



INSANE

HOME FAT LOSS

WORKOUT OUTLINE

DEFINITIONS / TIPS / TRADE SECRETS

AFTERBURN EFFECT

The afterburn effect is your ability to continue to burn an excess amount of calories for 48 hours after your workout. Insane Home Fat Loss provides you with the right compound exercises that will allow your body to experience the afterburn effect so make sure that you're following the rest periods accordingly and watching your form at all times.

WORKOUT DURATION

The workouts are about 20 minutes long. The best time to perform these exercises is first thing in the morning. The reason why is because our ability to use fat as energy is much higher at this time. Do your best to do them as soon as you wake up.

REST PERIODS

Once you've completed each round in the program you should see a clock with the designated rest periods. Make sure you're doing the best you can to not rest any longer than the clock tells you to. If you really need to take extra time, make sure you stop the video until you are ready to go again.

EQUIPMENT NEEDED

All the workouts were designed to be done in the comfort of your own home. All you're going to need is a workout towel (any normal medium towel will work) and some water.

EXERCISE BREAKDOWN / VARIATIONS

PUSH UPS



Start from the plank position. Set your hands at a distance that is slightly wider than your shoulders. Lower your body and then push up. Remember to engage your core throughout the entire movement.

Advanced Variations: 4 sec. Push Ups / Close Grip Push Ups / Spidermans / In & Out Push Ups / Alternating Push Ups / Dynamic Push Ups

SQUATS



Stand with your feet slightly wider than your hips. Point your feet slightly outward and look straight ahead. Bend at your knees and push your hips back. Never let your knees go past your toes as you lower/lift your body until your legs are parallel with the ground.

Advanced Variations: Double Pump Squats / Jump Squats / Towel Raised Squats

LUNGES



Stand up straight, with your legs hip-width apart. Step forward and keep your back straight as your body moves forward. Aim to make both of your knees stop at a 90 degree angle. Make sure your front knee does not go over your toes.

Advanced Variations: Jumping Lunges / Back Lunges / Ski Hops

BENT OVER POSITION



Halfway position between standing and squat. Knees are slightly bent and hips are back. Keep your core engaged and do not hunch over. This exercise is the basis for many exercises performed in the program.

PLANKS



Start with the push up position. It is crucial that you keep your hips up and core engaged. You can also do this exercise on your forearms.

Advanced Variations: Mountain Climbers / Spidermans / Knee to Elbow Planks /

TOWEL VARIATIONS



To increase the difficulty level of some exercises try using a towel. When using a towel, do not worry about the speed of the exercise but rather the contraction of the muscles. Pull the towel tight and keep tension all the way through the motion. You can use a t-shirt, shorts or anything else that you have laying around the house as a substitute.

DAY 1: THE WAKE-UP CALL

(FIT TEST)

JOG IN PLACE



JUMPING JACKS



HIGH KNEES



PUSH UPS



TOWEL RAISED
JUMPING SQUATS



WARM UP

MOUNTAIN CLIMBERS



BURPEES



BREAST STROKES



KNEE 2 ELBOW PLANKS



RECORD YOUR PROGRESS

Test 1 Test 2 Test 3

Jumping Jacks
High Knees
Push ups
Jumping Squats
Mountain Climbers
Burpees
Breast Strokes
Knee 2 Elbow Planks

BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.

DAY 2: THE FATAL ASSASIN

CHEST/BACK/CORE

JOG IN PLACE



HIGH KNEES



PUSH UPS



PRONE COBRAS



4 SEC. PUSH UPS

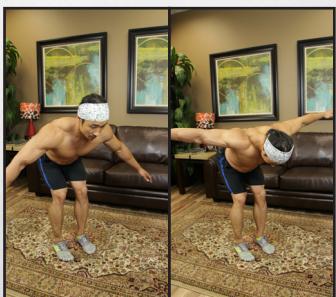


WARM UP

SIDE TO SIDE PUSH UPS



BENT OVER CIRCLES



BURPEES



3 POSITION TOWEL ROW



BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.

DAY 3: MAXIMUM AFTER-BURN

LEGS / CORE

JOG IN PLACE



JUMPING JACKS



HIGH KNEES



DOUBLE PUMP
JUMPING SQUATS



JUMPING LUNGES



ONE LEGGED
TOE TOUCHES



WARM UP

JUMPING KNEE
TUCKS



SKI HOPS



KNEE 2 ELBOW
PLANKS



JUMPING SQUATS



SIDE BURPEES



BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.

DAY 4: THE SUPER HERO

SHOULDERS/TRICEPS/CORE

JOG IN PLACE



JUMPING JACKS



HIGH KNEES



CLOSE GRIP DYNAMIC PUSH UPS



PYKE PUSH UPS



SPIDERMANS



WARM UP

SQUATS WITH TOWEL RAISED



HIGH KNEES (TOWEL BEHIND BACK)



FRONT TO SIDE LATERALS



SKYSCRAPERS



MOUNTAIN CLIMBERS



BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.

DAY 5: THE FAT DESTROYER

ABS/CORE/CARDIO

JOG IN PLACE



JUMPING JACKS



HIGH KNEES



JUMPING KNEE TUCKS



TOWEL SIT UPS



YOGA PLANT GLUTE RAISE



WARM UP

MOUNTAIN CLIMBERS



SIXPACK WIPES



SIDE 2 SIDE JUMPS



AIR JACKS



TOE TOUCHING CRUNCHES



BURPEES



BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.

DAY 6: UPPER BODY BLASTER

CHEST/BACK/DELTS

JOG IN PLACE



JUMPING JACKS



HIGH KNEES



ALTERNATING PUSH UPS



STANDING TOWEL PULL UP



IN & OUT PUSH UPS



WARM UP

BENT OVER TOWEL FRONT RAISES



HALF BURPEE PUSH UPS



FLOOR SWIMMERS



TOWEL SNATCHES



PRAYERS



BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.

DAY 7: THE KNOCKOUT

LEGS / CORE

JOG IN PLACE



JUMPING JACKS



HIGH KNEES



IN PLACE SPRINTS



BACK LUNGES



TOWEL RAISED JUMPING SQUATS



WARM UP

GROUND SHUFFLES



DONKEY KICKS WITH SQUAT



KANGAROOS



ALTERNATING MOUNTAIN CLIMBERS



MILITARY SQUAT WITH KNEES



BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.

DAY 8: THE KAMIKAZE

DELTs/TRICEPS/CORE

JOG IN PLACE



JUMPING JACKS



HIGH KNEES



CLOSE GRIP PUSH UPS



DIVE BOMBERS



FLOOR DIPS



WARM UP

STANDING PIKE PUSH UPS



HYDRAULICS



TOWEL UPRIGHT ROWS



KICKBACKS



PRAYERS UP ABOVE



BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.

DAY 9: CORES GALORE

ABS / CORE

JOG IN PLACE



JUMPING JACKS



HIGH KNEES



TOWEL CHOPS



X ROLLS



FLOOR RUNNERS



WARM UP

HALF BURPEES



SCISSORS



FLOOR PULL UPS



RAINBOWS



THE KARATE KID



BEGINNER

Perform each exercise for 30 seconds without stopping. Rest for 30 seconds then move on to the next exercise.

*Repeat all exercises 3 times.

ADVANCED

Perform each exercise for 30 seconds without stopping. Rest for 15 seconds then move on to the next exercise.

*Repeat all exercises 5 times.

INSANE

Perform each exercise for 60 seconds without stopping. Try not to rest before moving on to the next exercise.

*Repeat all exercises 5 times.