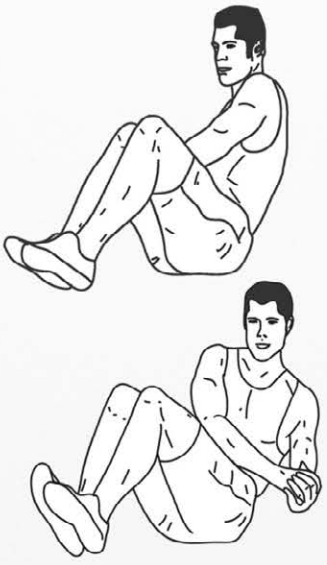
2. squats



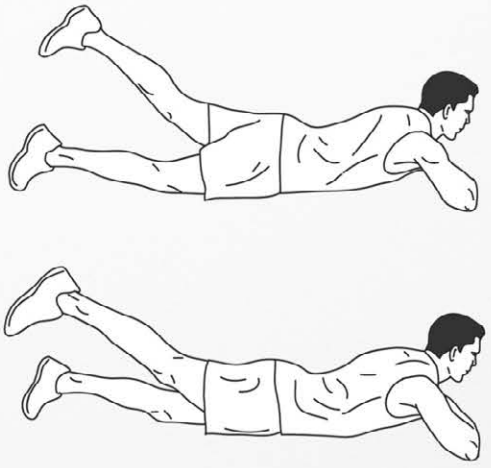
3. mountain climbers



4. knee crunches



5. Rusian twists



6. reverse flutter kicks

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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Jacks

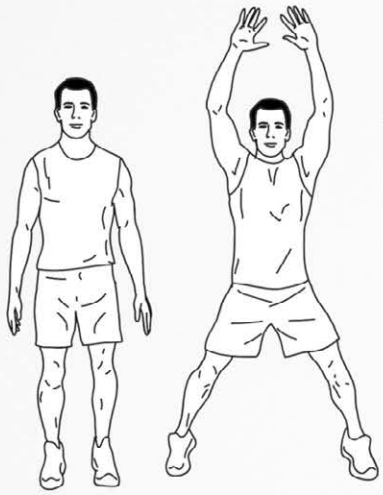
Explosiveness does not come just from large muscle groups. Smaller ones also play a critical role and the Jacks workout targets all those muscle groups that contribute to explosiveness.

What it works: Calves, ankle joint, quads, adductors, chest, triceps, biceps.

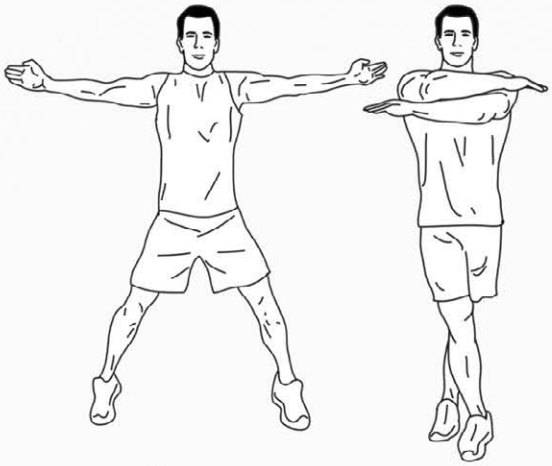
Tips: When performing Jacks make sure your feet clear the floor with each jump.

JACKS

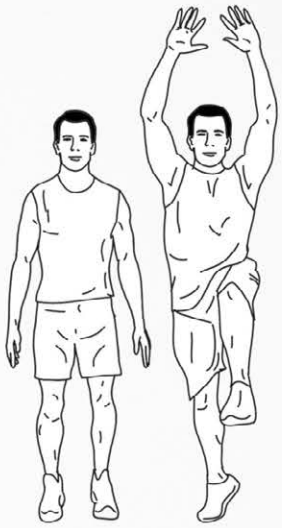
reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps



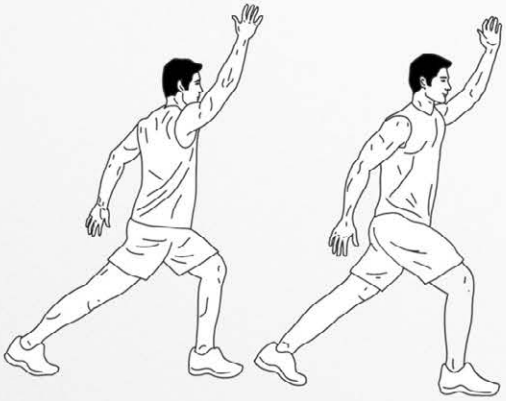
1. jumping jacks



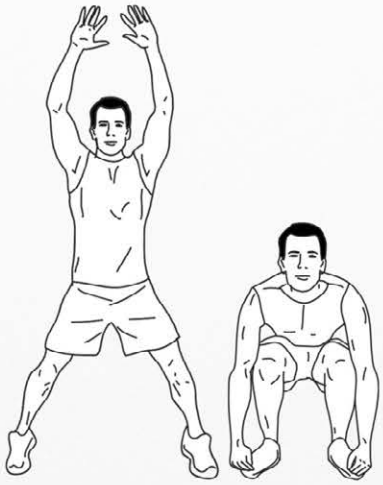
2. cross-jacks



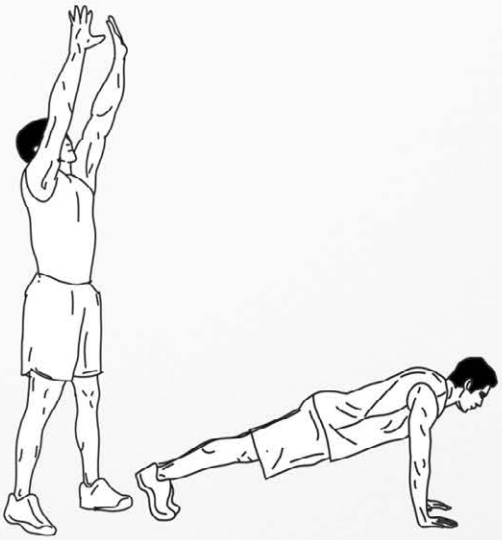
3. high knee jacks



4. split jacks



5. squat jacks



6. plank jumping jack

sets **level I** 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 60 seconds

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Jedi

A light sabre may not be a heavy weapon but it is a powerful one. It requires finesse, precision and strength to wield properly. This is a workout that helps you achieve all the required skills.

What it works: Calves, chest, forearms, triceps, biceps, deltoids, glutes, lateral abs, adductors, abs, core.

Tips: It really helps to imagine you are wielding a light sabre during the exercises.

Jedi

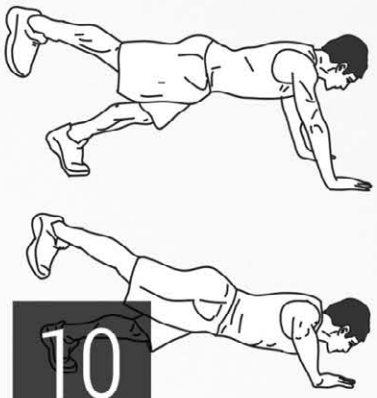
~ May the force be with you ~

20

low squat / jump thrust

30 sec

push-up plank

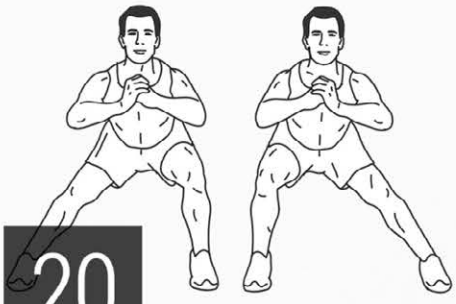


10

raised leg push-ups

20

woodchoppers



20

low side-to-side lunges

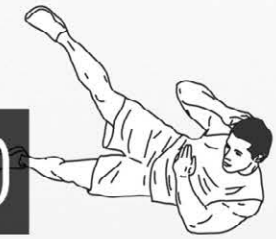
60 sec

one leg stand

30 sec each side

20

sit-ups



20

side jackknives

20

planks w/ rotations

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 60 seconds

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junior

Be forever young with the kind of workout you did at PE, at school. Each rep is designed to give you a body-weight load to deal with. It's all basic but necessary stuff and it really pays off.

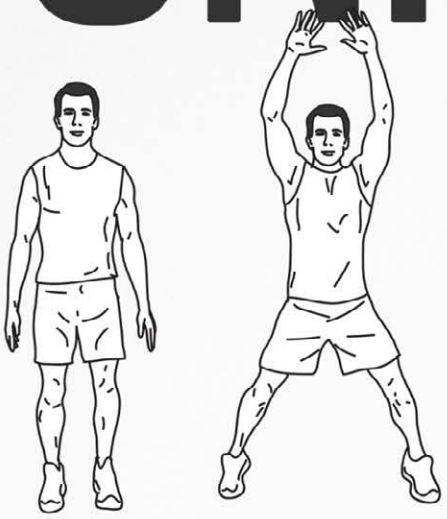
What it works: Calves, quads, lower abs, abs, shoulders, triceps, cardiovascular system. Aerobic capacity.

Tips: For the aerobic capacity to kick in you really need to maximize intensity.

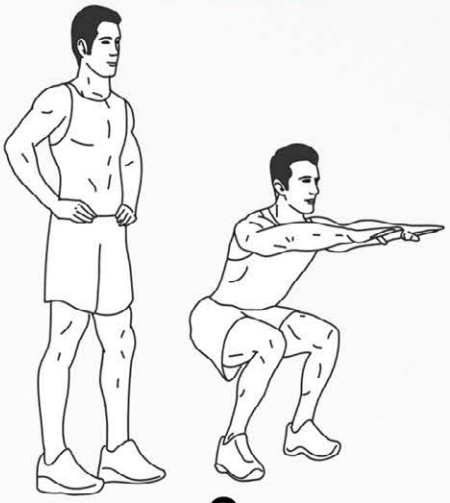
JUNIOR

reps each

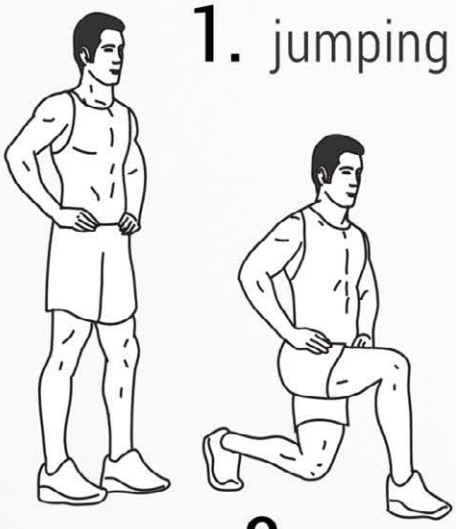
level I 5 reps
level II 10 reps
level III 20 reps



1. jumping jacks



2. squats



3. lunges

4. sit-ups

5. basic burpees

sets **level I** 5 sets **level II** 7 sets **level III** 10 sets **rest between sets** up to 60 seconds

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legster

Legs are what you need to use when you want to run (from zombies, werewolves and vampires, for example) and they're also kinda useful in everyday life because we still walk to get to places. This is a workout to help you make them strong and capable of performing at will.

What it works: Quads, glutes, lower back, hamstrings, lower back.

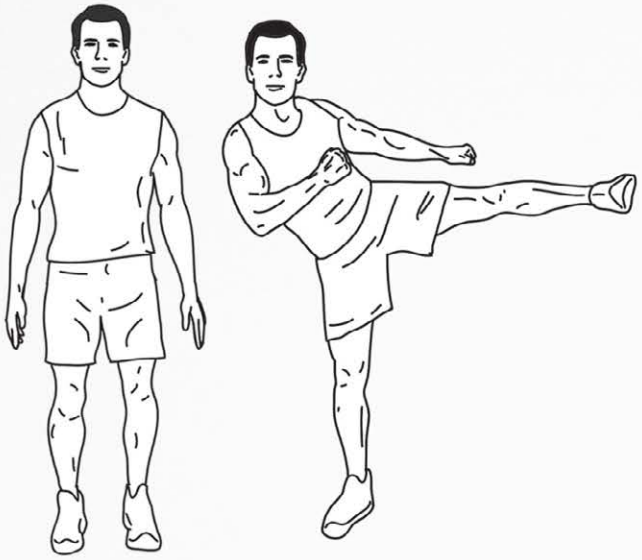
Main focus: leg strength, core stability.

Tips: When executing butt kicks make sure that the knee of the kicking leg points directly towards the floor and it's as close to the other knee as possible. There is a tendency, at times for it to go off towards the side, instead. By keeping it aligned towards the floor you make the hamstrings work the hardest and also give your quads a good stretch.

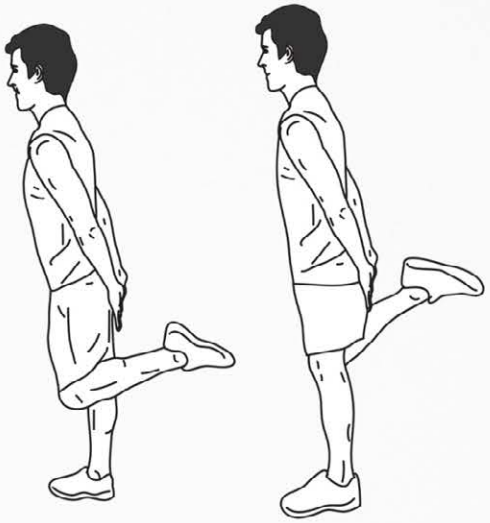
LEGSTER

reps each

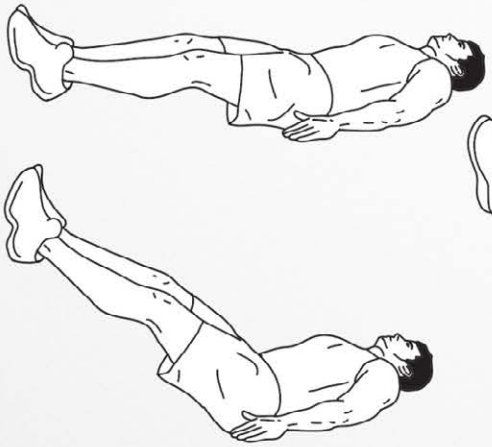
level I 10 reps
level II 20 reps
level III 30 reps



1. side leg raises

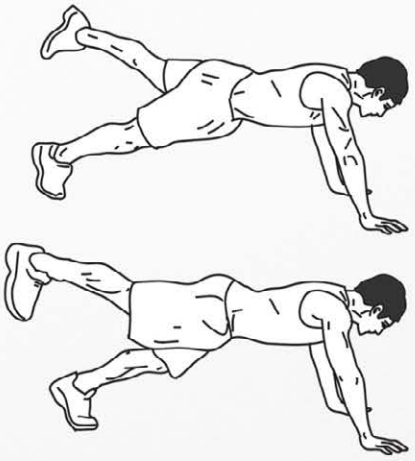


2. butt kicks



3. leg raises

4. leg pull-ins



5. plank with leg raises

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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LOOP

If you want to have the energy of the Energizer Bunny then this workout is going to give you the right kind of burn. Each exercise flows into the next one so you're working out non-stop at a steady pace until you, well … drop or the allotted time runs out (whichever one comes first).

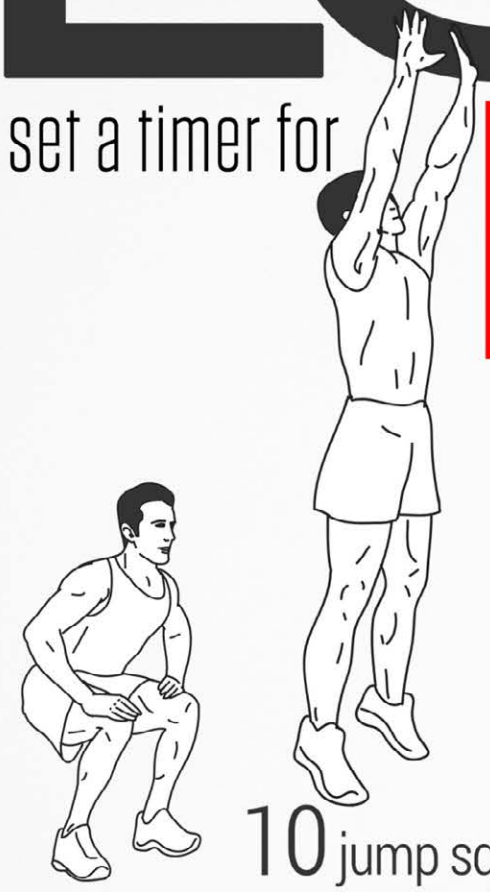
What it works: Quads, lower abs, shoulders, triceps, biceps, chest, cardiovascular system, aerobic capacity.

Main Focus: Endurance, lower body strength.

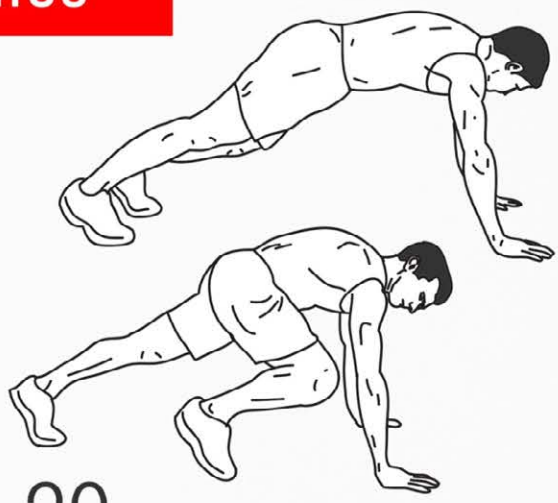
Tips: Pace is key here. Start too fast and you will burn out before the time is up. Go too slow and you will end up with more fuel in the tank than you really need. So find the pace you think you can maintain and ignore the burn. It's good for you.

LOOP

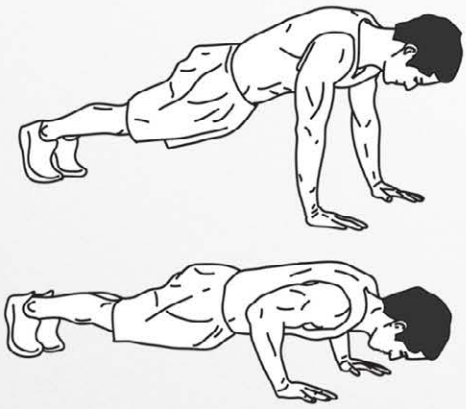
set a timer for **10:00 minutes** repeat until the time is up



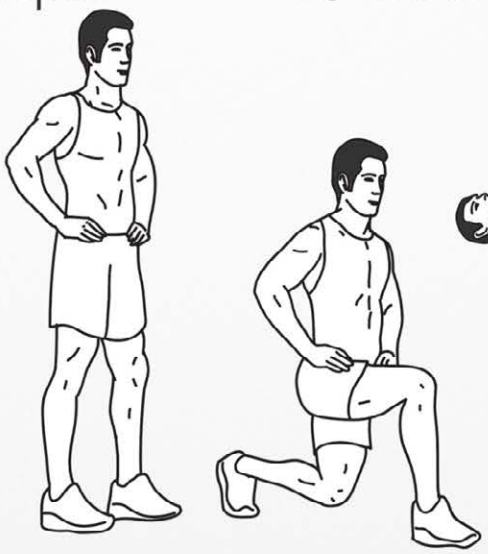
10 jump squat



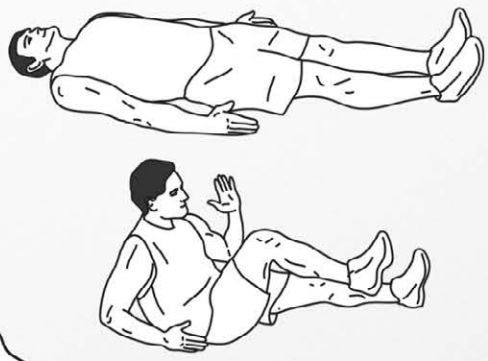
20 mountain climbers



10 push-ups



20 lunges



10 sprinters

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MAD

You don't have to be really mad to do this workout but it helps. This one is a test to your endurance and fitness level so see it as such and don't hold anything back. At only ten reps an exercise you really need to use the sets to go up a level (or two).

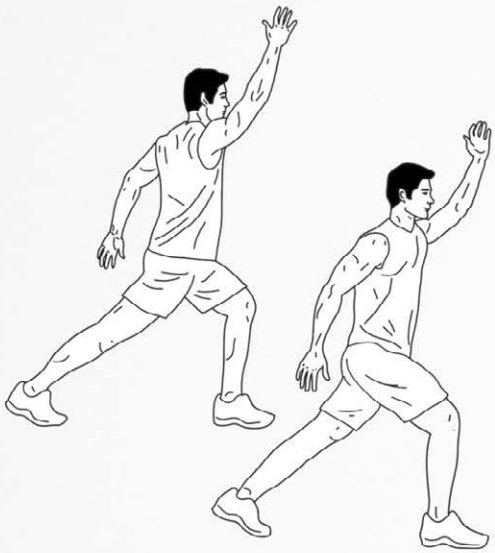
What it works: Quads, calves, triceps, biceps, chest, lower abs, lateral abs, upper abs, cardiovascular system, aerobic capacity, endurance.

Main Focus: Endurance training.

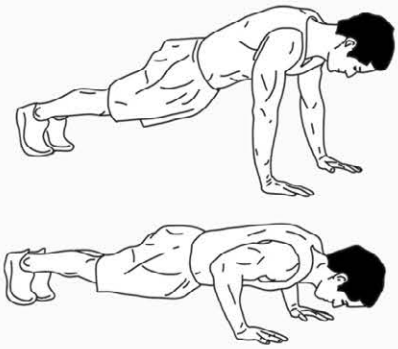
Tips: The temptation here is to pace yourself because you know the workout is hard. Don't. Tackle each exercise like it's the last one. Different muscle groups are at play between exercises so you get to recover on the go which means you really need to push on this one to make it work.

MAD

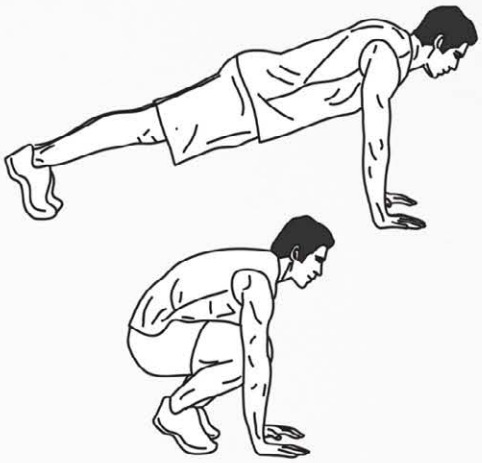
- 10 REPS EACH -



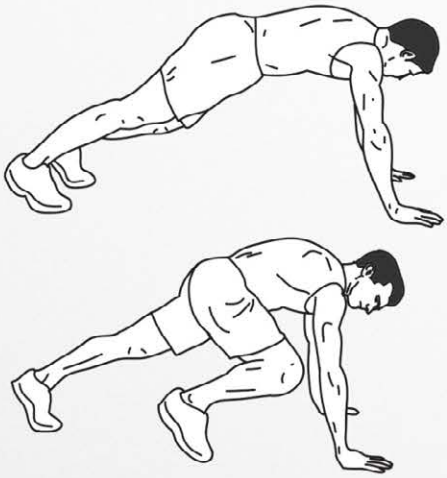
1. split jacks



2. push-ups



3. plank jump-ins



4. mountain climbers

5. planks with rotation

6. knee crunches

sets **level I** 4 sets **level II** 6 sets **level III** 10 sets **rest between sets** up to 60 seconds

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Make me a sandwich

In order to qualify for your sandwich you really need to earn it and this is the workout that makes sure you do just that. This is a high-burn, lower body workout that'll have you feeling the benefits in no time at all.

What it works: Quads, triceps, biceps, chest, lower abs, aerobic capacity.

Main Focus: Lower body strength, Speed.

Tips: If you want to develop explosiveness in your movements this workout helps you to do just that. Tackle each exercise at 100% output to build lean, fast twitch fiber muscle.

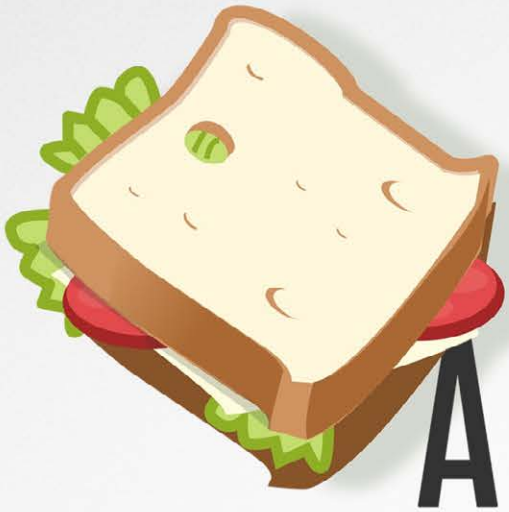
Earn your sandwich!

Sandwich recipe

…it'll make Ron Swanson proud

2 eight-inch slices of toasted baguette
¼ pound ounces of sliced smoked turkey
¼ pound of sliced steak
2 slices of candied bacon
2 ounces of caramelized onions
2 fried eggs
2 ounces of cheese

Directions: Put together and devour.

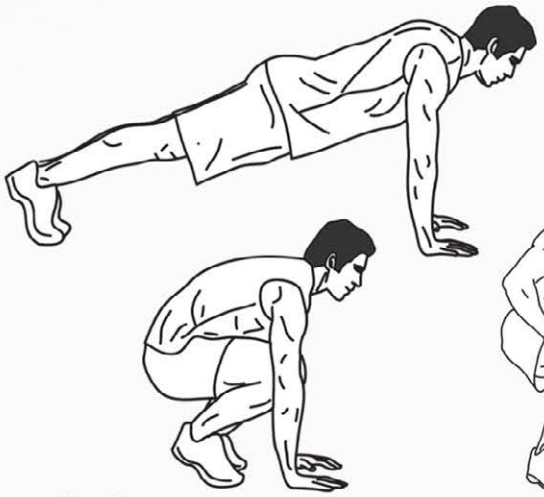


MAKE ME A SANDWICH

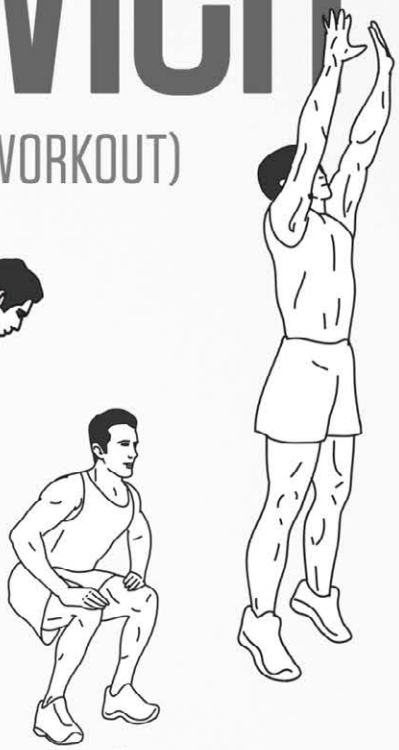
workout

(BECAUSE I'M GONNA NEED ONE AFTER THIS WORKOUT)

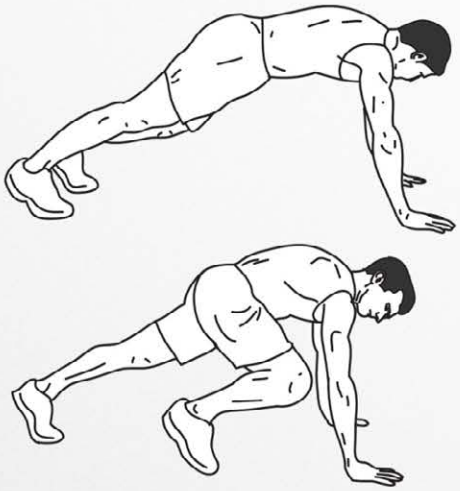
40 high knees



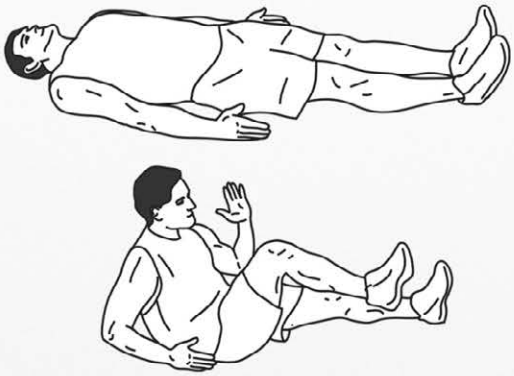
20 plank jump-ins



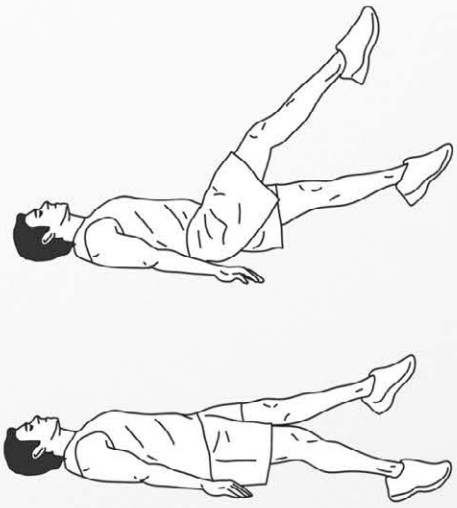
10 jump squats



40 mountain climbers



40 sprinters



20 flutter kicks

sets **level I** 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 2 minutes

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mass blast

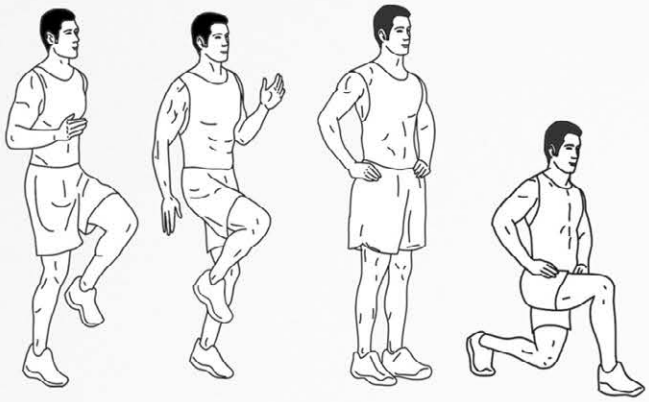
Developed to help you storm hills and race up mountains this is the workout for those looking to unlock all the power of their lower body.

What it works: Quads, calves, ankle joint, lower abs, triceps, biceps, chest, aerobic capacity, cardiovascular system.

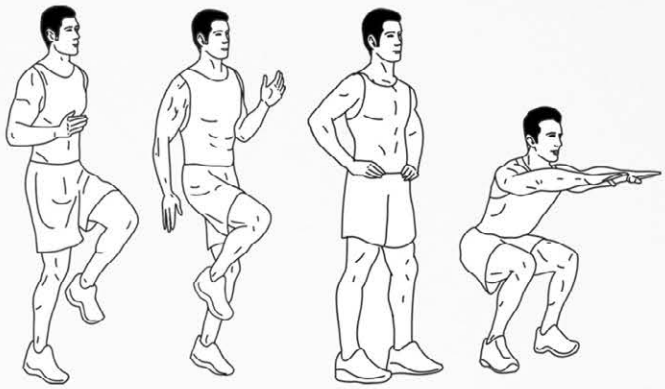
Main Focus: Lower body strength.

Tips: Strength requires repetition and getting through the set. So irrespective of speed and irrespective of burn, bite the bullet and get this baby done.

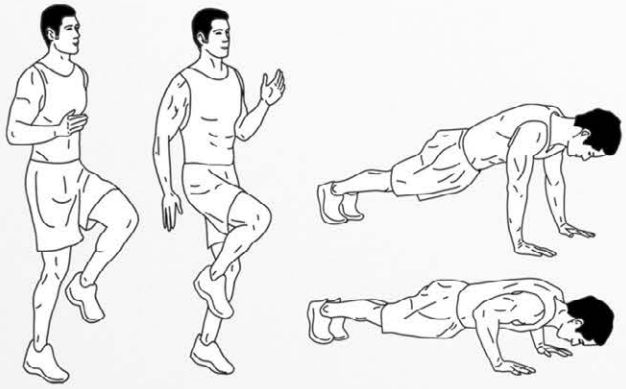
mass blast workout



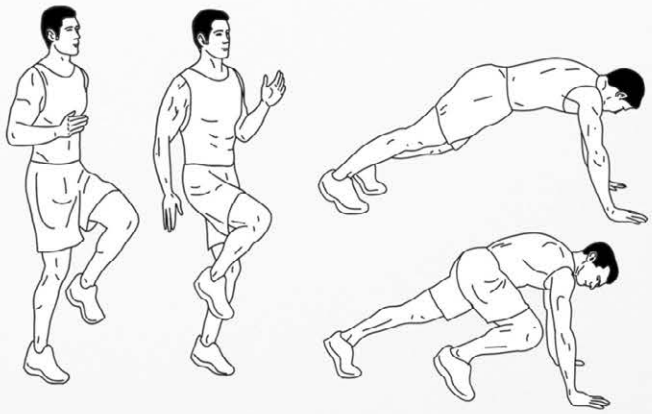
1. 40 high knees
20 lunges



2. 40 high knees
20 squats



3. 40 high knees
2 push-ups



4. 40 high knees
20 mountain climbers

sets **level I** 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 60 seconds

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master crunch

Abs are important. They make you look good and feel good. Good abs help you perform everything better. This workout takes your abs to an entirely new level.

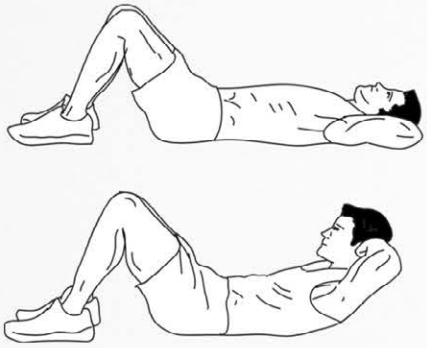
What it works: Lower abs, upper abs, lateral abs.

Main Focus: Ab strength and definition.

Tips: Focus on how your abs work. Exhale at the point of maximum muscle tension and try and make sure that your lower ab group is always flat and aligned with the upper ab group and your lower body. It's more tiring, but you will get better results.

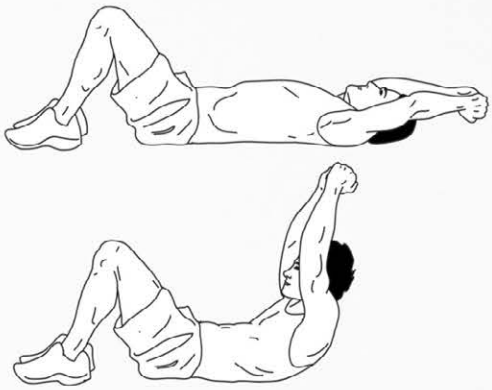
MASTER CRUNCH

reps each **level I** 6 reps **level II** 10 reps **level III** 20 reps



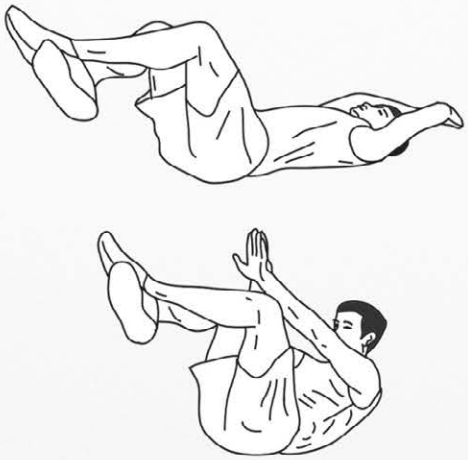
1. crunches

2. cross crunches

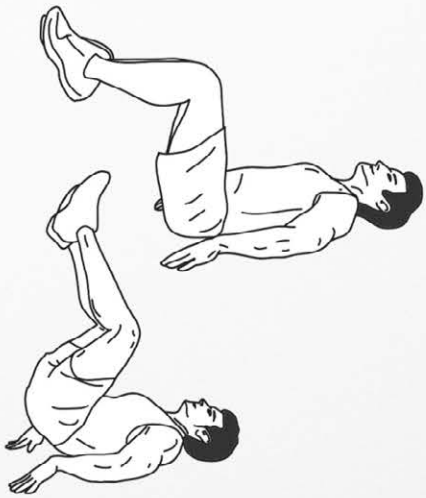


3. long arm crunches

4. bicycle crunches



5. knee crunches



6. reverse crunches

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 3 minutes

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Matrix

The Matrix taught us that the body is a machine that can be made to flow with grace and power. This workout is intended to train all those muscle groups that aid stability and power, allowing gracefulness to emerge in your movements.

What it works: Adductors, quads, lower body, core, hamstrings, forward hip flexors, lateral abdominals, triceps.

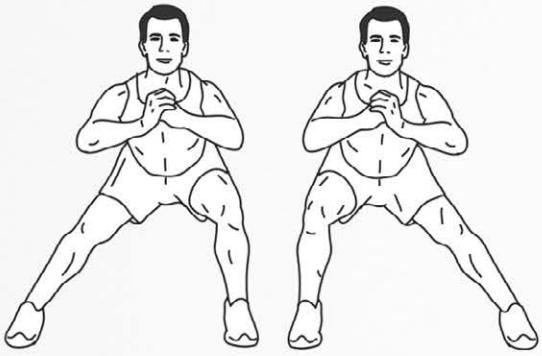
Main Focus: Ballistic strength, Flexibility.

Tips: When you raise your leg to touch your toes, exhale at the same time and tense your abs. This will help control the movement of your leg, work your core abs and provide you with greater grace and stability.

MATRIX

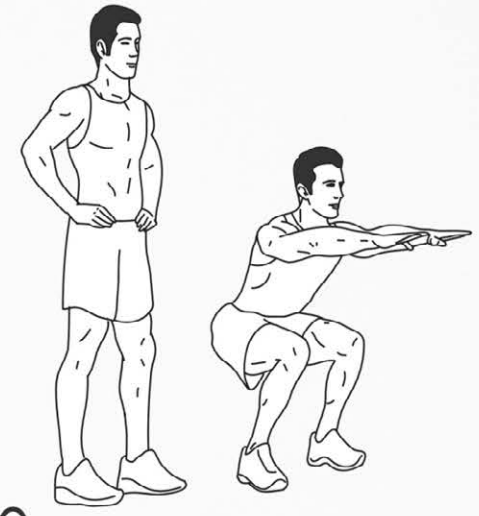
workout

"I KNOW KUNG FU"

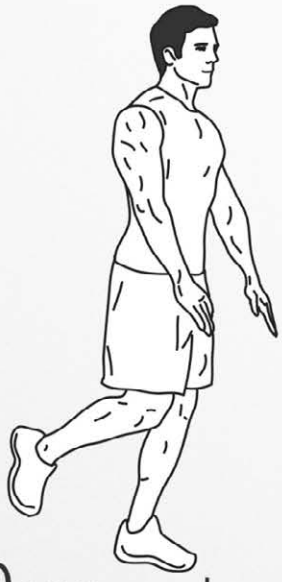


20 side lunges

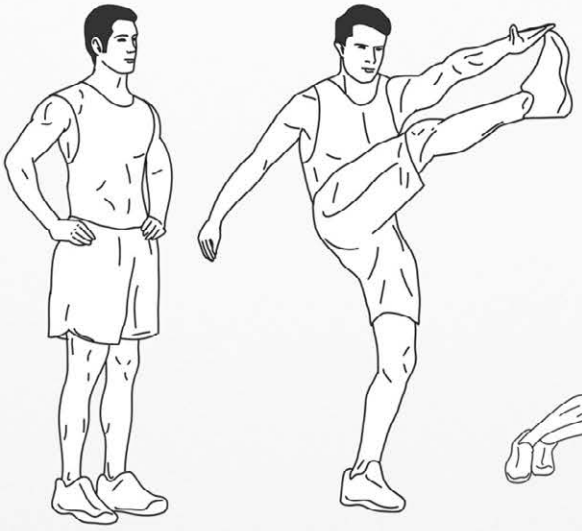
40 high knees



10 fast drop squats



40sec one leg stand



20 forward leg raises

20 planks w/ rotations

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 2 minutes

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max impact

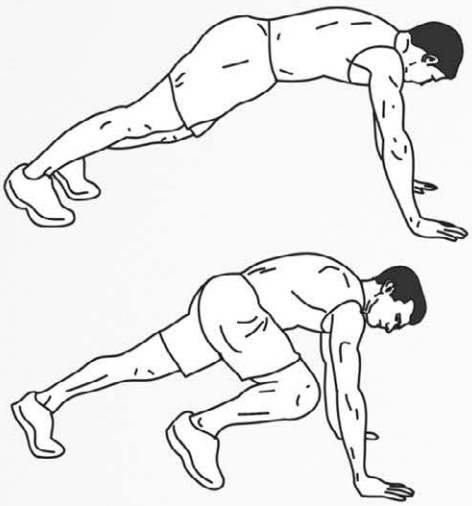
When it comes to creating a strong impact on your muscles you need a workout that concentrates what they do and moves your body to a new level of performance. This workout is designed to do just that. It's solid, and it will help you punch through any 'wall' you hit in your training.

What it works: Lower abs, quads, calves, triceps, shoulders, chest, abs, lateral abs, lateral hip flexors, upper abs.

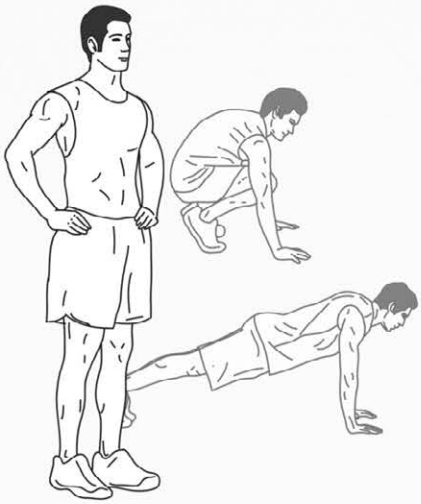
Main Focus: Core, abdominal strength.

Tips: When doing the side kicks keep your body as upright as possible. This helps work your lateral abdominals and your core.

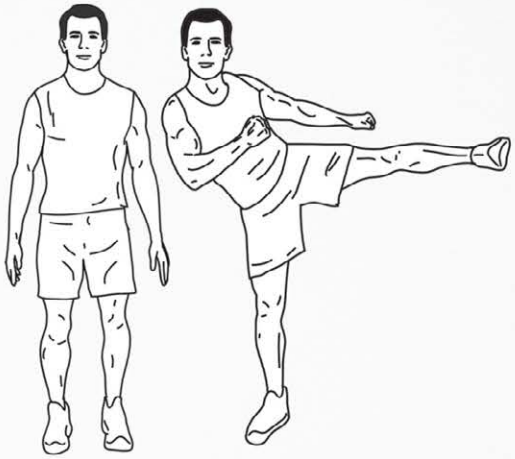
maximpact workout



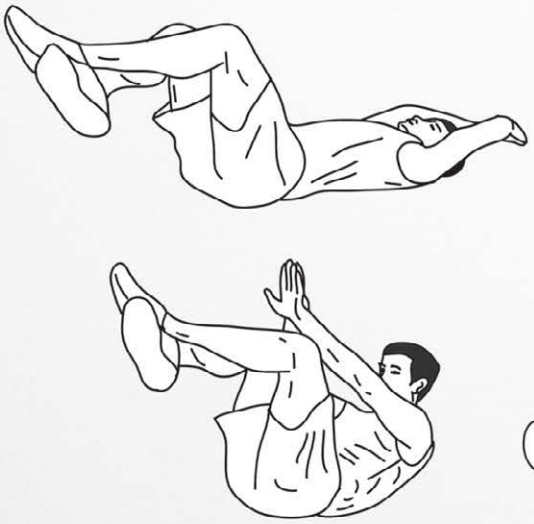
50 mountain climbers



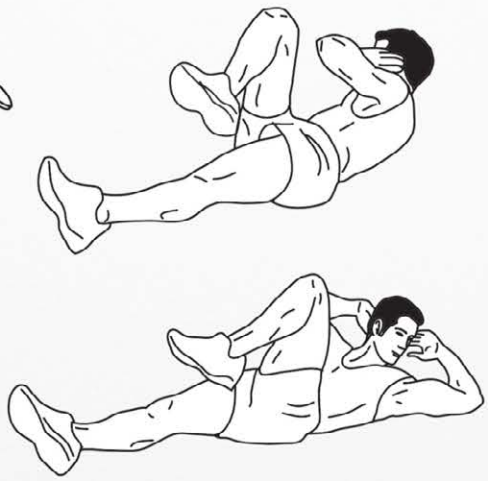
20 drop down planks



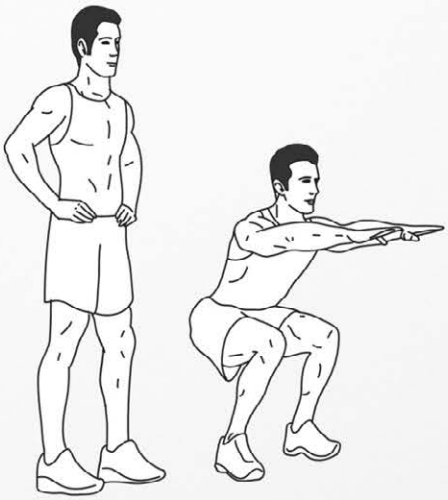
50 side kicks



20 knee crunches



50 bicycle crunches



20 squats

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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momentum

This is a workout that works your core and lower body to produce a training routine that can seriously help your performance in every sport and make you feel better in your everyday life.

What it works: Quads, calves, triceps, biceps, lateral abs, hamstrings, glutes, lower abs, upper abs.

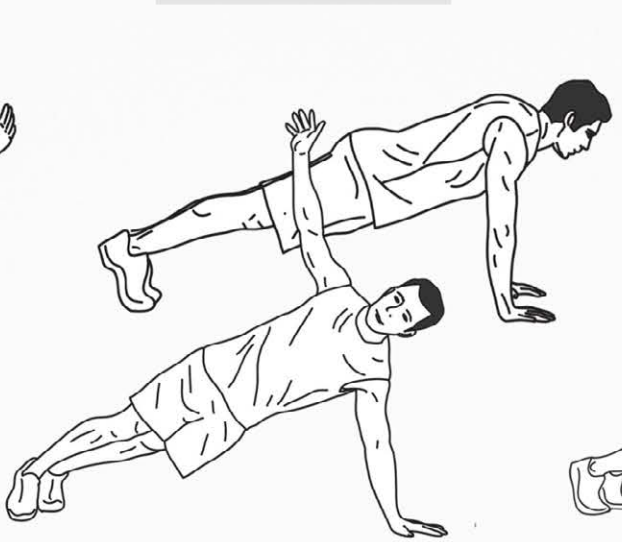
Main Focus: Lower body strength and core stability.

Tips: When doing sprinters exhale when you come up and consciously tighten your lower abs. It will stabilize the movement more and work your lower abs better for faster results.

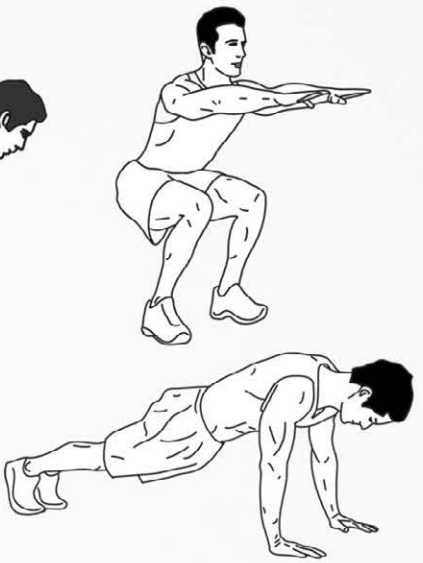
Momentum

workout

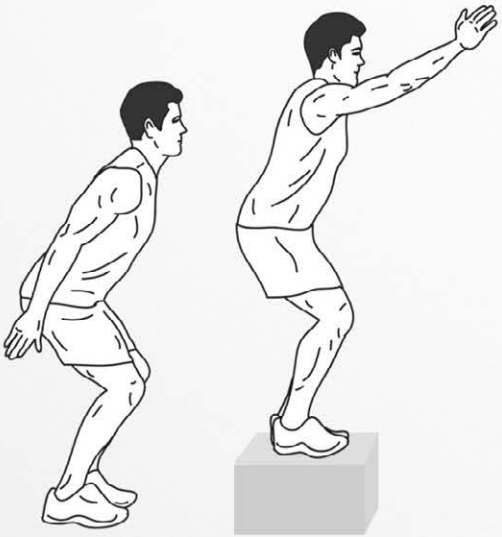
50 fast high knees



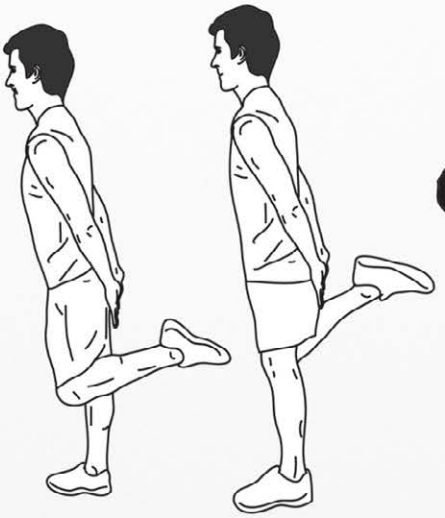
10 planks w/ rotations



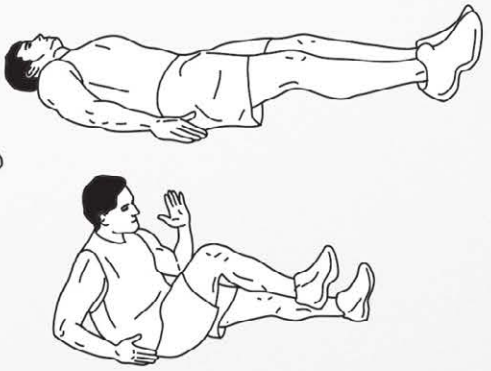
10 squat/planks



10 box jumps



20 butt kicks



50 sprinters

sets **level I** 3 sets **level II** 6 sets **level III** 9 sets **rest between sets** up to 2 minutes

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moonbase

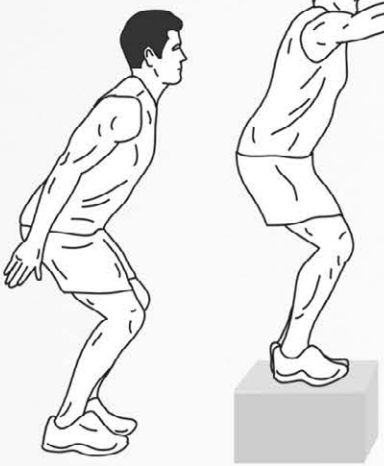
Astronauts in space lose muscle mass and bone density. This work out is designed to help you get heavier, stronger muscles and increase bone density.

What it works: Quads, calves, chest, deltoids, chest, triceps, upper abs.

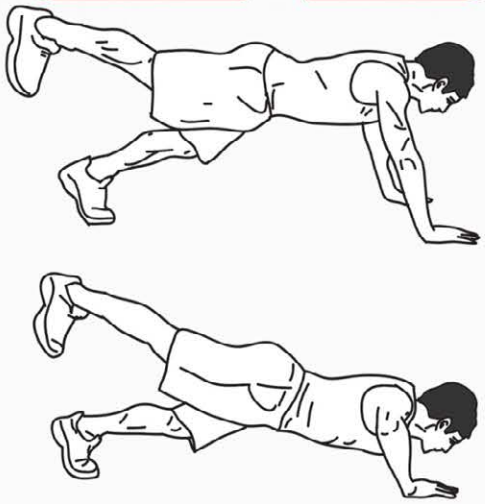
Main Focus: Strength.

Tips: When you do rocket jumps keep your back straight throughout. Bend your knees to touch the floor, not your back.

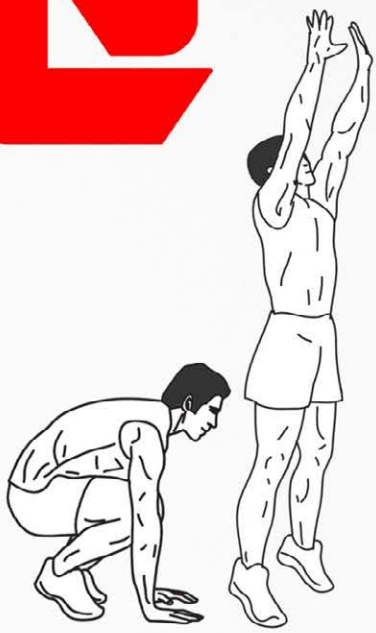
moon base



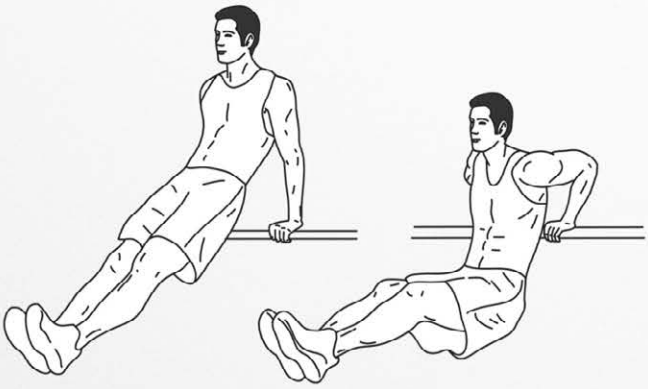
30 box jumps



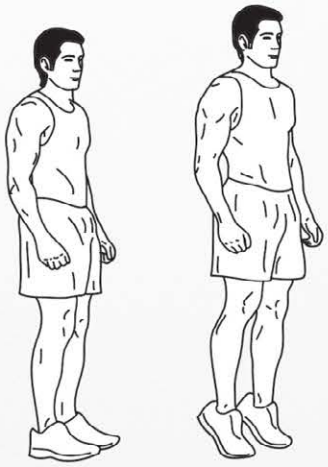
10 raised leg push-ups



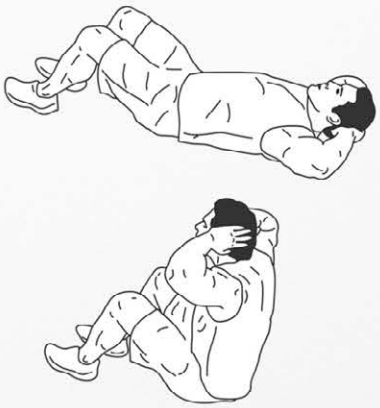
30 rocket jumps



20 tricep dips



20 calf raises



30 sit-ups

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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neo

This is a lower body workout designed to make you stand tall. Fluidity in movement comes with strength and flexibility in muscles and the exercises here are designed to give you both.

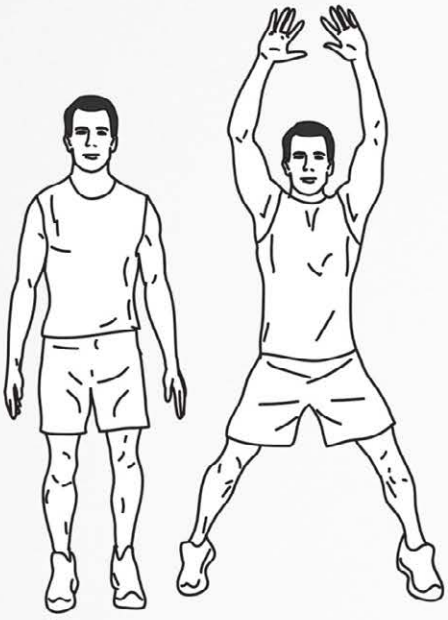
What it works: Quads, lower abs, glutes, calves.

Main Focus: Lower body strength.

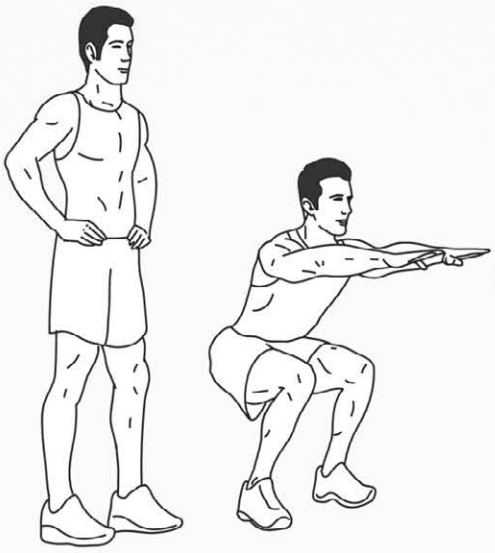
Tips: When performing raised leg hip thrusts make sure that your body is straight and any pressure is applied on your shoulders on the floor and not your head.

NEO workout

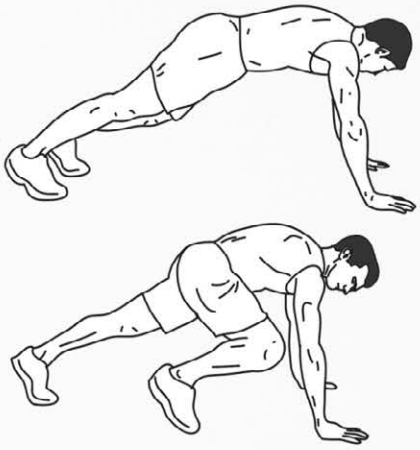
reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps



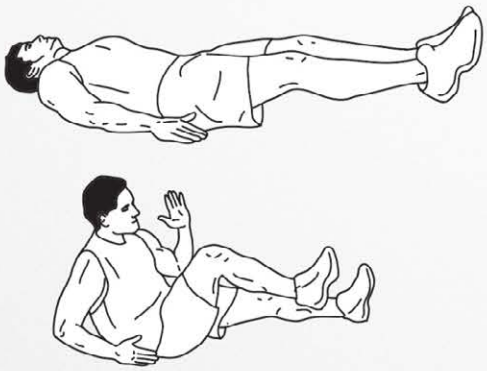
1. jumping jacks



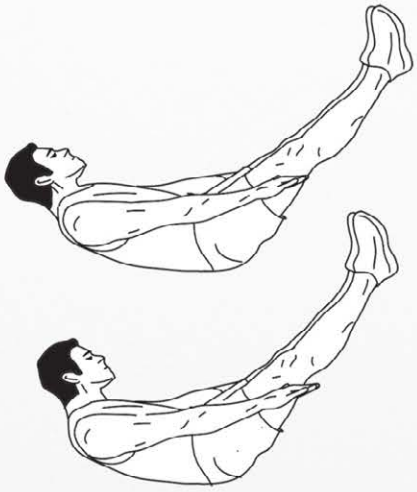
2. squats



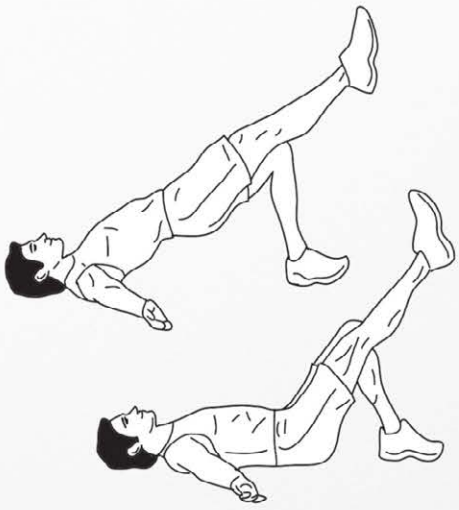
3. mountain climbers



4. sprinters



5. 100s.



6. raised leg hip thrusts

sets **level I** 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 60 seconds

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ninja

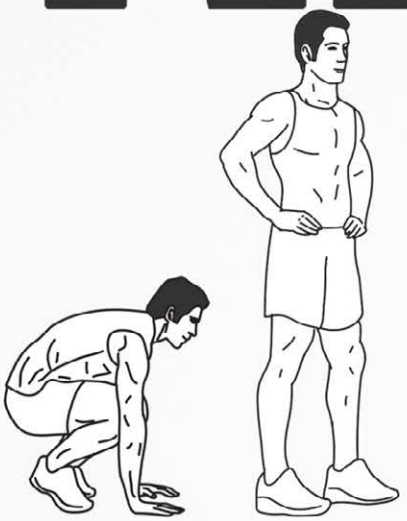
The ninja, legendary assassins of the night were possessed of great lower body strength and agility. This is a workout that aims at the muscle groups that give you both these qualities.

What it works: Quads, abs, core strength, lateral abs, lateral hip flexors, triceps, biceps, lower back.

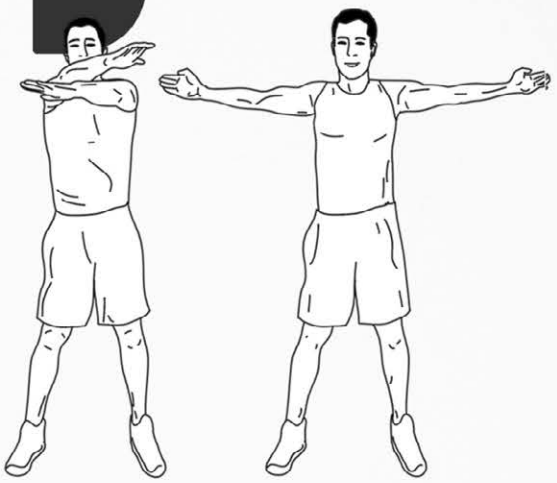
Main Focus: Lower body strength, Core strength.

Tips: When performing fast leg swings, lean towards the leg you raise rather than leaning away from it. This increases the tension on your lateral abdominals and promotes greater core strength and stability.

Ninja workout



30 ninja look out low squats

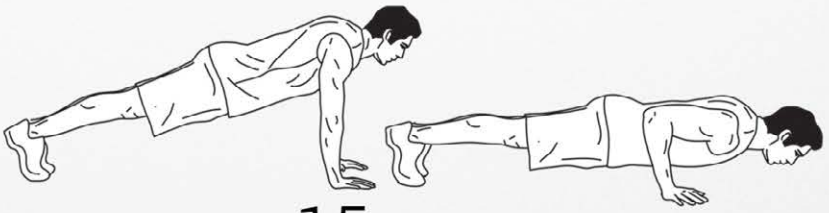


20 criss-cross chest extentions

45 sec wall sit

40 fast leg swings

45 sec elbow plank



15 push-ups

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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nuked

When you work large muscle groups fast you push your aerobic system and promote endurance and stamina. This is the workout that does that.

What it works: Aerobic system, cardiovascular system, quads, calves, triceps, biceps, chest.

Main Focus: Endurance.

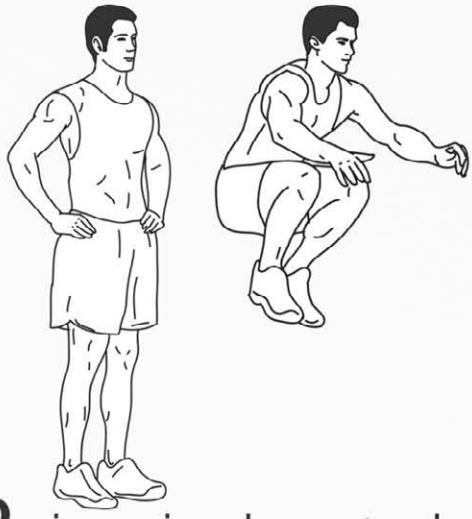
Tips: Thirty seconds can be a long time to do an exercise. Make sure you do not slack off the pace half way through it. As each exercise focuses on a different muscle group you recover on the go.

NUKED

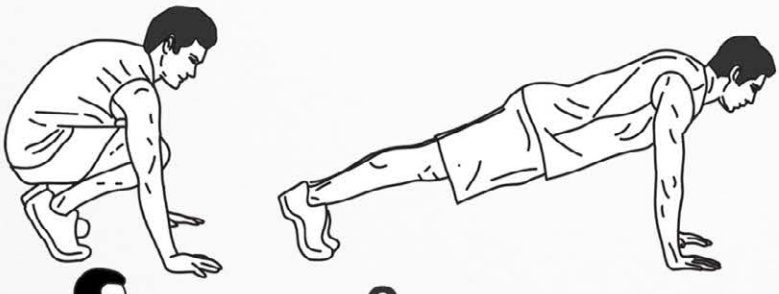
workout

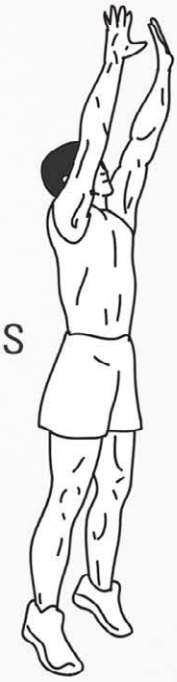
30 seconds each | no rest between exercises

1. fast high knees

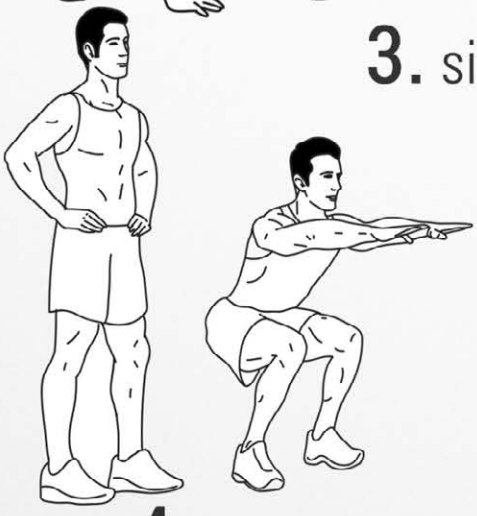


2. jumping knee tucks

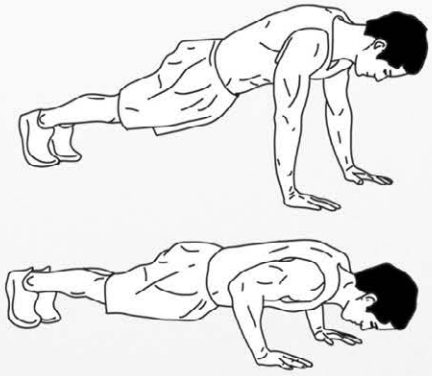




3. simple burpees



4. squats



5. push-ups

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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odin

The Norse gods were fit, strong and lethal. This is a workout for strength and core stability worthy of a Norse god.

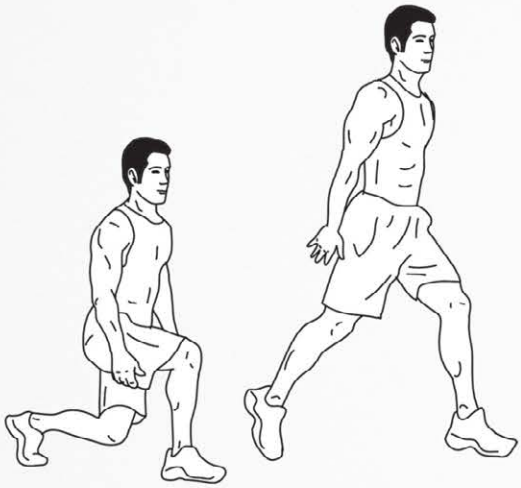
What it works: quads, lateral abdominals, core stability, glutes, lower abs, abs, shoulders, triceps, biceps,

Main Focus: Lower body strength, Core stability.

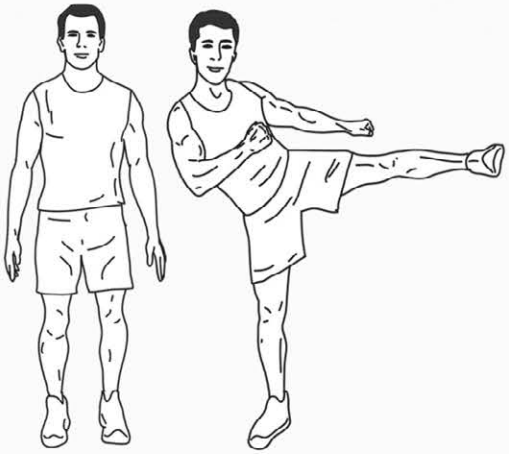
Tips: When performing standing leg raises, lean towards the leg you raise rather than leaning away from it. This increases the tension on your lateral abdominals and promotes greater core strength and stability.

edin

workout

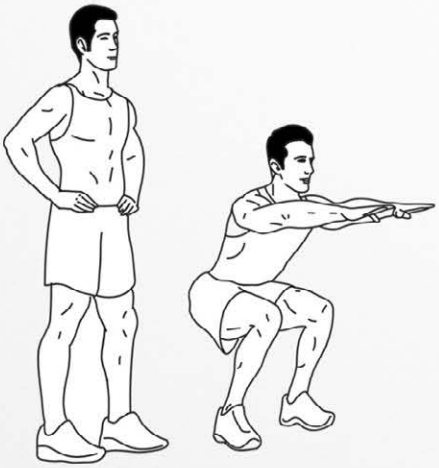


10 jumping lunges

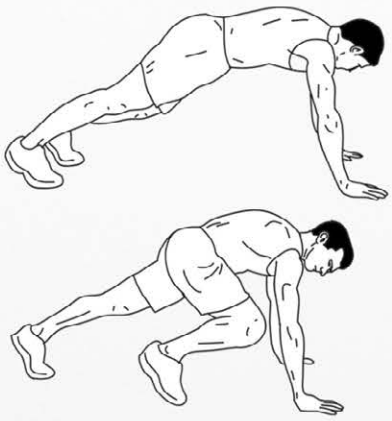


30 standing leg raises

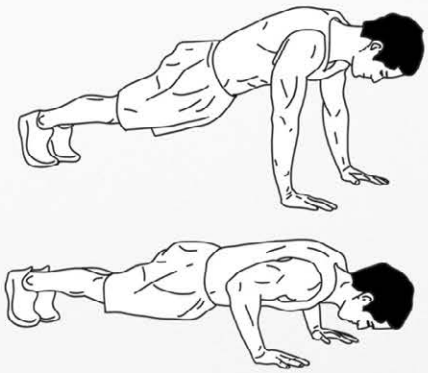
40 high knees



20 squats



20 mountain climbers



15 push-ups

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 60 seconds

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office

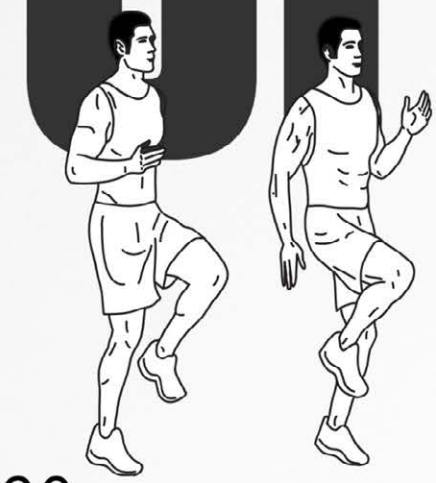
Just because you're at the office does not mean you can't workout. This is the kind of exercise routine that can be carried out anywhere you have a little space and some privacy.

What it works: Lower abs, core stability, calves, triceps, abs, quads, glutes, lower back.

Main Focus: Core stability, lower ab strength.

Tips: None of this need be done fast. You are, after all, at the office. But do them in a focused way and they help you work out every single muscle group of your body.

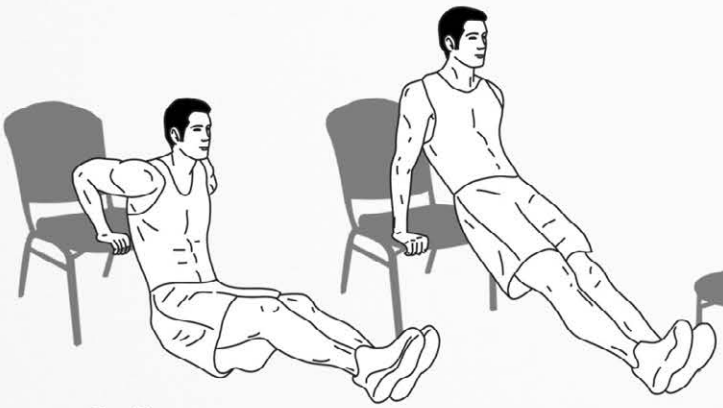
OFFICE workout



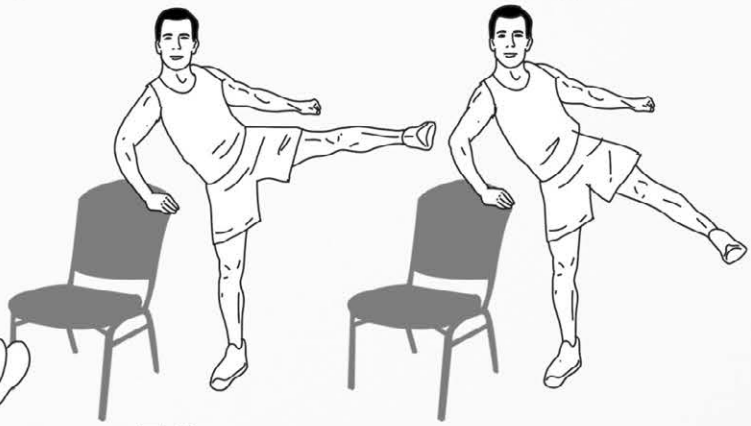
20 sec high knees

20 knee pull-ins

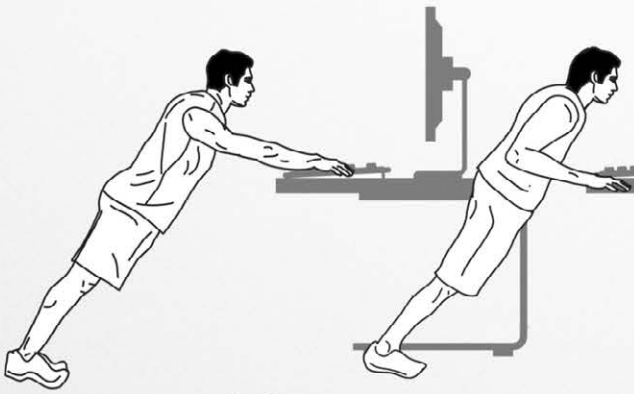
60 sec one leged stand



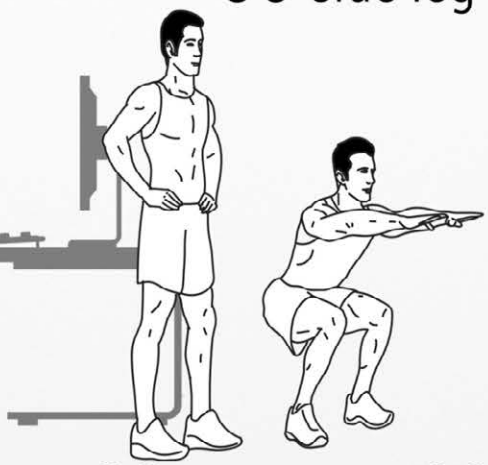
10 chair tricep dips



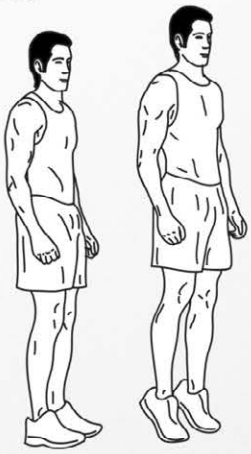
50 side leg lifts



20 desk push-ups



20 squats



20 calf raises

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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origami

Origami is about precision and this workout helps you develop precision in your movements by training the very muscle groups you need to give you better control of your body.

What it works: Lower abs. lower back, glutes, core, calves, quads, shoulders, triceps, biceps.

Main Focus: Core strength.

Tips: When performing the airplane balance, experiment having your standing leg with the knee bent and the knee straight. The latter challenges core balance a lot more and makes you work a lot harder.

ORIGAMI workout

20 seconds each exercise / each leg

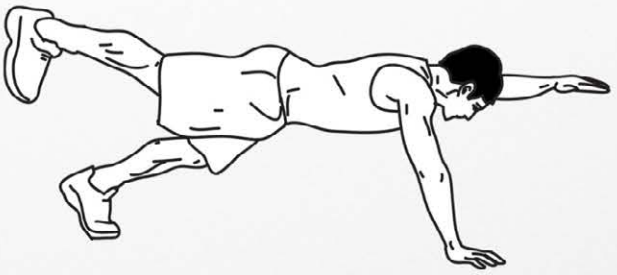
1. raised knee balance

2. one leg stand

3. airplane balance

4. tippy-toe balance

5. lunge balance



6. one arm/leg plank balance

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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phoenix burn

Burn high and arise from the ashes renewed. Each time you put yourself through a high burn workout you force your muscles to remake themselves. This is just such a workout.

What it works: Quads, lower abs, calves, quads, shoulders, aerobic system.

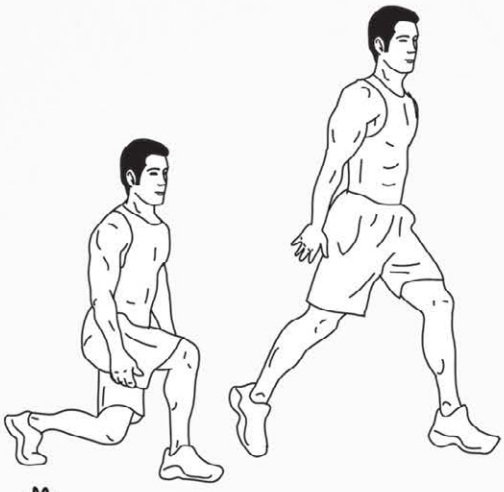
Main Focus: Aerobic fitness.

Tips: Remember to try and breathe deep throughout oxygenating your muscles and allowing them to burn fuel as efficiently as possible.

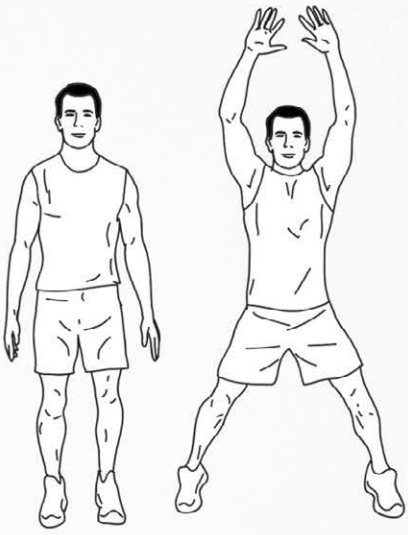
phoenix burn workout

30 seconds each | 30 seconds rest

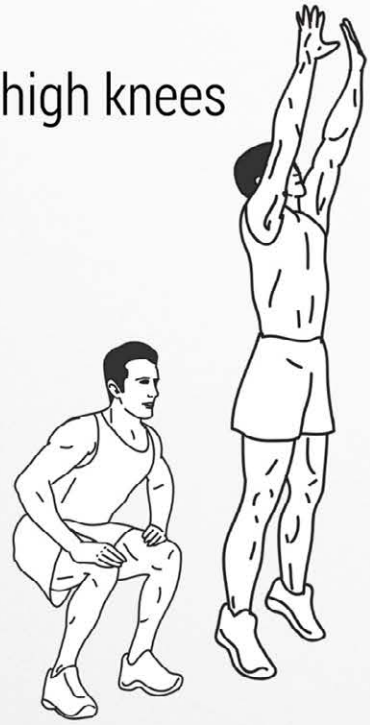
1. high knees



2. jumping lunges



3. jumping jacks



4. jump squats

5. planks with rotation

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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power sprinter

Sprinters need explosive muscles that can work fast and utilize all their power anaerobically. This is the workout that helps you do just that.

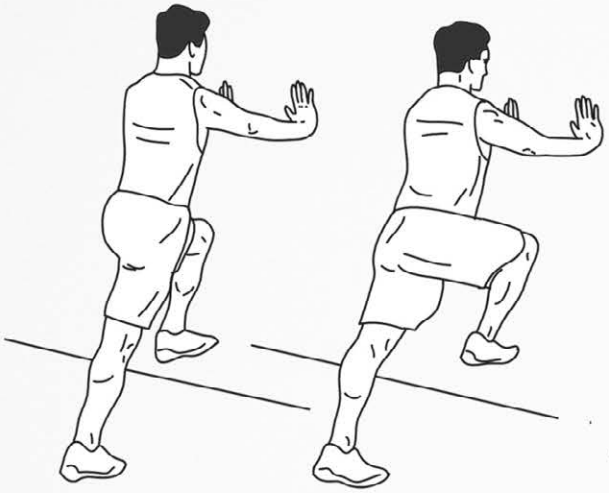
What it works: Quads, calves, lower abs, shoulders, triceps, glutes, chest.

Main Focus: Anaerobic system.

Tips: When performing plank leg raises tense your abs to help stabilize your body and work your core for greater stability.

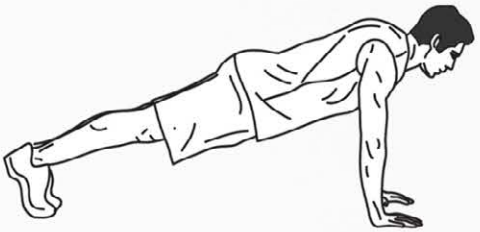
POWER SPRINTER

40 seconds each / 20 second breaks between exercises

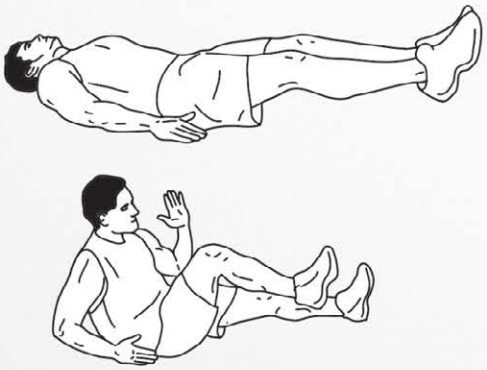


1. wall high knees

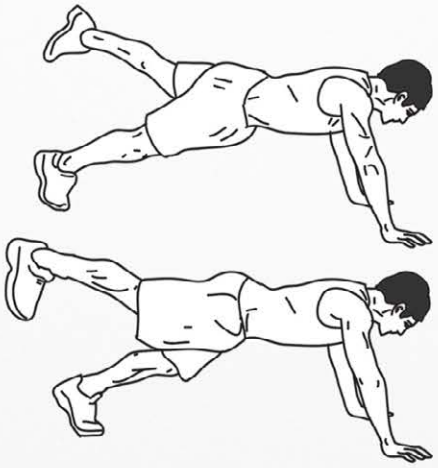
2. wall sit



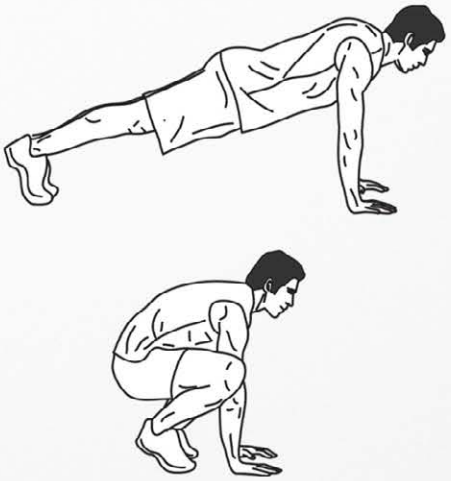
3. plank



4. sprinters



5. plank leg raises



6. plank jump-ins

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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power up

This is an aerobic workout that develops strength, flexibility and balance. Do it every time you want to top up your abilities in these three areas.

What it works: Lower abs, quads, hamstrings, adductors, glutes, aerobic capacity.

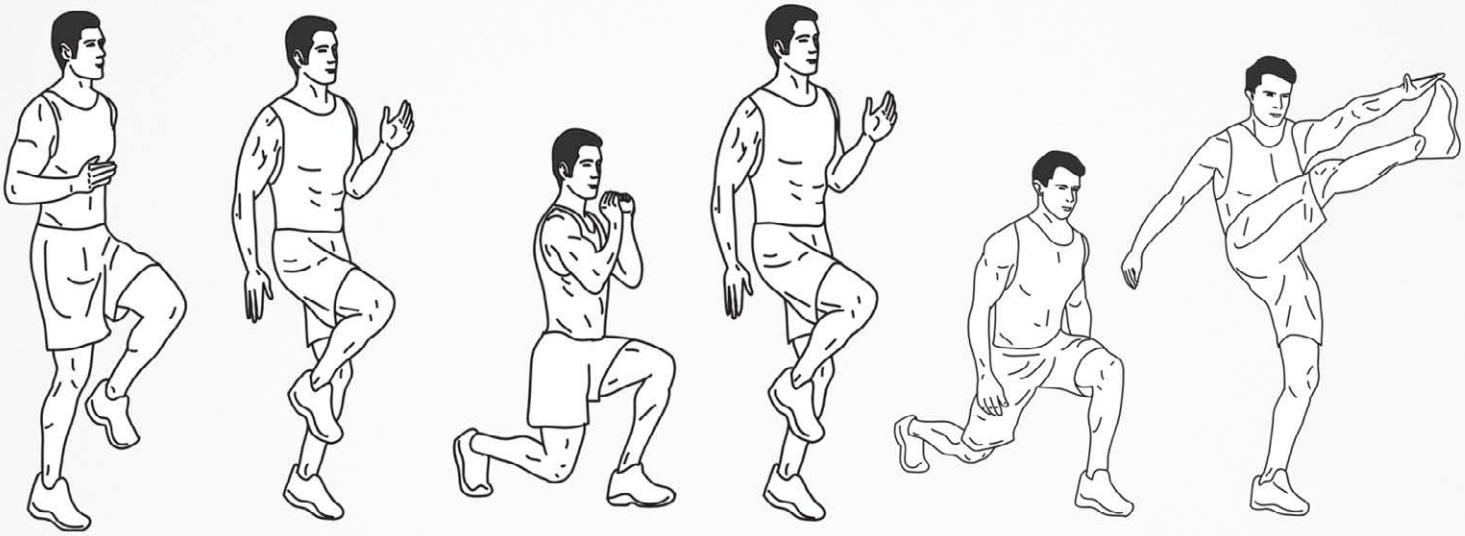
Main Focus: Aerobic capacity.

Tips: When performing lunge kicks keep your body as straight as possible and bring your foot up to your hand, not your hand to your foot.

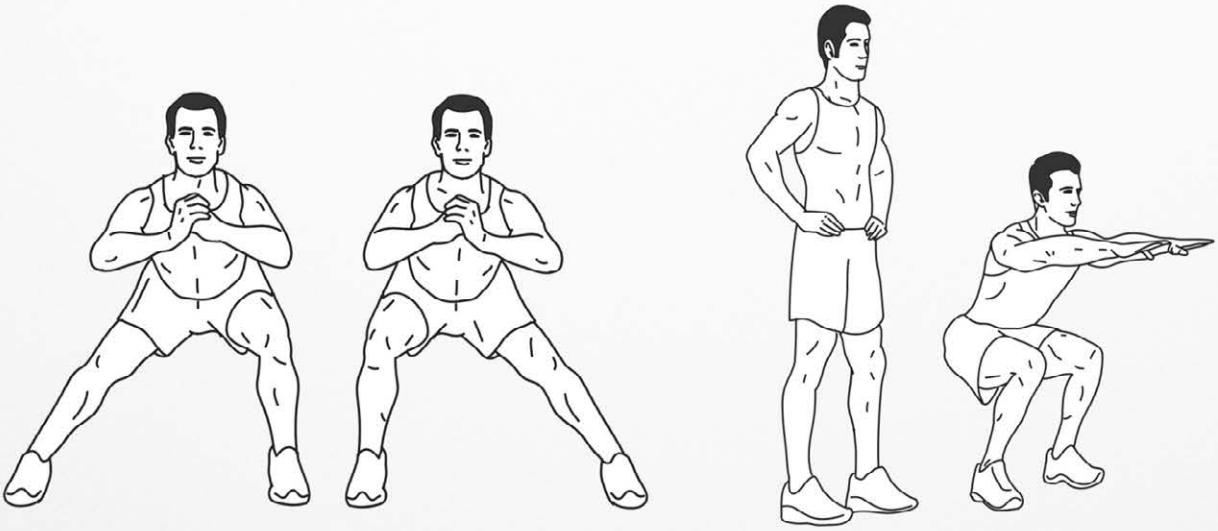
POWER UP

workout

reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps



1. high knees **2.** reverse lunge push-offs **3.** reverse lunge kicks



4. side-to-side lunges **5.** squats

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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predator

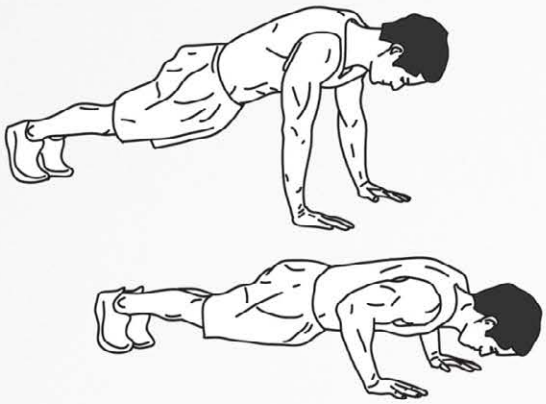
Upper body strength is important for predators. This is a workout that promotes strength on all the major muscle groups for a more powerful, convincing performance, plus as your body gets stronger you begin to move a little more like a predator.

What it works: Core stability, abs, shoulders, deltoids, triceps, chest, lower abs, upper abs, front hip flexors.

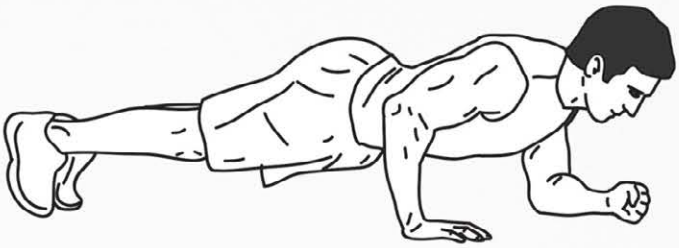
Main Focus: Strength.

Tips: When performing uneven plank tense your abs to help your core come into full play.

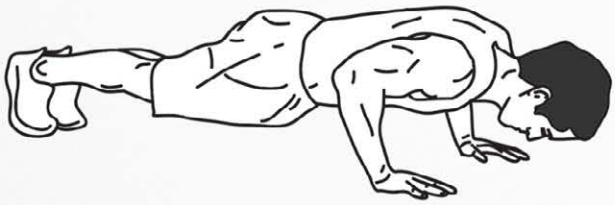
PREDATOR workout



10 front load push-ups



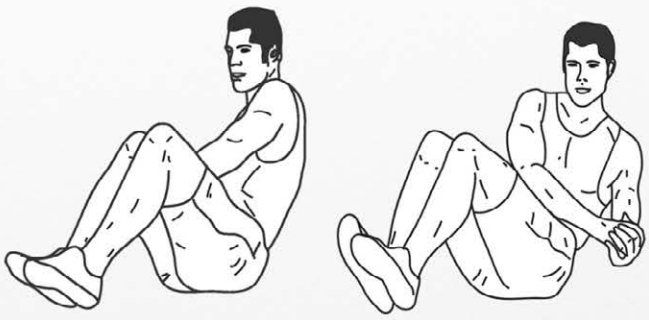
40 sec uneven plank
20 second each arm



30 sec push-up plank

20 mountain climbers

20 knee crunches



20 Russian twists

sets **level I** 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 60 seconds

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purgatory

Occasionally you feel the need for a workout that hurts. This is the kind of workout that will take you out of your routine, punish you with pain and reward you with the sense that you have really achieved something.

What it works: Lower abs, core, abs, calves, lateral abs, glutes, chest, triceps, aerobic capacity, front hip flexors, cardiovascular system.

Main Focus: Endurance.

Tips: When performing high knees try and bring your knees up level with your waist, This way you end up working your lower abs as well as your calves, on the landing.

Purgatory workout

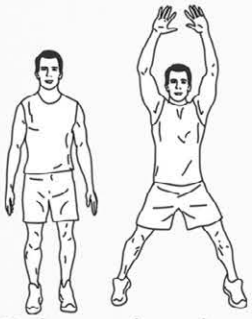
round 1

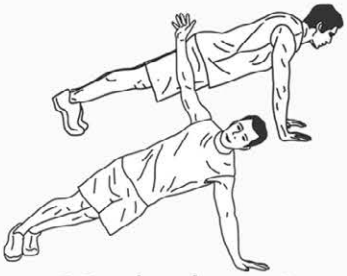
50 high knees

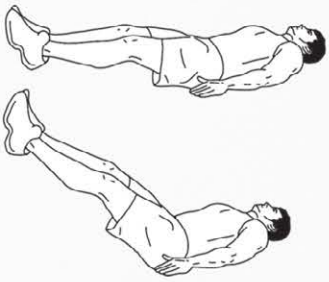
30 sec elbow plank

20 cycling crunches

round 2

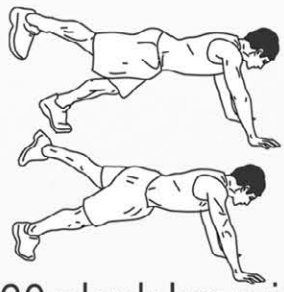

50 jumping jacks

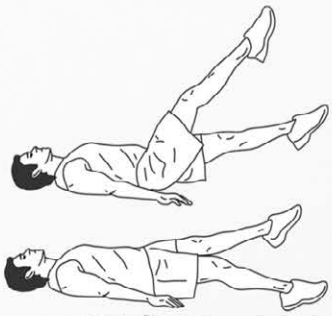

20 planks w/ rotations


20 leg raises

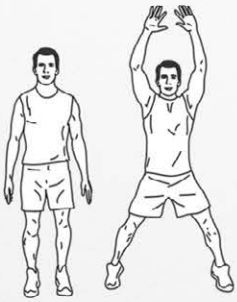
round 3

50 high knees


20 plank leg raises


20 flutter kicks

round 4


50 jumping jacks

20 planks jump-ins

20 scissors

repeat level I 3 times **level II** 5 times **level III** 7 times **rest between rounds** up to 3 minutes

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Ragnarok

Strength and power are Viking warrior requirements. This workout allows you to develop both in a set of exercises that truly put you through your paces.

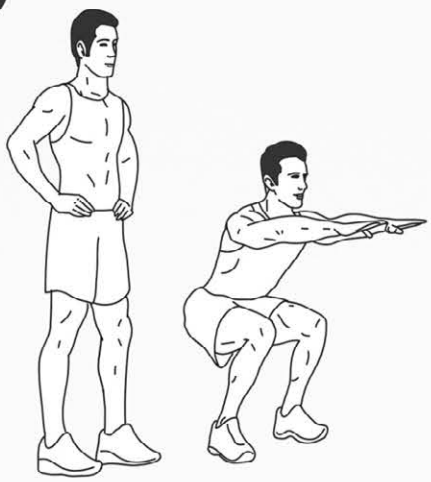
What it works: Lower abs, quads, chest, shoulders, deltoids, triceps, biceps, lateral abs.

Main Focus: Power.

Tips: Pace is important in the development of power. Work to maintain the same pace throughout every exercise on every set.

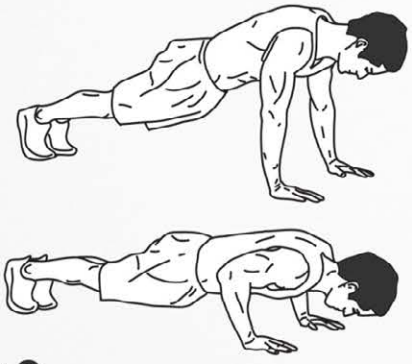
Ragnarök workout

20 lunges push offs

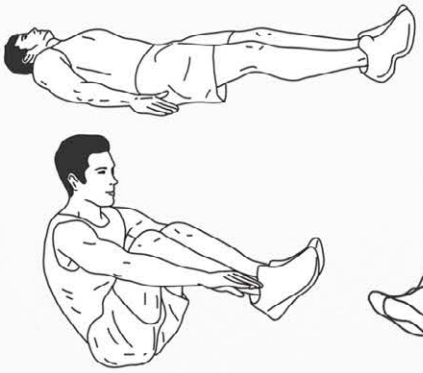


40 squats

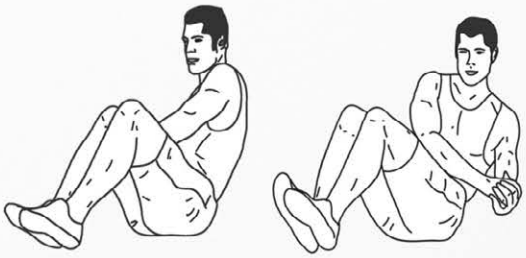
60 high knees



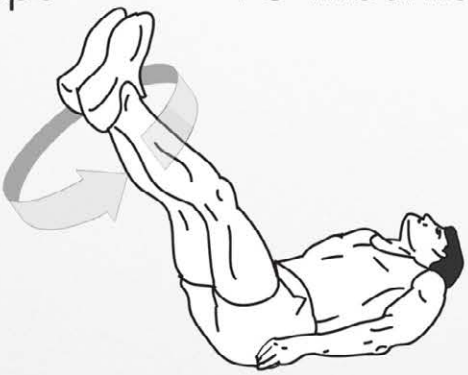
20 push-ups



40 modified V-ups



20 Russian twists



20 raised leg circles

40 scissors

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 60 seconds

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rebel

Rebellions always go back to basics in terms of requirements against the establishment. Good core strength. Strong upper and lower body muscle groups. This workout will put you on the path to rebellion against burpees, for sure.

What it works: Quads, shoulders, chest, triceps, biceps, abs, deltoids, lower abs.

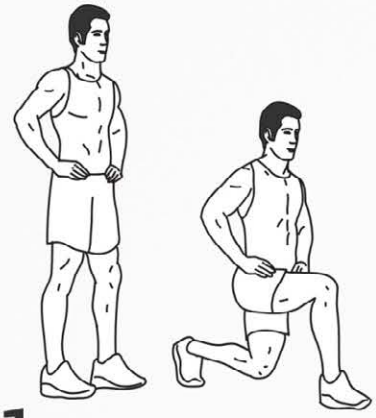
Main Focus: Strength.

Tips: Execute burpees in one fluid motion, taking most of the body weight on your shoulders and tucking your knees under you so you avoid the up and down bounce of your lower back.

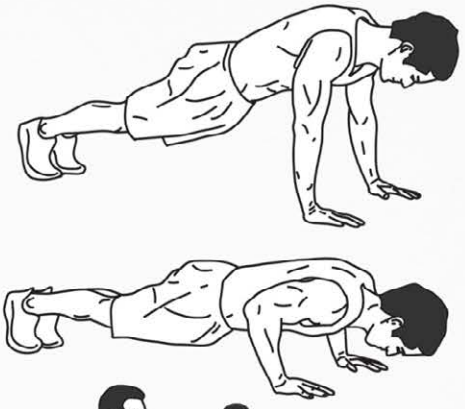
Rebel

workout

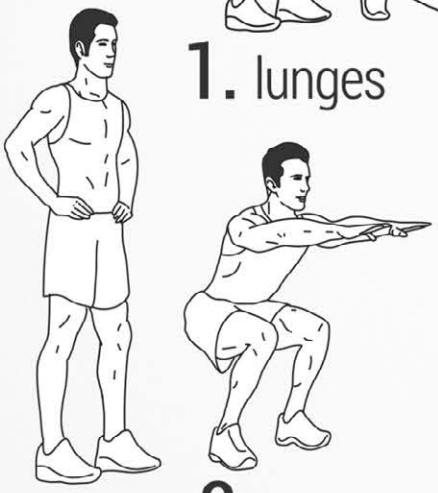
20 reps each / 20 seconds rest in between



1. lunges



2. push-ups



3. squats

4. high knees

5. burpees

sets **level I** 3 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 2 minutes

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RED

Red is for the red letter day in the month when you're ready for something special. With three levels of reps and sets you can mix and match for a routine perfectly suited to your needs.

What it works: Quads, chest, triceps, deltoids, lower abs, upper abs.

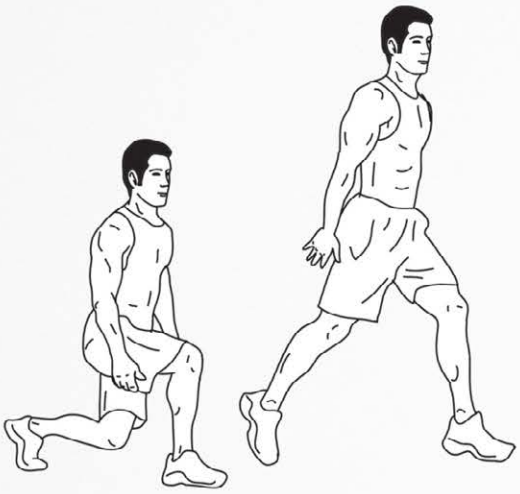
Main Focus: Explosiveness.

Tips: When performing clapping press-ups monitor your muscles during the landing so that you absorb the impact on your arms and can push-off before you get to a complete standstill. That way you get into a continuous smooth flow of motion.

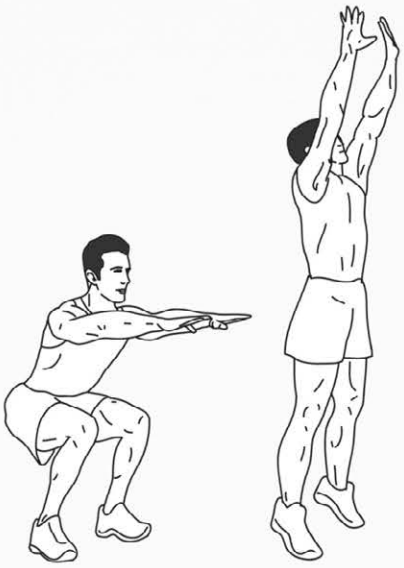
RED

reps each

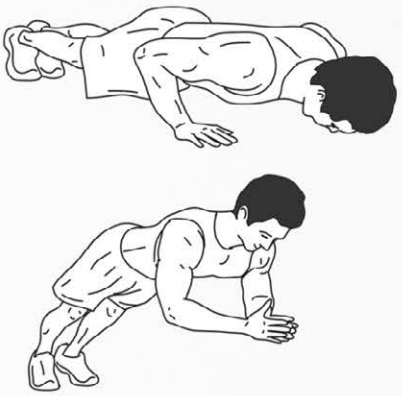
level I 10 reps
level II 20 reps
level III 30 reps



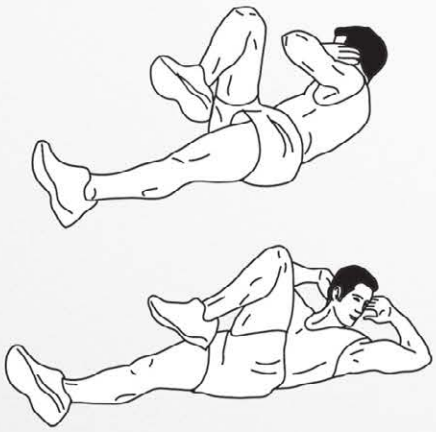
1. jumping lunges



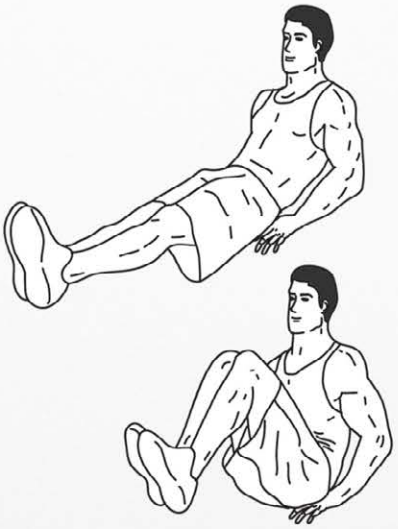
2. jump squats



3. clapping push-ups



4. bicycle crunches



5. leg pull-ins

6. heel touches

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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revenge

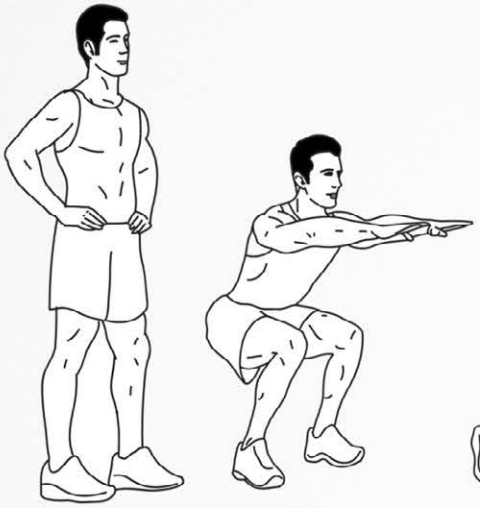
Time to get back at the world by seizing complete control of your own body. Be the master of who you are and what you can do with a workout that gives you just what you need.

What it works: Quads, biceps, triceps, shoulders, chest, glutes, forearms.

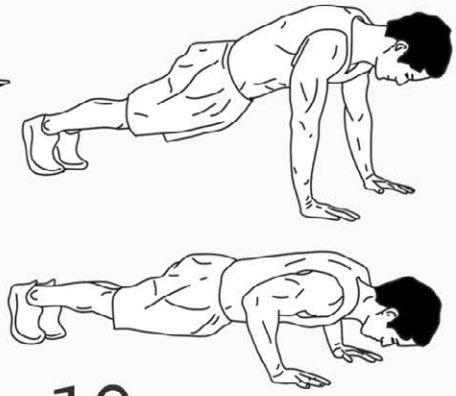
Main Focus: Lower body strength.

Tips: When performing raised leg push-ups tense your abs to further challenge and stabilize your core for faster results.

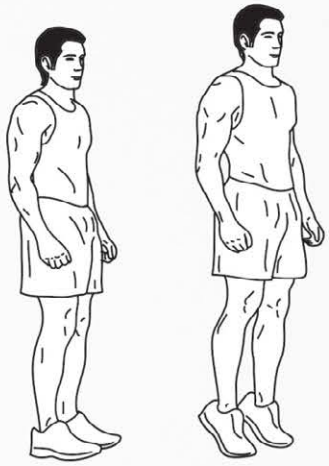
Revenge workout



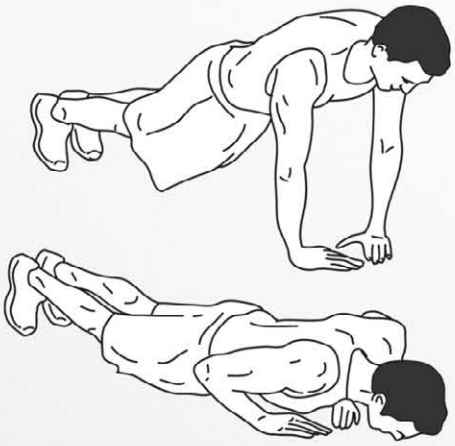
30 squats



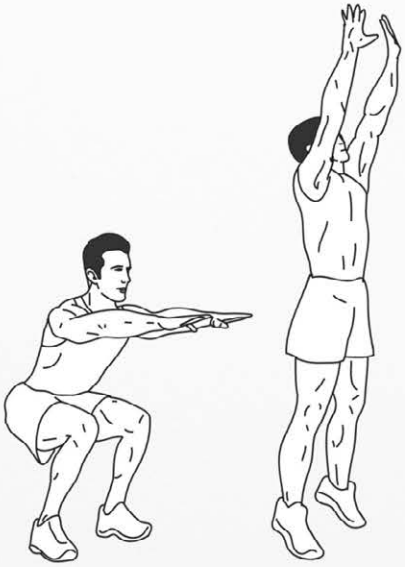
10 push-ups



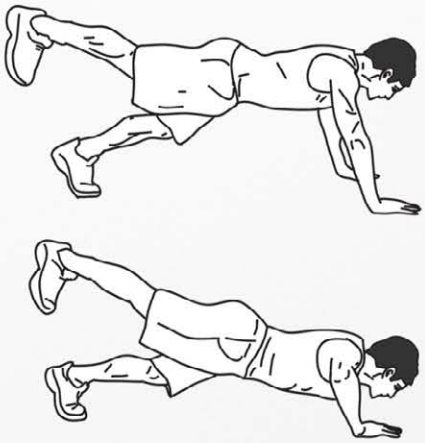
30 calf raises



5 diamond push-ups



30 jump squat



10 raised leg push-ups

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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82

riddick

Great upper body strength and good definition are the Riddick hallmarks and in this workout you get to push the very same muscle groups to the max.

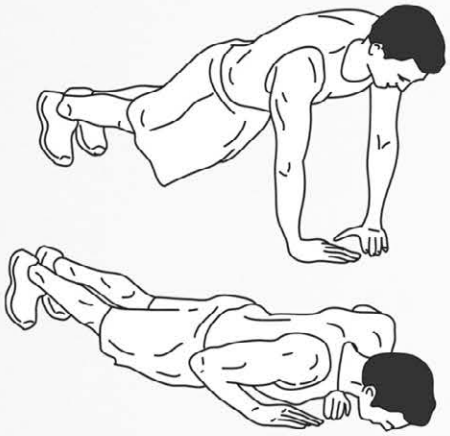
What it works: Chest, triceps, biceps, forearms, deltoids, lats, abs, lower back, core.

Main Focus: Upper body strength.

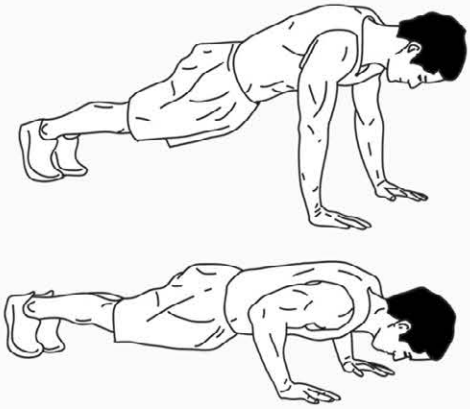
Tips: When performing spiderman push-ups tense your abs to stabilize your core and get faster, cleaner results.

Riddick push-up workout

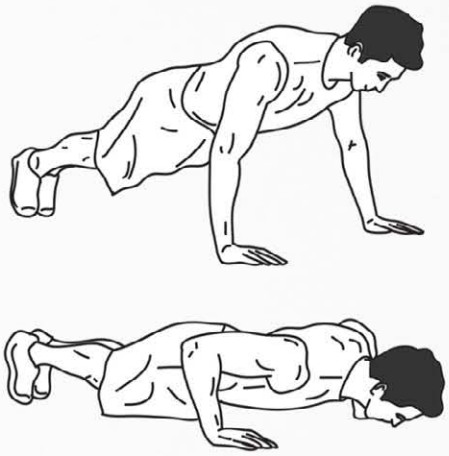
reps each **level I** 1 rep **level II** 2 reps **level III** 3 reps



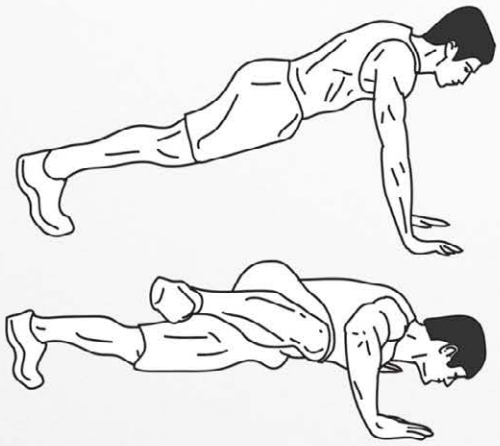
1. diamond push-ups



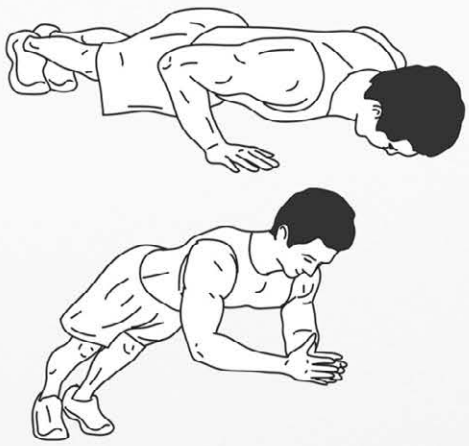
2. push-ups



3. wide grip push-ups



4. spiderman push-ups



5. clapping push-ups

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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83

ripper

Get ripped with a ripper workout designed to give you stunning abs and great core strength.

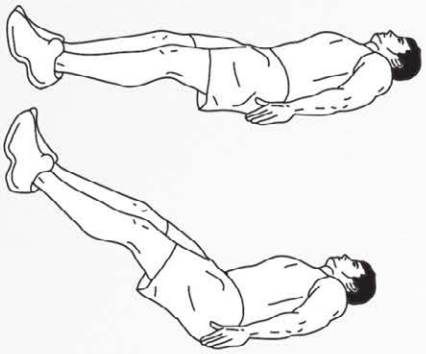
What it works: Lower abs, upper abs, lateral abs, quads, chest, triceps, biceps, lower back.

Main Focus: Abs and core.

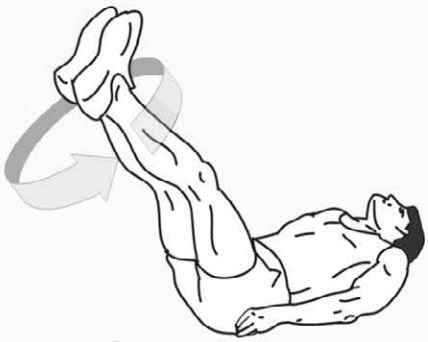
Tips: Working your abs requires patience and mindfulness. Do spiderman side crunches with your lower abs fully tensed to activate your core and get faster results.

ripper

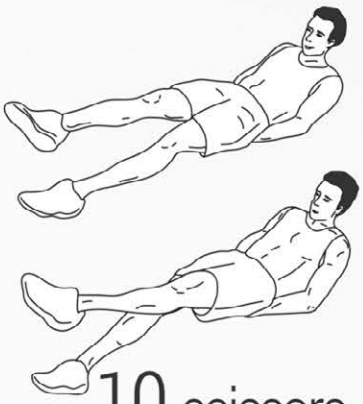
workout



10 leg raises

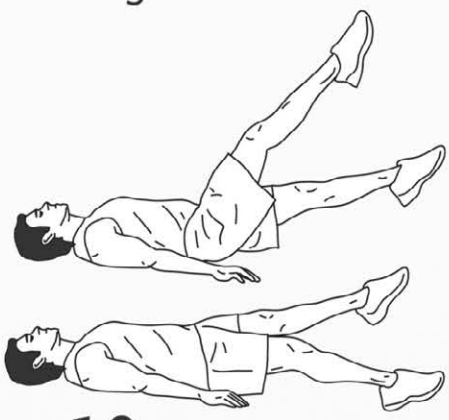


10 leg raised circles



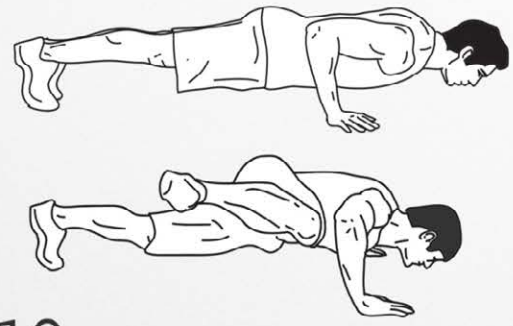
10 scissors

10 knee crunches

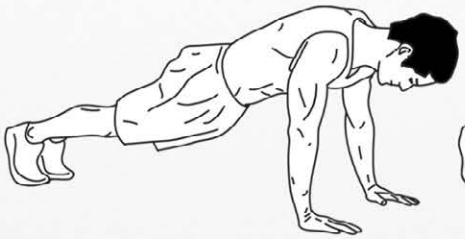


10 flutter kicks

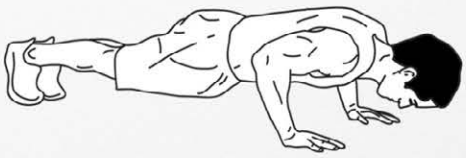
10 heel touches



10 spiderman side crunches



30sec plank



30sec push-up plank

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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84

Rocky

Train like a champ with a workout designed to take your fitness level and hand-eye coordination to new heights.

What it works: Lower abs, lower back, lateral abs, upper abs, biceps, shoulders, triceps, aerobic capacity, calves, endurance.

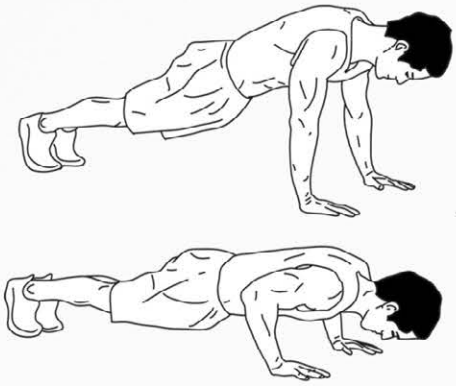
Main Focus: Speed and strength.

Tips: Perform all shadow boxing moves on the balls of your feet twisting your body behind the punch for greater power.

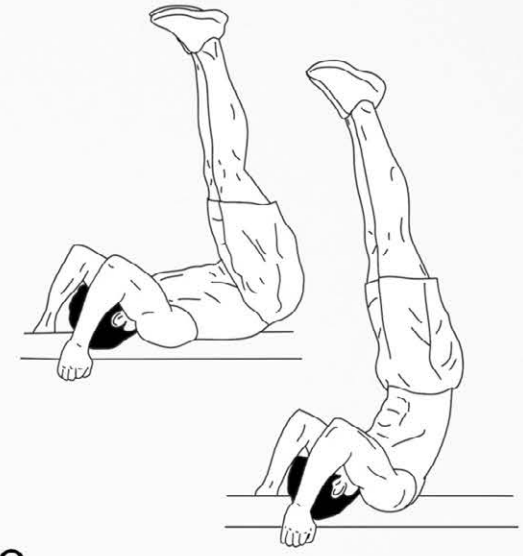
It doesn't matter if you don't know how to throw a punch, or you don't feel much when you do. Your technique will improve eventually if you continue practicing so don't worry about it. Give it your all, Rocky style.

ROCKY workout

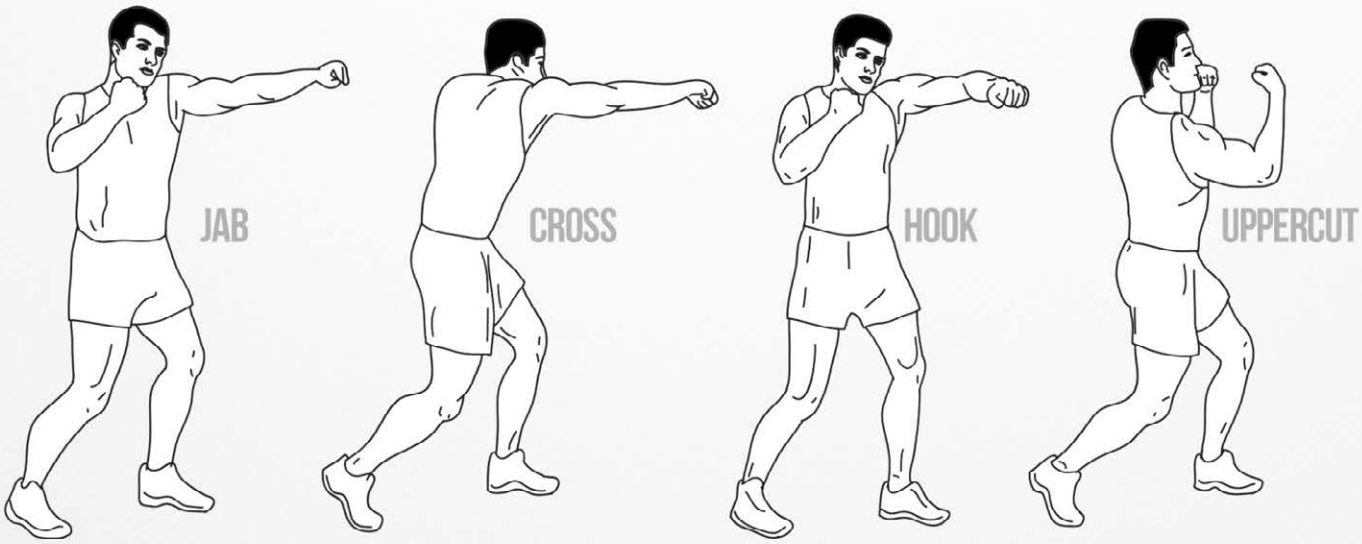
50 high knees



20 push ups



20 "Rocky" reverse crunches



5 minutes shadow boxing

sets **level I** 3 sets **level II** 5 sets **level III** 10 sets **rest between sets** up to 60 seconds

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85

Run, you clever boy; and remember

Doctor Who fans will know that the moment you have to run you need to rely on limb speed and aerobic capacity. Well this workout helps you develop both.

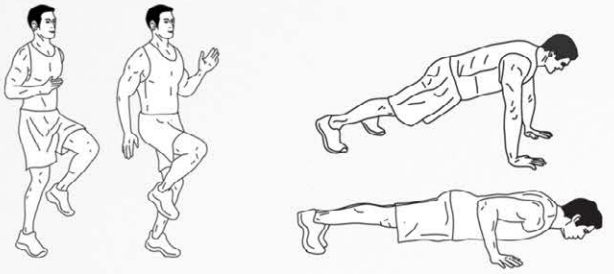
What it works: Lower abs, chest, triceps, biceps, quads, calves, ankle joint, aerobic capacity, abs,

Main Focus: Aerobic capacity.

Tips: This is a running work out so perform the high knees as high and as fast as possible and use the ground exercise to recover.

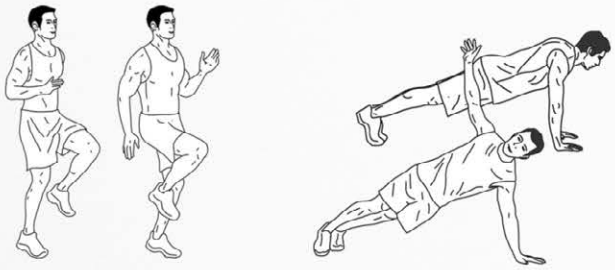
Run, you clever boy; and remember

workout

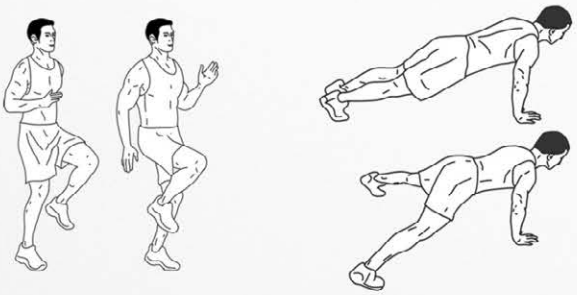


50 high knees
drop down and push up

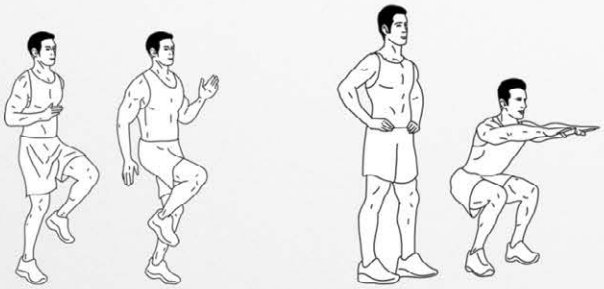
50 high knees
drop down and plank jump-ins



50 high knees
drop down plank with rotations



50 high knees
drop down plank jacks



50 high knees
squat

sets **level I** 3 sets **level II** 6 sets **level III** 10 sets **rest between sets** up to 60 seconds

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86

skyfall

James Bond is fast, strong and very, very agile. Here's a workout designed to help bring out the secret agent in you.

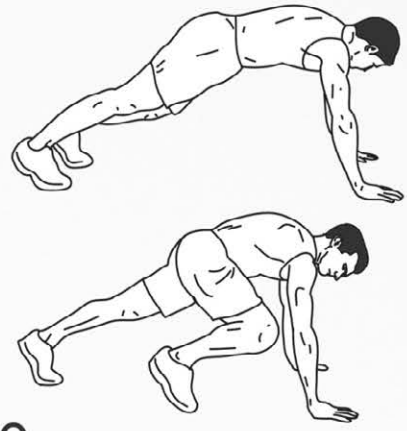
What it works: Lower abs, shoulders, front hip flexors, chest, triceps, biceps, quads.

Main Focus: Strength, agility.

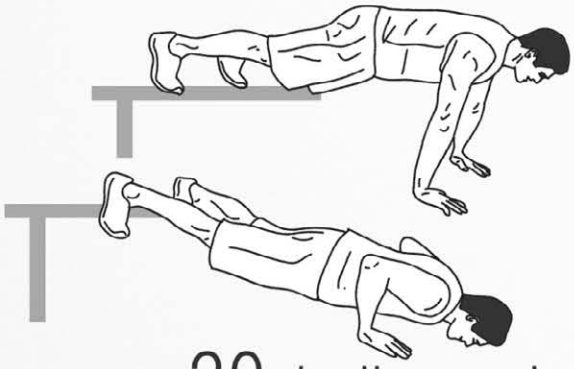
Tips: Decline push-ups increase the load on the shoulders. When performing them try and take your chin to the floor each time.

SKYFALL

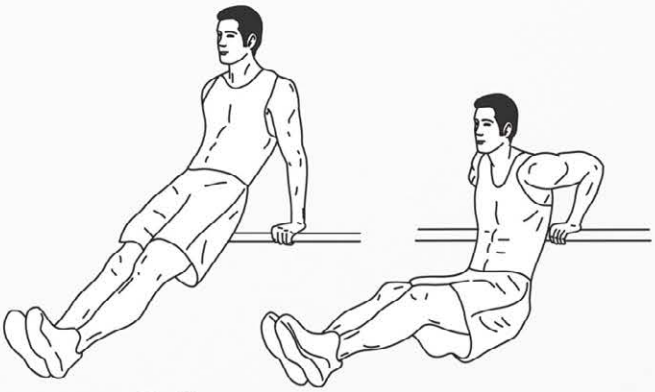
100 fast high knees



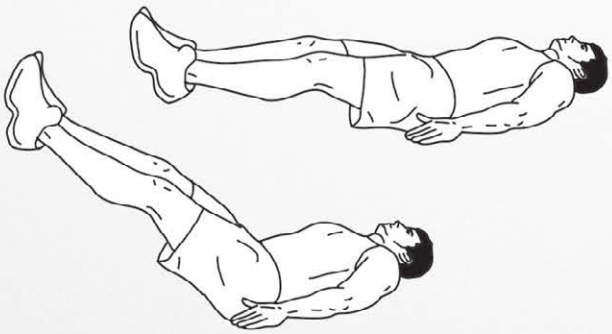
100 mountain climbers



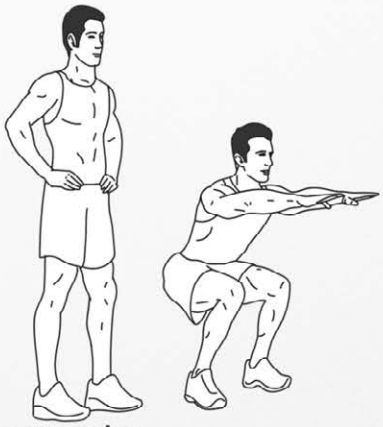
20 decline push-ups



10 tricep dips



20 leg raises



40 squats

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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87

spartacus

Gladiators were renown for great abs and explosive leg work and this workout is here to help you shape your abs and get some real power to your lower limbs.

What it works: lateral abs, core, glutes, shoulders, triceps, chest, quads, front hip flexors.

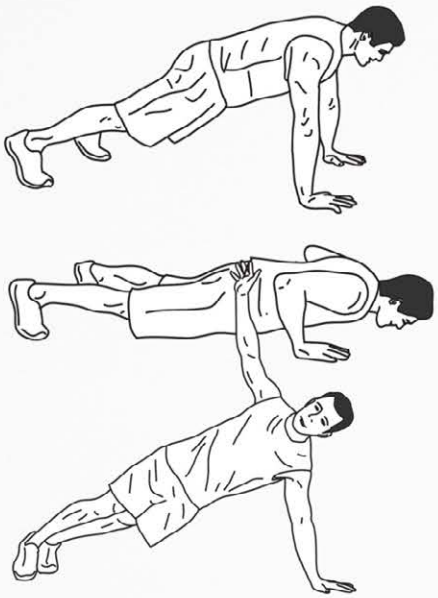
Main Focus: Core strength.

Tips: Perform jumping lunges, landing on the ball of the foot each time to absorb the shock and push off in one smooth motion.

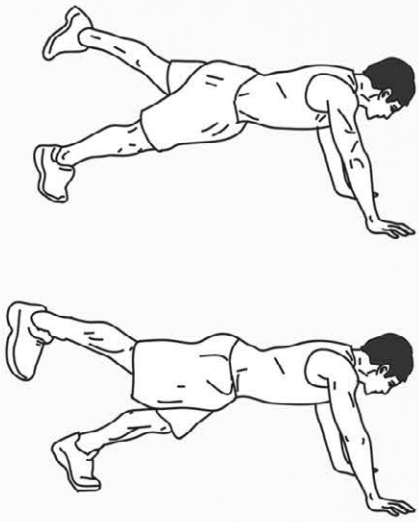
SPARTACUS

workout

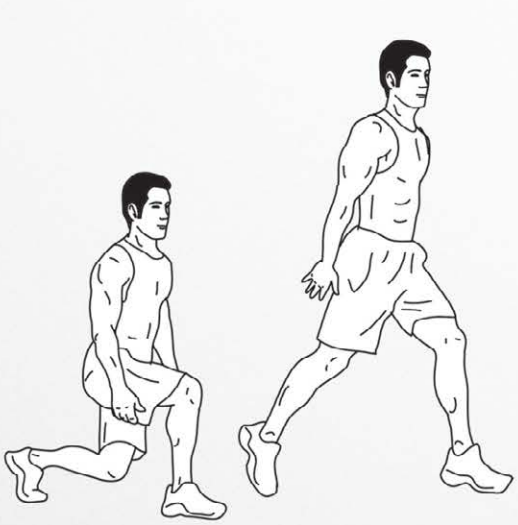
reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps



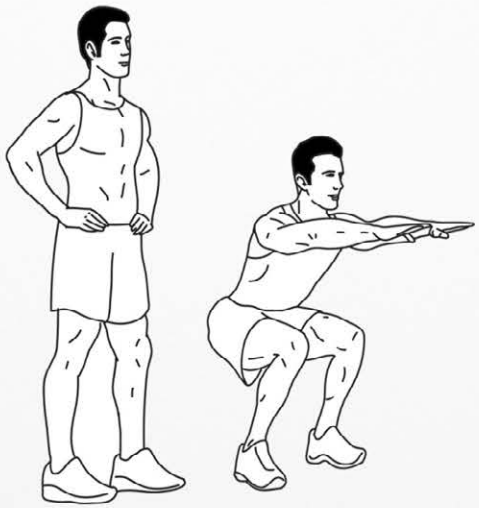
1. push-ups with rotations



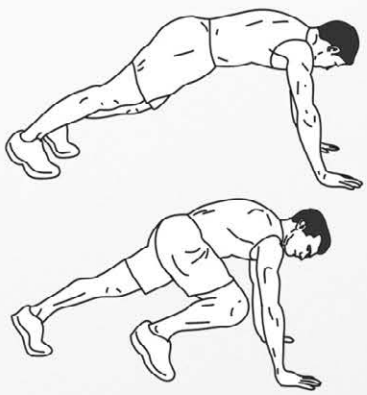
2. planks with leg lifts



3. jumping lunges



4. squats



5. mountain climbers

sets **level I** 3 sets **level II** 6 sets **level III** 10 sets **rest between sets** up to 60 seconds

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88

spiderman

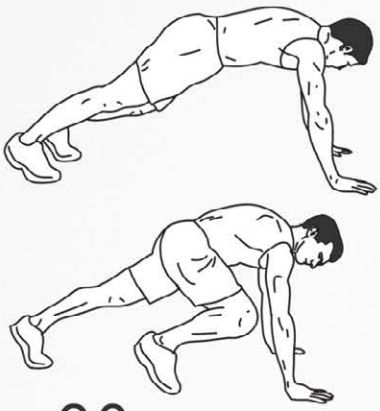
Spidey needs great core strength and abs to help him get through the villains he meets throughout his day and this workout helps you get there yourself. No web shooters necessary.

What it works: Lower abs, upper abs, lateral abs, core, shoulders, chest, triceps, quads,

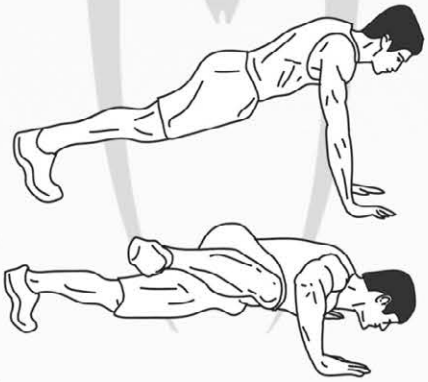
Main Focus: Abdominal muscle group.

Tips: Working your abs requires patience and mindfulness. Do spiderman push-ups with your lower abs fully tensed to activate your core and get faster results.

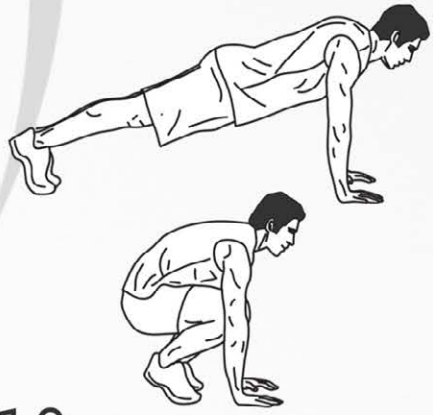
SPIDERMAN



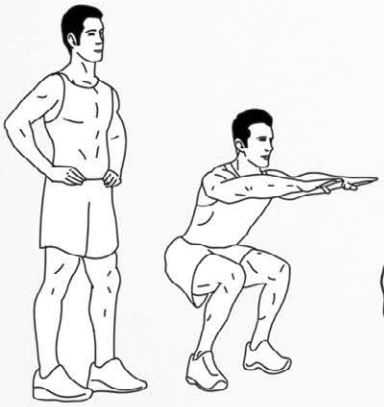
30 climbers



10 spiderman push up
+ side crunches

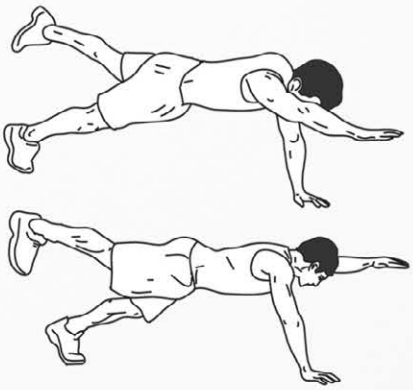


10 plank jump-ins

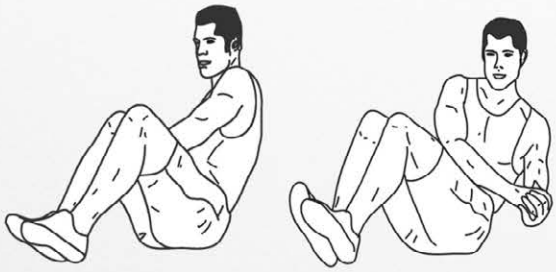


10 squats

45 sec push-up plank



20 alt arm/leg planks



20 Russian twists

10 knee crunches

sets **level I** 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 60 seconds

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89

squatter

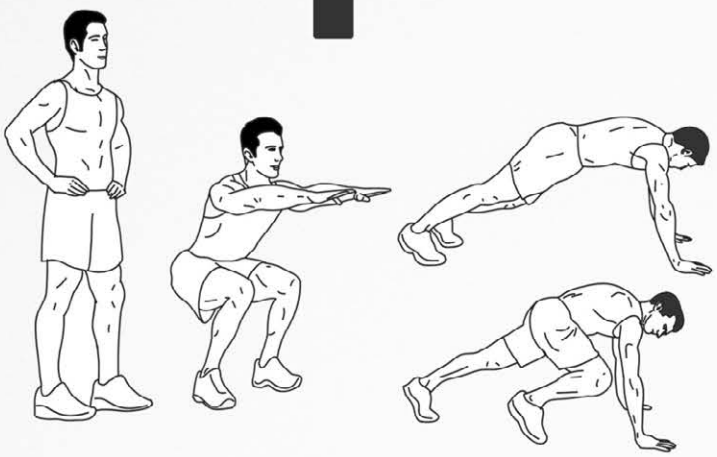
Put some really explosive power to your lower limb engine with this squat-based workout.

What it works: lower abs, quads, lateral abs, shoulders, chest, deltoids, triceps, glutes, biceps.

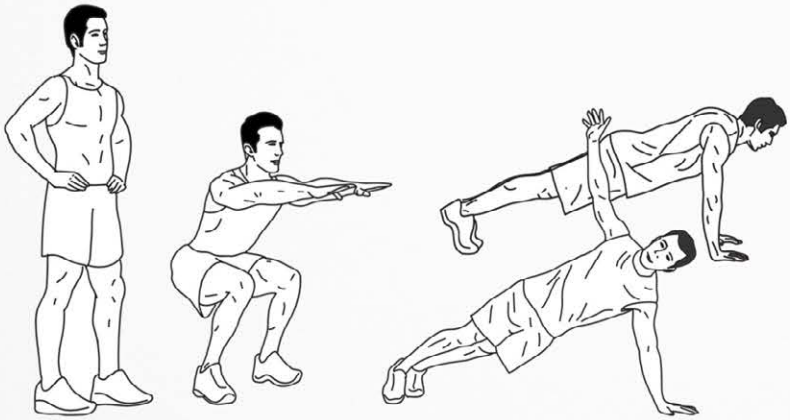
Main Focus: Leg strength.

Tips: Perform all squats with your back straight increasing the pressure that's brought to bear on your legs and maximizing the results.

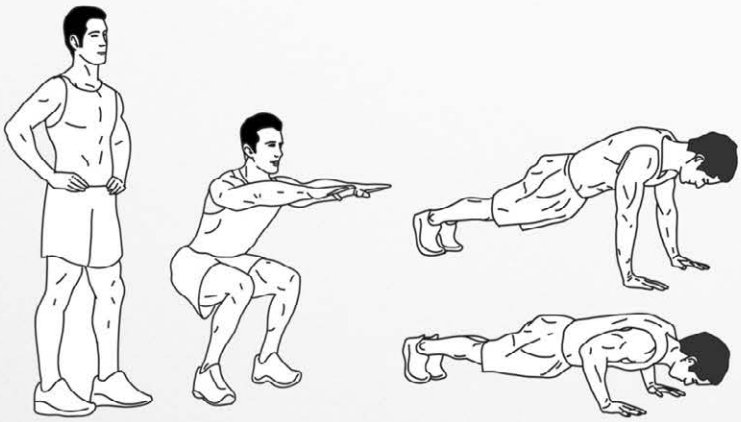
squatter workout



40 squats
20 mountain climbers



60 squats
20 planks with rotation



40 squats
10 push-ups

sets **level I** 3 sets **level II** 4 sets **level III** 6 sets **rest between sets** up to 2 minutes

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90

supernova

Supernovas are super-bright stars in the celestial horizon, burning high with energy being released, and this workout is designed to make you one on Earth with the kind of six-pack that'll get you noticed.

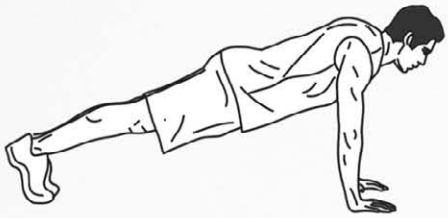
What it works: Lower abs, upper abs, shoulders, chest, triceps, biceps, glutes, core.

Main Focus: Abs.

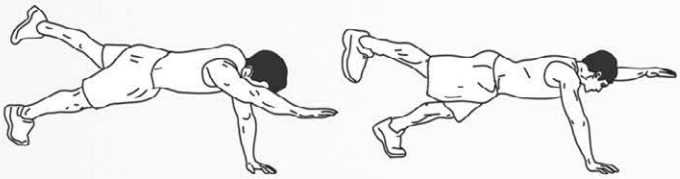
Tips: A moving plank challenges your core and helps you develop greater stability. Make sure your abs are tense throughout the movement.

SUPERNOVA workout

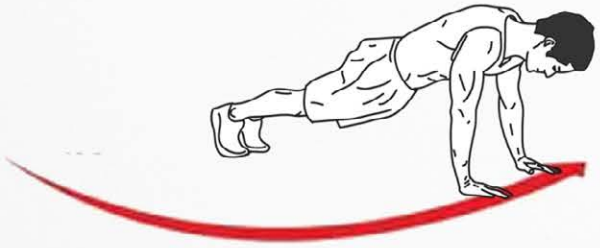
IN 5 MOVES



Move 1: hold plank – 45 seconds

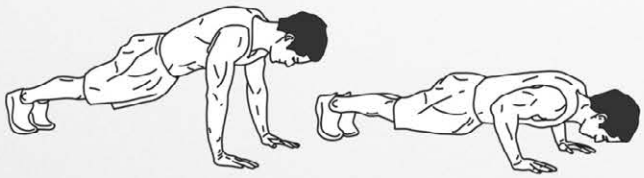


Move 2: 10 reps altarm/leg planks



Move 3: 10 reps 90 ° moving plank

Move 4: 30 mountain climbers



Move 5: 10 push-ups

sets **level I** 3 sets **level II** 7 sets **level III** 10 sets **rest between sets** up to 2 minutes

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91

thunder

Be as fast as lightening with this workout designed to help you bring your speed and power up a level (or two).

What it works: Quads, calves, front hip flexors, triceps, chest, deltoids, glutes, lower abs, core, aerobic capacity, shoulders.

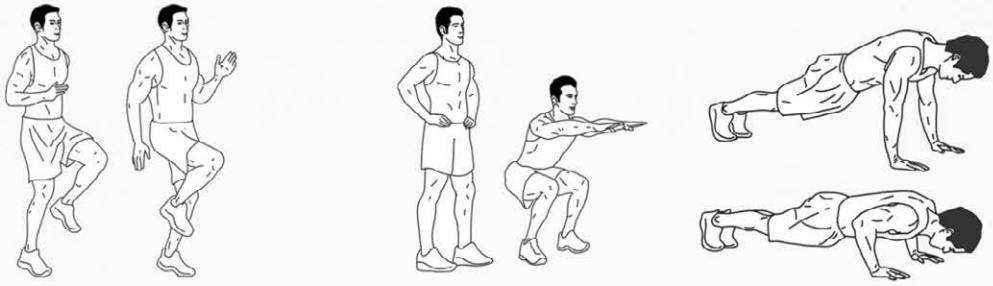
Main Focus: Speed.

Tips: When performing plank jacks make sure your arms are perfectly straight, your body weight evenly distributed on them.

thunder workout

round 1

40 sec fast high knees | 10 squats | 10 push-ups

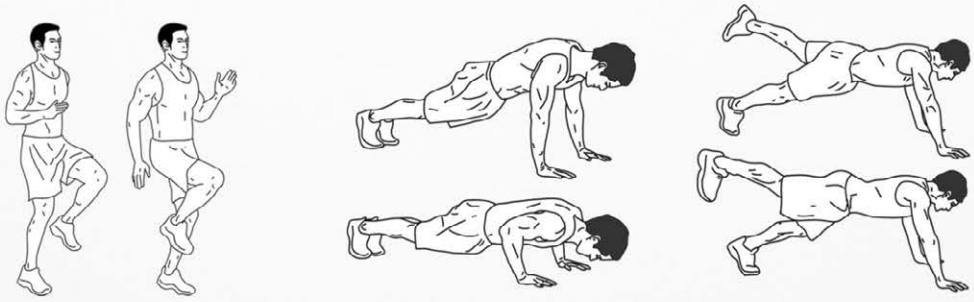


round 2

20 sec fast high knees | 10 lunges | 10 plank jacks

round 3

40 sec fast high knees | 10 push-ups | 10 plank leg raises



round 4

20 sec fast high knees | 10 scissors | 10 flutter kicks

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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tiger, tiger

"Tiger, tiger, burning bright
In the forests of the night,
What immortal hand or eye
Dare frame thy fearful symmetry?"

William Blake. 1757–1827

Be as dangerous as a feline predator with some exercises designed to help you move like one. You either a tiger or you are a lamb.

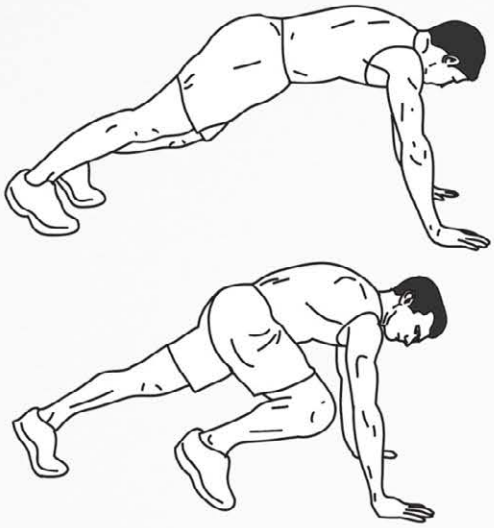
What it works: Lower abs, front hip flexors, shoulders, quads, chest, lower back, glutes.

Main Focus: Stability.

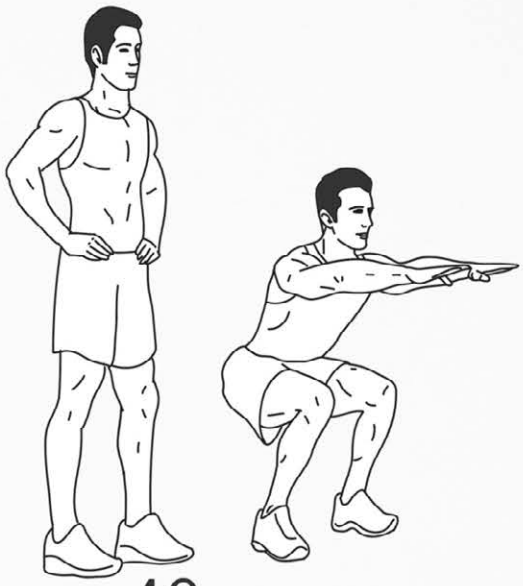
Tips: When performing hip thrusts make sure you push off the floor with your shoulders, not your head. This takes all the pressure off the back of your neck.

tiger, tiger

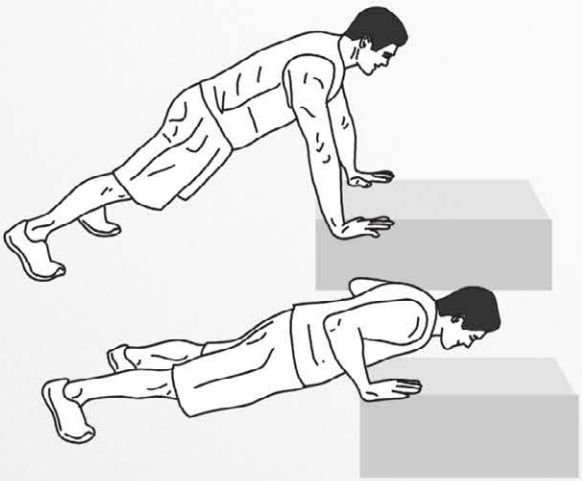
workout



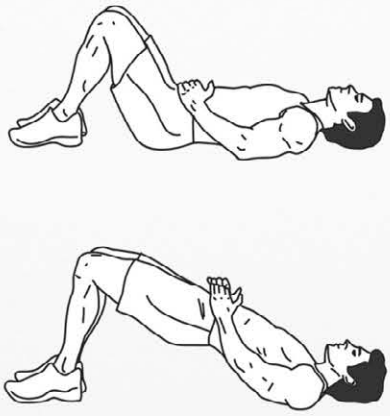
40 mountain climbers



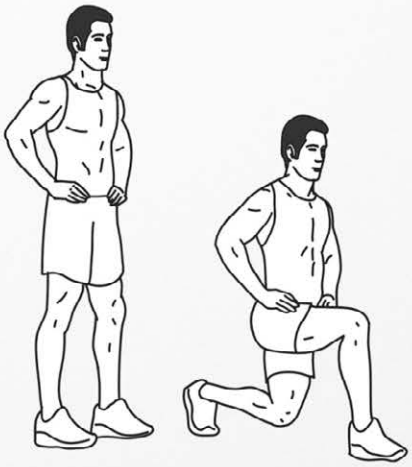
40 squats



10 incline push-ups



30 hip thrusts



20 lunges

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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toaster

Hunting Cylons means you need to be a machine yourself. This is a workout to help you build lower body strength and endurance. And don't forget that "burpees are everyone's favorite exercise" (said no one, ever).

What it works: quads, chest, abs, triceps, biceps, deltoids.

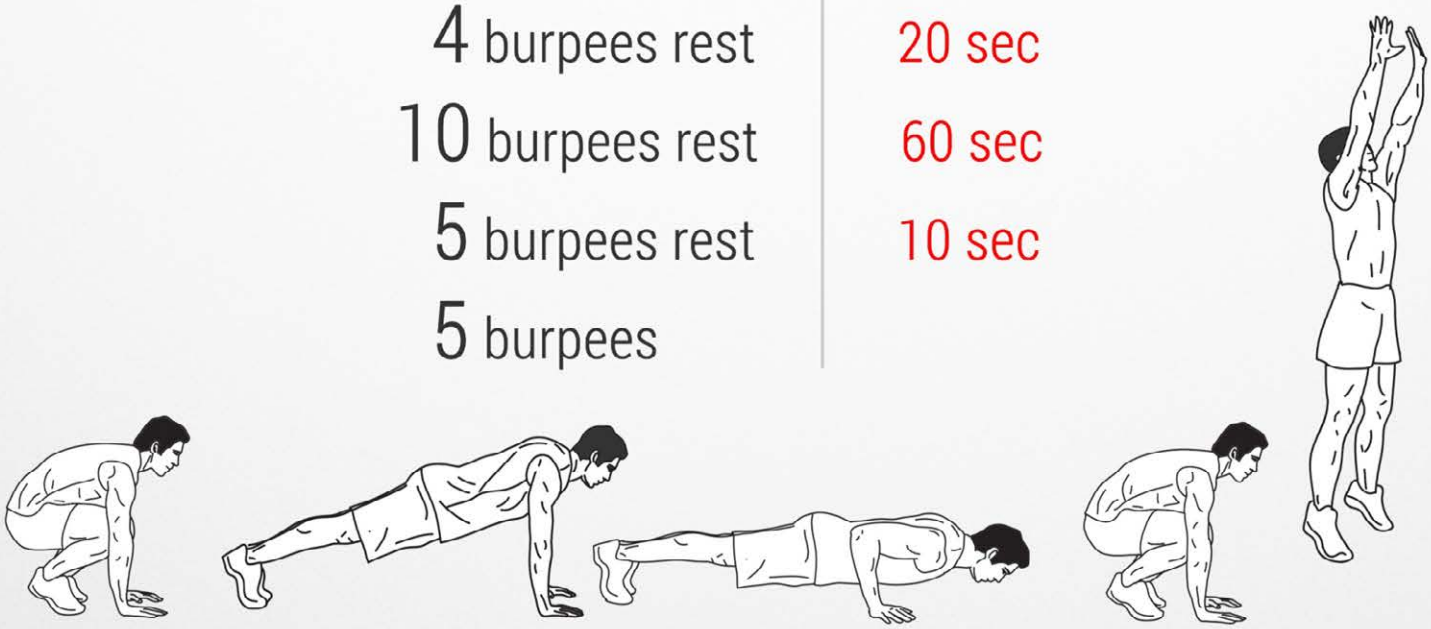
Main Focus: Stamina.

Tips: When you get tired in burpees you tend to let gravity take its course and forget to tense your abs throughout the push up part of the exercise. Make sure you don't make this classic mistake.

toaster

workout

10 burpees rest	60 sec
5 burpees rest	45 sec
2 burpees rest	30 sec
10 burpees rest	60 sec
5 burpees rest	40 sec
3 burpees rest	35 sec
10 burpees rest	60 sec
5 burpees rest	30 sec
4 burpees rest	20 sec
10 burpees rest	60 sec
5 burpees rest	10 sec
5 burpees	



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94

TV workout

Turn your TV viewing time into your workout time by using the commercials to take exercise breaks. (No more couch potato time for you, I fear).

What it works: lower abs. triceps, quads.

Main Focus: Cardiovascular system.

Tips: Keep your knees straight in the leg raises and scissors exercise, to bring your quads into play.

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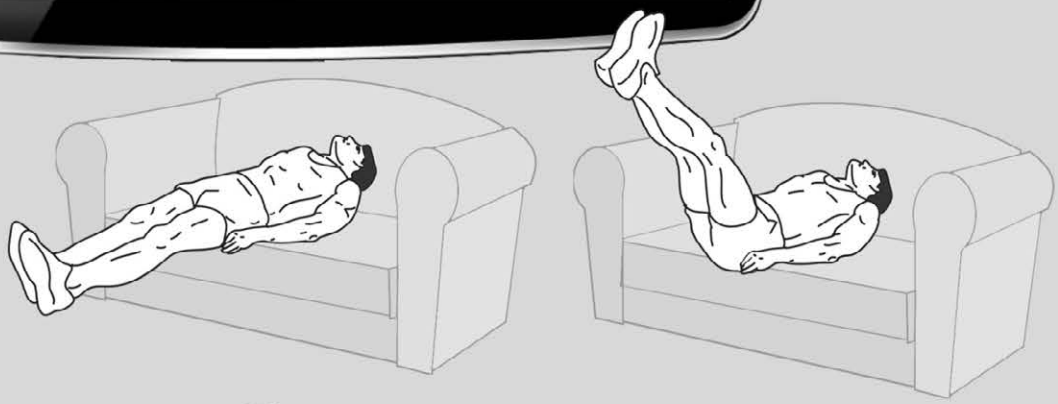
TV WORKOUT

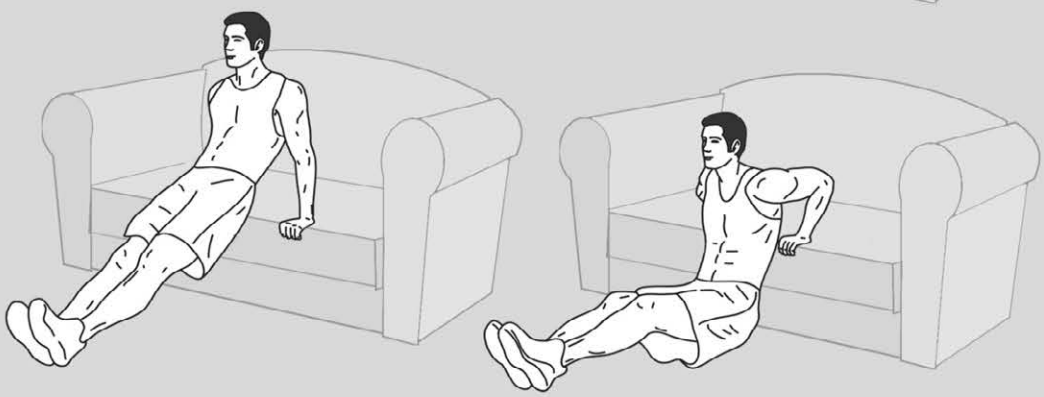
10 REPS EACH

during commercial breaks or every 20 minutes

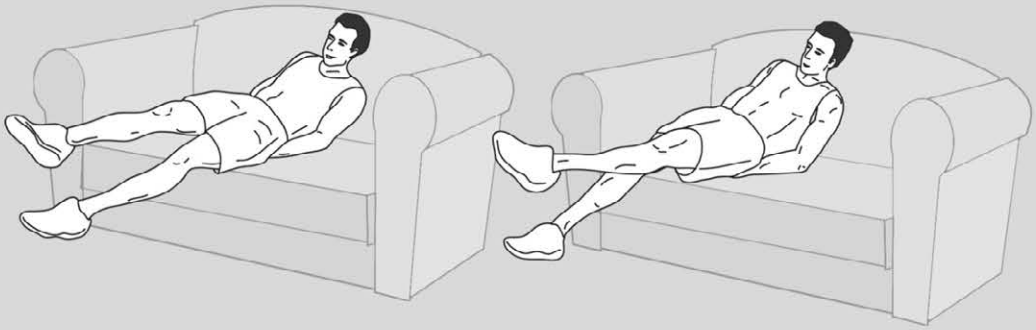
1. leg raises



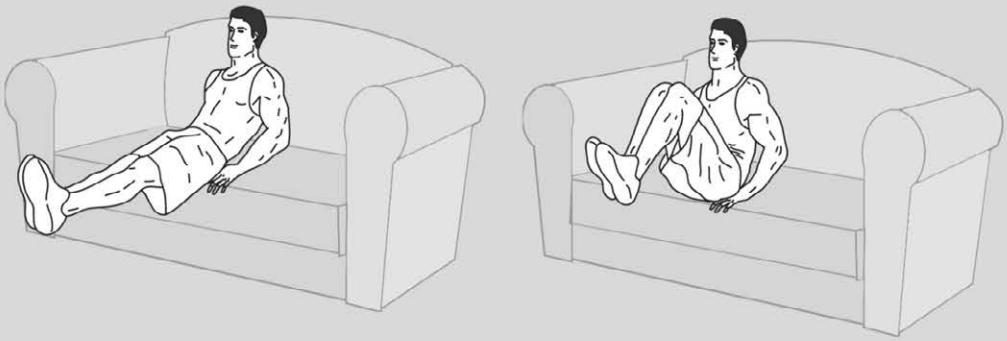
2. tricep dips



3. scissors



4. leg pull-ins



95

uncharted

If you played the award-winning video game you'd know that you need to be quick to duck behind cover and be able to crawl along the ground as silently as a spider. This workout puts you through your paces.

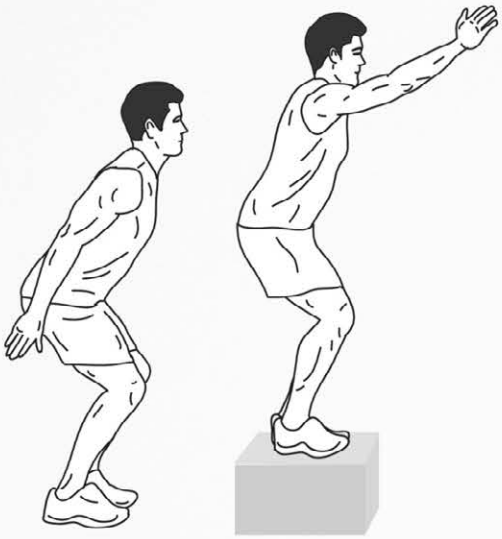
What it works: Quads, calves, lower abs, shoulders, chest, triceps, biceps, deltoids.

Main Focus: Core strength.

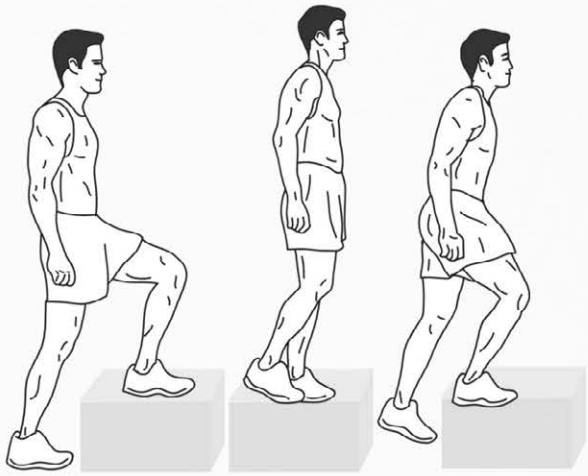
Tips: Use your arms in the box jumps to get a smooth, fluid, ballistic motion.

uncharted workout

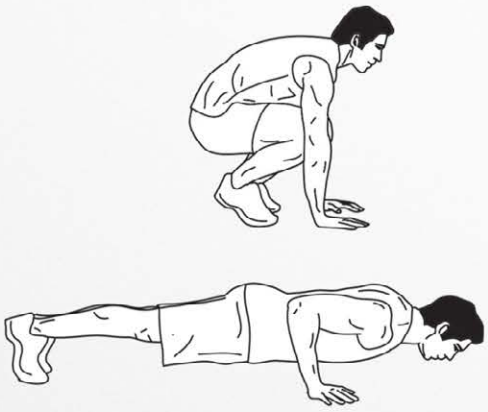
reps each **level I** 10 reps **level II** 20 reps **level III** 30 reps



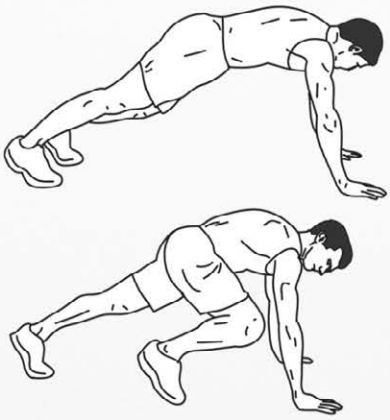
1. box jumps



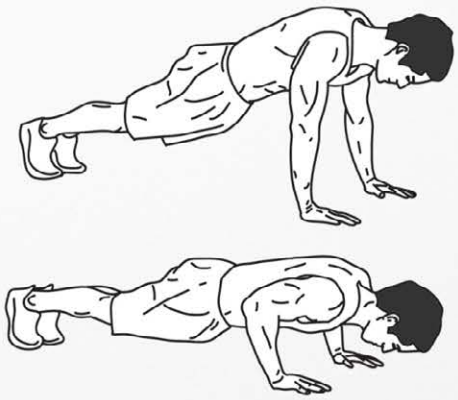
2. box fast step ups



3. duck and cover



4. mountain climbers



5. push-ups

sets **level I** 5 sets **level II** 7 sets **level III** 10 sets **rest between sets** up to 60 seconds

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vitality

Feel alive with a total body workout that uses all your muscle groups in a dynamic, life-affirming way.

What it works: lower abs, shoulders, chest, glutes, lower back, lower abs, lateral abs.

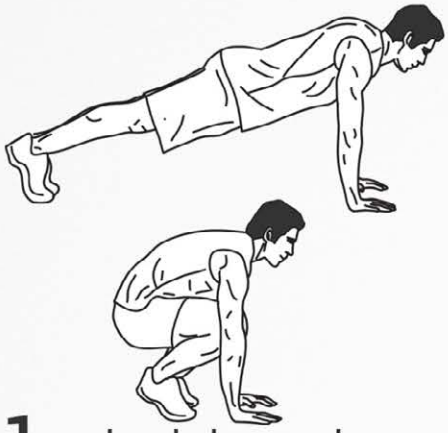
Main Focus: Ballistic movements.

Tips: Keep your chest off the floor when performing reverse flutter kicks for greater effectiveness on the muscles being worked.

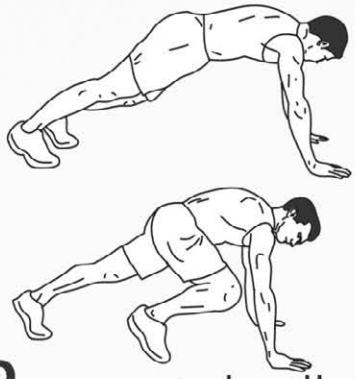
vitality

workout

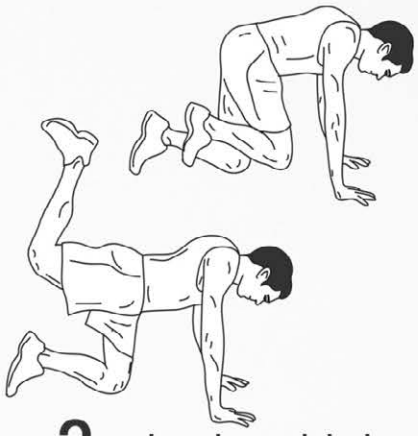
20 seconds each | 20 second breaks



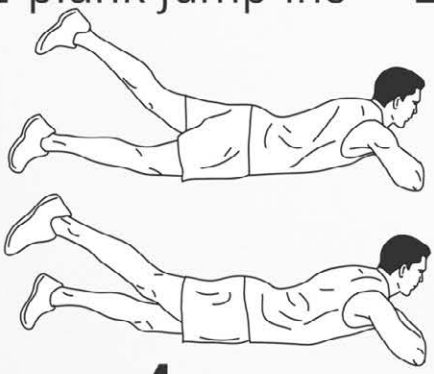
1. plank jump-ins



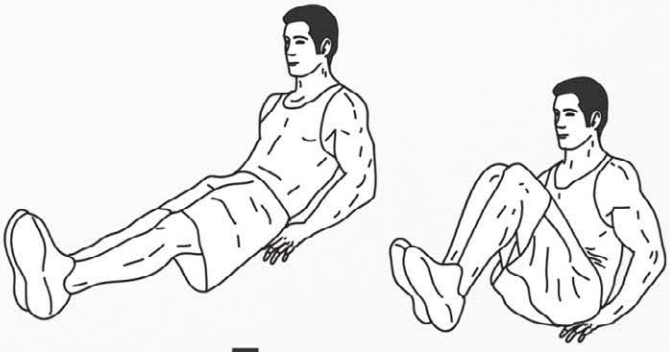
2. mountain climbers



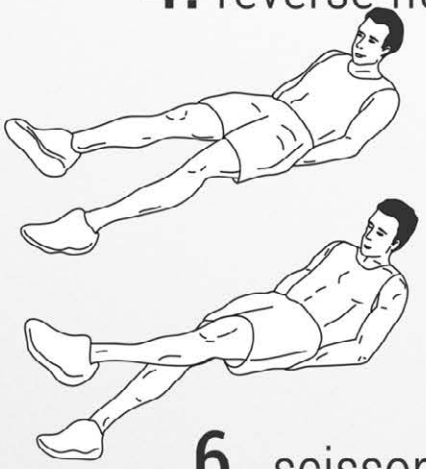
3. donkey kicks



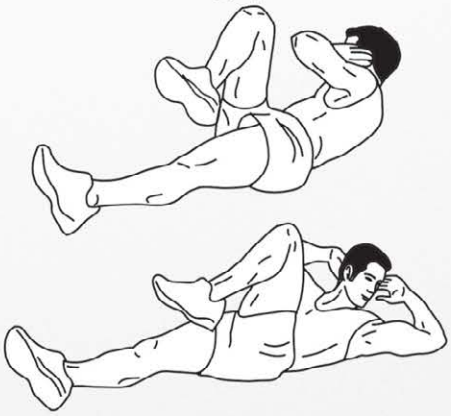
4. reverse flutter kicks



5. leg pull-ins



6. scissors



7. bicycle crunches

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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Wake up and make it happen

Start the day with a bang with a workout that'll get your pulse going and get your energy levels up.

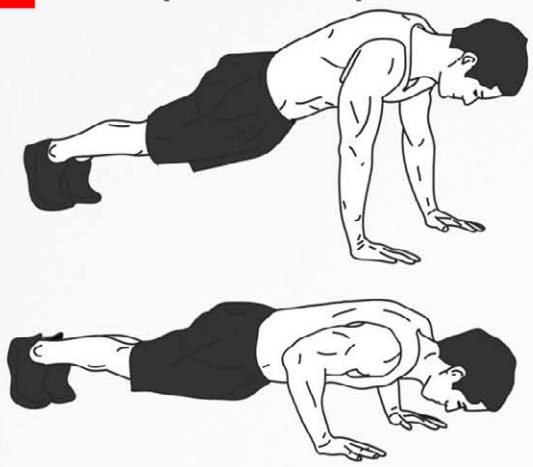
What it works: chest, shoulders, triceps, biceps, lower abs, core, quads.

Main Focus: Cardiovascular system.

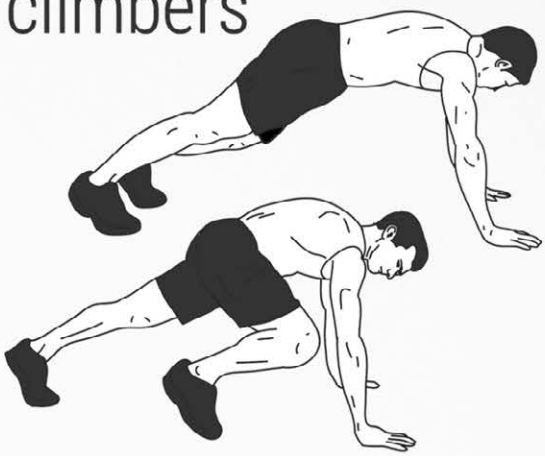
Tips: This is a fast, light workout designed to help you get your body going in the morning. Take deep, even breaths, throughout to help you start the day with an inner glow.

WAKE UP! & MAKE IT HAPPEN WORKOUT

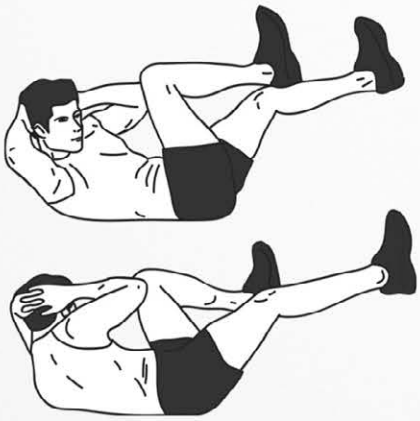
1. 10 push ups



2. 20 mountain climbers

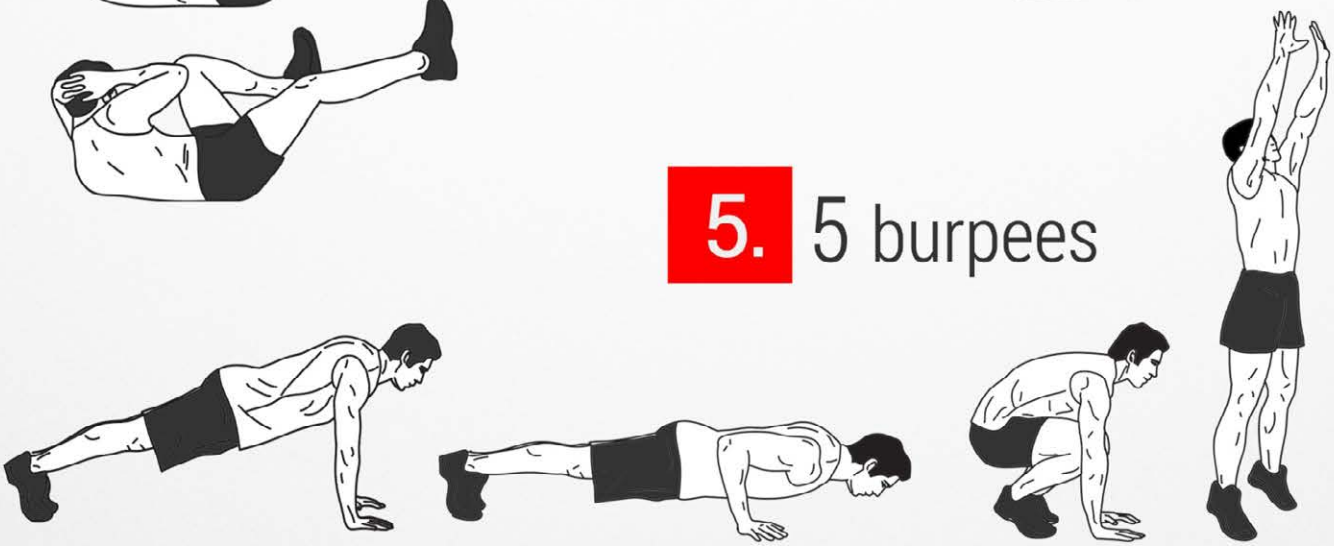


3. 20 bicycle crunches



4. 30 sec plank

5. 5 burpees



sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 60 seconds

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The Walkers

Surviving a zombie apocalypse is no easy feat. You need some serious muscle power and endurance to make it. This workout helps you get there.

What it works: lower abs, calves, ankle joints, lateral abs, abs, core,

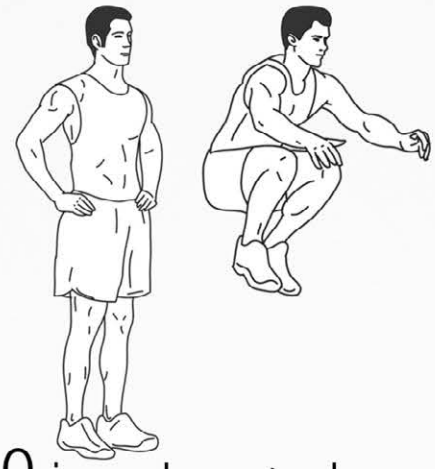
Main Focus: Cardiovascular endurance.

Tips: When executing the wood choppers exercise reach out behind you with arms extended as far as you can, before swinging back and down the other way.

WALKERS

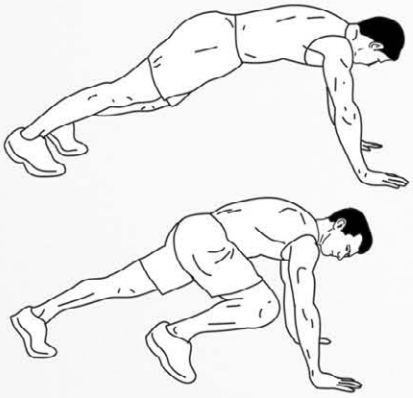
survival workout

40 high knees

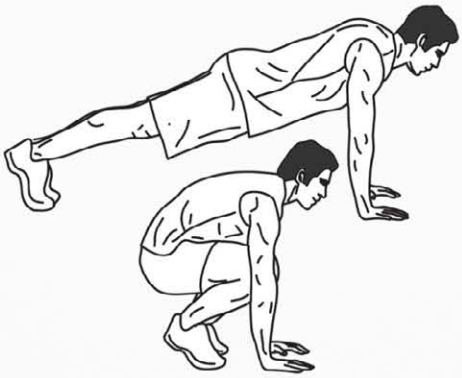


10 jump knee tucks

20 wood choppers



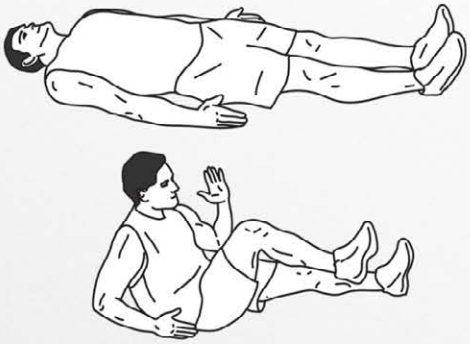
40 mountain climbers



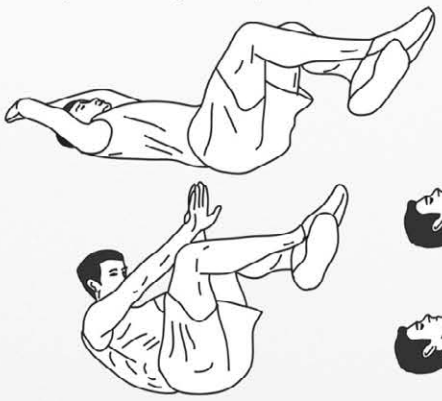
10 plank jump-ins

tip: hold something heavy

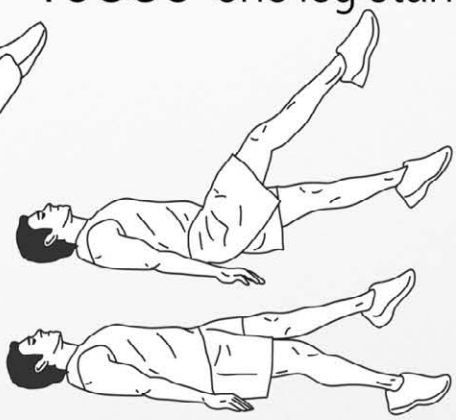
40sec one leg stand



20 sprinters



10 knee crunches



20 flutter kicks

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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99

wall hugger

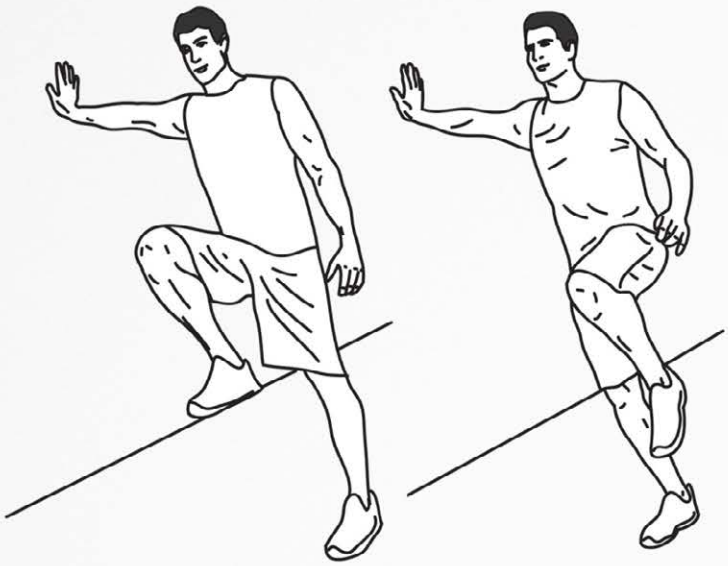
What if you had a training buddy that was cold, hard, unforgiving? Unyielding to your every push? Well, guess what, you have them all around you all day long. Challenge yourself in a set of exercises where your constant training buddy is a wall.

What it works: lower abs, shoulders, core, abs, quads, chest forearms.

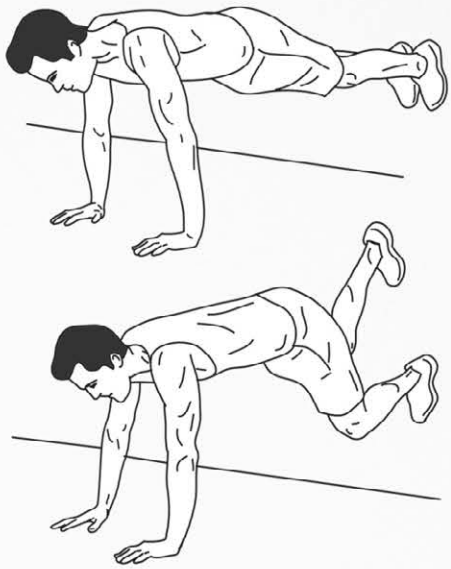
Main Focus: Strength.

Tips: Tense your abs and flatten your stomach when performing wall raised mountain climbers. This helps bring your core into play.

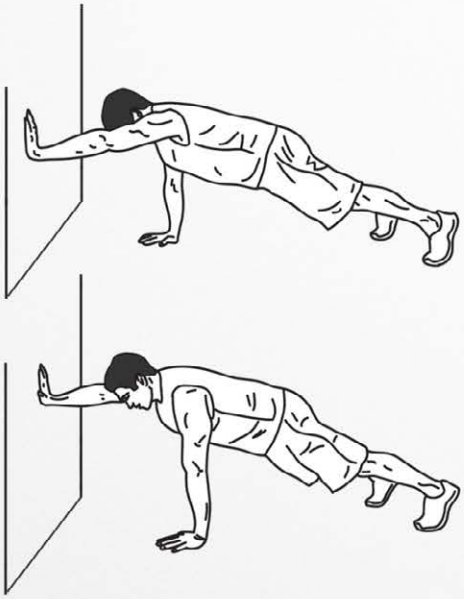
wall {hugger}



40 lateral wall run

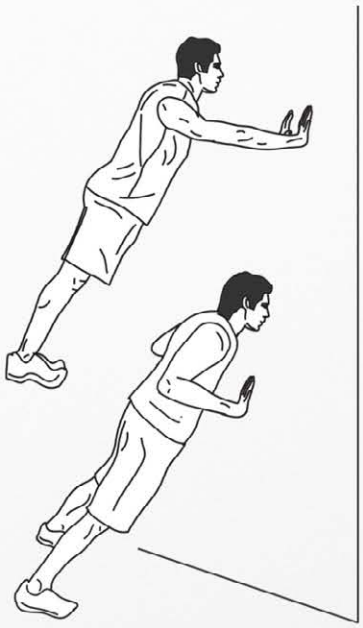


40 wall raised mountain climbers



30 plank wall-touches

45 sec wall sit



10 wall push-ups

sets **level I** 3 sets **level II** 5 sets **level III** 8 sets **rest between sets** up to 2 minutes

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100

wipe out

Wipe out will empty you of everything you have and leave you writhing on the floor. It will also help you take your fitness level past any current barrier.

What it works: Quads, chest, triceps, biceps, deltoids, shoulders, calves, ankle joints.

Main Focus: Cardiovascular Endurance.

Tips: Get through this, one rep at a time. That is all you need to focus on.

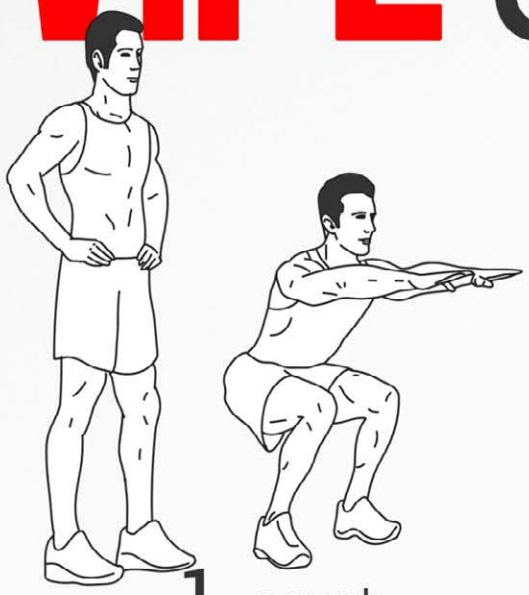
WIPE OUT

one of each

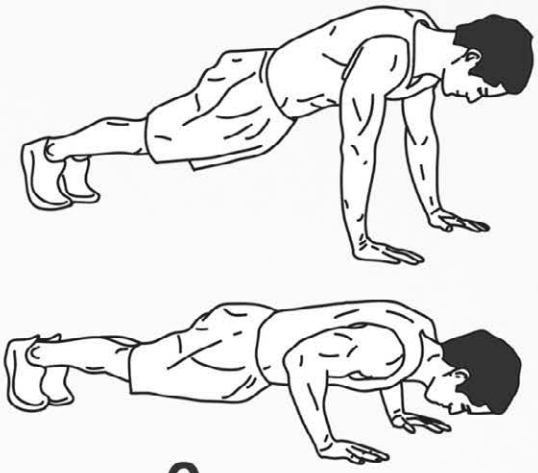
level I 20 rounds

level II 30 rounds

level III 50 rounds

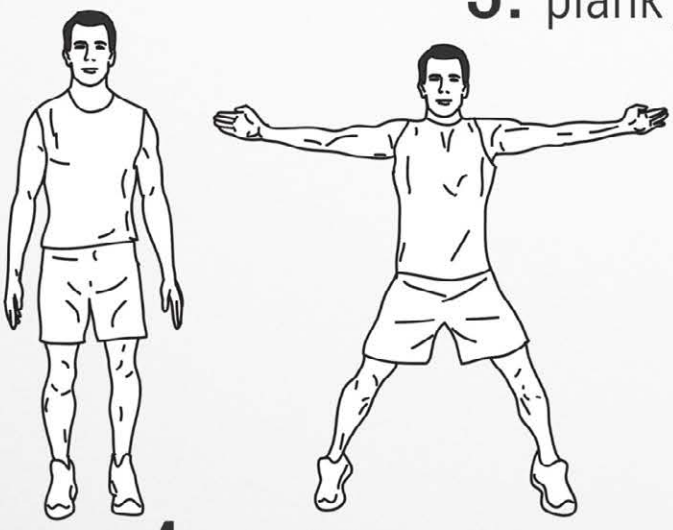


1. squat

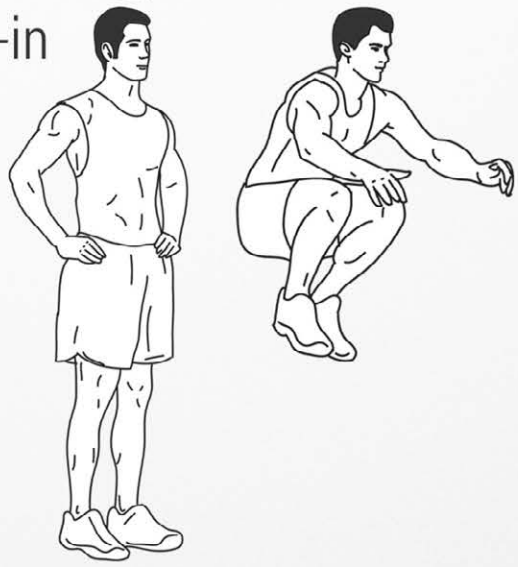


2. push-up

3. plank jump-in



4. plank jump-in



5. jump knee tuck

sets **level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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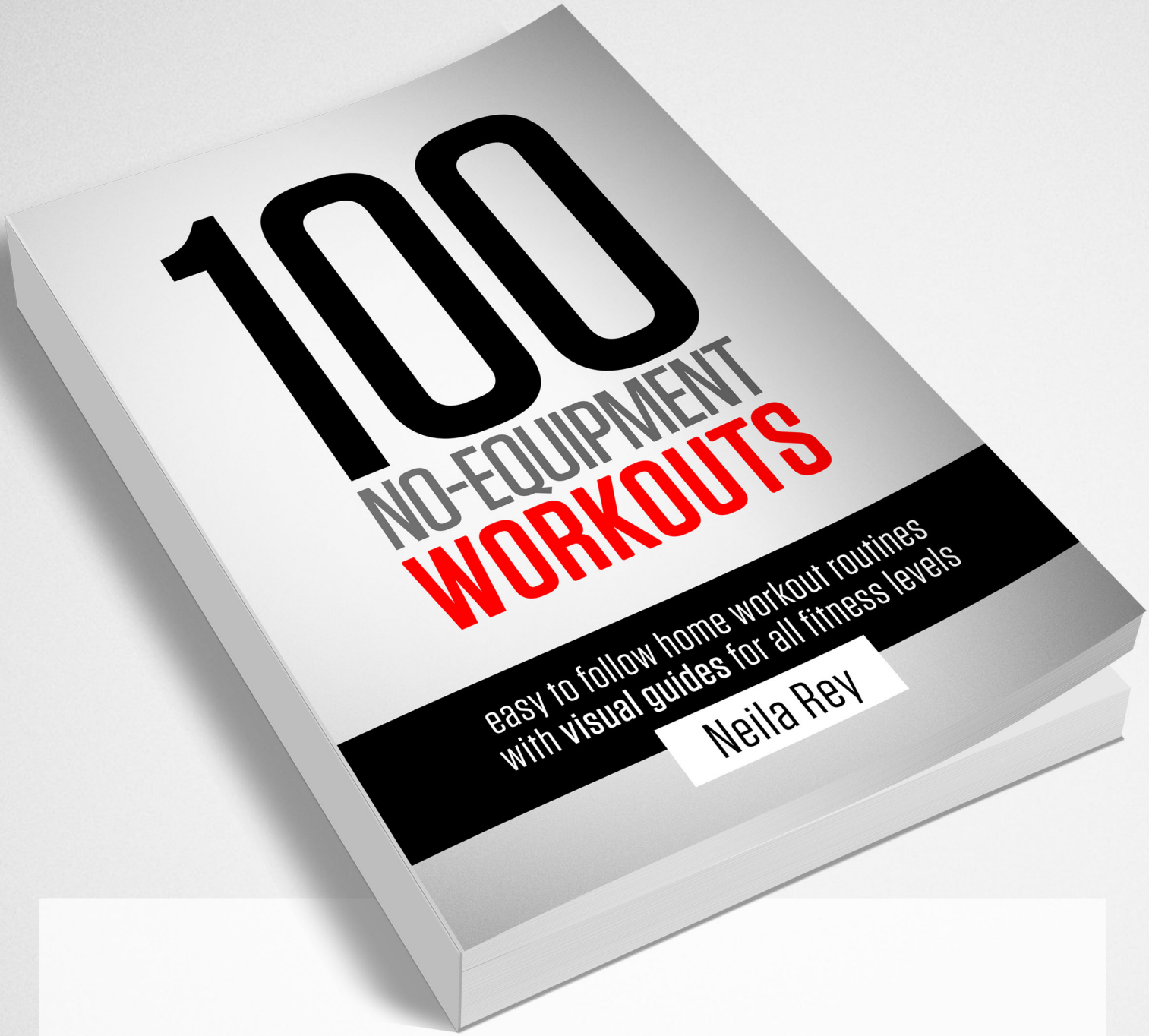

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