



**NEVER STOP  
MOVING**



# INTRODUCTION

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Step outside and observe the people around you. What do you notice about the majority of individuals? Personally, it seems to me that more than half of the people that I encounter on any given day are out of shape; either overweight, underweight or generally ill appearing. Why? It's because the majority of people are inactive. Many people spend way too much time being inactive, watching TV or sitting behind a computer screen. So many people fail to realize that they have fallen into a vicious cycle of inactivity and I would bet that most of those people don't have a clue where to start when it comes becoming more physically active, let alone more fit. The truth is that it's not entirely their fault. The changing times and advances in technology have in many ways set us up for failure and have created a system that makes it difficult to stay healthy. Instant gratification by way of high speed internet connections and enough content on Netflix to binge watch for centuries has caused a larger portion of our population to become more sedentary than ever. Never Stop Moving is going to be your guide to breaking free from the couch or from your desk and reaching your full potential, not only physically but mentally and spiritually as well. The fitness revolution has started and now is your chance to become a part of it!

Never Stop Moving is going to get you on the fast track to leading a more active and more fulfilling life. It will help you to become a better version of yourself by teaching you how to develop a lifestyle that is centered around making better decisions on a daily basis in regards to the things that you do and that you don't do. I will tell you up front that change is never easy and this e-book is only a small piece of the puzzle. It is going to take a great deal of effort and commitment on your end in order to make this work. I will also tell you that one of the most challenging components of this entire transformation is going to be spending at least an hour at the gym each day. For many people that may not be 100% attainable so, if you can't make it to the gym it is going to be up to you to make the right decision and pull out the jump rope or take a 3 mile power walk. You must take hold of the reigns and develop a warrior's mentality! Become the one who never stops moving!



# INTRODUCTION

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So many people are looking for the washboard stomach...the almighty six-pack. I will tell you right now that no one has ever developed six-pack abs by only doing abdominal exercises. A defined midsection is honestly one of the most difficult physical features to obtain (without the genetic predisposition) and that is why very few people have them. In order for you to have six pack abs you must be ready for the physical and mental challenge that this program is about to place upon you. With that being said, this guide is for everyone, especially people that have high percentages of body fat! Even if you are not looking for a ripped appearance, decreasing your body fat levels can bring you numerous health benefits as well as lower your risk of developing obesity related co-morbidities. Never Stop Moving will guide you each step of the way, giving you the ability to keep up without feeling overwhelmed.

Never Stop Moving is designed to keep you active and on your feet. What's unique about this program is the fact that we for 63 days you are not going to be prescribed any rest days. You may wonder why that is and the answer is simple. This program is designed to keep you on your feet in some way for every single one of the next 63 days. It is vital to the success of this program that you engage in physical activity constantly, on a daily basis, without fail for the next 63 DAYS. This is going to do a couple of things. Number one, it is going to help get rid of the stubborn layer of fat that we were talking about earlier. More importantly, by implementing the practice of being active each day for this extended period of time, you will literally rewire your brain to resemble that of other individuals who make physical activity a part of their daily lives. You will no longer have to think about being active because you will have developed the HABIT and habit shapes change.

# INTRODUCTION

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## NEVER STOP MOVING!

If you follow the instructions in this guide we can guarantee that you will achieve significant results. However, for those of you who are visual, you likely won't start to see noticeable definition in your core or other areas of your body until you have less than 15 percent body fat. For those of you who are looking to become seriously shredded, your core will not be fully defined until you are below 10 percent body fat however, that becomes a matter of nutrition not activity. Again, if you stick with the program and don't give up you will have a body that is worthy of praise. Not only that, you will find that the positive effects of your physical transformation will spill over into all other aspects of your life as well. You may find that in your new body, you are able to handle stressful situations with more easily, you feel more charismatic, more energetic and that you are making better decisions.

In order for you to make a change, let alone obtain a six pack you must perform exercises with each and every muscle group of the body, particularly the larger muscle groups such as your chest, back and legs. The more muscle you use, the more calories you burn. The more calories that you burn, the more likely you are to drop body fat. This guide will help you target the main muscle groups of the body so that you are able to burn calories at a maximal rate during workouts and at an increased rate throughout the rest of your day.

Abdominal exercises will be limited to the last 10-15 minutes of a workout and any cardiovascular specific exercises will be done at the beginning of a workout. The main reason that cardio specific exercise is going to be implemented in this program is because it will elevate your core temperature to a level that can maximize the way your body performs during your strength training sessions.



“ The first day is always the most difficult one. Step into the gym on Monday and you will see lines of people waiting to get on the bench press. What you are going to do instead is hop on the treadmill and forget about everyone else. ”

## TREADMILL

Get on the treadmill and start at a low speed. Remain on levels 1-3 (1-3 mph) for the first two minutes while you focus on your breathing. Breathe in through your nostrils and out through your mouth. Take deep breaths and let your lungs fill with oxygen. Once you feel nice and warm increase the speed to 3.5-4 mph and walk briskly for another minute while more blood starts flowing into your muscles. Don't forget to breathe. After that, increase the speed to somewhere between 5-7 mph depending on how you feel. Remain at this speed for 7-10 minutes.

\* Quick tip: listening to music while working out can definitely help you push through.

After the time is up you may continue to run for a little longer or you can slow back down to 3.5-4 mph depending on how you feel. Your main goal is to stay on the treadmill for 25-30 minutes, allowing your body to get hot in preparation for the upcoming resistance training. Once you have finished, hop off the

## SQUATS

Squats are an important exercise to perform because not only do they work the muscles in your legs; they work out the majority of the muscles in your body including your core. If this is your first time you squatting, you're going to want to work on your form and practice using a dowel or the bar without any added weight. The main thing with the squat is that you rest the bar in a comfortable position on your upper back so that you are able to reach a 90 degree (parallel) position. By parallel, we mean that your hamstrings and your glutes are parallel to the floor at the bottom position of your squat. Once you feel comfortable with the movement aim for 3 sets of 8 repetitions. Don't forget to breathe properly and try not to rush through it. This exercise will be the most important one that you do today and it is critical that you do it properly.



## FRONT SQUATS

Now that your legs are nice and warm from the standard squats, head over to the front squat machine or if your gym doesn't have one, you can use the barbell or a smith machine to complete this exercise. Cross your arms and rest the bar on your shoulders. Balance is important here. Once the bar is balanced lower your butt while keeping your chest up and making sure that you reach the parallel position. Repeat 3 sets with 12 repetitions for each set. Don't worry about the weight here, form is key! If done properly this exercise will engage the quad muscles, glutes, hamstrings, as well as your core while simultaneously taxing muscle throughout the rest of your body. Rest for 2 minutes after completing this exercise and don't forget to breathe! Drink some water! At this point you will likely start feeling a little fatigued and that is normal. These exercises are physically demanding and take a heavy toll on the body, especially for beginners. Once you have regrouped head over to the leg

## LEG PRESS

Leg Press is another exceptional exercise for both building/toning and strengthening the lower body. It is also a very taxing exercise and therefore is great for increasing the metabolism and increasing calorie burn. It is important that when using the leg press you do not allow your ego to take over. So many people make it their goal to load as much weight as possible on the leg press. The issue is that doing this can make this exercise ineffective and even dangerous, so focus on form NOT weight! Once you are seated on the leg press, place your feet on the sled/platform with your feet about shoulder width apart. Be sure that you are pressing through your entire foot, focusing on pushing through your heels. Depending on which type of leg press you are using either lower the sled or push the sled out until your legs are 95% straight.

*\*Note: Never lock out your knees while performing the leg press. You can hyperextend them which is not what we want to do.*

Hold this position for 1-2 seconds and slowly return to the starting position. Repeat for 3 sets of 12 reps. Follow the same work/rest tempo as you did with the squats and the front squats. Once you have completed all three sets, it is time to perform a little core work!



## PLANKS

The first time you attempt the plank exercise you probably won't be able to maintain form for long. But that's ok. If you do give up just get back up and try again. Plank exercises engage the entire core and are great for building muscle. Don't think about the clock as you stay in from, just squeeze your abdominals and your glutes as hard as you can and try to last as long as possible. Focus on staying balanced and try to keep your eyes on the floor when you are in position. When you are finished, take a quick rest then roll onto your back and prepare for the seated bicycles.

## SEATED BICYCLE

This is a fairly simple exercise. While lying on your back, begin pedaling a bicycle legs as if you are pedaling with a bicycle and keep on going until your abs start to burn. Once completed you want to do the same thing just in the opposite direction for the same amount of time. If you feel like you can do more go for it. Now, let's move to the seated leg raise.

## SEATED LEG RAISE

This exercise is also relatively easy to perform but will likely be challenging at this point since we are at the end of the workout. It goes like this, while lying flat on the floor keep both feet together and your legs straight, raise them towards the ceiling. Now bring your legs back down but make sure they don't touch the floor! Bring the legs back up towards the ceiling and repeat for 3 Sets of 8-10 reps or until your muscles give out (reach failure). Once finished congratulate yourself on completing your first workout but don't get too comfortable, we need to prepare for tomorrow."

## **POST WORKOUT TIPS**

Following your first strenuous workout, it is imperative that you eat well, sleep well, and drink plenty of water. It is important to eat a well-balanced meal as soon as you finish your work out and get a good night's rest. Be sure to drink as much water as you can tonight and begin tomorrow with a nutritious breakfast.



“ Now that you have gotten the proper nutrition and rest you are ready to begin Day 2 of Never Stop Moving. By now your legs are likely feeling sore from yesterday's workout which is why we switch up the cardio and put you on the elliptical to get started. Today's strength training exercises will focus on the back muscles. Back muscles are fun to work out and offer many benefits when stimulated properly. Stance, composure, and posture are few of the many things that are enhanced when you have a strong back.

## ELLIPTICAL

The elliptical is great because it offers a very low impact cardiovascular workout that you can go to when you're feeling sore in the legs. Once again, you want to start with a light resistance level and then work your way up. We recommend starting at levels 3-5 for the first 10-15 minutes then increasing to 7-10 for the last 10-15 minutes. Your main goal is to get warm and burn a few calories. Don't use up all your energy here! Once you are finished, make sure you get a good stretch and then head over to the weights for today's workout

## WIDE GRIP PULL UPS

Wide grip pull ups are great for working out the muscles in your back. They also do a great job of engaging your core. Pull-ups may be challenging especially for beginners so you may have to use assistance while performing them (use resistance bands or an assisted pull-up machine). Ultimately you want to perform 3 sets of 8 reps, but if you can't get that many don't sweat it just do your best. Once you are done get some rest, get some water, then head on over to the cable row machine.

## **SEATED CABLE ROW**

The row is a standard exercise that stimulates the back and core muscles simultaneously. Make sure you sit straight and use a comfortable weight. Grab the handle and pull back all the way until the handle touches your chest or your stomach. Repeat for 8 repetitions and aim for 3 sets. Make sure that the weight is challenging and you feel the movement in your back. You also want to keep your body fixed while pulling the handle and try not to lean too far forward as the weight returns to the starting position. Don't forget to breathe properly and drink water in between sets. Once you have completed the rows, smile and get your hands on a barbell for the main workout of the day.

## **DEADLIFTS**

The deadlift is a key exercise in this program for obvious reasons. It has real life application and if performed properly will work out a lot of different muscle groups. The deadlift may be tricky to master so you might want to check out some videos and make sure you are doing it properly. If anything you should start light and work your way up. There is potential for injury so you must make sure you understand the movement before beginning. Grasp the bar with an alternating grip using your main hand as the underhand; keep the bar close to your shins and your glutes low. In one swift movement drive your hips forward and pull the bar up off the ground careful not to lose balance. Hold position for a few seconds then bring the bar back on the ground for one repetition. Aim for 3 repetitions per set and 5 sets total. Experiment with the weight to see what works best for you. Many people may find themselves comfortable with the 45 pound plate on each side but you might have to start with the 25 pound plate just to get the form. Once you have done 3 sets of 5 reps get some water and rest then hop on over to the mats for a few abdominal exercises.

“ Now your core may be a little fatigued from the day before but that's ok. We want the core to be stressed continuously so that it will be forced to grow. Your core is very strong to begin with and can handle strenuous exercises so don't worry. When you are ready to begin grab an ab wheel or if it is not available use a small barbell with ten pound weights.

## AB WHEEL ROLLOUT

Kneel on the floor grab the handles of the ab wheel and roll forward. Try to go as far as you can without losing form. Tighten your abdominal muscles and return to starting position. Aim for 3 sets consisting of 8 repetitions. If you can do more go for it! After completing the exercise get in push up position for the next exercise.

## THE PRONE PLANK

For this exercise you want to get in push up position and stay that way for as long as you can. Tighten your abdominal muscles once you feel like giving up and try your best to stay up. Aim for 30 seconds in solid form for each repetition. Try to do 3 sets but more if you feel capable. Once completed rest up for you have just finished today's workout.

## POST WORKOUT TIPS

By now your body has done a tremendous amount of work and it needs proper nutrition and plenty of rest. Make sure to eat plenty of higher protein foods as well as a modest amount complex carbs. You might even want to throw in a protein shake as well to help with the recovery process. Try to avoid any strenuous activities during the rest of the day and make sure to stay focused. Remember that your next workout is less than 24 hours away and you need to do everything you can to make sure that you are ready. Stay away from the drugs and alcohol, they will only make things more difficult and above all don't give up! The first week is always the most difficult but hang in there!

“ We hope that you have gotten plenty of rest because today we are going to target the chest muscle group! This routine will target the mid, upper, and lower chest with three easy exercises guaranteeing that you stimulate the whole upper body. Once you are ready to begin, head over to the Stairmaster to get warmed up. ”

## STAIRMASTER

One of the best cardiovascular exercises is the Stairmaster. It not only targets your leg muscles, but it builds your core and helps you get rid of stubborn belly fat. Start off slowly while you get warm, we recommend you stay below level 5 for the first 5 minutes, and then gradually increase the speed. Aim to climb a minimum of 50 floors but do more if possible. Breathe properly and forget about the stats, just climb and enjoy the view. Once you have achieved 50 floors or more head on over to the flat bench to start your chest workout.

## DUMBBELL BENCH PRESS

If you are a beginner you're going to want to start out with light weights and gradually work your way up. Grab a pair of dumbbells and lay on a flat bench with the weights shoulder distance apart. Push the weights up and then bring them down until they touch your chest. Make sure that you breathe in when the weights are coming down and you breathe out when you are pushing the weights upward. Make sure you lock in your elbows and fully extend your arms when pushing up. Aim for 3 sets of 8 repetitions with a challenging weight. Don't rush through this exercise because it is the main one of the day and will work out your entire upper body. This exercise will give you a strong chest and help you burn calories throughout the day if done properly. Once you have achieved a nice pump go ahead and get on the incline bench for the next exercise.

## **INCLINE DUMBBELL PRESS**

The whole chest needs to be stimulated in order to get maximum results. That is why the incline dumbbell press is incorporated into this routine. No part of the chest is neglected. Start off with a light pair of dumbbells and make sure that you sit properly on the incline bench. Hoist the weights up until they are shoulder distance apart. Push the weights up and bring them down until they touch your upper chest. Breathe in when bringing the weights down and breathe out when pushing up. Repeat the motion 8 times. Increase the weight with each of the 3 sets of 8-10 repetitions. Make sure that the weight is challenging and that you are stimulating the muscle properly. This exercise may be difficult at first but the rewards you will reap from performing it properly are immense. Once you finish here, head over to the seated fly machine for the final exercise.

## **SEATED FLY**

This is a great exercise that works out the whole upper body in one swift movement. Sit in the chair with your back straight against the pad. Grab the machine handles making sure that they are at a comfortable height (somewhere between chest and shoulder level). "Hug" the handles until they come together in the middle. Return the handles to original position in one clean motion and repeat. Make sure to use a comfortable weight and extend your arms fully with just a slight bend in your elbows. Aim for 3 sets of 8 repetitions with good form. Don't forget to hydrate in between sets. Once finished with the exercise head over to the mats for today's ab workout.

## FIFER SCISSORS

Lay on your back with your hands by your sides. Raise both legs to the sky and drop one leg until it almost reaches the floor. While raising the leg that was dropped bring down the other leg in a similar fashion like a pair of scissors. Repeat this motion ten times with each leg. Do three sets total and rest 20 seconds.

## PLANK ON THE BALL

This is a simple exercise that is very similar to the regular plank except for this time you will rest your legs on top of a stability ball. Place your hands on the floor in front of you and roll the ball until it reaches your waist. Once there hold for 30 seconds and focus on stabilizing your core. Rest and repeat three times.

## JUMP ROPE

Finish off the day's workout with a quick fat burn. Grab a jump rope and complete three sets of 150 making sure to go at a steady pace. Focus on your breathing and posture and make sure to rest in between sets.

## POST WORKOUT TIPS

Once again you must get the proper nutrition, hydration, and rest in preparation for the next day's work out. Once you are ready head over to the gym for Day 4 Workout.

“ Congratulations on making it to Day 4! So far we have targeted all the main muscle groups as well as a lot of the smaller muscle groups along the way. Today we will focus on an important body part and that is the shoulders. Before we get started with shoulder exercises, head on over to the bicycles for a quick cardio session. ”

## BICYCLE

The bicycle is an excellent way to do your cardiovascular exercise. It stimulates the leg muscles and is fun to use. Start off at a low resistance then increase as you go along. Remember your main goal is heat up and burn calories so don't slack! Once completed, stretch your shoulder muscles in preparation for today's workout and head over to the weights.

## OVERHEAD SHOULDER PRESS

Grab a pair of dumbbells and rest them on your knees, when ready, hoist them off your knees and up above your shoulders. Push the dumbbells up and fully extend your arms over your head causing the weights to almost touch each other. Bring the weights back down to your shoulders and repeat for 8 repetitions. Perform 3 sets of 8 reps, increase the weights for each set. Once completed and your shoulders feel nice and warm, head over to the barbells for the next exercise.

## UPRIGHT ROW

While standing upright grab a straight bar and pull it up until it reaches over your chest. Keep the bar close to your body and always keep your bellows higher than your hands. Bring the bar back down and repeat the movement. Perform this exercise with a comfortable weight making sure to breathe properly and rest in between sets. Do 3 sets of 8 repetitions making sure to utilize the correct posture without stressing the lower back. Once completed rest and go back to the dumbbells for the next exercise.

## **STANDING LATERAL RAISE**

While standing, grab a pair of light dumbbells and hold them at your side. Now raise your arms until they reach shoulder height (your body should be forming a "T" at this point). Bring them back down and repeat for 8 repetitions. Breathe in when you drop your arms to your side and breathe out when you raise them up. This is a very difficult exercise and will challenge even the most fit individuals. Your shoulders should be on fire by the end of this routine and you can rest assured you have stimulated a lot of growth. Once you have gotten some rest and some water head on over to the mats for a quick abdominal routine.



## HANGING LEG RAISE

While either hanging from a pull up bar or using leg raise platform, hoist your legs up until they are perpendicular to your body. Bring them back down and repeat for 10 repetitions. Breathe in when dropping your legs and breathe out when raising them up. This can be a difficult move so push yourself to complete the exercise. You might only get one or two reps but that's ok. Do your best and aim for 3 sets of 8-10 repetitions. Don't forget to hydrate and rest in between sets. Once the exercise is completed stay where you are for the

## BENT KNEE HANGING LEG RAISES

This move will be very similar to the last except that this time you will bend your knees and hoist them up to your chest. Try to bring your legs as far up as possible. Bring them back down to neutral position and repeat for 10 repetitions. Aim for 3 sets of 10 reps, making sure to breathe in when Lower your legs and breathe out when raising them. This is another challenging exercise especially towards the end of the workout but try to do as many as you can. Take breaks in between sets and hydrate. Once you are done, smile! You have just completed today's workout!

## POST WORKOUT TIPS

Before going to bed consume a high protein snack something like low fat cottage cheese will be fine. It will supply your body with high quality protein all night long helping you recover much faster. If you feel tired the next day eat a handful of mixed nuts or drink a small cup of coffee before your workout. Just make sure you don't miss out on your workout just because it's the end of the week. Hang in there! You are almost done!

“ Kudos to you for making it this far! You have worked so hard and have reached the final workout of the week! Today is all about Arm workouts, they are a small muscle group so we are going to hit them fast and hard to give you a great pump and leave you in great shape for the weekend. Before we get started with the weights head on over to your favorite cardio. ”

## **TREADMILL/ELLIPTICAL/ STAIRMASTER/BICYCLE**

Now that you are familiar with a number of different warm-up options as well as how to implement them, please pick one that we have gone over previously in the week and implement your warm up for the day. Once finished, it is time to hit the weights!

## **CLOSE GRIP BENCH PRESS**

This is a great exercise that really stimulates the tricep muscles. It is very challenging, so you will want to go light. Try starting with just the bar. What you want to do is place your hands close to one another (just a little bit closer than shoulder width) and push the bar up, fully extending your arms. Bring the bar down until it touches your chest and repeat for 10 repetitions. Make sure to breathe in when you bring the bar down and breathe out when pushing up. As the weeks pass by you will be able to add on more weight and watch your triceps grow or tone up if that is your focus. Once you complete all sets at this exercise, head over to dumbbell area for the next workout.

## CONCENTRATION CURLS

Grab a curl bar and while standing bring it up until it almost touches your chest. Be sure to keep your elbows tight by your side! Once you do, bring it back down almost all the way before bringing it back up. The key here is to stand straight and make sure that your body isn't using momentum to bring the bar up. You want to use a steady and solid movement that isolates the biceps. Make sure you are using a challenging weight and utilizing proper form (keep your shoulders back and your butt tight). Now that your arms are feeling nice and pumped get ready for the next exercise.

## DIPS

Using a flat bench grab the edge with your hands and keep your feet extended as far as you can. Now use your arms to push your body up, then lower yourself back down to complete one repetition. This exercise stimulates the triceps and the shoulders at the same time. Make sure to breathe in when coming down and breathe out when pushing up. Try to go as low as you can to maximize the effectiveness of this workout. If you want really big arms this is the exercise for you. Don't neglect the dips! Later on, you can raise the difficulty by performing hanging dips which is the same movement with the only difference being that your feet are raised off the ground. This forces your arms to do more work which in turn stimulates more growth. Aim for 3 sets of 8 repetitions and don't forget to breathe! Once completed find a pull up bar for the last exercise of the

## **CLOSE GRIP PULL UPS**

This is a great exercise that helps build strong biceps when done properly. Find a pull up bar and use an underhand (supinated) grip to grab the bar. Make sure that your hands are relatively close together (a little closer than shoulder width) and pull yourself up until your chin is above the bar. Try to pull up as far as you can before extending down to neutral position. You should aim to perform the full range of motion in order to fully stimulate the growth of the biceps. Repeat this for as many repetitions as you can and aim for 3 sets of 5-10 reps with 30 seconds of rest in between each set. This is a difficult exercise so do your best and don't get upset if you can only do a few. You can also utilize the assisted pull up if necessary as long as you are challenging your muscles. This exercise is a great way to end your arm workout, well done! Once completed catch your breath, hydrate, and head over to the mats for the last

“ This is it! The last abdominal workout of the week! We know your abs are killing you at this point so we will take it light. Start off by getting warm and doing some jumping jacks. ”

## 250 JUMPING JACKS

This is a very easy exercise that doesn't need much explanation. Needless to say we will walk you through it. With both hands and feet by your side jump up and extend both hands and feet as far as you can. Jump back into original position and repeat for 250 times. Try your best to do all 250 at once but if you really can't, take a break, regroup and try again. This exercise helps shave off those extra calories and tones the body as a whole, plus it's a lot of fun!

## BALL CRUNCH

Sit on an exercise ball and position it on your lower back. Place your hands behind your head (but be sure not to pull on your head) and contract your core as you come up. Come back down and repeat for 8 repetitions. Try not to move the ball as you come up and down. Breathe in as you extend backwards and breathe out as you contract. Flex your core and stay stable throughout the entire movement. Aim for 3 sets of 8 or do more if you'd like. Once finished, you are going to get to choose the final exercise so get your brain working!

## DEALER'S CHOICE

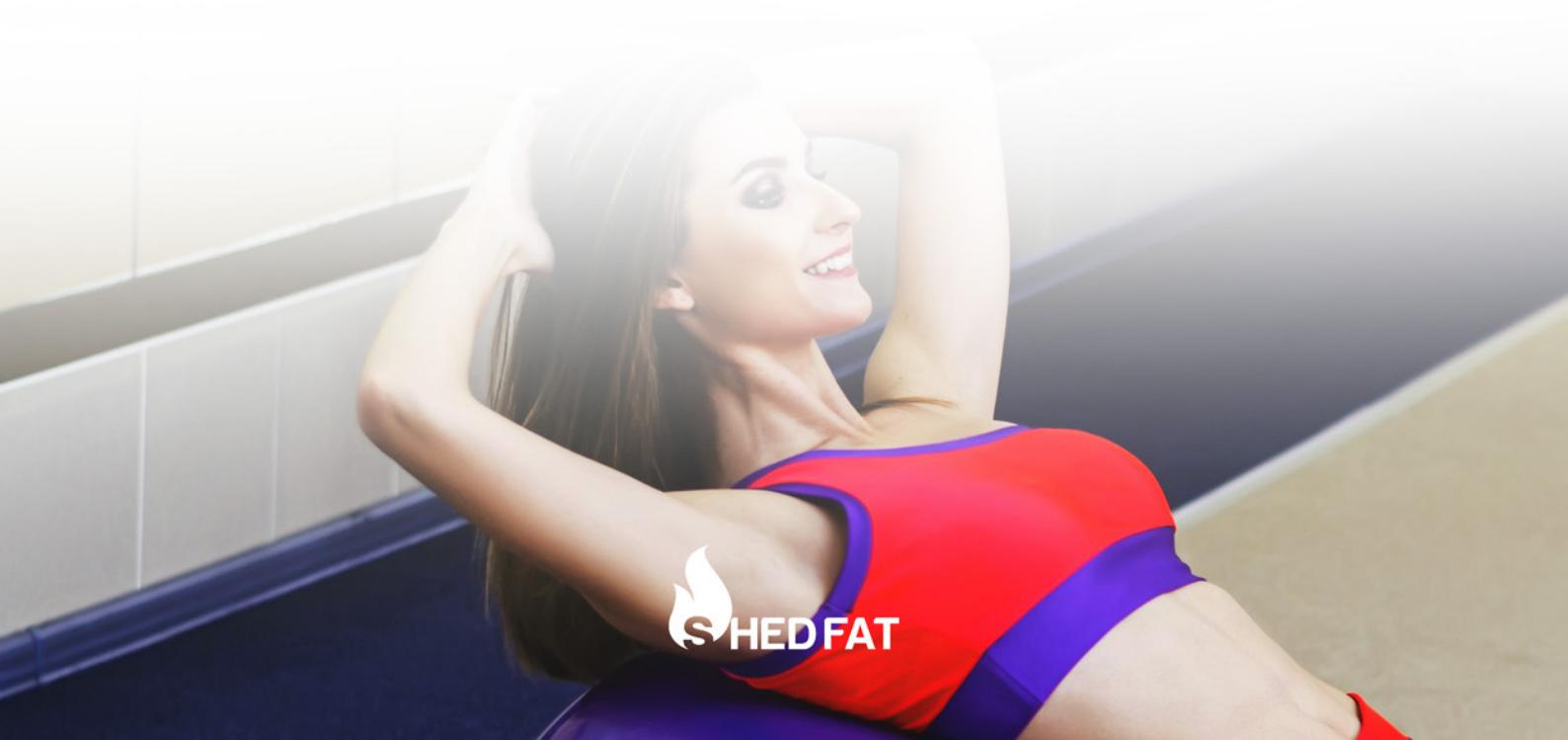
This is the last exercise of the week and we are leaving it up to you. You can do any of the core exercises demonstrated so far or do one of your own. Just make sure it targets your abdominals and leaves you feeling pumped! Congratulations you have just finished the first week of Never Stop Moving. Read below for more instructions on how to handle the weekend without sabotaging all your hard work so far.

## **POST WORKOUT TIPS/ WEEKEND GUIDE**

So far you have completed five consecutive days of strenuous exercises. Your body needs a break. However, it does not need to party and you should do your best to stay away from drugs, alcohol, junk food, soft drinks, and anything that will not help you get ready for Monday's workout. You must be prepared for Monday when the exercises become more challenging and the repetitions increase. Also, do your best to get plenty of sleep and get at least 6-7 hours (minimum) of good sleep during this beginning phase. Your body builds muscle and gets stronger when you are resting so make sure you get plenty of it! Another thing worth mentioning is that you are not allowed to stay inactive during the weekends. This guide requires that you perform some cardiovascular exercise on both Saturday and Sunday so that you don't stay completely inactive. Aim for thirty minutes of cardio each day, it will definitely help you stay focused for the week ahead.

## TIPS FOR THE NEXT 8 WEEKS

This guide consists of 9 weeks of scheduled workouts. There are no full rest days. The only way that you will see maximum results is if you follow the guide to the "T" and stay consistent. The second and third week of the program will introduce a few different workouts but will remain the same as the first week for the most part. The only thing that will change is the number of repetitions per set so that your body is forced to continuously adapt. Follow the schedule provided and make sure you perform the indicated number of repetitions. The weight that you use does not necessarily have to increase, only the repetitions. If you need help performing any of the mentioned exercises especially the ones introduced in the later weeks please feel free to contact us at [Info@shedyourfat.com](mailto:Info@shedyourfat.com) or visit us at [Shedyourfat.com](http://Shedyourfat.com). Please don't forget to take a before and after picture and send it to us so we can encourage other people to take part in the fitness revolution. Above all, have fun! You should be enjoying each day of this program and looking forward to the next. Now go out there and Never Stop Moving!



# WEEK 1

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Bicycle 20-30 minutes cycle.	Cardio Your choice of treadmill, stair master, elliptical or bicycle 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)	×	×
Squat (3x8)	Wide grip pull-up (with or without assist) 3x5	Dumbbell Bench Press (3x8)	Overhead Shoulder Press (3x8)	Close Grip Flat Bench Press (3x8)	×	×
Front squat (3x8)	Row (3x8)	Dumbbell Incline Press (3x8)	Upright Row (3x8)	Concentrat ion Curls (3x8)	×	×
Seated Leg Press (3x8)	Deadlift (3x5)	Seated Lever Fly (3x8)	Standing Lateral Dumbbell Raise (3x8)	Seated or Hanging Dips (3x8)	×	×
Plank 3 sets 30 seconds	Ab Wheel role-out (3x8)	Fifer Scissors (3x8)	Hanging Leg Raise (3x8)	Close Grip Pull Up (3x5)	×	×
Seated Leg Raise (3x8)	×	Jump Rope 3 sets 100 reps.	×	Yoga Ball Crunch (3x8)	×	×

# WEEK 1

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	×	×
Seated Bicycle (forward 30 seconds backward 30	Prone Plank (3 sets 30 seconds each)	Plank on the Ball (3 sets of 30 seconds)	Hanging Leg Raise with Bended Knees (3x8)	Jumping Jacks (2 sets 100 reps)	×	×



# WEEK 2

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Bicycle 20-30 minutes cycle.	Cardio Your choice of treadmill, stair master, elliptical or bicycle 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)	×	×
Squat (3x8)	Wide Grip Lateral Pull Down (3x8)	Dumbbell Bench Press (3x8)	Overhead Shoulder Press (3x8)	Hammer Curls (3x8)	×	×
Weighted Lunges (3x8)	Row (3x8)	Dumbbell Incline Press	Upright Row (3x8)	Standing Dumbbell Curl (3x8)	×	×
Seated Leg Curl (3x8)	Deadlift (3x5)	Seated Lever Fly (3x8)	Standing Front Dumbbell Raise (3x8)	Seated or Hanging Dips (3x8)	×	×
Jumping Jacks (2 sets 125 reps)	Wheel roleout (3x8)	Seated Leg Raise (3x8)	V-up with Stability Ball (3x8)	Close Grip Pull Up (3x5)	×	×
Seated Bicycle (forward 30 seconds backward 30	Prone Plank (3 sets 30 seconds each)	Plank on the Ball (3 sets of 30 seconds)	Hanging Leg Raise with Bended Knees	Russian Twist with stability ball (3x8)	×	×

# WEEK 2

27

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fifer Scissors (3x8)	✖	Jump Rope 3 sets 75 reps	✖	Yoga Ball Crunch (3x8)	✖	✖
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	✖	✖	✖



# WEEK 3

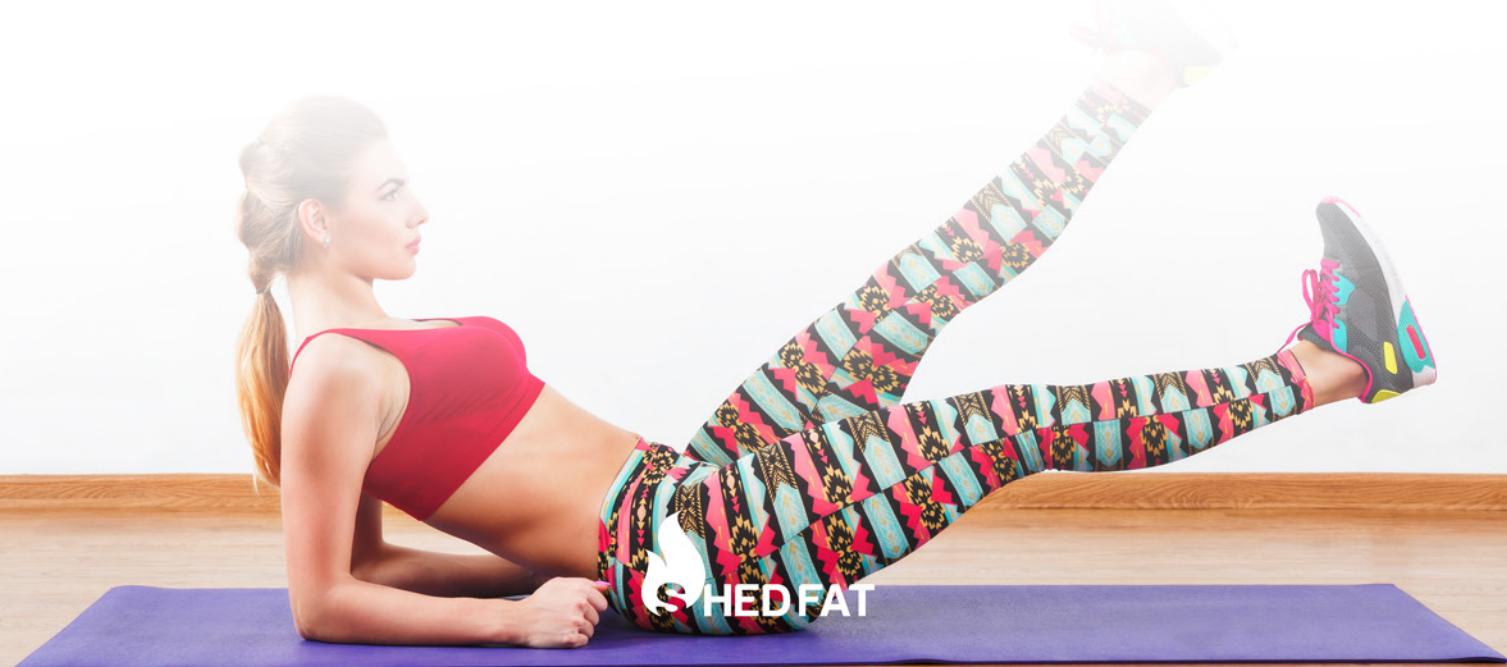
28

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Bicycle 20-30 minutes cycle.	Cardio Your choice of treadmill, stair master, elliptical or bicycle. 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)	×	×
Hack Squat (3x8)	Wide Grip Lateral Pull Down (3x8)	Standard Push-Up (3x8)	Machine Deltoid Raise (3x8)	Hammer Curls (3x8)	×	×
Weighted Lunges (3x8)	Wide Grip Lateral Pull Down (3x8)	Standard Push-Up (3x8)	Machine Deltoid Raise (3x8)	Hammer Curls (3x8)	×	×
Seated Hamstring Curl (3x8)	Deadlift (3x5)	Laying Down Dumbbell Fly (3x8)	Standing Front Dumbbell Raise (3x8)	Seated or Hanging Dips (3x8)	×	×
Jump Rope 3 sets 100 reps.	Wheel roleout (3x8)	Seated Leg Raise (3x8)	V-up with Stability Ball (3x8)	Machine Preacher Curl (3x8)	×	×
Seated Bicycle (forward 30 seconds backward 30	Mountain Climbers (3x10)	Plank on the Ball (3 sets of 30 seconds)	Pulse-Up (3x8)	Russian Twist with stability ball (3x8)	×	×

# WEEK 3

29

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fifer Scissors (3x8)	×	Jumping Jacks (2 sets 125 reps)	×	Yoga Ball Crunch (3x8)	×	×
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	×	×



# WEEK 4

30

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Bicycle 20-30 minutes cycle.	Cardio Your choice of treadmill, stair master, elliptical or bicycle. 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)	×	×
Squat (3x10)	Wide grip pull-up (with or without assist) 3x8	Dumbbell Bench Press (3x10)	Overhead Shoulder Press (3x10)	Hammer Curls (3x8)	×	×
Front squat (3x10)	Row 3x10	Dumbbell Incline Press (3x10)	Upright Row (3x10)	Concentrat ion Curls (3x10)	×	×
Plank 3 sets 45 seconds	Wheel roleout (3x10)	Fifer Scissors (3x10)	Hanging Leg Raise	Close Grip Pull Up (3x8)	×	×
Jumping Jacks (2 sets 125 reps)	Wheel roleout (3x8)	Seated Leg Raise (3x8)	(3x10)	Close Grip Pull Up (3x5)	×	×
Seated Bicycle (forward 45 seconds backward 45 seconds)	Prone Plank (3 sets 45 seconds)	Plank on the Ball (3 sets of 45 seconds)	Hanging Leg Raise with Bended Knees (3x10)	Jumping Jacks (2 sets 125 reps)	×	×

# WEEK 4

31

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Seated Leg Raise (3x10)	✖	Jump Rope 3 sets 150 reps.	✖	Yoga Ball Crunch (3x10)	✖	✖
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	✖	✖	✖

# WEEK 5

32

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Bicycle 20-30 minutes cycle.	Cardio Your choice of treadmill, stair master, elliptical or bicycle. 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)	×	×
Squat (3x10)	Wide Grip Lateral Pull Down	Dumbbell Bench Press (3x12)	Overhead Shoulder Press (3x12)	Hammer Curls (3x12)	×	×
Weighted Lunges (3x12)	Row (3x12)	Dumbbell Incline Press (3x12)	Upright Row (3x12)	Standing Dumbbell Curl (3x12)	×	×
Seated Leg Curl (3x12)	Deadlift (3x8)	Seated Lever Fly (3x12)	Standing Front Dumbbell Raise (3x12)	Seated or Hanging Dips (3x12)	×	×
Jumping Jacks (2 sets 150 reps)	Wheel roleout (3x12)	Seated Leg Raise (3x12)	V-up with Stability Ball (3x12)	Close Grip Pull Up (3x8)	×	×
Seated Bicycle (forward 45 seconds backward 45	Prone Plank (3 sets 45 seconds each)	Plank on the Ball (3 sets of 45 seconds)	Hanging Leg Raise with Bended Knees (3x12)	Russian Twist with stability ball (3x12)	×	×

# WEEK 5

33

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fifer Scissors (3x12)	✖	Jump Rope 3 sets 100 reps.	✖	Yoga Ball Crunch (3x12)	✖	✖
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	✖	✖



SHED FAT

# WEEK 6

34

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Stair Master minimum	Cardio Your choice of treadmill, stair master, elliptical or bicycle. 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)		✖
Hack Squat (3x12)	Wide Grip Lateral Pull Down	Standard PushUp (3x12)	Machine Deltoid Raise (3x12)	Hammer Curls (3x12)	✖	✖
Weighted Lunges (3x12)	Barbell Row (3x12)	Standing Overhead Press (3x12)	Upright Row (3x12)	Standing Dumbbell Curl (3x12)	✖	✖
Seated Hamstring Curl (3x12)	Deadlift (3x8)	Laying Down Dumbbell Fly (3x12)	Standing Front Dumbbell Raise (3x12)	Seated or Hanging Dips	✖	✖
Jump Rope 3 sets 120 reps.	Wheel roleout (3x12)	Seated Leg Raise (3x12)	V-up with Stability Ball (3x12)	Machine Preacher Curl (3x12)	✖	✖
Fifer Scissors (3x12)	✖	Jumping Jacks (2 sets 125 reps)	✖	Yoga Ball Crunch (3x12)	✖	✖
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	✖	✖

# WEEK 7

35

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Bicycle 20-30 minutes cycle.	Cardio Your choice of treadmill, stair master, elliptical or bicycle. 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)		✖
Squat (3x15)	Wide grip pull-up (with or without assist) 3x10	Dumbbell Bench Press (3x15)	Overhead Shoulder Press (3x15)	Close Grip Flat Bench Press (3x15)	✖	✖
Front squat (3x15)	Row (3x10)	Dumbbell Incline Press (3x15)	Upright Row (3x15)	Concentrat ion Curls (3x15)	✖	✖
Seated Leg Curl (3x12)	Deadlift (3x10)	Seated Lever Fly (3x15)	Standing Lateral Dumbbell Raise (3x15)	Seated or Hanging Dips (3x15)	✖	✖
Plank 3 sets of 1 minute	Wheel roleout (3x15)	Fifer Scissors (3x15)	Hanging Leg Raise (3x15)	Close Grip Pull Up (3x10)	✖	✖
Seated Bicycle (forward 1 minute backward 1 minute)	Prone Plank (3 sets 1 minute each)	Plank on the Ball (3 sets of 1 minute)	Hanging Leg Raise with Bended Knees (3x15)	Jumping Jacks (2 sets 150 reps)	✖	✖

# WEEK 7

36

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Seated Leg Raise (3x15)	✖	Jump Rope 3 sets 175 reps.	✖	Yoga Ball Crunch (3x15)	✖	✖
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	✖	✖

# WEEK 8

37

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Bicycle 20-30 minutes cycle.	Cardio Your choice of treadmill, stair master, elliptical or bicycle. 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)	×	×
Squat (3x15)	Wide Grip Lateral Pull Down	Dumbbell Bench Press (3x15)	Overhead Shoulder Press (3x15)	Hammer Curls (3x15)	×	×
Weighted Lunges (3x15)	Row (3x15)	Dumbbell Incline Press (3x15)	Upright Row (3x15)	Standing Dumbbell Curl	×	×
Seated Leg Curl (3x15)	Deadlift	Seated Lever Fly (3x15)	Standing Front Dumbbell Raise (3x15)	Seated or Hanging Dips	×	×
Jumping Jacks (2 sets 150 reps)	Wheel roleout (3x15)	Seated Leg Raise (3x15)	V-up with Stability Ball (3x15)	Close Grip Pull Up (3x10)	×	×
Seated Bicycle (forward 1 minute backward 1 minute)	Prone Plank (3 sets 1 minute each)	Plank on the Ball (3 sets of 1 minute)	Hanging Leg Raise with Bended Knees (3x15)	Russian Twist with stability ball (3x15)	×	×

# WEEK 8

38

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fifer Scissors (3x15)	✖	Jump Rope 3 sets 100 reps.	✖	Yoga Ball Crunch (3x15)	✖	✖
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	✖	✖



# WEEK 9

39

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cardio Treadmill 20 minutes.	Cardio Elliptical 20-30 minutes.	Cardio Stair Master minimum	Cardio Bicycle 20-30 minutes cycle.	Cardio Your choice of treadmill, stair master, elliptical or bicycle. 20-30 minutes.	30-45 minutes of outdoor running.	30-45 minutes of cardio of choice. (Jump rope, jumping jacks, swim, run, etc.)
Stretching. (Focus on leg stretches)	Stretching. (Focus on back stretches)	Stretching. (Focus on chest stretches)	Stretching. (Focus on shoulder)	Stretching. (Focus on arm stretches)	×	×
Hack Squat (3x15)	Wide Grip Lateral Pull Down (3x15)	Standard PushUp (3x15)	Machine Deltoid Raise (3x15)	Hammer Curls (3x15)	×	×
Weighted Lunges (3x15)	Barbell Row (3x15)	Standing Overhead Press (3x15)	Upright Row (3x15)	Standing Dumbbell Curl (3x15)	×	×
Seated Hamstring Curl (3x15)	Deadlift (3x10)	Laying Down Dumbbell Fly (3x15)	Standing Front Dumbbell Raise (3x15)	Seated or Hanging Dips (3x15)	×	×
Seated Bicycle (forward 1 minute backward 1 minute)	Mountain Climbers (3x15)	Plank on the Ball (3 sets of 1 minute)	Pulse-Up (3x15)	Russian Twist with stability ball (3x15)	×	×
Fifer Scissors (3x15)	×	Jumping Jacks (2 sets 150 reps)	×	Yoga Ball Crunch (3x15)	×	×
Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Stretch and cool down.	Choose any ab workout from the past week.	×	×