



Brandon Carter's

SIMPLE

SIX PACK

SOLUTION

**EVERYTHING YOU NEED TO
KNOW TO GET A SIX PACK FAST**

BY BRANDON CARTER

Disclaimer & Copyright

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

Copyright © 2015 by Bro Laboratories, LLC

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

B&B Sports Nutrition
480 6th Avenue #219
New York, NY 10011
www.HighLifeWorkout.com

About The Author

My Name is Brandon Carter. I have been a personal trainer and nutritionist for over 10 years at some of the top gyms in New York City. I have worked as a fitness model for Nike, Adidas, Puma, Brand "Jordan" and more. I have been featured in and on the cover of multiple fitness magazines. I have also trained professional athletes and fitness models.



My goal is to help as many people as possible reach their fitness goals. My blog (<http://www.BrandonCarter.com>) has helped hundreds of people do just that.

Fitness Blog – <http://www.BrandonCarter.com>

YouTube – <http://www.youtube.com/HighLifeWorkout>

Facebook – <https://www.facebook.com/BigBrandonCarter>

Twitter – <https://twitter.com/BCarterMusic>

Instagram – <http://instagram.com/bcartermusic>

Now before we begin, it's important that you understand how effective this program can be.

So to start, here are a few testimonials from people who have actually done this program...

Testimonials



(Some people questioned the authenticity of this pic when I first posted it because his tattoo is on the other arm in the second pic. It is because he took the pic in the mirror. I don't want to get into the "science" of that, but if I take a pic of my reflection, my tattoos switch sides too. lol!)

"All of my coworkers, family and friends ask me how I lost all my weight (currently at a loss of 58 lbs) and built all of my muscle. I tell them that I used all that I learned from you as a base of my eating

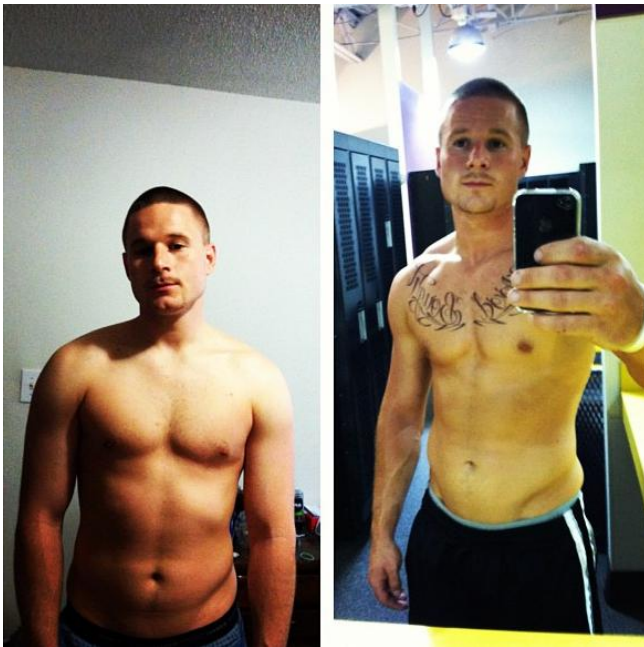
habits and workout plans. I wanted to thank you for all the helpful information and I wanted to send you a before and current (2 months ago) picture of myself so you can see my progress thanks to you. The before picture was a little over 1 year from the more current picture. I hope Brandon himself gets to see this because I would like him to know the huge impact his words and videos have had on my life and hopefully many others."

-Michael Alexander

"I watched your youtube videos, which helped me with my body transformation. Check out my weight loss album!"

-Kamari



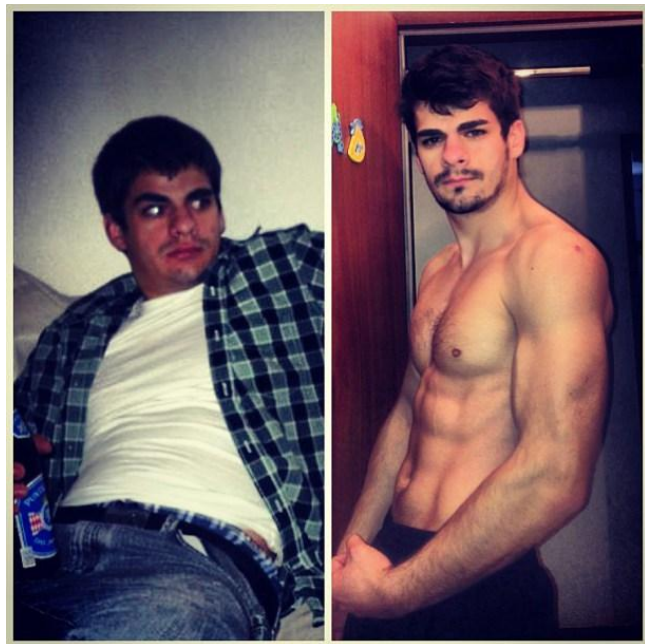


"Results don't just come over night, and supplements can only do so much... But these workouts Brandon provides are the real deal! For real results and real motivation quit doing the same workouts and try something new! I did, and I'm seeing satisfying results already!!"

-Joshua Everett

"I'd like to thank you for everything you've done up til now. Thanks to you I was able to accomplish my Fitness Goals in the past year. Here are 2 pics. Sorry for the before pic found no better one. Would be glad to see it on your Facebook site or homepage so that I can also motivate others to not give up best regards!"

-Christopher Scharner





"Hi Brandon, my name is Ergin YALI and I'm currently 17 years old. First of all I want to thank you for all the great and helpful information that I learnt from you and from your site. Most fitness instructors, and nutritionists I have talked at the past made me keep wasting my time and money, but you man, you are completely different. I learned almost all my eating and workout plans/tips from you.

Thanks again for sharing all your knowledge with myself and others. Till 9 months ago I was 105 kg, now I m currently 70 kg. My waist reduced

143cm to 86 cm. No other words needed, photos describe my situation. I got leaner and also added a lot of muscle. I hope you get this mail man, because I would like you to know your words, tips, inspirational quotes and videos changed my life. I hope others can reach their goals too. Also you're a brilliant musician man, KEEP IT UP!!! (Sorry for wrong sentences man, my English is not that great)."

-Ergin Yali

See more testimonials on my blog: <http://www.BrandonCarter.com>.

I believe you can achieve results like the ones above and even better!

I am living proof that these work for anyone who applies them. I've learned through experimentation and application that these are the best and fastest proven ways to achieve your best body.

It would be selfish to keep these secrets to myself so I'm sharing them all in this book.... I hope they change your life like they have changed mine.

Let's get to work!

INTRODUCTION

"Let your dreams change your reality, don't let your reality change your dreams."
— Jordan Rose

If you are like me, you have tried a lot of products, workouts, and diets that have not helped you lose fat, get ripped, or get a 6 pack. Fifteen years ago, I started working out and I was totally clueless. I wasted a lot of time with bs diets and workout plans and I was never able to get as ripped as I wanted.

After years of trial and error, I finally found the few secrets to getting ripped, losing fat, and getting a 6 pack fast! I do not want you to have go through years of trial and error to lose fat! I am going to give you all of the fat loss secrets you will ever need to know!

Getting ripped, burning fat, and getting 6-pack is not as complex as people make it out to be. In fact it is quite simple! Here are a few things you will learn from this book that will help you burn fat FAST.

This book is a collection of some of the best methods I know to burn body fat in the fastest amount of time possible. have also worked as a fitness model for Nike, Adidas, Jordan, Puma, and others. I say all that to say this: I know what I am talking about.

I have used every technique written here on myself and my clients over the years. They all work! You do NOT have to use them all at once. You can pick and choose what works according to your lifestyle. But the FASTEST way to get ripped would be to use ALL of the techniques at once. If you follow the outline for three months you will become leaner than you have ever been in your entire life!

Many portions of this book are excerpts from my other BEST SELLING books:

1. [**ULTIMATE CUTS: 7 Secrets To Burn Fat Fast As Hell**](#)
2. [**ULTIMATE MASS: 7 Secrets To Build Muscle Fast As Hell**](#)

If you would like more detailed information, you should definitely check them out.

If you want even more proof or evidence that these techniques work, check out my Facebook page... It has over 1,000,000 followers:

<https://www.facebook.com/BigBrandonCarter>

You can read the comments on any post. There are countless people telling me how much my advice has helped them to accomplish their fitness goals.

You can also check my YouTube channel. It has over 30,000,000 views and over 300,000 subscribers. You can check the comments on any of the videos. You will see the same thing there:

<https://www.youtube.com/user/HighLifeWorkout>

Results that you can expect:

If you follow this program to the letter, and you're consistent, you should be able to accomplish your goals in record time. I can't tell you exactly how long it will take to get a six-pack, because it's going to vary from individual to individual based on age, genetics, gender and countless other variables, but I will tell you that if you're consistent and you follow this program to the letter, you should see visible results within two weeks.

Within three months everyone should be able to see the results that you've achieved, and within a year you should look like a totally different person than where you are now.

It's all about consistency.

Nothing happens overnight. You can't expect to get a six-pack in one week if it took you years to get a gut. This is not a "get-fit-overnight" program, because there is no such thing. Everything you want to accomplish in life requires determination and consistent effort over a long period of time. If you're willing to embark on this journey and commit to accomplishing your goals, then let's begin.

Fundamentals: Abs are NOT made in the kitchen

Abs are NOT made in the fucking kitchen. You know, I've been working in the fitness industry for a long time, and almost every day I hear some asshole say, "Abs are made in the kitchen."

That's the biggest piece of bullshit you'll ever hear. It's pharmaceutical grade, pure, uncut BULLSHIT!

Abs are NOT made in the fucking kitchen. Abdominal muscles are just like other muscles in the human body. Muscles grow and become stronger in response to resistance that's placed upon them. Your biceps aren't made in the goddamn kitchen are they? Your pectoral muscles aren't made in the fucking kitchen. Why in God's name should abdominal muscles be made in the kitchen?

Abdominal muscles come from doing abdominal exercises, and there's no way around that.

To build any muscle you have to work that muscle. You have to place resistance on it. When people say, "abs are made in the kitchen" what they're really trying to say is that "even if you have strong abdominal muscles, they will not be visible unless you burn all the fat off them". Your body fat has to be low enough for the abdominals to show. This is true. You definitely have to burn the fat off your abs for abdominal muscles to be visible.

You can have the strongest abdominal muscles in the world, but if you have a layer of fat over them, no one will know except for you. The thing is, you cannot burn fat in one spot. You have to burn fat accumulatively. You cannot just burn fat on your abs. You have to burn it everywhere, and the only way to burn fat is to burn more calories than you consume. That's it. You have to burn more calories than you consume to lose body fat on your abs or anywhere else.

The biggest problem I see is people thinking that crunches and sit-ups will burn the fat from their stomachs. It does not work like that!

Abdominal exercises will build the abdominal muscles, but it does not matter how well built your abdominal muscles are if you have fat over them. You

can have a six pack, but if you have a layer of fat on top of them they will not show.

Basically, when I'm trying to say is you have to burn the fat off your belly and abdominal exercises do not burn belly fat!

So how do you burn fat on your belly?

Don't worry, I'll show you exactly what to do...

HOW TO BURN BELLY FAT

Here's the thing, people always ask me how to burn fat from your stomach, for which you need to understand is that you cannot burn fat in only one place. You have to burn fat everywhere. You have to burn fat cumulatively, because you cannot burn fat in just one spot.

Burning fat anywhere is burning fat everywhere. Remember that.

So how do you burn fat?

Burning fat, is not as complex as most people think. It can actually be broken down into one sentence:

To lose fat, all you have to do is burn more calories than you consume.

When you are burning more calories than you consume you are in what is called "a caloric deficit."

Cardio, fat burning pills, dieting, fasting, etc., are all simply tactics to help your body get into a state of burning more calories than it consumes to put your body in a "caloric deficit".

Being in a "caloric deficit" is literally the **only** way to burn fat.

And the best way to get in a "caloric deficit" is adjusting your diet. Diet is way more effective than cardio when it comes to burning fat. In fact, you can actually burn fat without doing any exercise at all! For example, On average, running 1 mile burns about 100 calories. Sounds great right? Until you realize that there are about 100 calories in a fucking banana!

With that said, you can see how its much easier to just eat less than it is to try to *burn* calories off. I am not trying to say that you should not do cardio, but I am trying to say that *you cannot out train a bad diet*.

I go over this concept more in this video – [How To Lose Weight Without Exercise](#)

I have worked in gyms that employed overweight aerobics teachers! This is a person whose job is literally doing cardio all day, but they are still overweight. How can that be? I'll tell you how, it's because his goofy ass is drinking 400 calorie Starbucks drinks multiple times a day then eating cakes and other sweet treats when he gets home.

So even while he is doing cardio all day he's still not losing any weight because he was not in a caloric deficit. You can do the "Insanity Workout" eight times a day and still not lose any weight if you are consuming more calories than you burn. That is because **you cannot out train a bad diet.**

There are only three things in life that I know for sure:

1. 2Pac was the greatest rapper of all time.
2. Jordan was the greatest Basketball Player of all time, and
3. YOU HAVE TO BE IN A CALORIC DEFICIT TO BURN FAT.

HOW TO PUT YOURSELF IN A CALORIE DEFICIT

Like I said before, the easiest way to put yourself in a caloric deficit is with your diet. I am going to show you two methods of putting yourself in a caloric deficit. The second one is easy; this is the method I use... And the first one is a lot more difficult.

The Difficult Way To Burn Fat: Counting Calories (Don't even read this)

The difficult method involves counting calories. I already know from experience that almost NONE of you are going to do this. Don't feel bad because I don't do it either. I've done it in the past, and it wasn't awesome.

Yes, counting calories is by far the most effective method of putting yourself in a caloric deficit because it takes all the guesswork out...

But it is a pain in the ass, not to mention unsustainable for most people's lifestyles.

I have trained many professional athletes, and none of them meticulously count calories. The only people I know they meticulously count each calorie are pro bodybuilders and Fitness competitors.

Let me explain to you how they do it...

First of all, they prepare all their own meals at home. They use a scale and measuring cups to weigh and measure everything before they cook it. They measure everything including how much oil they use to cook...



Then they pack everything up in Tupperware and carry their meals around in a cooler wherever they go. Companies actually make [coolers specifically for bodybuilders](#) because bodybuilders have to walk around with all their food and cannot go to a restaurant and eat like a normal person. This is extreme, but it gets them the extreme results that they are looking for.

A lot of people say that they “count calories”, but I know that they are full of shit. *If you are not weighing out all of your food before you cook/prepare it*

yourself then you are not counting calories accurately, you are just guessing. You are lying to yourself if you think every restaurant you eat at will give you any sort of accurate calorie/nutrient breakdown for your order.

It does not work like that because the chef is not going to weigh and measure shit for you to tell you exactly how much of everything you are getting. He is also not going to measure the oil he uses to cook your meal and tell you exactly how much he used. Asking him questions like that is an easy way to guarantee that your food is prepared with some [secret ingredients](#).

Having that said, the best way to calculate your calorie deficit intake is by using the following equation:

$$\textit{Body weight (measured in pounds) \times 10 = fat loss calorie consumption}$$

So, if you weigh 200 pounds and you want to lose weight, then you should multiply 200 by 10 which gives you 2,000 calories per day to eat.

Also, the above is not an exact calculation. It's simply a general guideline for "average people" that aren't on either end of the extremes (overweight or underweight). Depending on your body fat percentage and lifestyle you may have to adjust the equation slightly. Tracking your progress each week is the only sure way to make sure your calories are low enough.

Whatever man, you're not going to do this shit anyway so stop kidding yourself.

I told you not to read this.

There's an easier and more practical method...

I talk all about it in the next section...

THE EASY WAY TO BURN FAT FAST

I've been a personal trainer and nutritionist for over 10 years, and during all of my reading during that time, the simplest most effective way of burning fat that I've ever come across is a diet plan explained in in greater detail in Tim Ferriss's book, "[Four Hour Body](#)".

Here's a brief:

Rule #1: stay away from "white" carbohydrates

All carbohydrates that are or can be white are thus prohibited, except for within 1.5 hours of having completed a resistance-training workout. Included in this category is bread, rice, cereal, potatoes, pasta, and fried food with breading. If you eliminate eating anything white (cauliflower not included, definitely eat the shit out of some cauliflower), you'll be safe.

Rule #2: Keep it simple and eat the same few meals over and over again.

Successful dieters, regardless of whether their objective is muscle mass gain or fat loss, eat the same couple of meals over and over again. Mix and match, constructing each meal with one from each of the three following groups:

Proteins:

- Egg whites with one whole egg for flavor
- Chicken breast or thigh
- Grass-fed organic beef
- Pork

Legumes:

- Lentils
- Black beans or Pinto beans

Vegetables:

- Spinach
- Asparagus
- Peas
- Mixed Legumes

Eat as much as you like of the above food items.

Just remember: keep it simple. Pick three or four meals and repeatedly eat those. Most restaurants can give you a salad or vegetables in place of french fries or potatoes. Mexican food (a personal favorite) for example, allows you to swap out rice for vegetables, which is most conducive to the “slow carb” diet.

The majority of individuals who go on “low” carb diet programs complain of lower energy and quit, not because these diets can’t work, but mainly because they consume insufficient calories. A 1/2 cup of rice is 300 calories, whereas a 1/2 cup of spinach is only 15 calories! Vegetables are not calorically dense, so it is critical that you add legumes for caloric load or eat a TON OF VEGETABLES!

Many people eat 6-8x per day to break up caloric load and prevent body fat gain. I think this is unnecessary and inconvenient. I eat 3 to 4 times per day. It looks like this:

10am – breakfast

1pm – lunch

5pm – smaller second lunch

7:30-9pm – workout

10pm – dinner

I do an even simpler version of this. I just exclude the Legumes and eat more green vegetables. I explain it better in this video – [“What's The Easiest Way To Get Ripped Fast?”](#)

Rule #3: Don’t drink calories

Drink massive quantities of water plus unsweetened tea, black coffee, or other no-calorie/low-calorie beverages as you like. Do not drink milk, normal soft drinks, or fruit juice. A glass of wine each evening could actually aid sports recovery and fat-loss. Recent research into resveratrol supports this.

Rule #4: CHEAT DAY once per week

I recommend Sundays as your "Cheat Day". You are permitted to eat anything you want on Sundays, and I go out of my way to eat ice cream, pizza, waffles and all of my other vices in excess.

A cheat day is NECESSARY to loss fat! When you are in a caloric deficit for too many consecutive days many of your body's hormone levels such as testosterone, leptin, etc. start to drop because your body thinks it is starving. Your body drops it's hormone levels in an effort to conserve resources because it thinks it needs to slow everything down (including fat burning) in order to survive the famine (a.k.a. "diet"). When your hormone levels drop your fat loss will come to a screeching halt!

Dramatically spiking your caloric intake once a week will bring your hormones back up to normal levels allowing your body to go back into fat burning mode!

That's right: eating pure crap can help you lose fat. Welcome to never-never land.

I already know what you're thinking, "If I eat crazy for a whole day, won't I ruin all the progress that I made? NO... HELL NO.... a resounding NO!!!!

You see...

Eating "bad" for one day a week will NOT HURT YOU, the same way that eating "good" one day a week will NOT HELP YOU! It's what you do constantly that counts!

(^ Tattoo that statement into your brain!)

Here is a video of one of my "Cheat Days":

<https://www.youtube.com/watch?v=djUqaQez5vI>

I talk more about cheat days in my book [*"Ultimate Cuts"*](#). I also go over a lot more fat loss techniques such as H.I.I.T cardio, intermittent fasting, carb cycling, etc. But I want to give you some of the basics here as well...

WORKOUTS

Now it's time to get to the workouts!

The workouts in this program can be standalone, or can be added to your existing weight training program.

You will be working abs every other day. I know that some people recommend training abs everyday, but I have gotten the best results for my clients and myself by training abs every other day.

The days that you don't work abs, you will be doing cardio workouts to speed fat loss.

Example:

- Day #1 (Abs)
- Day # 2 (Cardio)
- Day #3 (Abs)
- Day #4 (Cardio)
- Day #5 (Abs)
- Day #6 (Cardio)
- Day #7 (Rest)

All of the workouts in this program are quick 15-minute workouts.

Now, we will not track the amount of reps that we do for each set... Instead, we will track the durations of each movement.

Day #1 (Abs Workout)

This is a quick 15-minute workout... You can do the workout along with me in this video: <https://www.youtube.com/watch?v=zGbn3NWPVwc>

Round One:

V Sit/L Sit (20 seconds): V sit is the easier version. Sit up, keep butt on the ground. Lift legs up into a "V" shape. L sit is harder. Lift butt off ground and hold yourself up with your arms. Body will be in "L" shape. Switch to V sit if needed.

Rest 20 seconds

Iron Butterfly (20 seconds): Feet 6 inches from the ground, bring your knees in. Remember, you're not grabbing yourself, just putting your arms there. Works upper/lower abs and obliques to an extent.

Rest 20 seconds

Dying Roach (20 seconds): Lie on your back and put your knees up. Move your hips to side, and then your shoulders to the side. Continue to do this and alternate and you will move in a little circle. You may look like a roach squirming about after it gets sprayed!

Rest 20 seconds

Dying Roach, other side (20 seconds)

Rest 20 seconds

Hip Raises (20 seconds): Lay on your back, lift your hips/butt off the ground into the air (get your booty off the floor!). Works lower abs.

Rest 20 seconds

Side Plank Twist (20 seconds): Start in push-up position. Move to one side; bring your bottom knee to your top elbow. Then switch sides and repeat. Remember, bottom to top!

Rest 20 seconds

Leg Lift Toe Touch (20 seconds): Lift your legs together. Try to touch toes. Bring your upper body (shoulders) back down first, followed by your legs. 4 step process.

Rest 20 seconds

Roman Twists – a BBC favorite! (20 seconds): Put your legs 6 inches above the ground (or on the floor for easier version). Keep your legs a little bent, and move side to side. Don't just move your hands, but move your shoulder side to side so it really engages your oblique muscles (really twist!).

Rest 20 seconds

Bicycles (20 seconds): Lie on your back, put your knees to your elbows. Right knee to left elbow, left knee to right elbow. The key to a good bicycle is to keep your legs as straight as possible when they go out. Side twist works your oblique muscles/"Love Handles".

Round One over.

Round Two:

Active rest in Plank Position between exercises to keep core engaged
Hips not too low, butt not too high in the air, back pretty straight.

V Sit/L Sit (20 seconds)

Plank Position (20 seconds)

Iron Butterfly (20 seconds)

Plank Position (20 seconds)

Dying Roach (20 seconds)

Plank Position (20 seconds)

Dying Roach, other side (20 seconds)

Plank Position (20 seconds)

Hip Raises (20 seconds)

Plank Position (20 seconds)

Side Plank Twist (20 seconds)

Plank Position (20 seconds)

Leg Lift Toe Touch (20 seconds)

Plank Position (20 seconds)

Roman Twists (20 seconds)

Plank Position (20 seconds)

Bicycles (20 seconds)

Plank Position (20 seconds)

Round Two Over

Round Three:

Active rest in between exercises – “Mountain Climbers Get in push-up position and get your knees up, as if climbing a mountain. Raises heart rate. Turn up for Round Three!

V Sit/L Sit (20 seconds)

Mountain Climbers (20 seconds)

Iron Butterfly (20 seconds)

Mountain Climbers (20 seconds)

Dying Roach (20 seconds)

Mountain Climbers (20 seconds)

Dying Roach, other side (20 seconds)

Mountain Climbers (20 seconds)

Hip Raises (20 seconds)

Mountain Climbers (20 seconds)

Side Plank Twist (20 seconds)

Mountain Climbers (20 seconds)

Leg Lift Toe Touch (20 seconds)

Mountain Climbers (20 seconds)

Roman Twists (20 seconds)

Mountain Climbers (20 seconds)

Bicycles (20 seconds)

Round Three Over... Workout Over... Rest!

DAY # 2 (Cardio)

This is a quick 15 minute workout. You can do the workout along with me in this video: https://www.youtube.com/watch?v=EE8iQx8O_tg

Round One:

Burpees (20 seconds): Start standing. Get down like you are going to do a pushup, do the pushup, then jump back up. If you can't do a pushup, it's OK.

Rest 20 seconds

Half Superman (20 seconds): Get in pushup position. Put one leg and one arm up at the same time (same side), hold, then switch. Repeat. Get on your knees for the easier version. Keep your back as flat as possible.

Rest 20 seconds

High Knees/Knees to Chest (20 seconds): Stand up, bring your knees to your chest in a jumping motion.

Rest 20 seconds

Gorilla Jumps (20 seconds): Get in push-up like position. Put your hands in fists on the ground (if you can). Balancing on your hands, move your legs from side to side over your mat (or estimate mat-width distance). Jump from one side to the other with your legs, then back. Go as fast as you can!

Rest 20 seconds

Jump Squats (20 seconds): Do a squat and jump back up. Get low, come up, and repeat. Get your booty on the floor! Works glutes, quads, calves, etc.

Rest 20 seconds

Walking Plank (20 seconds): Get in plank position, come up to pushup position and come back down (easy version). For more difficult version, go to a power plank.

Round One over

Round Two:

****Active rest in Plank Position between exercises to keep core engaged* -***
Hips not too low, butt not too high in the air, back pretty straight.

Burpees (20 seconds)

Plank Position (20 seconds)

Half-Supermen (20 seconds)

Plank Position (20 seconds)

High Knees (20 seconds)

Plank Position (20 seconds)

Gorilla Jumps (20 seconds)

Plank Position (20 seconds)

Jump Squats (20 seconds)

Plank Position (20 seconds)

Walking Plank (20 seconds)

Round Two Over

Round Three:

Same as Round Two, only this time with Plank rest – but push it!
****Active rest in Plank Position between exercises to keep core engaged**** *Hips not too low, butt not too high in the air, back pretty straight. If a regular plank is too easy, try a “Power Plank” by putting your arms out in front of you.*

Burpees (20 seconds)

Plank Position (20 seconds)

Half Superman (20 seconds)

Plank Position (20 seconds)

High Knees (20 seconds)

Plank Position (20 seconds)

Gorilla Jumps (20 seconds)

Plank Position (20 seconds)

Jump Squats (20 seconds)

Plank Position (20 seconds)

Walking Plank (20 seconds)

Round Three Over... Workout Over... rest!

DAY #3 (Abs)

This is a quick 15 minute workout. You can do the workout along with me in this video: <https://www.youtube.com/watch?v=kHcp4UyLIYw>

Round One:

Bicycles (20 seconds): Lie on your back, put your knees to your elbows. Right knee to left elbow, left knee to right elbow. The key to a good bicycle is to keep your legs as straight as possible when they go out. Side twist works your oblique muscles/"Love Handles".

Rest 20 seconds

Toe Touches (20 seconds): Put feet 6 inches above the ground and hands behind your head. Try to bring them together, but you do not have to touch your toes, just keep them relatively close. Keep your legs straight throughout the motion. Works upper and lower abs.

Rest 20 seconds

Side Plank Twists (20 seconds): Start in push-up position. Move to one side; bring your top elbow to your lower knee. Then switch sides and repeat. Remember, lower to top!

Rest 20 seconds

Iron Butterfly- a BBC favorite! (20 seconds): Feet 6 inches from the ground, bring your knees in. Remember, you're not grabbing yourself, just putting your arms there. Works upper/lower abs and obliques to an extent.

Rest 20 seconds

Leg Lifts/Hip raises with Slow Negative (20 seconds): Do a leg lift AND lift your butt in the air. Come down slowly. Bring your butt down slowly, then bring your legs down slowly. Put your arms to side to stabilize yourself.

Rest 20 seconds

Dying Roach – a BBC favorite! (20 seconds): Lie on your back and put your knees up. Move your hips to side, and then your shoulders to the side. Continue to do this and alternate and you will move in a little circle. You may look like a roach squirming about after it gets sprayed!

Rest 20 seconds

Dying Roach in the other direction (20 seconds): "Die" in the other direction.

Rest 20 seconds

Roman Twists (20 seconds): Put your legs 6 inches above the ground (or on the floor for easier version). Keep your legs a little bent, and move side to side. Don't just move your hands, but move your shoulder side to side so it really engages your oblique muscles.

Round One over

Round Two:

****Active rest in Plank Position between exercises to keep core engaged****

Hips not too low, butt not too high in the air, back pretty straight.

Bicycles (20 seconds)

Plank Position (20 seconds)

Toe Touches (20 seconds)

Plank Position (20 seconds)

Side Plank Twists (20 seconds)

Plank Position (20 seconds)

Iron Butterfly (20 seconds)

Plank Position (20 seconds)

Leg Lifts/Hip Raises with Slow Negative (20 seconds)

Plank Position (20 seconds)

Dying Roach (20 seconds)

Plank Position (20 seconds)

Dying Roach in other direction (20 seconds)

Plank Position (20 seconds)

Roman Twists (20 seconds)

Round Two Over

Round Three:

****Active rest in between exercises – “Mountain Climbers* Get in push-up position and get your knees up, as if climbing a mountain. Raises heart rate. Turn up for Round Three!***

Toe Touches (20 seconds)

Mountain Climbers (20 seconds)

Side Plank Twists (20 seconds)

Mountain Climbers (20 seconds)

Iron Butterfly (20 seconds)

Mountain Climbers (20 seconds)

Leg Lifts/Hip Raises with Slow Negative (20 seconds)

Mountain Climbers (20 seconds)

Dying Roach (20 seconds)

Mountain Climbers (20 seconds)

Dying Roach in other direction (20 seconds)

Mountain Climbers (20 seconds)

Roman Twists (20 seconds)

Round Three Over... Workout Over... Rest!

DAY #4 (Cardio)

This is a quick 15 minute workout. You can do the workout along with me in this video: https://www.youtube.com/watch?v=l1W0HNRG7_E

Round One:

Push-Up Sliders (20 seconds): Do a push-up. Go down, then slide side-to-side, then back up. Repeat. Keep your knees on the ground for easier version.

Rest 20 seconds

Superman (20 seconds): Get on your stomach; lift your legs and arms in the air and hold. Get your feet as high as you can. Imagine Superman flying. Isolates your back muscles, leg muscles, and glutes.

Rest 20 seconds

Jump Lunges (20 seconds): Jump up after lunging. Don't let knees touch the ground, but get them close. Start with one side, jump up, switch sides.

Rest 20 seconds

Spider Man Push-Ups (20 seconds): Get in push-up position. As you go down into a push-up, bring one leg up and touch your knee to your elbow. Come up, repeat on other side. Keep knees on the ground for easier version.

Rest 20 seconds

Jump Squats (20 seconds): Do a squat and jump back up. Get low, come up, repeat. Get your booty on the floor! Works glutes, quads, calves, etc.

Rest 20 seconds

Laying Hip Bridges (20 seconds): Lay on your back, knees bent, feet planted, then bring your hips up. Hold, then come back down. Bring one leg up for harder version, switch about halfway through.

Rest 20 seconds

Iron Butterfly- (20 seconds): Feet 6 inches from the ground, bring your knees in. Remember, you're not grabbing yourself, just putting your arms there. Works upper/lower abs and obliques to an extent.

Rest 20 seconds

Roman Twists (20 seconds): Put your legs 6 inches above the ground (or on the floor for easier version). Keep your legs a little bent, and move side to side. Don't just move your hands, but move your shoulder side to side so it really engages your oblique muscles (really twist!).

Rest 20 seconds

Hip Raises (20 seconds): Lay on your back, lift your hips/butt off the ground into the air (get your booty off the floor!). To make it harder, throw a little twist in. Works lower abs.

Round One over

Round Two:

****Active rest in Plank Position between exercises to keep core engaged****

Hips not too low, butt not too high in the air, back pretty straight.

Push-Up Sliders (20 seconds)

Plank Position (20 seconds)

Supermen (20 seconds)

Plank Position (20 seconds)

Jump Lunges (20 seconds)

Plank Position (20 seconds)

Spiderman Push-ups (20 seconds)

Plank Position (20 seconds)

Jump Squats (20 seconds)

Plank Position (20 seconds)

Hip Bridges (20 seconds)

Plank Position (20 seconds)

Iron Butterflies (20 seconds)

Plank Position (20 seconds)

Roman Twists (20 seconds)

Plank Position (20 seconds)

Hip Raises (20 seconds)

Round Two Over

Round Three:

****Active rest in between exercises – “Mountain Climbers”**** *Get in push-up position and get your knees up, as if climbing a mountain. Raises heart rate. Turn up for Round Three!*

Push-Up Sliders (20 seconds)

Mountain Climbers (20 seconds)

Supermen (20 seconds)

Mountain Climbers (20 seconds)

Jump Squats (20 seconds)

Mountain Climbers (20 seconds)

Spiderman Push-Ups (20 seconds)

Mountain Climbers (20 seconds)

Jump Lunges (20 seconds)

Mountain Climbers (20 seconds)

Hip Bridges (20 seconds)

Mountain Climbers (20 seconds)

Iron Butterflies (20 seconds)

Mountain Climbers (20 seconds)

Roman Crunch/Twist (20 seconds)

Mountain Climbers (20 seconds)

Hip Raises (20 seconds)

Round Three Over... Workout Over... Rest!

DAY #5 (Abs)

This is a quick 15 minute workout. You can do the workout along with me in this video: <https://www.youtube.com/watch?v=ViqYZmq9UJI>

Round One:

Straight Leg Toe Touch (20 seconds): Lie on your back, put your legs up. Try to touch your toes. You do not have to touch them, but get as close as you can. Get your shoulders off the ground as much as possible. Works upper abs.

Rest 20 seconds

Hip Raises (20 seconds): Stay in same position. Lay on your back, lift your hips/butt off the ground into the air (get your booty off the floor!). Works lower abs.

Rest 20 seconds

Side Plank Dips (20 seconds): Get on your side, plank position. Lift down and up. Put your free hand on hip or in air for harder version, on ground for easier version. Works oblique muscles.

Rest 20 seconds

Side Plank Dips, other side (20 seconds)

Rest 20 seconds

Bicycles (20 seconds): Lie on your back, put your knees to your elbows. Right knee to left elbow, left knee to right elbow. The key to a good bicycle is to keep your legs as straight as possible when they go out. Works upper abs, lower abs, and obliques. Side twist works your oblique muscles/"Love Handles".

Rest 20 seconds

Side Plank Twist (20 seconds): Start in push-up position. Move to one side; bring your top elbow to your lower knee. Then switch sides and repeat. Remember, lower to top!

Rest 20 seconds

Leg Lift Toe Touch (20 seconds): Lift your legs together. Try to touch toes. Bring your upper body back down first, followed by your legs. 4 step process.

Rest 20 seconds

Roman Twists – a BBC favorite! (20 seconds): Put your legs 6 inches above the ground (or on the floor for easier version). Keep your legs a little bent, and move side to side. Don't just move your hands, but move your shoulder side to side so it really engages your oblique muscles (really twist!).

Round One over

Round Two:

Active rest in Plank Position between exercises to keep core engaged
Hips not too low, butt not too high in the air, back pretty straight.

Straight Leg Toe Touch (20 seconds)
Plank Position (20 seconds)

Side Plank Dips (20 seconds)
Plank Position (20 seconds)

Side Plank Dips, other side (20 seconds)
Plank Position (20 seconds)

Bicycles (20 seconds)
Plank Position (20 seconds)

Side Plank Twist (20 seconds)
Plank Position (20 seconds)

Leg Lift Toe Touch (20 seconds)

Plank Position (20 seconds)

Roman Twists (20 seconds)

Round Two Over

Round Three:

****Active rest in between exercises – “Mountain Climbers* Get in push-up position and get your knees up, as if climbing a mountain. Raises heart rate. Turn up for Round Three!***

Straight Leg Toe Touches (20 seconds)

Mountain Climbers (20 seconds)

Hip Raises (20 seconds)

Mountain Climbers (20 seconds)

V Ups (20 seconds)

Mountain Climbers (20 seconds)

Hip Raises (20 seconds)

Mountain Climbers (20 seconds)

Side Plank Dips (20 seconds)

Mountain Climbers (20 seconds) Take a rest if you need to. Don't kill yourself!

Side Plank Dips, other side (20 seconds)

Mountain Climbers (20 seconds)

Bicycles (20 seconds)

Mountain Climbers (20 seconds)

Side Plank Twist (20 seconds)

Mountain Climbers (20 seconds)

Roman Twists (20 seconds)

Round Three Over... Workout Over... Rest!

DAY #6 (Cardio)

This is a quick 15 minute workout. You can do the workout along with me in this video: <https://www.youtube.com/watch?v=4KHc86g0RyM>

Round One:

Fake Jump Rope (20 seconds): Jump as if you are jumping rope. You can do it with one leg, both legs, switch sides, etc. The higher you can bring your knees, the harder it is.

Rest 20 seconds

Jump Squats (20 seconds): Do a squat and jump back up. Get low, come up, repeat. Get your booty on the floor! Works glutes, quads, calves, etc.

Rest 20 seconds

Mountain Climbers (20 seconds): Get on hands and knees, act like you are climbing a mountain. Put your knees on the side of your elbows for a more dynamic version.

Rest 20 seconds

Knee Jumps (20 seconds): Slowly get on your knees (Pause), and then jump up. Very difficult. Get on your knees and just stand up for an easier version.

Rest 20 seconds

Push-Ups (20 seconds): Do whatever kind of push-up you can for 20 seconds. On your knees for the easier version, regular push-ups for the middle, explosive or clapping push-ups for the advanced!

Round One over

Round Two:

****Active rest in Plank Position between exercises to keep core engaged****

Hips not too low, butt not too high in the air, back pretty straight.

Fake Jump Ropes (20 seconds)

Plank Position (20 seconds)

Jump Squats (20 seconds)

Plank Position (20 seconds)

Mountain Climbers (20 seconds)

Plank Position (20 seconds)

Knee Jumps (20 seconds)

Plank Position (20 seconds)

Plyometric/Jumping Push-Ups (20 seconds)

Round Two Over

Round Three:

Same as Round Two this time with Plank rest, but push it!

****Active rest in Plank Position between exercises to keep core engaged****

Hips not too low, butt not too high in the air, back pretty straight. If a regular plank is too easy, try a "Power Plank" by putting your arms out in front of you.

Fake Jump Ropes (20 seconds)

Plank Position (20 seconds)

Jump Squats (20 seconds)

Plank Position (20 seconds)

Mountain Climbers (20 seconds)

Plank Position (20 seconds)

Knee Jumps (20 seconds)

Plank Position (20 seconds)

Plyo Push-Ups (20 seconds)

Round Three Over, Workout Over, rest!

DAY #7 (Cardio)

This is a quick 15 minute workout. You can do the workout along with me in this video: <https://www.youtube.com/watch?v=jr6DuNMTQBc>

Round One:

Spider Man Push-Ups (20 seconds): Get in push-up position. As you go down into a push-up, bring one leg up and touch your knee to your elbow. Come up, repeat on other side. Keep knees on the ground for easier version.

Rest 20 seconds

Mat Jumps (20 seconds): Get on the side of your mat and jump across to the other side. Then jump back to the original side. Keep repeating for 20 seconds. Estimate mat distance if you don't have a mat.

Rest 20 seconds

Hot Feet (20 seconds): Act like the ground is hot, run in place. Your feet are on hot coals! Go fast!

Rest 20 seconds

Squat to High Knees (20 seconds): Squat, jump up, put your knees to your chest. Repeat. Try not to take long pauses. Get as low as possible!

Rest 20 seconds

Mountain Climbers (20 seconds): Get on hands and knees, act like you are climbing a mountain. Put your knees on the side of your elbows for a more dynamic version.

Rest 20 seconds

Jump Lunges (20 seconds): Jump up after lunging. Don't let knees touch the ground, but get them close. Start with one side, jump up, switch sides

Round One over

Round Two:

****Active rest in Plank Position between exercises to keep core engaged****

Hips not too low, butt not too high in the air, back pretty straight.

Spiderman Push-Ups (20 seconds)

Plank Position (20 seconds)

Mat Jumps (20 seconds)

Plank Position (20 seconds)

Hot Feet (20 seconds)

Plank Position (20 seconds)

Squat to High Knees (20 seconds)

Plank Position (20 seconds)

Mountain Climbers (20 seconds)

Plank Position (20 seconds)

Jump Lunge (20 seconds)

Round Two Over

Round Three:

Same as Round Two this time with Plank rest, but push it!

****Active rest in Plank Position between exercises to keep core engaged****

Hips not too low, butt not too high in the air, back pretty straight. If a regular plank is too easy, try a "Power Plank" by putting your arms out in front of you.

Spiderman Push-Ups (20 seconds)

Plank Position (20 seconds)

Mat Jumps (20 seconds)

Plank Position (20 seconds)

Hot Feet (20 seconds)

Plank Position (20 seconds)

Squat to High Knees (20 seconds)

Plank Position (20 seconds)

Mountain Climbers (20 seconds)

Plank Position (20 seconds)

Jump Lunges (20 seconds)

Round Three Over... Workout Over... Rest!