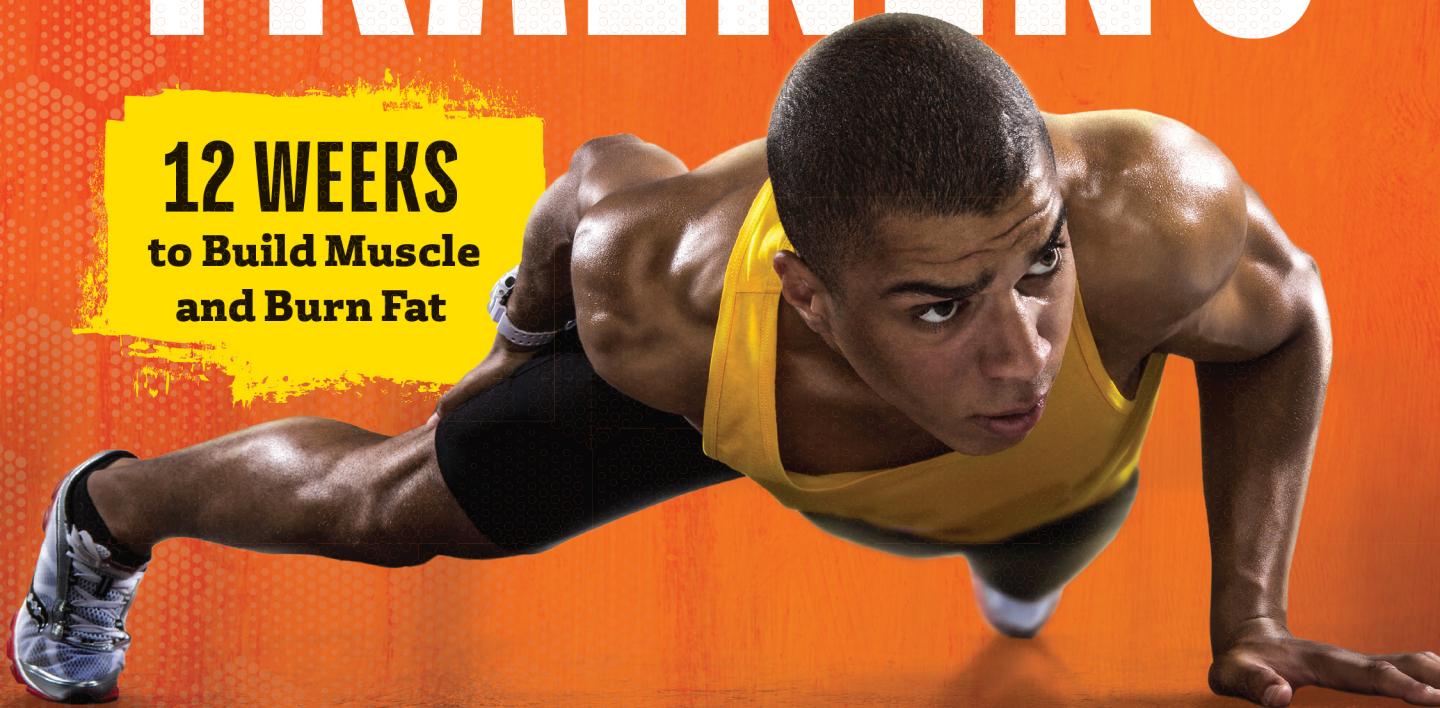


JAY CARDIELLO

BODYWEIGHT STRENGTH TRAINING

12 WEEKS
to Build Muscle
and Burn Fat



BODYWEIGHT STRENGTH TRAINING

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BODYWEIGHT STRENGTH TRAINING

12 Weeks to Build Muscle and Burn Fat

JAY CARDIELLO

Foreword by Darria Long Gillespie, MD, MBA

Illustrations by Christian Papazoglakis



*This book is dedicated to my son, Max,
who's taught me more about life than any
coach or mentor I've ever worked with.*

I love you, son.

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FOREWORD

When I first met Jay Cardiello, he was working with a group of people of all shapes and sizes. These were a group of people who didn't exercise regularly but wanted to lose weight, and even possibly address chronic health problems such as diabetes. Jay and I were considering collaborating on a project, so I had come to observe how he worked. What I saw first was that he was truly challenging them. But what became clear—and even more important—was that they also felt inspired, valued, and empowered. They were meeting his challenge and they were proud. People were laughing! I left that day with a deep appreciation for how Jay made people *feel*. How he didn't just train them—he helped them succeed.

Watching Jay connect with people at all fitness levels, you'd never guess that he had been training 50 Cent earlier that morning. Or J.Lo the day before, and NFL players earlier that week. Or that he starred on the hit ABC show *My Diet Is Better Than Yours*. When Jay works with clients, his celebrity doesn't matter. What matters is his ability to create an environment where everyone feels comfortable, not judged, and has fun exercising, regardless of their fitness level.

But that's Jay. He's a trainer to the stars and top athletes, and yet he also helps everyday people begin to *thrive* through health and fitness. He intrinsically understands the challenges of each individual client and addresses those head-on and with boundless enthusiasm.

As a physician, digital health executive, and national wellness expert, I strive to give my patients only the very best scientifically based information. Jay operates the same way. He bases his programs on evidence and behavioral models that have shown to be the most effective. Jay also understands that anyone can know *what* to do fitness-wise; the secret to success is knowing *why* you want to do it. That's what makes his work unique.

Why do we need this book? For one, strength training is a crucial component of health, and I see so many of my patients neglecting it. Plus, when it's combined with cardio in the way that Jay recommends, the benefits are magnified: a healthier weight, stronger bones, increased energy, and even a longer lifespan. Following a program like this means your heart is healthier, your brain is healthier...and your butt looks better in jeans. I call that a win.

I know firsthand that it's easy to get derailed from fitness routines. But Jay makes that virtually impossible with his 12-week program. If you came to this book with excuses, you'll quickly run out of them.

Don't think you have the time? Got 12 minutes? Then you have time for almost all of the workouts in this book.

No gym membership? Do these workouts at home, using only your body weight.

Easily discouraged? Jay includes motivation and encouragement throughout, so you won't feel alone in your journey.

What makes this book special is that Jay asks the important questions, empowering you to find your true motivations for change. Knowing this is the key for making change last. He addresses your personal and mental challenges as much as he does the physical. This isn't just a strength-training book—it's a life-training book. Think about it: Have you ever encountered a fitness program that encourages you to pause, be mindful, reflect on your goals, and have gratitude? Jay reframes how we think about our health. It's not just about the workouts. It's an inside-out approach. Wherever you are in your health journey, whatever size, or how many reps you can do, you need this book.

Jay is no drill sergeant. He won't yell at you or belittle you. He's focused on your strength, fitness, energy, and quality of life, and he believes that you can dream bigger, feel better, and be stronger. And, after reading this book, you will believe that, too.

—**Darria Long Gillespie, MD, MBA**

SVP Clinical Strategy, Sharecare Inc.

Clinical Assistant Professor, University of Tennessee School of Medicine

INTRODUCTION

If you picked up this book, you likely understand the importance of becoming stronger, getting more physically fit, and improving your overall health. Maybe you've tried a few different approaches, without success, and are looking for a training and nutrition program that will really stick. You know that success comes from commitment, but you just might need a little help getting there. You've come to the right place.

Over the course of my 22 years in the fitness and health industry, I've witnessed thousands of fitness programs that promise everything—including the fountain of youth. Many of these programs are backed by science and can prove success if an individual follows the protocols.

The problem is that when it comes to getting fit, life can magically conspire to get in your way. Time and money are tight. You have so much on your plate already. Some people even carry a sense of guilt or inferiority that holds them back from getting healthier. Others lack motivation, or are scared to commit to something long term.

But what if I told you there's a program that's so easy, it takes the thought process out of fitness and nutrition? That's my goal with *Bodyweight Strength Training*—to do all the thinking and planning for you, so you just have to follow the steps. If you do, you'll be strong, fit, lean, and healthier in just 12 weeks. The best part? You can do all the exercises at home and on your own—no equipment or gym membership required.

This book gathers all I've learned in the course of my athletic and fitness career in order to help you get stronger, leaner, and mentally focused. I began my strength-training career working with professional athletes in major athletic organizations, including the Tampa Bay Buccaneers, the Xtreme Football League, the Cincinnati Reds, and the World Champion Boxing League. From there, I developed Off The Scale (OTS) in 2014 with a team of health care, technology, and marketing experts. The OTS platform delivers structured physical activity, nutritional education, and lifestyle-change planning to maximize participation and success for its users. Many of the exercises and techniques in this book come from the research behind OTS.

Strength training has incredible benefits for your body and mind. A recent study showed that “strength training is increasingly promoted for its many health-related benefits, including a lower risk to all causes of mortality, fewer cardiovascular events (e.g., heart attack, stroke), improved body composition, better glucose metabolism and insulin sensitivity, and lower blood pressure in persons with prehypertension

and hypertension.” In addition, the researchers found that “resistance training is a meaningful intervention for people suffering from anxiety.” With regard to depression, the study concluded that strength training was shown to reduce depression in those who participated in regular exercise.

I’ve witnessed these amazing results of strength training firsthand, and now I want to share them with you. I’ve found that 12 weeks is the point at which people effectively adapt new habits, move into self-actualization, and are fully committed to a new way of life. You’ll build your training over the course of the 12 weeks of the program, after which you’ll be armed with the tools and techniques to continue these healthy habits for the rest of your life.

What makes this program unique is that I focus on the mental as well as the physical. Whether I’m working with 50 Cent or the CEO of a major company, it’s all about the mental game. As a successful strength coach, strength of mind is my main focus. Just as I do with my clients, I’ll constantly encourage you to use motivating phrases, meditation practices, and purposeful goal-setting to achieve success. Over the course of this book, I will be both your life coach and your personal trainer.

We start out by going over the basics of a strength-training program and how to set yourself up for success. Then, in Part 2, I present the 40 foundational strength-training exercises for this program. The exercises are divided into our core areas of focus—legs, back, abdominals, and arms—and you will use these fundamental exercises consistently over the 12-week program. Familiarize yourself with these exercises before starting the program outlined in Part 3. (And remember, if you forget the steps for a particular exercise, flip back to Part 2 for a refresher.) In Part 3, I outline the 12-week Bodyweight Strength Training program, a series of interval strength-training workouts tailored to your fitness level. In the workouts in Part 3, I present all of the exercises as 30-second bursts, as opposed to numbers of repetitions. This allows you to work at your own pace, concentrate on form, and start pushing harder at any point.

With me by your side, your days of overthinking, making excuses, and stopping and starting are over. It’s time for success. It’s time to achieve lasting health and strength—once and for all.

Let’s get started!

PART ONE

SETTING THE FOUNDATION

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I

In your quest to establish a stronger body, you must focus on improving your mental health, nutrition, and fitness. Most of the time, the chattering in your head is what keeps you from achieving goals. That's why I emphasize mental strength even more than physical strength. I start this section by explaining the research behind strength training and why it works. Then, I help you lay the foundation for mental wellness. Getting in the right mind-set is the key to success when training your body. In the following pages, I help you create a daily ritual, walk you through a powerful visualization exercise, provide tips for getting a good night's sleep, and share a simple meditation practice. From there the section covers my general principles for nutrition for fat loss while strength training. Once you have this solid base, you'll be primed for success in the 12-week program.

STRENGTH TRAINING

Because of its association with bodybuilding and professional athletes, many people assume that strength training is only for the chosen few with incredible genes and talent. But strength training is actually for everyone! And you don't have to lift enormous amounts of weight in order to achieve results. In fact, you do not need weights, exercise equipment, or a gym membership. Your body is the best gym you have. As Dr. Edward R. Laskowski of the Mayo Clinic recently stated, "The resistance training effect you get from using your body weight can be as effective as training with free weights or weight machines."

All of the exercises in the program use your body weight, meaning that you can do them without equipment and in almost any setting. These go beyond your typical push-ups, pull-ups, and jumping jacks. The exercises are designed to follow your body's natural path of movement, which helps improve strength, balance, and mobility from every angle.

This type of training leads to all kinds of benefits for your overall health. Numerous studies have shown that strength training builds lean muscle mass, which can directly improve cardiovascular health, lower stress levels, improve sleep, and even stimulate brain activity. Specifically, a regular strength-training routine can lead to the following benefits:

MORE LEAN MUSCLE MASS. Muscle mass is crucial in maintaining a healthy weight and general metabolic functions. Improving your body's lean muscle mass increases your basal metabolic rate, which means you will burn calories just to maintain your weight on a daily basis.

IMPROVED CARDIOVASCULAR FUNCTION. Strength training causes the heart to pump stronger with greater effectiveness, which helps reduce blood pressure and improve circulation. The heart, just like your bicep, is a muscle and needs to be regularly placed under pressure in order to adapt and improve functionality.

BETTER MOOD, DECREASED STRESS, AND LESS ANXIETY. When you perform strength-training exercises on a regular basis, your body releases endorphins. These chemicals provide you with a natural high. The release of endorphins has been shown to naturally reduce depression and improve energy levels.

IMPROVED BONE DENSITY AND JOINT MOBILITY. Improved bone density will reduce your chance of injury and (especially for women) of bone loss in older age. With regard

to joint mobility, stronger muscles mean that you rely less on your joints to move around, which offers protection for your knees, ankles, and hips.

Too many people spend their days behind computer screens. Sitting hunched over a desk causes stress in the shoulders and hips. This can lead to lower-back issues, which can actually be exacerbated by many strength-training programs. My approach uses the body in the way it is meant to move, which helps even the most hunched-over among us rediscover alignment, gain strength, and avoid injury.

Think for a moment of your body as an automobile. If your car is out of alignment, the tires won't wear evenly, and the car will compensate. But you won't see evidence of the misalignment until there's major damage to your car. Your body works in a similar way.

The protocols in this program will help you avoid these imbalances by training your body and increasing its strength in all three planes of motion:

- The sagittal plane, which divides the body into the right and left sides and involves flexing and extending movements. Biking, rowing, and running are examples of motions in this plane.
- The transverse plane, which cuts across the middle of the body and involves twisting and rotational motions.
- The frontal plane, which divides the body into anterior (frontal) and posterior (backside) and involves adduction and abduction movements, such as jumping jacks.

Most programs focus on training the body in only one or two planes of motion. But this can actually put your body in harm's way. Let's say your current training focuses on exercises such as bench presses, lateral pull-downs, and bicep curls. Each of these exercises trains your body in a fixed position, moving in a straight line.

But what happens if you're carrying a child and walking down the stairs, or pulling luggage out of the overhead compartment? These motions require your body to have strength in all three planes, plus balance and a strong core. In this way, single-plane, or linear, training programs don't effectively prepare your body for everyday wear and tear. Only an approach strengthening your body in all three planes at once supports your joints and helps prevent injury.

MENTAL FITNESS

The first step in adopting a sustainable fitness and health program is to get mentally focused. It's important to get into the right mind-set before implementing big behavioral changes.

This means accepting that you won't change overnight. I've seen too many people give up because they take on too much, too soon. For instance, I always emphasize hydration with my clients. But if you're used to drinking soda, don't set a goal to quit soda cold turkey and drink a gallon of water a day. Instead, commit to drinking one glass of water and one fewer sodas a day for a week. Slowly improve the ratio from there. In my many years of coaching, I've found that when implementing new behaviors, less is more.

If you take time to focus your mind and get in tune with yourself, you'll set yourself up for success when it comes to training your body. Trust me, starting on an inner level always works—you don't want to skip this step.

Create a Daily Ritual

The start of your day sets the tone for everything that follows. Carving out time to get into a good headspace makes all the difference. In fact, all the athletes I've ever worked with have rituals they like to do before they perform. They take time to get their minds ready. And it works.

If you want to get stronger, dedicate the first 10 minutes of your morning to a daily ritual. Avoid your phone, stressful e-mails, and nonsense news, and instead prepare for your day like an athlete prepares for a game. Here's the ritual I perform every morning and recommend to my clients:

- Write down five things you're grateful for.
- Define your purpose for the day by asking yourself, *What are my goals for the day? How am I going to accomplish them? What am I looking forward to today?*
- Write a mission statement for what you want to accomplish over the next three to six months. Keep it simple: what you're seeking to accomplish, how you're going to achieve it, and what you're going to give to others once you accomplish it. Read it every day until the completion date. Reading your mission statement when you wake up and right before you go to bed will keep it front of mind. And your mind controls your destiny.

Visualize Your Future Self

In working with clients, I find that many people feel stuck in their current situation and constantly feed themselves with negative self-talk: “I’m overweight,” “My stomach isn’t what it used to be,” or “Ugh, I need to lose weight.”

This self-defeating attitude isn’t going to take you very far. In order to get stronger, you have to reach for something. Reframe your negative self-talk by focusing on the positive outcome you’re after. Visualize your success—another helpful trick used by professional athletes, who often visualize winning a game or competition before ever stepping out of the locker room.

Take the story of Roger Bannister, the first man to run a mile in under four minutes. He consistently visualized the race until it became a part of his thought process. He achieved the race mentally. So, when it came time to run, the race was already accomplished in his mind. What made Roger Bannister run the four-minute mile? He didn’t train harder—he saw himself do it.

Every day, close your eyes and visualize your stronger, leaner body. Feel your strength, energy, and stamina. Focus on this as much as possible—before you start a workout, in the middle of a tough session, whenever you have a hard day and feel the negative thoughts creeping in. Focusing on your future self will help you stay motivated in the present.

Go to Bed

Sleep is crucial for your health and fitness. The National Sleep Foundation recommends seven to nine hours of sleep a night for adults. (Yes, that’s seven to nine hours a night—not a week.)

Researchers have found that sleep is necessary for the healing and repair of your heart and blood vessels. Lack of sleep can be linked to heart disease, diabetes, and obesity. Sleep also affects your decision-making ability, cognitive function, and mood stability. Simply put, even losing only one or two hours a night affects your ability to function at optimal level. Adequate sleep leads to better quality of life, improved work performance, and better overall health. So go to bed!

Meditate

Meditation is a simple way to improve your health. Studies carried out at Johns Hopkins illustrate the relationship between the practice of meditation and a reduction in stress and anxiety.

It may sound bizarre that you can improve your health and reduce stress simply by sitting quietly—but it's true. Each day, I invest a minimum of 10 minutes for meditation. Try a simple meditation: Sit, on the floor with your legs crossed, or in a chair, and close your eyes. Rest your hands on your knees with your palms facing the ceiling. Take a deep breath in through your nose for a count of four. Hold the breath for a count of two, then exhale through your mouth for a count of eight.

If you are a newbie, or are having difficulty concentrating during meditation, try a guided meditation online or an app, like Headspace. With regular practice, you will be able to start concentrating and enjoying the stress-relief benefits of meditation.

Know Your Purpose

If you're going to change and stay committed, you have to have a purpose. You have to know your *why*—why you're going after something. There has to be something purposeful about it.

Think about resolutions you've made and broken. Let's say you go on a diet, telling yourself, "I can't eat so much food." But food is just the effect. It's not the root cause of your overeating. Similarly, exercise, or lack of it, is an effect. It's not the root cause of your habits. People need to understand the root cause in order to change course.

Goals don't make sense to me. I'm not a fan of goals like, "I want to lose 25 pounds." That's a statement that *pushes* you. Purpose *pulls* you. Saying, "I want to be the first person in my family not to have diabetes," or "I want to be the first person from my family to graduate college"—those are *pulling* factors. We have to identify our purpose. What do we want? Why do we want it? Why is it going to be impactful?

People tell me all the time, "I want to make more money." And I say, "Okay, here's a dollar. You just made more money." You met your goal but it wasn't impactful. You have to have those pulling factors. Identify your purpose and stay focused on it, day in and day out. You'll be surprised by how motivating that can be.

Recover, Recover, Recover

Rest days are an essential part of this program. While you may feel like you're slacking when you take a day off, don't worry. Time off allows your body and mind to fully recover and grow. Even the best athletes in the world take rest days.

Think about how you feel after a night of poor sleep. Your cognitive skills are fuzzy and your body starts to fall into a catabolic (breaking down) state, which can skyrocket stress, sap muscle strength, and cause mood shifts.

This same kind of fatigue happens to your body when you don't allow it to properly recover from exercise. Never taking a day off sets the body up for a breakdown. You become more susceptible to severe muscle soreness, a suppressed immune system, insufficient sleep, a decrease in performance, and injury. Remember that you destroy muscle during exercise, and make progress when you recover.

How will you know when you need a rest day? My answer is to take a recovery day when you feel like you need to. For instance, while writing this book or when my son was born, I barely got more than three to four hours of sleep a night. If I were to push myself through an intense workout day after day, I would have burned out or gotten sick. I listened to my body and took time to recover as needed. If your brain is telling you that it needs time to rest, then rest. It's perfectly okay to take a day or two off to focus on sleep, nutrition, and meditation.

NUTRITIONAL FITNESS

The food you eat should sustain you and have substantial nutritional value. Food is intended to optimize your performance and health throughout the day. As you work through this program, the training protocols will induce some damage in your muscles. Proper nutrition is crucial to muscle repair and growth. Eating right will also help you build strength and supply you with the energy you need for your workouts and throughout the day.

Here are my general principles for healthy eating for fat loss while strength training:

PROTEINS. This group helps your body build and maintain muscle. Avoid fatty protein sources, like fatty red meat, and opt for leaner selections, such as chicken, fish, bison, and eggs. Provide your body with a protein every couple of hours to stimulate muscle growth and the release of fat-burning hormones.

CARBOHYDRATES. Contrary to popular belief, carbs are not the enemy. They're actually essential to achieving a strong and lean body. Just remember that there are two types of carbohydrates: starchy and nonstarchy. The first type raises blood sugar levels quickly and comes in the form of rice, pasta, and bread. Servings of starchy carbs should be no bigger than your fist and should be eaten first thing in the morning and pre-workout, when your body is more likely to burn them as fuel. Nonstarchy carbs are high in fiber and vitamins and include fruits, vegetables, and whole grains. They can be eaten in larger portions and added into your meal plan up to three times per day.

HYDRATION. Your hydration has a big effect on your workout. When your body is low on water, your muscles and connective tissues have difficulty performing. Dehydration can cause an imbalance of your electrolytes, which are involved in muscle contraction. In addition, a lack of fluid can wreck havoc on your blood pressure. Fluid helps regulate your blood pressure, which in turn helps normalize the heart and manage stress on your body when you exercise. Dehydration can interfere with this process, which can lead to inflammation and improper recovery. I typically recommend drinking half of your body weight in ounces of water daily. Remember, if you're thirsty, you're dehydrated.

What to Eat Before You Work Out

The hardest part of a fitness routine typically isn't the workout itself. It's mustering up the energy to start the workout. What if I told you that your lack of hydration could be the culprit for low energy? Or that working out on an empty stomach can reduce your chances of fitness success?

Pre-workout hydration is just as important as any pre-workout fuel. Dehydration is one of the leading causes of fatigue and can also lead to loss of coordination and strength. A good rule of thumb is to drink a bottle of water before training.

Whether you want to work out first thing in the morning or after a long day at the office, your body craves nutrition to help fuel your physical output. I suggest snacking on some carbohydrates 20 to 30 minutes before beginning your training. Carbohydrates like fresh fruit, oatmeal, dried fruit, or a slice of 100 percent whole-wheat toast (or sprouted-grain bread like Ezekiel bread) are great choices because they'll be digested fast and provide quick energy. If you're more likely to snack on protein, a hardboiled egg or a slice of turkey will provide fuel and help your muscles heal and grow stronger.

What to Eat After You Work Out

Post-workout nutrition is crucial in replenishing the glycogen your body depletes during exercise. Many athletes and gym fanatics opt for liquid protein shakes for post-workout recovery, and for good reason.

Liquid is absorbed more quickly than solids, leading to a faster recovery. Shakes also help with post-workout hydration, and the protein helps repair your muscles. For your shakes, select a plant-based protein, as this is a simple way to take in the nutrients found in vegetables. I recommend protein powders from Genuine Health, Garden of Life, and Vega brands. It's the job of the carbs in the shake to replenish glycogen stores lost during exercise. Opt for complex carbs, such as whole grains or starchy vegetables.

If you're concerned about these added carbohydrates, note that a study in the December 2010 issue of the *International Journal of Sport Nutrition and Exercise Metabolism* reported that consuming carbohydrates after a workout is the most important factor influencing the ability of your muscles to restore fuel.

To make your post-workout shake, combine a scoop of protein powder with a serving of complex carbs, 16 ounces of water, and $\frac{1}{2}$ cup of ice in your blender. Blend to your desired consistency, and enjoy!

Healthy Eating for Fat Loss

Society constantly bombards us with confusing labels and overpriced health food. To make matters worse, dietitians—the professionals we enlist to provide us with healthy eating plans—often don't agree on the best approach. But healthy eating doesn't have to be complicated. These simple tips will help you lose fat and improve your overall health.

IF IT GOES BAD, IT'S PROBABLY GOOD FOR YOU. Make fresh produce (especially vegetables) part of every meal. Americans don't consume enough produce. Having a serving of vegetables at each meal will help you stay lean and assist with fat loss. The high fiber content found in vegetables tricks the stomach into feeling full, which impedes the metabolic slowdown that's unavoidable with fat loss. Eating your veggies is one of the best ways to fight fat!

EAT AS IF YOU'RE SICK. When you're sick, your doctor tells you to get lots of rest, stay hydrated, eat nutrient-rich wholesome foods, and avoid processed and sugary foods. Sugar causes inflammation, which is a factor in many chronic conditions associated with obesity. I try to eat like this all the time. Why treat your body with special care only when it's sick?

HAND MEASURE. Portion control is key for weight loss. Your hand is actually a great portable measuring device and can help you gauge your portions at each meal. Proteins should be the size of your palm (about three inches in diameter). Meat proteins should not be thicker than your palm. For produce, put your two fists together and aim for that amount on your plate. Carbohydrates should be no bigger than the size of one fist. Keep a serving of cheese, fats like oil or butter, and other cow-milk-based products the size of half of your thumb. For healthy snacks, like nuts, seeds, hardboiled eggs, hummus and carrots, berries, or air-popped popcorn, cup your hand and stop at about a cupful. (If you're larger or very athletic, you may use slightly larger portions, such as two palms for protein.)

SLOW DOWN. Did you know that it takes your brain about 15 minutes to realize that you're full? Try using chopsticks or eating with your nondominant hand to slow your eating. You may feel fuller faster. This simple trick can reduce your food intake and keep your weight in check.

TIMING IS EVERYTHING. Fueling your body at the proper times will help keep blood sugar levels and metabolism under control while aiding the production of new muscle. Did you know that people who skip breakfast are more likely to be overweight? Your body wants to be fed after a night of fasting, and when you wake up, you need to ignite your metabolism. Missing breakfast sends the wrong message to your brain, causing it to interpret a lack of food. This sets your body into starvation mode, which triggers it to hold on to fat. So make a point to eat breakfast—the earlier, the better. Avoid acid-rich foods or drinks, such as pasta sauce and wine, right before bedtime. If you work late or sit down for a late meal, it's better to decrease the portion size of your dinner than to go to bed with a completely full stomach.

DINE OUTDOORS. We actually eat less when we dine outside. For one thing, the presence of the sun's bright rays actually causes people to eat less. Second, eating outdoors naturally helps you eat at a slower pace: Whether you're looking at the birds or just people-watching, these distractions can slow down your pace of eating, which will help you feel full faster.

GIVE YOUR BREAD A SQUEEZE! Not sure if your bread is making the cut when it comes to whole grains? Give it a squeeze. Cheap, fluffy bread is usually packed with chemicals and lacks nutrition. The denser the bread, the more likely you're purchasing the whole grains your body needs. Also, look for bread labeled "100 percent whole-wheat" and opt for sprouted breads whenever possible.

Grocery Shopping for Health

What you get at the grocery store makes a big difference in your health, your weight, and how you feel. Food has the power to either destroy or enhance your health.

But shopping these days can be complicated. Thousands of brands compete for your attention with their healthy claims, bright labels, and marketing slogans. How do we cut through the noise?

Knowing how to navigate the labyrinth of the supermarket will help you stay focused and select foods that will make you look and feel stronger, healthier, and happier.

SHOP THE PERIMETER

Grocery stores are set up to lure the consumer into the middle of the store. There, the aisles are full of overpriced processed foods with roughly the same nutrient value as a handful of garbage.

To avoid this trap, immediately walk to the perimeter of the store to find the fresh and healthy options. This is where the fresh produce, healthier breads, proteins, and frozen items are located. (When shopping for frozen fruits and veggies, which are great options for quick meals or shakes, make sure they are 100 percent organic and have the USDA Organic stamp. And avoid any processed frozen foods!) Venture toward the center of the store only for specific items you need, such as toiletries, household goods, pet food, beans, pastas, and other essentials. Following this plan is one of the easiest ways to avoid the temptation of processed foods.

STICK TO YOUR SHOPPING LIST

Show up to the supermarket with a plan. This is the simplest way to avoid making impulsive and unhealthy purchases. Food shopping should be methodical, not emotional.

The best way to make a shopping list is to write things down as soon as you run out of them. I keep a running list on a dry-erase board at home, but a pad in the kitchen also works. As soon as my son eats the last scoop of almond butter, it goes on the list. This ensures that we stay stocked with healthy staples and nothing extra. With so much going on in our minds, keeping a running tally of what you and your family need will help you stay focused and avoid making unnecessary purchases.

KEEP YOUR GUARD UP

Food marketers invest a lot of time and money developing ways to take your cash. Researchers have developed the perfect shelving specifications for placement, size, height, and depth to direct you to the products that supermarkets want you to buy—namely, the name-brand, more expensive options. All of this is done to get you to spend. But you need to focus on staying healthy.

A good trick to remember is, *Stop, look high, and look low*. Outside of the “bull’s-eye zone,” you can find good alternatives. Store brands, generic brands, and bulk items are typically located on the bottom shelf. These can help you stick to your budget. Local and gourmet brands, which may offer healthier options, are typically located on the top shelf.

Watch out for vibrant packaging colors, like red and yellow, which are known to heighten appetite. These colors can entice you to buy certain foods that you would have passed on otherwise, especially if you’re shopping on an empty stomach.

And try not to go shopping after the gym or when you’re hungry. Your heightened appetite can tempt you to buy unnecessary and unhealthy items.

READ LABELS

Don’t be fooled by food marketing—always read the ingredients list on products before buying them. It may surprise you to see how many products have unhealthy ingredients, like enriched bleached flour or sugar, as one of the first listed ingredients (for example, most bread).

Label traps like “low-fat” and “low-sugar” are misleading. Typically, if you remove one ingredient like fat or sugar, you have to replace it with another to try and achieve comparable taste and texture. This usually means large amounts of added sugar, fat, or fake sweeteners.

Avoid products that have ingredients lists rivaling the length of Webster’s Dictionary. Select foods with the fewest ingredients. Watch out for dangerous fillers in your foods, such as preservatives or words that you can’t pronounce.

A few ingredients to avoid or keep to a bare minimum include saturated fats, trans fats, cholesterol, sodium, sugar, and sweeteners.

Only you and your physician can decide on the meal plan that’s best for you based on your personal needs. But by understanding the psychology of the supermarket and common pitfalls, you’ll be equipped to make good choices.

PART TWO

FUNDAMENTAL EXERCISES

Key Positions 16

Leg Exercises 18

Back Exercises 40

Abdominal Exercises 62

Arm Exercises 84

N

Now that you have a strong foundation for strength training, you're ready to move into the 40 fundamental exercises for the program. These are the protocols I use with all of my clients—and with amazing results. I've broken them down into four areas of focus: legs, back, abs, and arms. The exercises are all connected and relate back to the core, training the body to work as a whole rather than isolating one particular joint or muscle group. For example, when you're training your arms, you'll be simultaneously engaging the muscles around it and building strength in your core. This is the power of the Bodyweight Strength Training program!

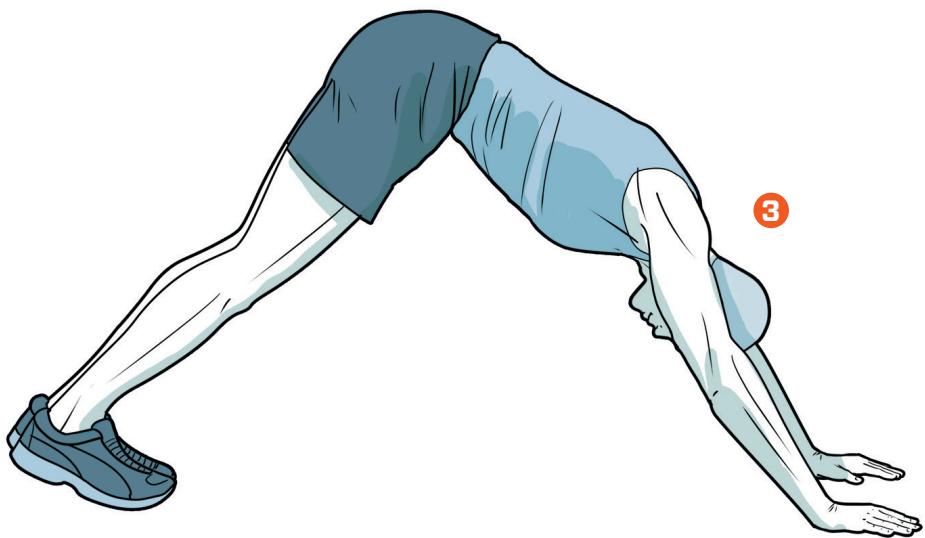
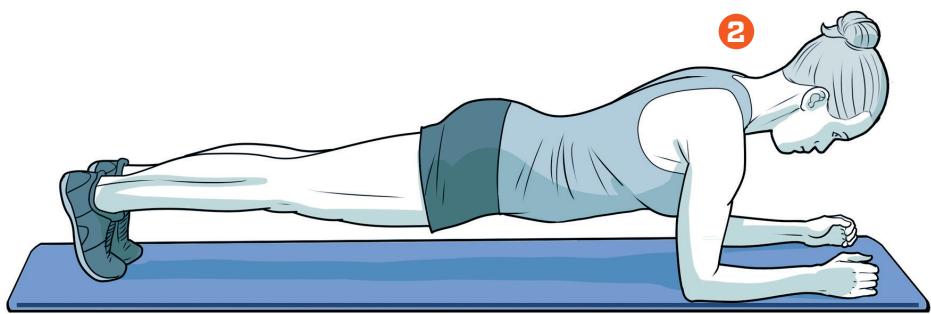
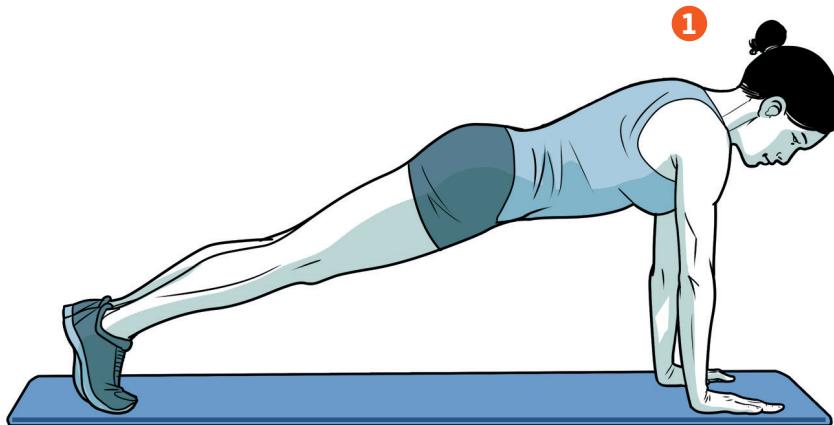
This section outlines the basic motions of each exercise. I don't include reps or time frames, because it's meant to be a primer so you can practice your form and get familiar with the exercise motions. I encourage you to do each exercise a few times to prepare for Part 3 (page 106), where these protocols will be combined into full workouts.

KEY POSITIONS

There are a few key positions to know before getting started as they are repeated often, especially in Abdominal and Arm Exercises.

1. **FULL PLANK:** This is the top of a traditional push-up position. To stay in plank position, keep your arms straight with your hands directly below your shoulders and your feet flexed with the bottoms of your toes on the floor and your heels stretching behind you. Your body should form a straight line from your heels to the top of your head.
2. **FOREARM PLANK:** This is a modified plank, with your forearms on the floor and your elbows directly under your shoulders. Keep your feet flexed with your toes on the floor and your heels stretching behind you. Aim to keep your body a few inches off the floor while forming a straight line from the back of your head to your heels.
3. **DOWNDOWN DOG:** Start with your hands and knees on the floor. Next, place your wrists directly under your shoulders with your knees resting on the floor under your hips. Press through your palms, driving your pelvis up toward the ceiling and extending your legs. Your body will form the shape of a triangle. Continue to press through your palms, and try to rest your heels firmly on the floor.

KEY POSITIONS



A person is performing a lunge exercise on a light-colored wooden floor. They are wearing a dark t-shirt, dark leggings, and dark athletic shoes. Their left leg is extended forward in a lunge position, and their right leg is bent behind them. A white circle is overlaid on the image, centered on the person's torso.

LEG EXERCISES

IN ORDER TO ACHIEVE your highest level of strength, you have to train your legs. Home to some of the biggest muscles in your body, the lower body is essential for performing day-to-day activities. Training your legs releases the largest number of natural anabolic hormones, which contribute to the growth of all your muscles. This means that lower-body training can actually enhance muscle growth in your upper body as well. Maintaining a consistent leg training program will help you improve your overall strength faster. The exercises in this section will challenge your bottom half, rewarding you with stronger hamstrings, quads, and glutes. They are the rock solid foundation for the rest of this program.

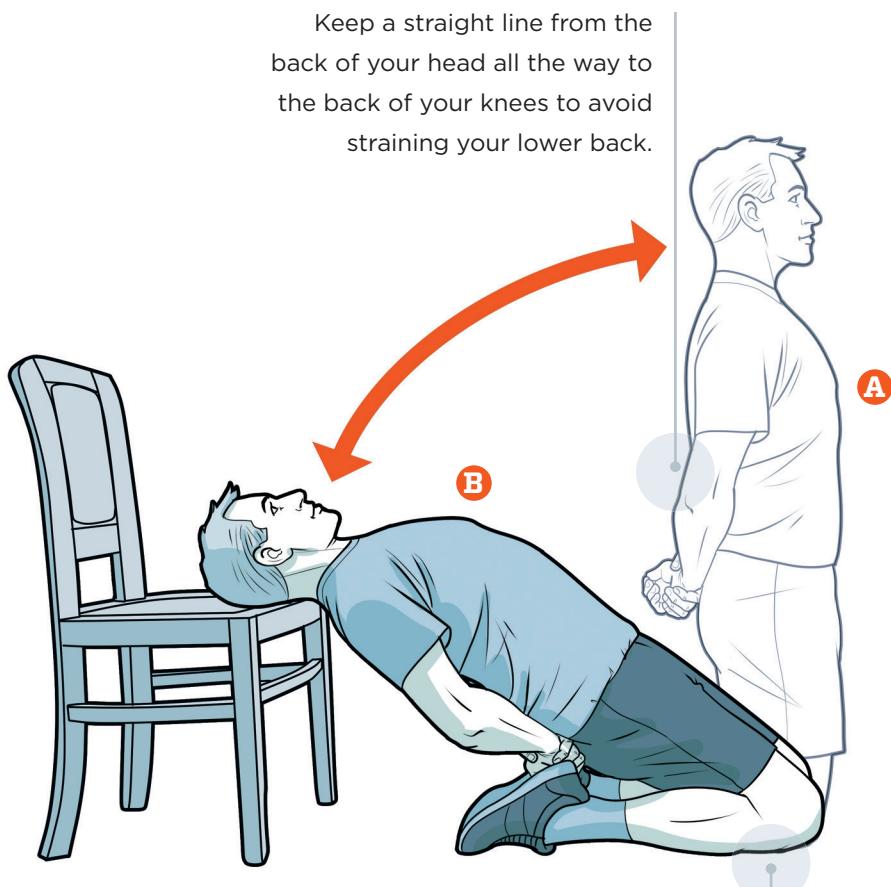
According to the American Council on Exercise, lower-body exercises, such as lunges and squats (which are both included in this program), offer the best protection for knee injuries. When it comes to keeping your metabolism elevated, lower-body strength training beats standard cardio exercises like running and cycling. In addition, training the lower body improves balance and can help reduce back pain associated with prolonged sitting. In short, getting your legs in shape improves strength, reduces your chance of injury, helps you burn more fat, minimizes aches and pains, and means you'll be running circles around your friends.

FALLING TOWER

CORE | GLUTES | HAMSTRINGS

This is a great foundational exercise for building leg strength. The protocol forces the muscles of the leg to work harder by challenging your body to move in ways it doesn't usually move. Be careful not to rush this one.

1. Position yourself on your knees 2 to 3 feet away from the front of a chair. Rest your hands at your sides or place them behind you. (A)
2. While keeping your back straight and hips static (not moving), lean back slowly until either your head or back touches the chair. (B)
3. Lift yourself back up to starting position. (A)
You'll feel it in your hamstrings, glutes, and core muscles.



Keep a straight line from the back of your head all the way to the back of your knees to avoid straining your lower back.

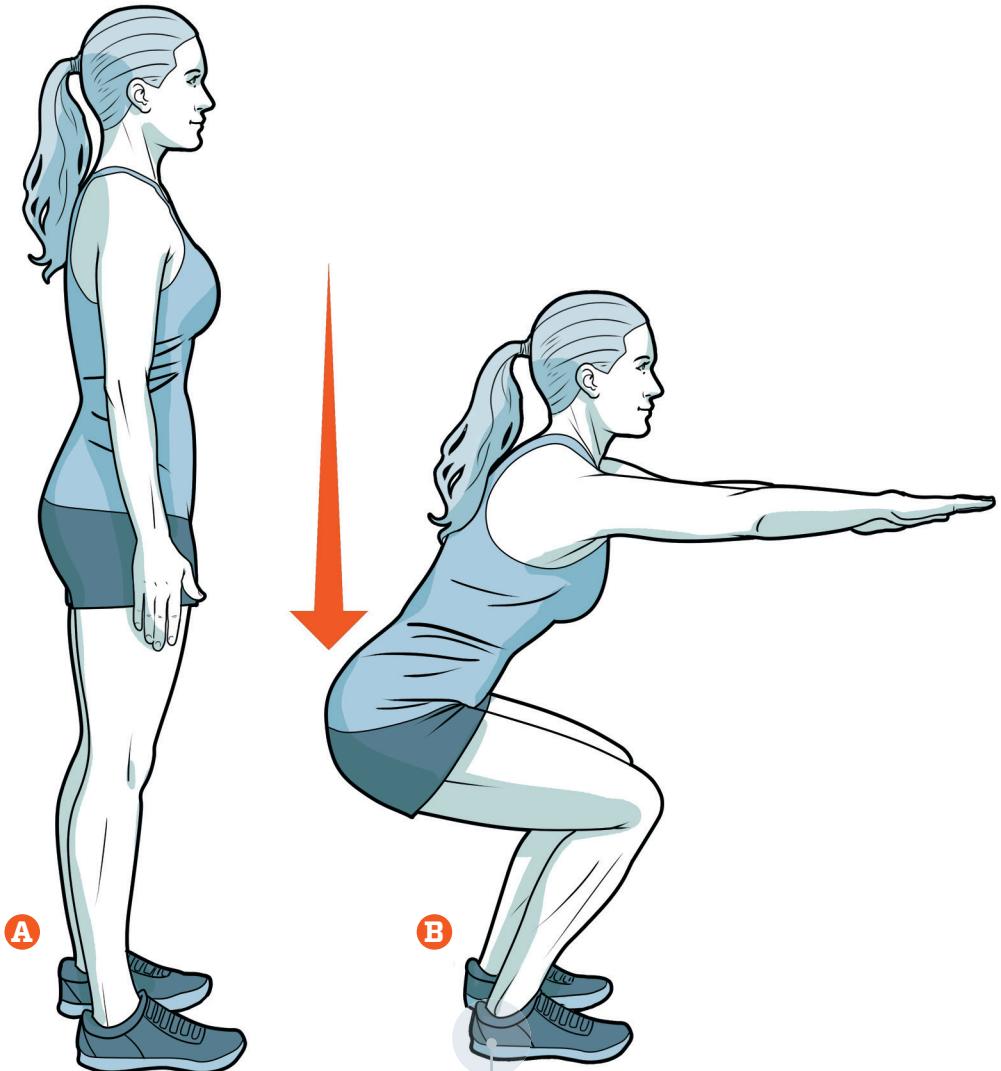
Be sure to not hinge at your hips. The only motion should be at your knee joint.

CLOSE SQUAT

CORE | GLUTES | HAMSTRINGS

This exercise is incredible for building glute and hamstring strength while fully engaging the core. It's an ideal entryway into the Pistol Squat (page 26) and other more-advanced squats performed throughout this program.

1. Stand tall with your feet hip-width apart. (A)
2. Extend your arms directly out in front of you.
3. Brace your core and bend your knees, sinking your lower hips toward the floor until your knees form a 90-degree angle. (B)
4. Quickly extend your hips back to starting position. (A)



Keep your heels in contact with the floor at all times. As your flexibility increases, so will the depth of your squat.

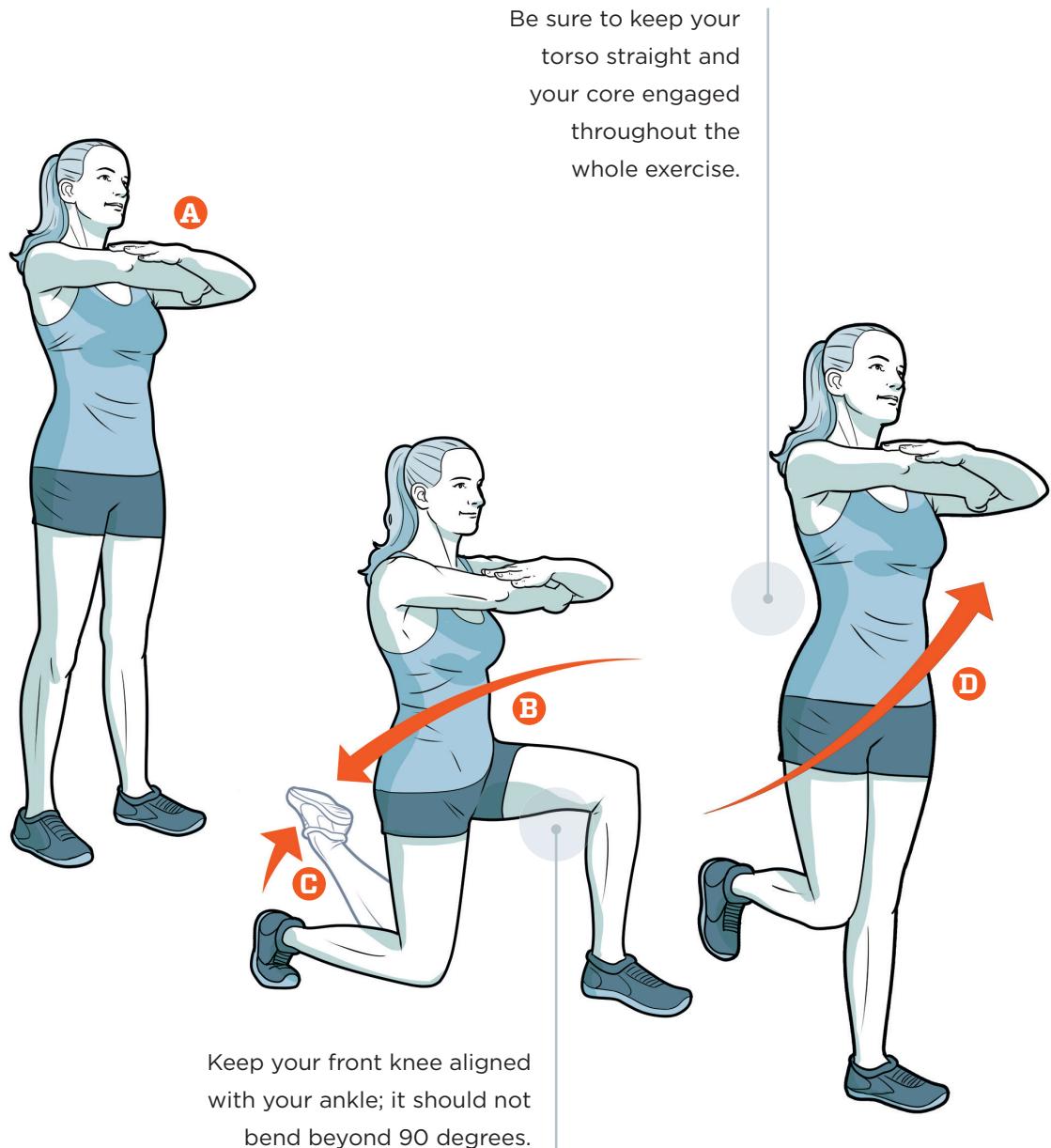
REVERSE LUNGE WITH HAMSTRING ACTIVATION

CORE | GLUTES | HAMSTRINGS | QUADS

This position is ideal for increasing strength in the hips, knees, and ankles. It also helps stabilize these joints while improving their flexibility and mobility. According to a study published in the *Journal of Strength and Conditioning Research*, athletes who added single-leg exercises to their workouts gained just as much strength as those who added barbell back squats.

1. Stand tall with your feet hip-width apart. Stack one forearm on top of the other in front of your chest. (A)
2. Brace your core and step back with your right foot into a lunge.
3. Lower your right knee to the floor, resting it on the ground. (B)
4. Lift your right foot off the floor, curling the heel toward your glute. (C)
5. Press your left heel into the floor, and rise back to a standing position. Keep your right foot off the floor until you are standing tall. (D) Place your right foot down next to your left foot. (A)
6. Repeat on the other side.

TIP If you have difficulty progressing from the down position to the standing position, simply don't raise your back foot off the floor. Instead, press into your back foot as you extend your hips back into a standing position. As you build strength, you'll be able to lift your back foot before rising.



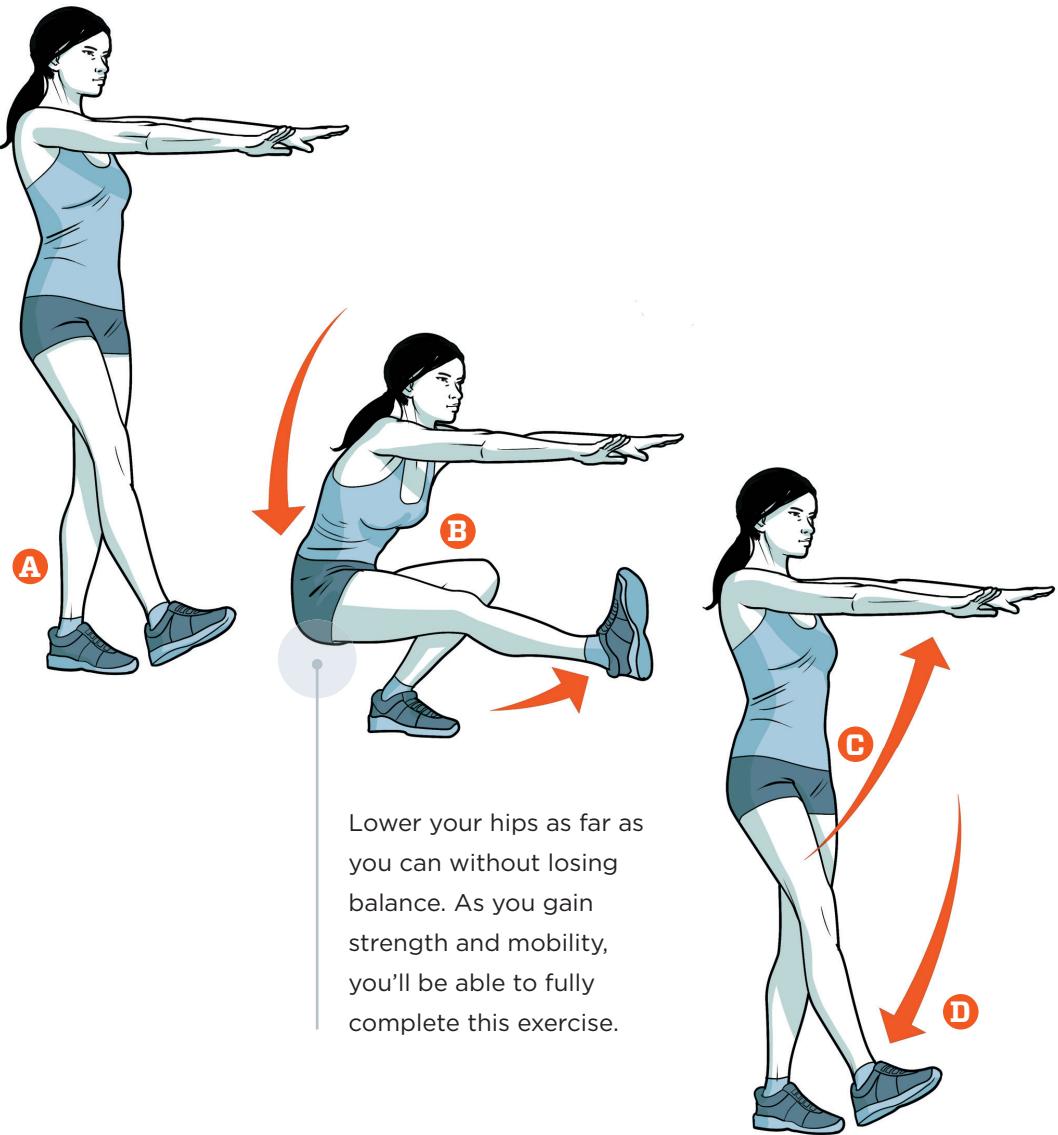
PISTOL SQUAT

CALVES | CORE | GLUTES | HAMSTRINGS | QUADS

The Pistol Squat is an advanced leg exercise designed to increase hip and leg strength. It also decreases any muscle imbalance, ultimately improving the symmetry throughout the entire lower body. Pausing at the bottom position is a good way to check your form and build strength.

1. Stand on your left leg.
2. Shift most of your weight to your heel and lift your right leg slightly out in front of you. (A)
3. Push your hips back and bend your left knee, keeping your right leg straight. Slowly lower your hips toward the floor, as far as you can go. Keep your right leg fully extended in front of your body. (B)
4. Pause, then lift your hips back to a standing position. (C)
5. Lower your right leg to the floor. (D)
6. Repeat on the other side.

TIP If this is the first time you're trying this exercise, try starting at bottom position, step 3.

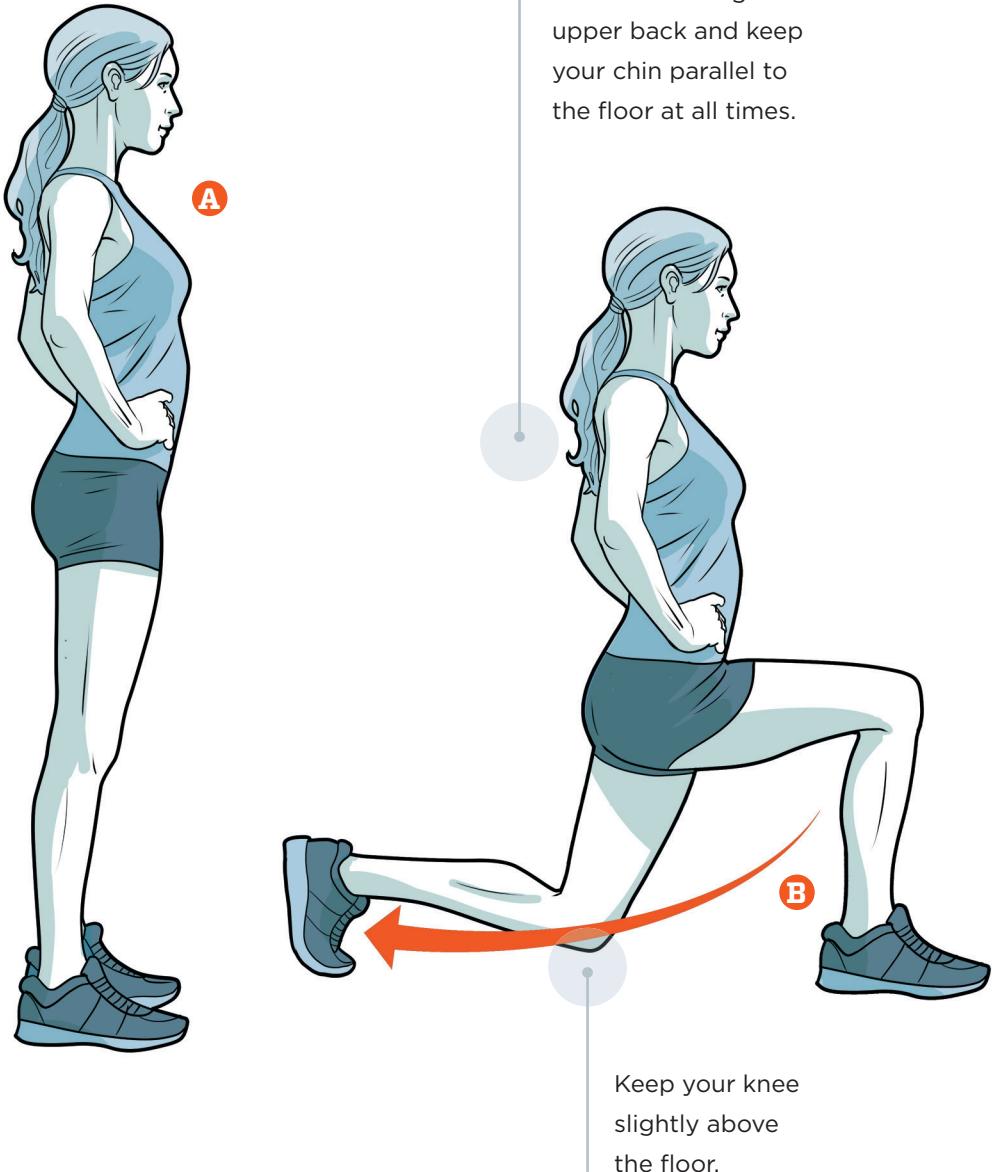


LUNGE TO PAUSE

CORE | GLUTES | HAMSTRINGS | QUADS

Lunges are one of the most efficient lower-body exercises for increasing strength in the glutes, hamstrings, and quads, especially when you add an intense static hold. The Lunge to Pause synergistically uses several stabilizing muscles that can help improve balance and coordination and a pause—or static hold—to improve stability and strengthen ligaments and tendons.

1. Start in standing position with your feet hip-width apart. Place your hands on your hips. (A)
2. Step your left foot back behind your left hip and bend your right knee to a 90-degree angle. Keep your right knee in line with your right ankle.
3. Lower your hips until your left knee rests slightly above the floor. Pause for 1 second in this position. (B)
4. Brace your core and press into your right heel, extending hips back to starting position. (A)
5. Repeat as many times as possible for 30 seconds. Rest for 30 seconds, then switch sides.



SQUAT JUMP

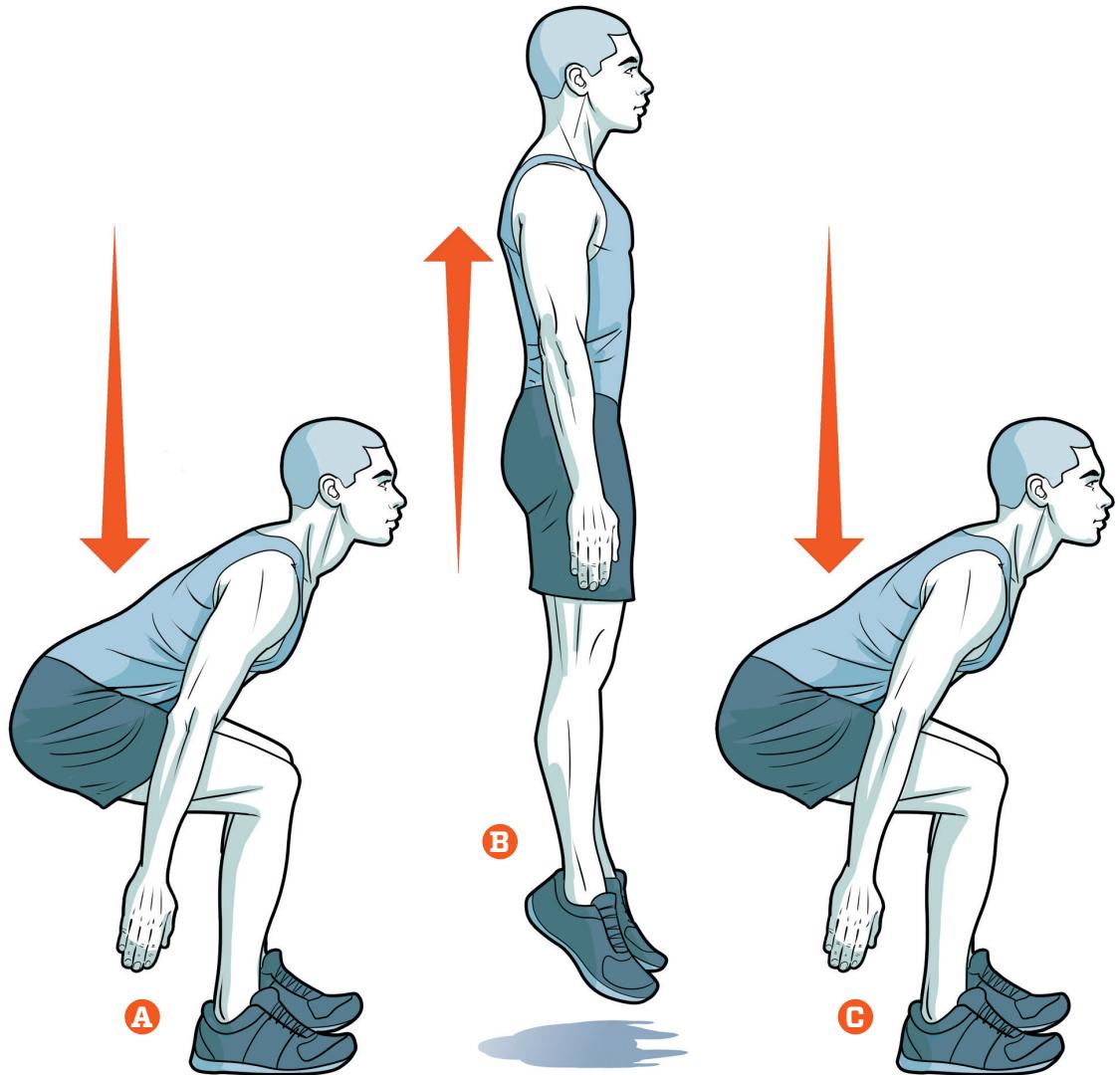
CALVES | CORE | HAMSTRINGS | QUADS

The Squat Jump improves leg strength, power, and musculature endurance. What makes this exercise so valuable for your fitness program is that it utilizes “the triple extension,” which involves the hips, knees, and ankles. When the Squat Jump is performed correctly, this triple extension creates maximum power gains by incorporating more muscle usage in and around these joints. The higher you jump, the better the results.

1. Start with your arms by your side, feet shoulder-width apart, and chin parallel to the floor.
2. Brace your core. As you inhale, lower your hips toward the floor until your knees form a 90-degree angle. (A)
3. As you exhale, quickly extend your hips and jump straight up in the air. (B)
4. When your feet touch the floor again, immediately descend your hips back down toward the floor. (C)

TIP Move at your own pace. At first, you may not want to jump as high as possible. Wait until you become more competent at the exercise before pushing your limits.

TIP Aim to perform this Squat Jump in a controlled manner, aiming not to fall side to side or off balance at any point throughout this exercise.

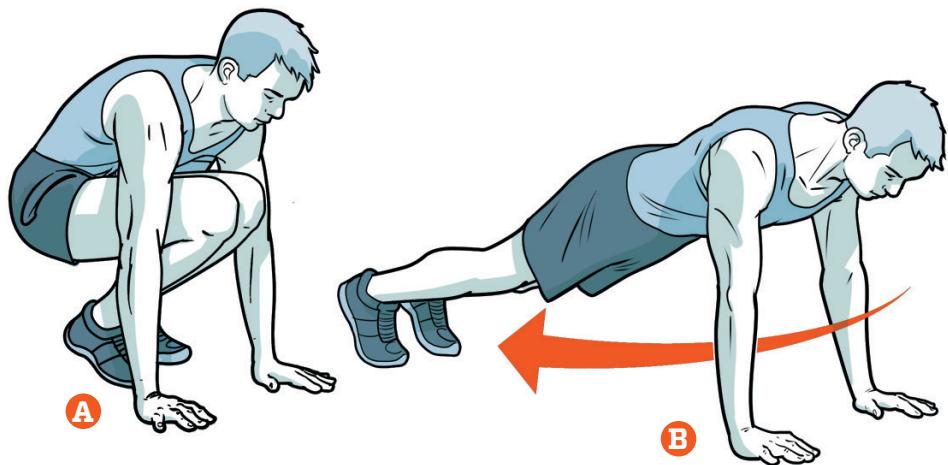


SEMI-BURPEE JUMP

BACK | CALVES | CORE | GLUTES | HAMSTRINGS | QUADS | SHOULDERS

The Semi-Burpee Jump is an important part of the program. It increases hip mobility, hip flexibility, and power, all of which will help you achieve results faster. It's also a great progression exercise to the Burpee (page 34). Once you're strong enough to do a full Burpee, you can swap out the Semi-Burpee Jump for a Burpee in your workouts.

1. Begin in a crouched position with your hands on the floor and your knees between your arms and tucked into your chest. (A)
2. Brace your core and quickly jut your legs back into a push-up position. Form a straight line from the back of your head to your heels. (B)



3. Jump your legs back under your body. Land with your feet flat on the floor and swing your arms out in front of you. (C)
4. You will end in a low squat position.

TIP When you first start out, move carefully and methodically through each phase of the exercise. As your form improves, increase intensity and speed.

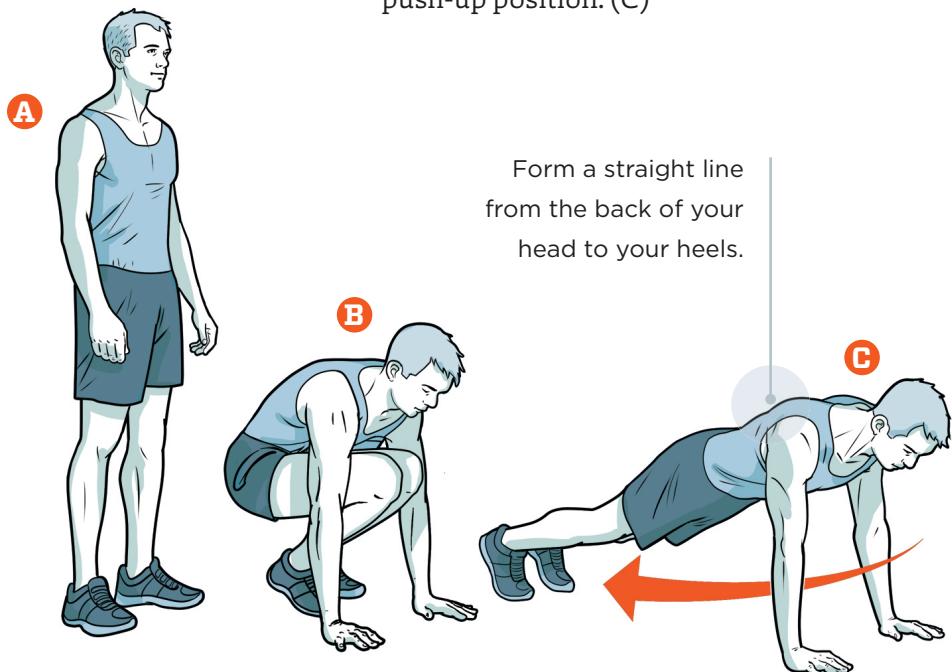


BURPEE

BACK | CALVES | CORE | GLUTES | HAMSTRINGS | QUADS | SHOULDERS

The Burpee is king—or queen—of all strength-training exercises. It's one of the most efficient, functional exercises you can perform. The Burpee incorporates almost every muscle group, improving aerobic capacity and endurance. When done right, burpees will lead to noticeable results in strength and power, fairly quickly.

1. Stand tall with your feet shoulder-width apart. (A)
2. Lower your hips toward the floor, and place your hands on the floor in front of your feet with your knees between your arms. (B)
3. Quickly kick your legs back into a traditional push-up position. (C)



4. Bracing your core, quickly jump your feet up and back under your hips. (D)
5. Next, jump straight up in the air, bringing your hands over your head. (E)
6. Land in standing position. (A)



TIP Pace yourself. It's not about how many burpees you can do; it's about executing them carefully and correctly. Over time, you can increase your repetitions, speed, and intensity.

TIP For an advanced version of this exercise, add a push-up between steps 3 and 4.

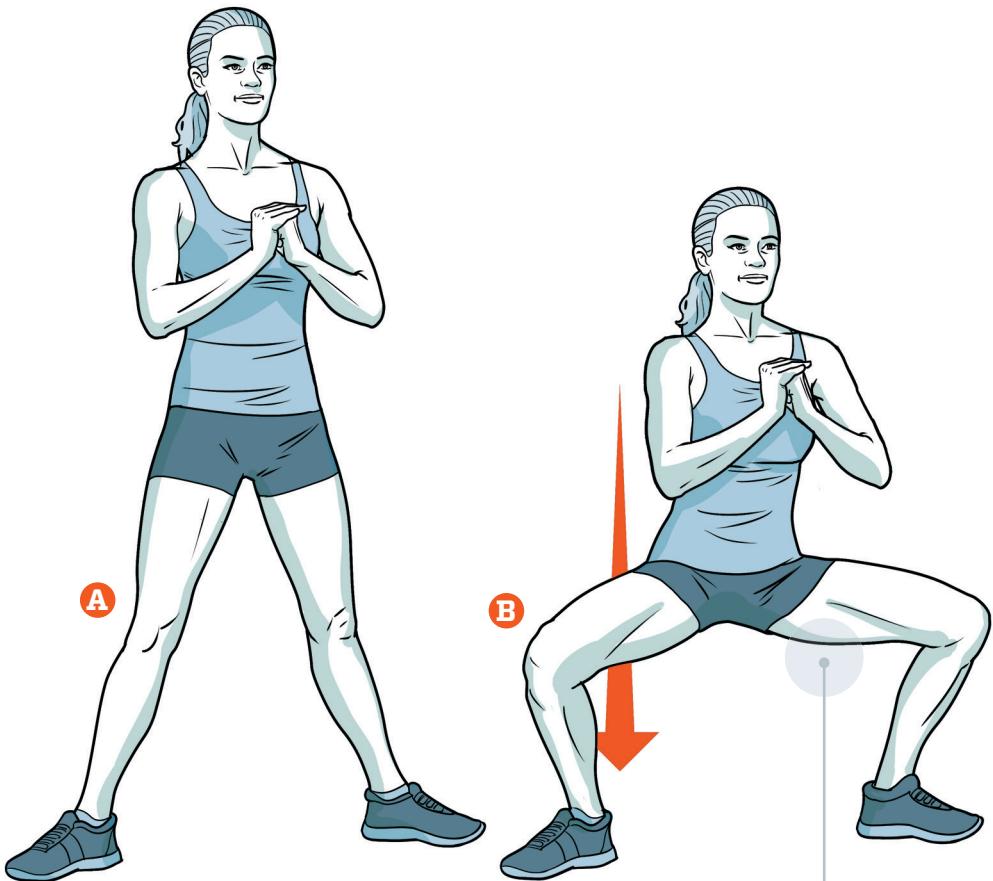
SUMO SQUAT

ADDUCTORS | CORE | GLUTES | HAMSTRINGS | HIP FLEXORS | QUADS

The Sumo Squat is an advanced variation of the traditional Close Squat (page 22), putting more emphasis on the glutes and thigh adductors. Unlike the Close Squat, this exercise uses a wider stance, with toes turned out at an angle. Be sure to keep your chin parallel to the floor throughout the entire movement.

1. Begin with your legs slightly wider than shoulder-width apart, toes turned out. Clasp your hands in front of your body. (A)
2. Lower your hips toward the floor, squatting deeply until your thighs are in line with your knees. (B)
3. Extend your hips back to starting position. (A)

TIP Before squatting, wiggle your toes to avoid leaning too far forward and to ensure that most of your weight is on your heels.



Keep your thighs in
line with your knees.

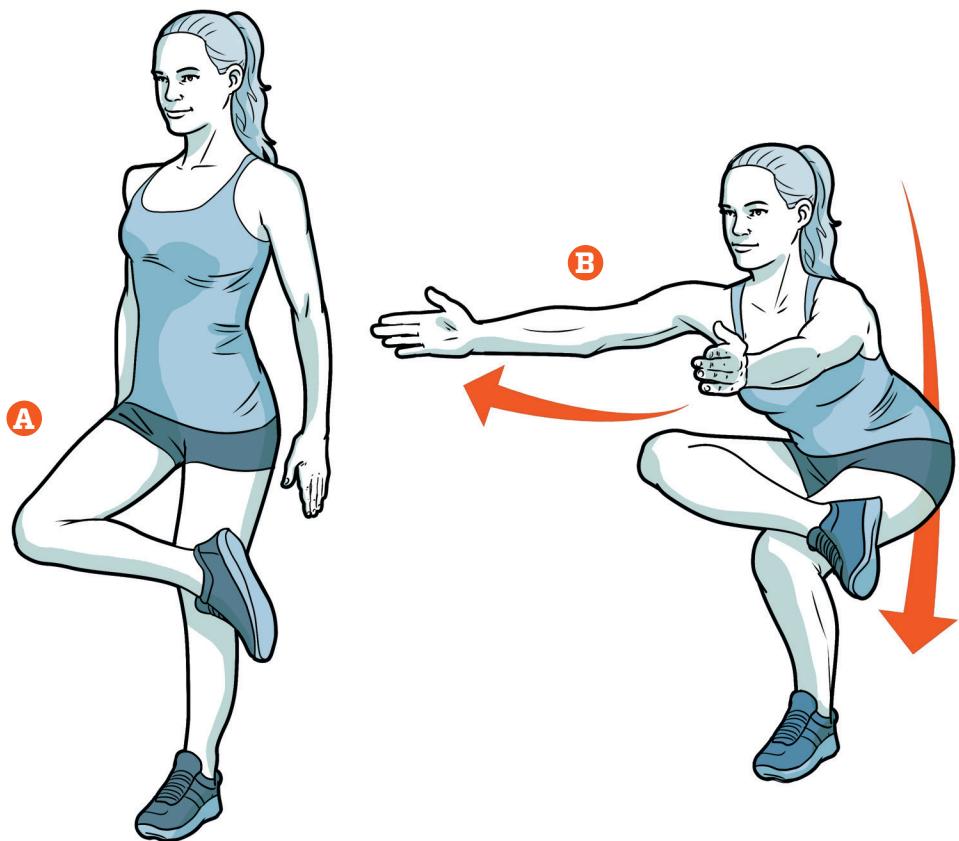
CROSS-LEGGED SQUAT

CALVES | CORE | HAMSTRINGS | HIP FLEXORS | QUADS

The Cross-Legged Squat improves balance, mobility, and hip alignment while increasing lower-body strength. Be mindful to keep your chin parallel to the floor during the whole exercise.

1. Stand tall with your feet hip-width apart and your hands at your sides.
2. Cross your right ankle over your left thigh. (A)
3. Resting your weight on your left heel, lower your hips toward the floor until you reach a squatting position. Extend your arms out in front of you as you lower down. (B)
4. Push your weight through your left heel and extend your hips back to starting position. (A)
5. Repeat on the other side.

TIP Move slowly through this movement at first, increasing speed as you become more proficient with the exercise.





**BACK
EXERCISES**

A STRONG BACK is the ultimate foundation of strength. It enables you to stand and sit with proper posture, and pull and push objects with ease.

However, many people have no idea how to improve back strength. Since we can't see these muscles working, it's tough to know how to target them. That's why the following 10 exercises are so important.

I can speak to this personally, because a weak back is what cost me my career as a track-and-field athlete. I competed as a long jumper on the University of Arkansas National Champion Track and Field team. Much of my training focused on aesthetics and not application, meaning that I neglected to strengthen the back muscles that were imperative to my performance: spinal erectors, rhomboids, and latissimus dorsi. This lack of lower-back training caused me to suffer a fracture in my tailbone that required 13 surgeries, two of which were spinal fusions. But don't worry—I went through the worst of times so you don't have to, and I am now here to help you work your back for overall health.

When performed properly, these exercises will enable you to feel your rhomboids contracting with each repetition, growing in strength and giving you more power. The sensation of muscles contracting down your spine will become a welcome signal as you gain muscle density throughout your back.

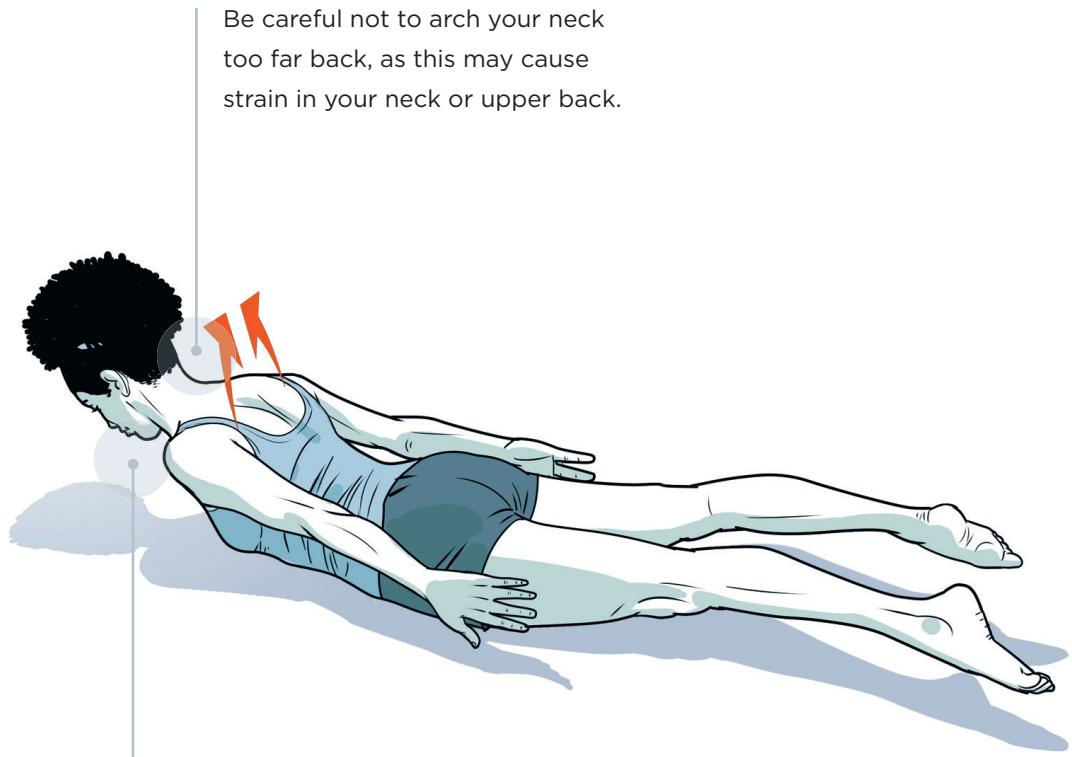
COBRA

LUMBAR | RHOMBOIDS | SERRATUS POSTERIOR INFERIOR
SPINAL ERECTORS | TRAPEZIUS

A popular pose in yoga, the Cobra exercise is designed to work all the muscles along the back of the body, with extra emphasis on the spinal erectors and lower lumbar region. This movement will lead to improved mobility and flexibility throughout the spine and hips, and is particularly great for anyone with lower-back pain or stiff hips.

1. Lie face down with your hands down by your sides.
2. Inhale deeply. As you exhale, contract the muscles around your shoulder blades and your glutes.
3. Raise your head, chest, and hands off the floor. Pinch your shoulder blades together as you rise, keeping your pelvis on the floor. Rise as high as is comfortable, and pause at your highest position.
4. Slowly lower your chest, head, and hands back to the floor.

TIP For the best results, take this motion slowly.



Keep your chin parallel
to the floor throughout
this exercise.

Back Extension

Start by lying face down on a mat with your arms extended straight out in front of you and your legs extended straight.

Slowly lift your upper body off the mat while keeping your arms and legs straight.

Hold the position for a few seconds before slowly returning to the starting position.

Repeat the exercise 10-15 times for each set.

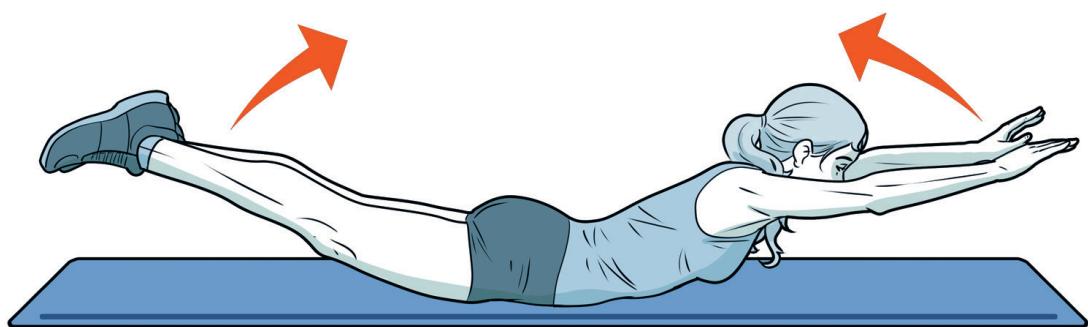
SUPERMAN

LUMBAR | RHOMBOIDS | SERRATUS POSTERIOR INFERIOR | TRAPEZIUS

The Superman exercise strengthens the muscles of the upper and lower back while engaging the entire core. When performed regularly, as it will be throughout this program, the exercise can help alleviate back pain by strengthening any weak muscles. Living up to its name, it provides a strong foundation for the rest of your strength-training routine.

1. Lie face down with your arms extended straight out over your head.
2. Inhale deeply. As you exhale, contract the muscles around your shoulder blades and glutes.
3. Raise your torso, hands, and legs off the floor. Keep your pelvis and belly flat on the floor. Pause at the top position.
4. Slowly lower your body back down to the floor.

TIP Avoid looking up toward the ceiling when performing this move. It places unwanted stress on the cervical spine. Instead, keep your head and neck neutral throughout the entire movement.

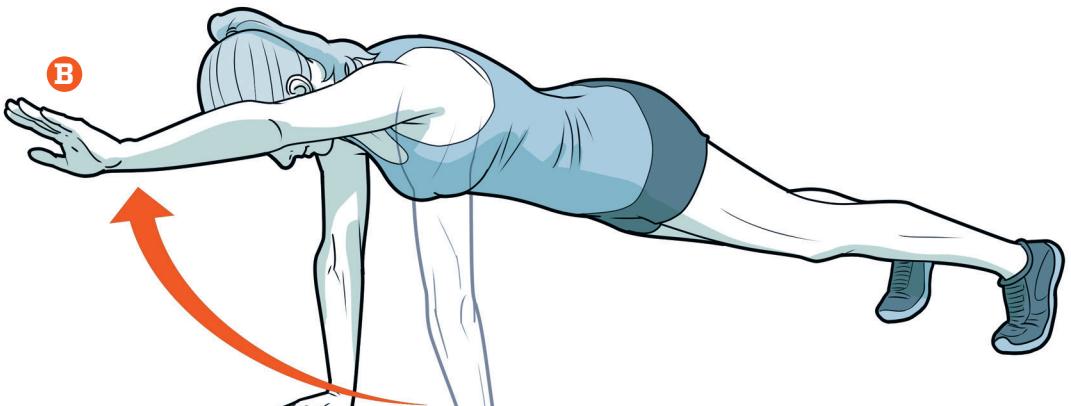


ALTERNATING SCAPULAR PULL-DOWN

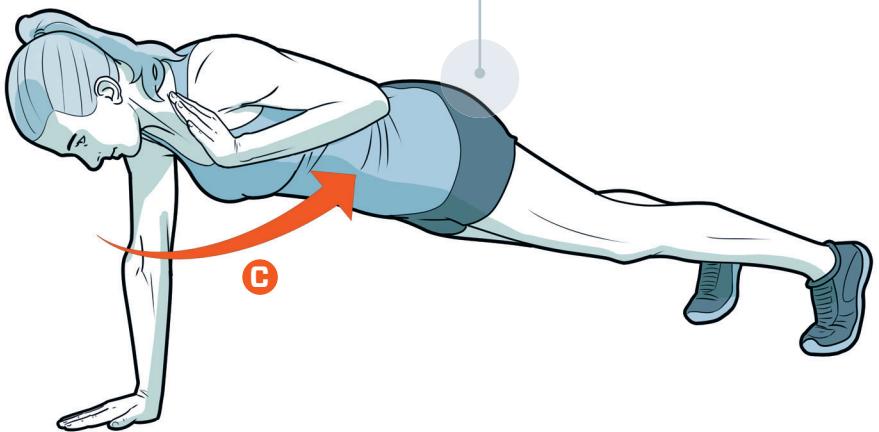
RHOMBOIDS

The Alternating Scapular Pull-Down is a variation of the traditional lateral pull-down that's typically done with a machine at a gym. This unique exercise advances the motion by combining posterior strengthening with stability training and core engagement. This combination leads to greater muscle activation from other areas in the body that would be left dormant when using the machine-based version of the exercise.

1. Begin in a Full Plank position (page 16). (A)
2. Brace your core.
3. Raise your left arm and fully extend it forward until it is parallel to the floor. (B)
4. Contract the muscles around your shoulder blades and slowly bend your left elbow, drawing it to the left side of your body. (C)
5. Reverse direction to straighten your arm in front of you. (B) Replace your hand to the floor and repeat on the right side.

**A**

Be mindful not to let your lower back and hips sag toward the floor during this motion.

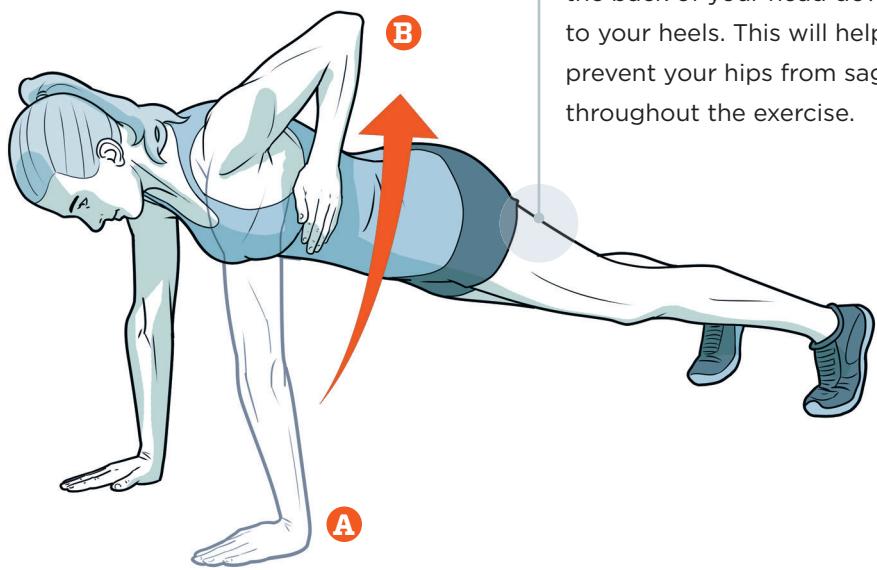
**C**

ALTERNATING PLANK ROW

CORE | LATISSIMUS DORSI | LUMBAR | MIDDLE TRAPEZIUS | RHOMBoids

The Alternating Plank Row is an effective exercise for developing the latissimus dorsi (lats), rhomboids, lumbar, and core. Proper execution of this exercise will increase gains while reducing back pain and chance of injury. In addition, this exercise helps develop musculature symmetry throughout the back while increasing shoulder stability.

1. Begin in a Full Plank position (page 16). (A)
2. Brace your core and bend your left elbow, drawing your hand up to the left side of your body. (B)
3. Quickly return your hand to the floor. (A)
4. Repeat on the right side.



Form a straight line from the back of your head down to your heels. This will help prevent your hips from sagging throughout the exercise.

PLANK REACH OUT AND BACK

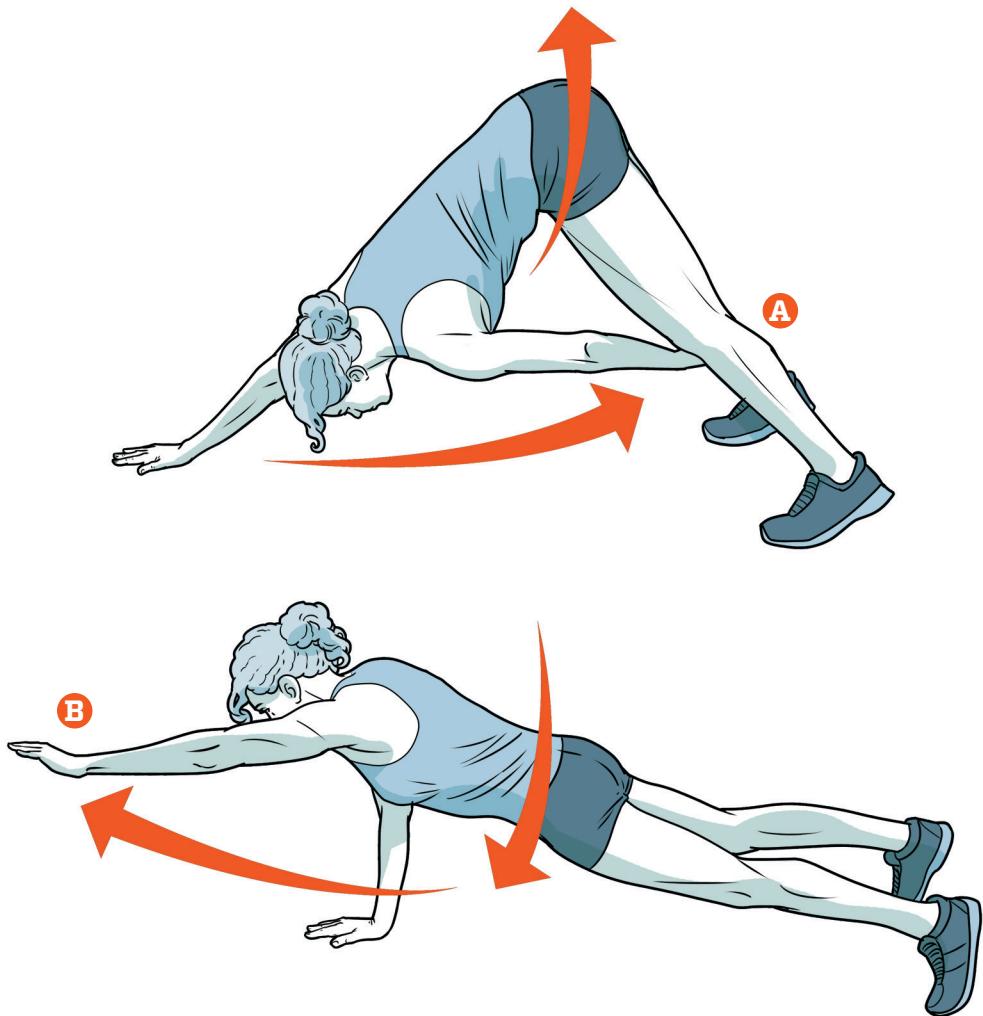
CORE | LUMBAR | RHOMBOIDS

SERRATUS POSTERIOR INFERIOR | TRAPEZIUS

This is a complex movement designed to increase strength, mobility, and stability throughout the upper back. This will help you develop a strong foundation for advanced back exercises as well as improve your posture while sitting or standing. The movement pattern of this exercise also works on hip extensions, improving hip flexibility.

1. Begin in a Full Plank position (page 16).
2. Brace your core and quickly reach your left hand back toward your right foot. As you reach back, drive your hips up toward the ceiling. (A)
3. Reverse direction, and reach your left arm out in front of your body. (B)
4. Lower your left hand down to the floor.
5. Repeat on the other side.

TIP Keep your core and glutes engaged throughout the movement. This will protect your lower back and help you keep proper form.

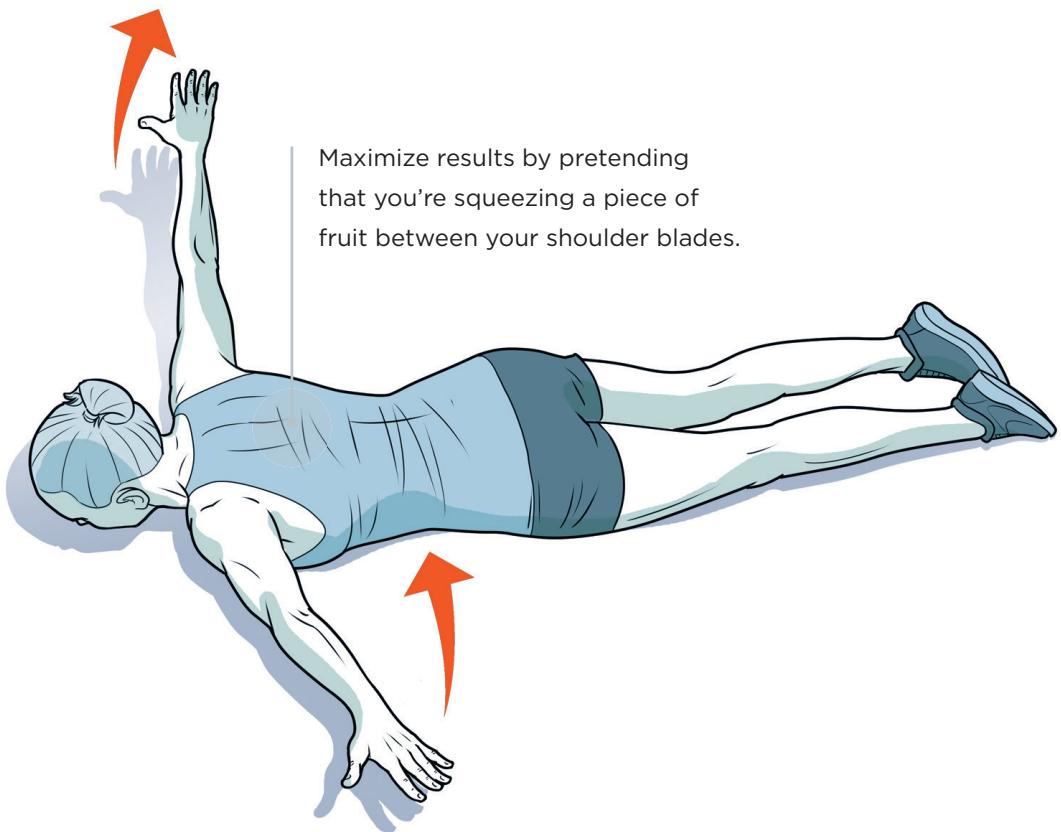


LYING FLYER

REAR DELTOIDS | RHOMBOIDS | UPPER TRAPEZIUS

The Lying Flyer is designed to increase posterior strength while decreasing any musculature imbalances in the upper back. This exercise is a good way to open the front side of the body and engage the back muscles (which tend to get neglected while sitting), and as such is especially helpful for those of us who spend a lot of time behind a desk. It also helps improve muscle symmetry in the back.

1. Lie face down with your arms extended out to the sides and your palms flat on the floor. Your body will form a *T* position.
2. Brace your core and pinch your shoulder blades together, lifting your arms off the floor as high as possible. Keep your chin on the floor.
3. Pause at the top of the position. Carefully lower your arms back down.



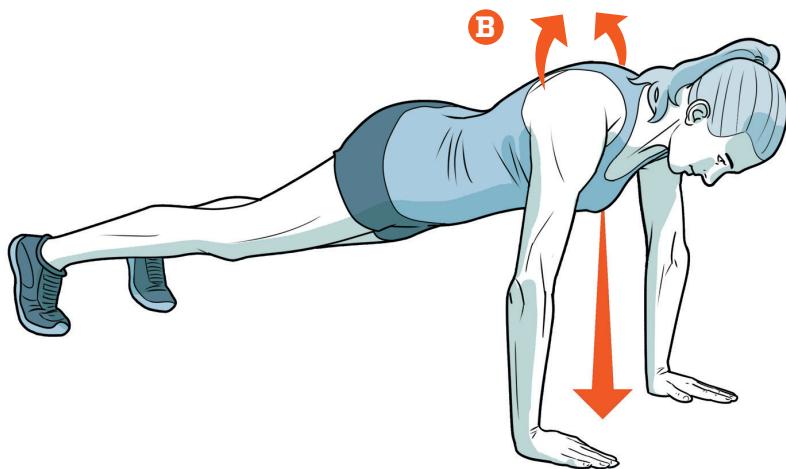
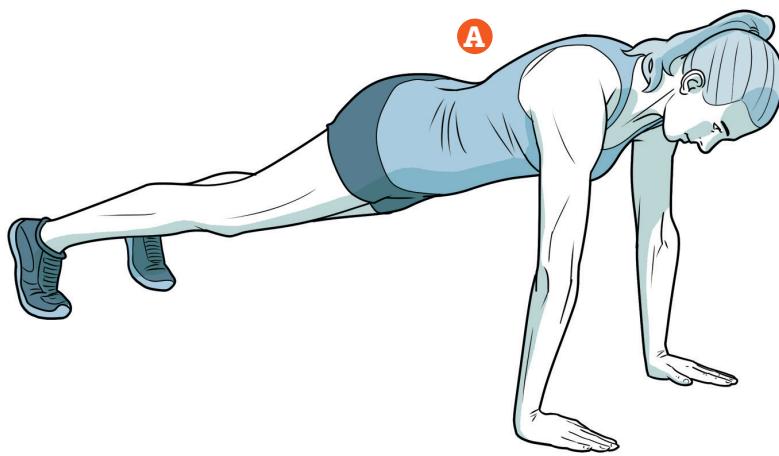
SCAPULAR PUSH-UP TO HIP RAISE

SERRATUS ANTERIOR

This exercise is a variation of the traditional Push-Up (page 86). It targets the muscles that control the shoulder blades, which helps improve posture and reduce risk of injury. Executed regularly, this exercise will help increase your natural pulling motion. Remember to keep your hips active throughout this exercise—neglecting this can put unwanted stress on your lower back and shoulders.

1. Begin in a Forearm Plank position (page 16). (A)
2. Lower your chest toward the floor, pinching your shoulder blades together. (B)
3. Quickly push through your elbows back past starting position, lifting your hips as high as possible.
4. Slowly reverse your direction back to starting position.

TIP Avoid rushing through this exercise. It is important to feel the contraction between your shoulder blades as you perform each repetition.

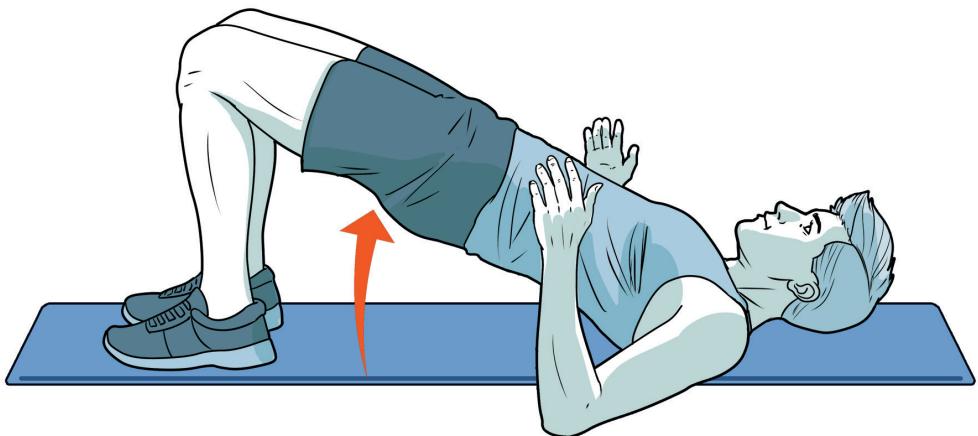


SCAPULAR HOLD

LUMBAR | RHOMBOIDS | TRAPEZIUS

The Scapular Hold is one of the most important exercises in this program. It helps improve joint functionality while alleviating aches and pains that may come from sitting behind a desk. Prolonged sitting leaves the upper and lower back and glutes inactive, which can cause them to become weak. Weakness in this area can cause a forward tilt, which leads to more stress on the lower spine. The Scapular Hold helps prevent this misalignment.

1. Lie on your back with your knees bent and your feet flat on the floor. Place your arms out by your sides at a 45-degree angle.
2. Bend your elbows so your forearms form a 90-degree angle with the floor.
3. Squeeze your shoulder blades together and drive through your elbows and heels to lift your hips off the floor.
4. At the highest position, form a straight line from the back of your shoulders to the back of your knees. Pause.
5. Carefully lower back down.



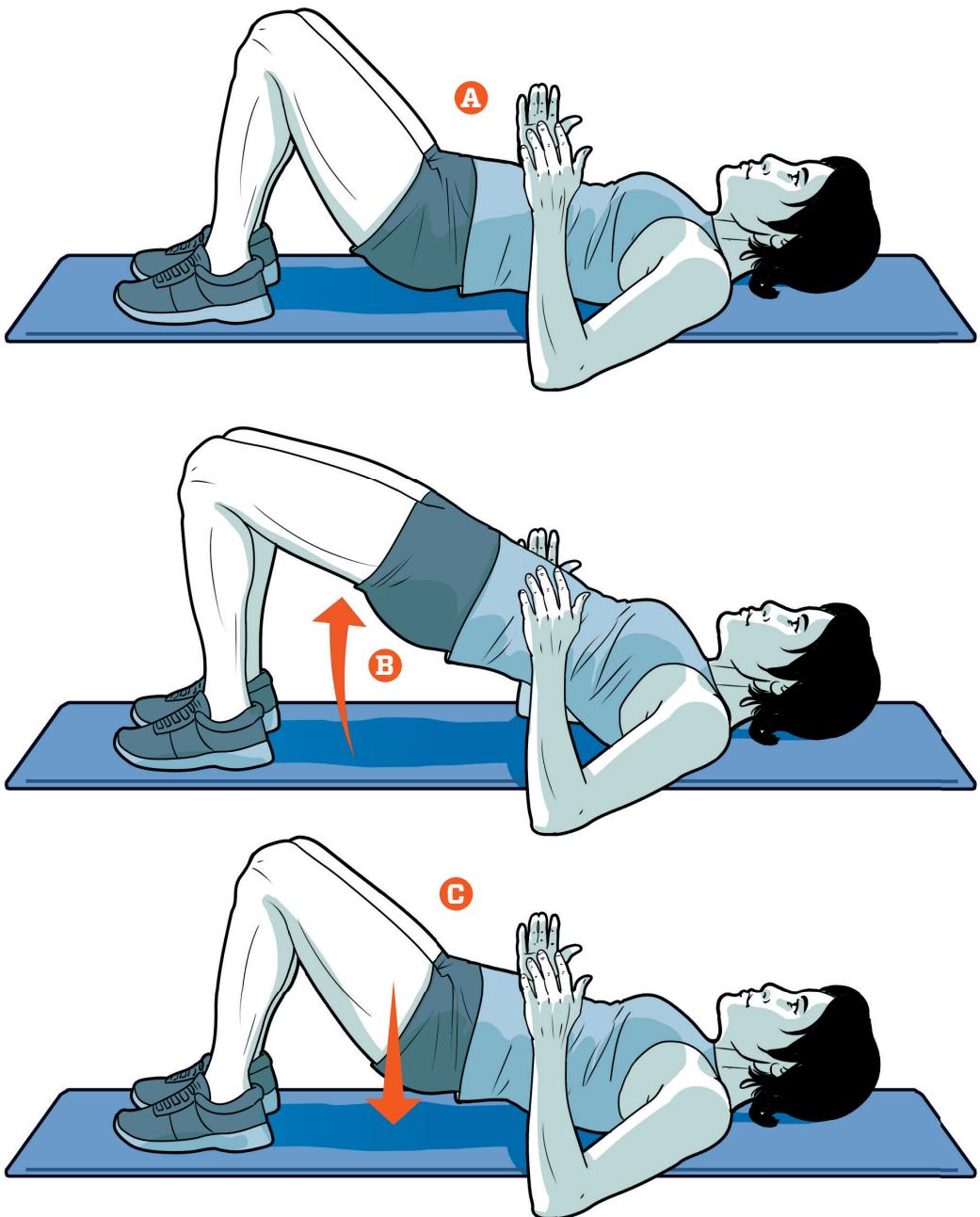
SCAPULAR LIFT

LUMBAR | RHOMBOIDS | TRAPEZIUS

An advanced version of a Scapular Hold (page 56), this exercise helps improve hip extension. As you raise and lower your hips throughout the exercise, you'll effectively extend your hips while building strength in your glutes and back.

1. Lie on your back with your knees bent and your feet flat on the floor. Place your arms out by your sides at a 45-degree angle.
2. Bend your elbows so your forearms form a 90-degree angle with the floor. (A)
3. Squeeze your shoulder blades together and drive through your elbows and heels to lift your hips off the floor.
4. Pause at the highest position. (B)
5. Slowly lower your hips toward the floor and pause when they hover about an inch above the ground. (C)
6. Lift your hips back up to the highest position. (B)
Repeat as desired, and carefully lower your hips down to the floor when finished.

TIP Use your elbows to drive your hips up and down. This will maximize gains in your upper back.



BREAK DANCER

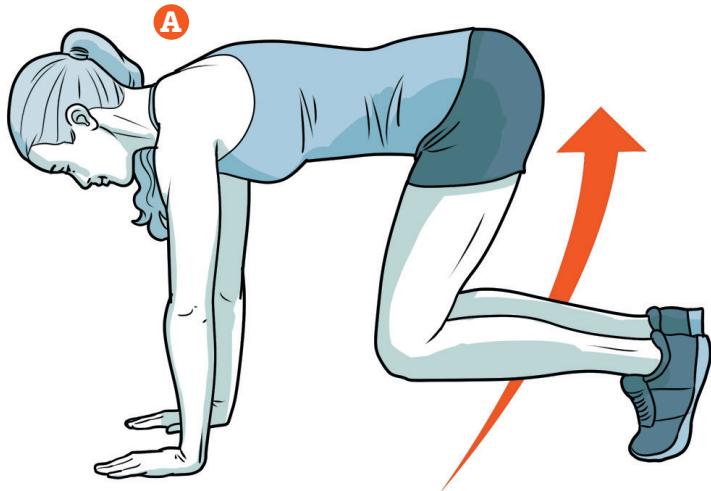
ADDUCTORS | CORE | GLUTES | HAMSTRINGS | QUADS | SHOULDERS

This is a unique exercise that will help you maximize muscle growth and strength. While music isn't required for this intense exercise, it may make it more fun. Feel your heart accelerate after just a few repetitions!

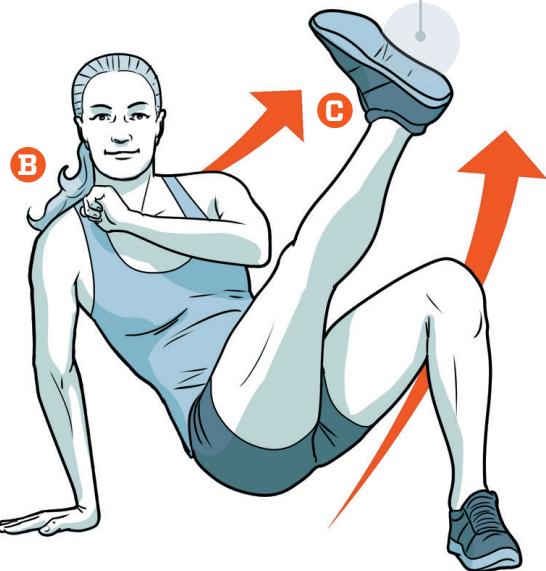
1. Begin on your hands and knees with your back flat and your head in a neutral position. Push up through your toes. (A)
2. In one swift motion, shift your weight onto your right hand and bring your right leg under your hips and across your body.
3. Twist your torso so your right toes and belly button are pointing toward the ceiling. (B)
4. Reach your left hand to your right foot until they touch. (C)
5. Twist back to starting position (A) and repeat on the other side.

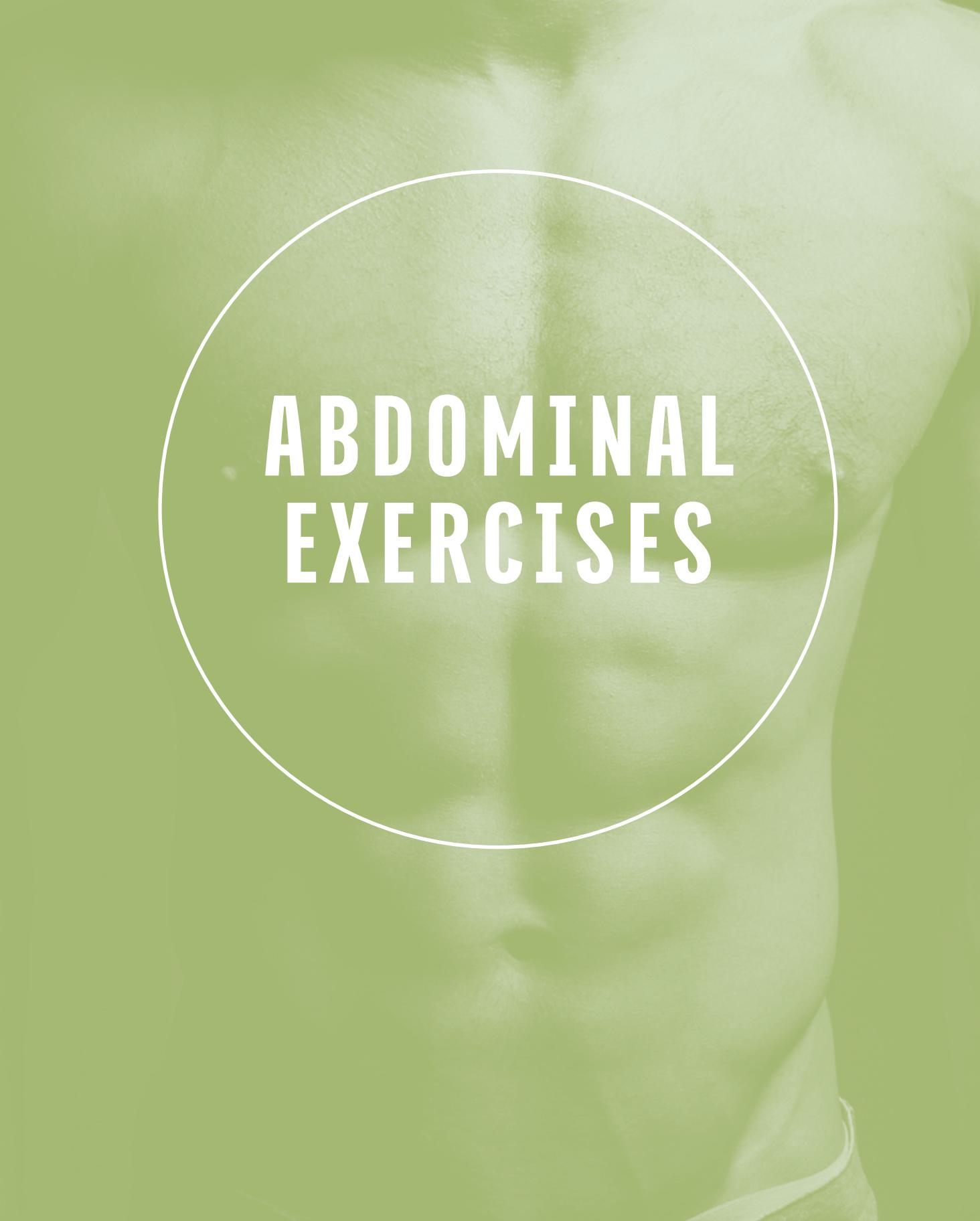
TIP As you go through this motion, focus on facing your belly button toward the floor and then the ceiling. The rotation of the torso is key.

TIP In order to properly stabilize and support your body, flex the supporting arm at the elbow and leg at the knee.



Right leg should
be fully extended.





ABDOMINAL EXERCISES

A WELL-SCULPTED MIDSECTION has long been associated with ultimate physical prowess. But getting perfect abs takes much more than doing your daily crunches.

Other factors, such as nutrition, sleep, and stress, all play into getting a leaner midsection. As you build strength in this area, it's also important to reduce belly fat through monitoring your diet and managing stress levels. Excess belly fat has been linked to an increased risk of cancer and other diseases. Luckily, belly fat responds well to strength training and dieting. Once you start burning fat in the midsection, the good news is that its harmful effects can be reduced.

The days of endless reps of sit-ups are over. For this section, I've chosen some unconventional protocols for building abdominal strength. The movements strategically target the transverse and rectus abdominis, oblique, psoas major, and multifidus muscles.

These core-focused exercises are unique in design and complement your body's natural movements. They are meant to improve spine stabilization and increase your body's ability to absorb shock while effectively strengthening your abs. Incorporating these protocols into your strength training routine will lead to a leaner, more defined midsection and improved overall health.

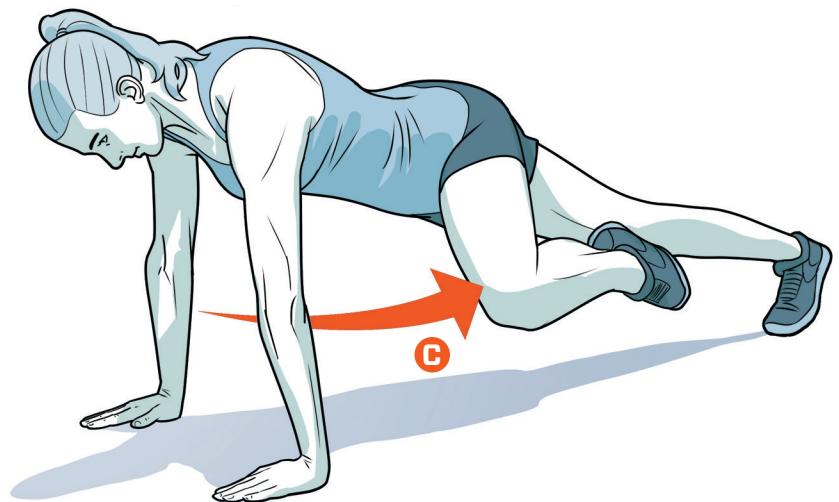
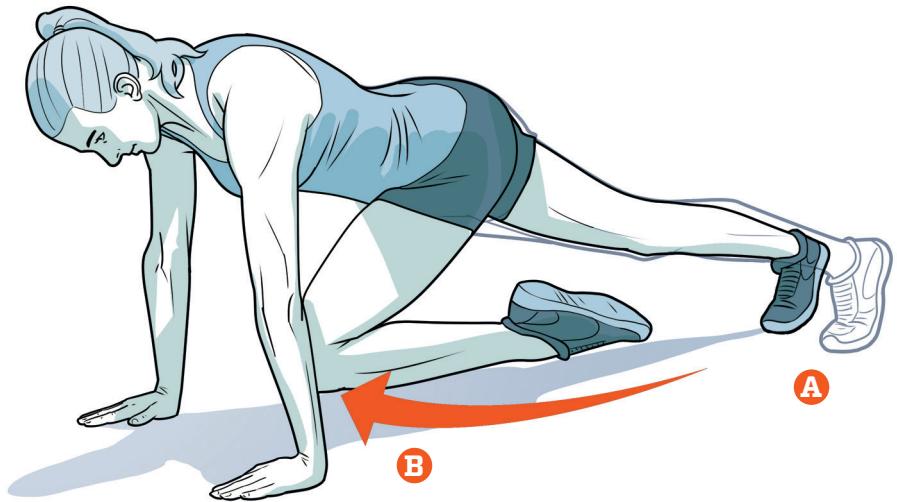
TORSO TWIST

ADDUCTORS | CORE | HIP FLEXORS | LUMBAR
OBLIQUES | RECTUS ABDOMINIS

The Torso Twist is a powerful core-strengthening movement that intensifies the gains of the Full Plank position (page 16). Like the plank, this protocol will improve your posture and strengthen your core. However, this exercise also targets the deep core muscles known as the rectus abdominis while activating the internal and external obliques, which work to rotate and stabilize the torso.

1. Begin in a Full Plank position (page 16). Form a straight line from the back of your head to your heels. (A)
2. In one motion, bend your left knee and bring it under your navel (B) and then out toward your left side.
3. Pause with your knee out to the side at its highest point. (C)
4. Swing your knee back down, passing through starting position. Without setting your foot on the floor, repeat the motion as many times as desired.
5. When you're finished, place your left foot on the floor. Rest for 30 seconds before switching legs.

TIP Focus on keeping your belly button facing the floor, especially as your knee passes the midline of your body. This will allow you to stay stable during the motion.



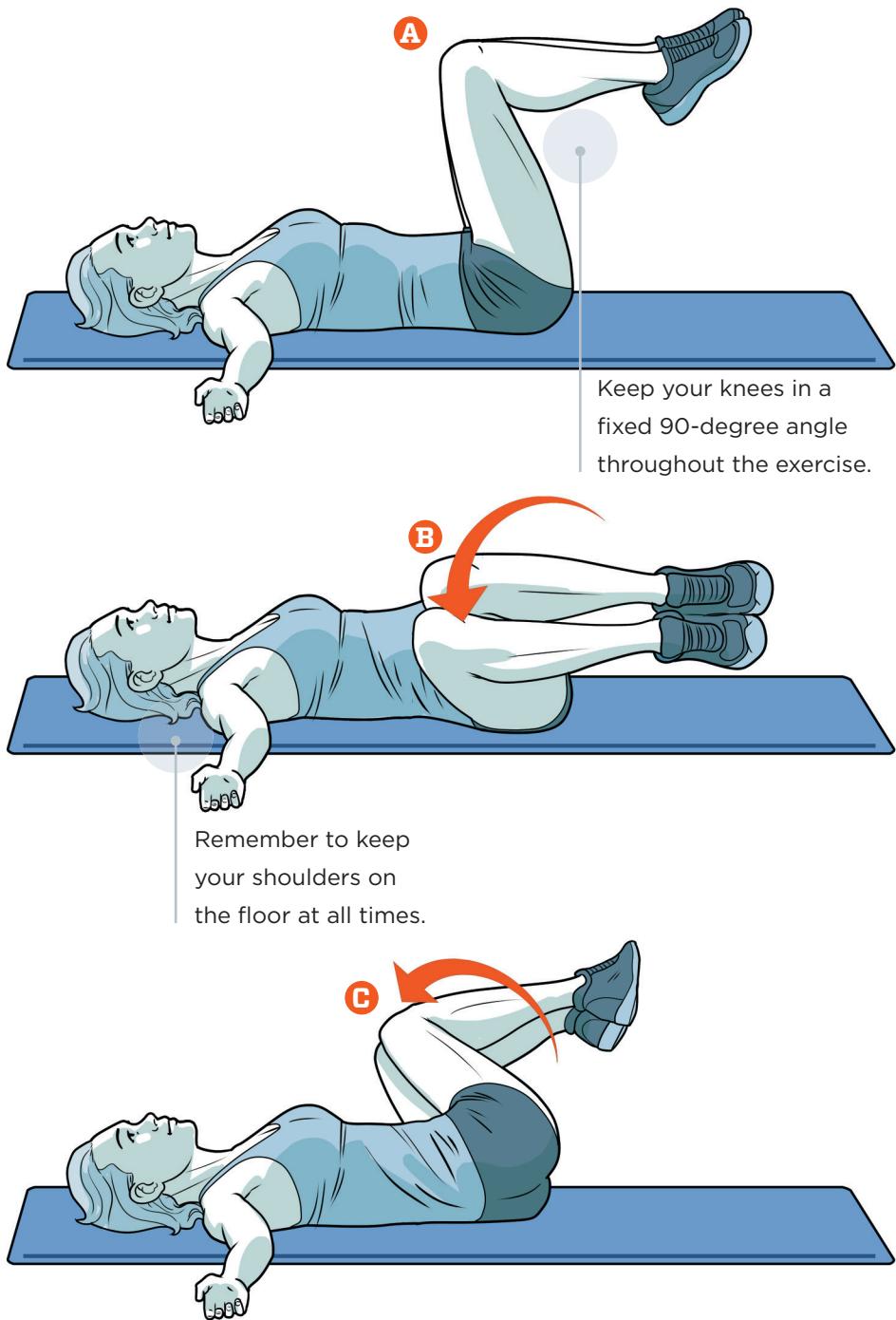
HIP CROSSOVER

CORE | LUMBAR | OBLIQUES

The Hip Crossover is a demanding core exercise that develops core strength while increasing trunk rotation. This is important for your program because increased hip mobility improves balance and stability—lowering the chance of injury.

1. Lie on your back with your knees bent at a 90-degree angle and your shins lifted and parallel to the floor.
2. Extend your arms out to the sides with your palms facing toward the ceiling. (A)
3. Brace your core and slowly lower your knees to the right as far as possible without hitting the floor. (B)
4. Reverse direction and repeat on the left side. (C)

TIP For greater stability, place your palms flat on the floor.



BRACER

CORE | HIP FLEXORS

One of the most overlooked exercises, the Bracer is an effective and safe way for developing core strength. It is a great option for strength-training beginners or anyone who suffers from lower-back pain. The abdominal results of the Bracer are similar to those of planks, yet this exercise requires more body control.

1. Lie on your back with your knees bent at a 90-degree angle and your shins lifted and parallel to the floor.
2. Place your right hand on your right knee and left hand on your left knee.
3. Brace your core and press your hands as hard as possible into your knees, while your knees resist the pressure from your hands. Aim to keep your lower back on the floor.
4. Hold this position for the duration of the exercise time.

TIP To maximize gains, press your lower back into the floor while simultaneously contracting your stomach, pushing your belly button toward the ceiling.



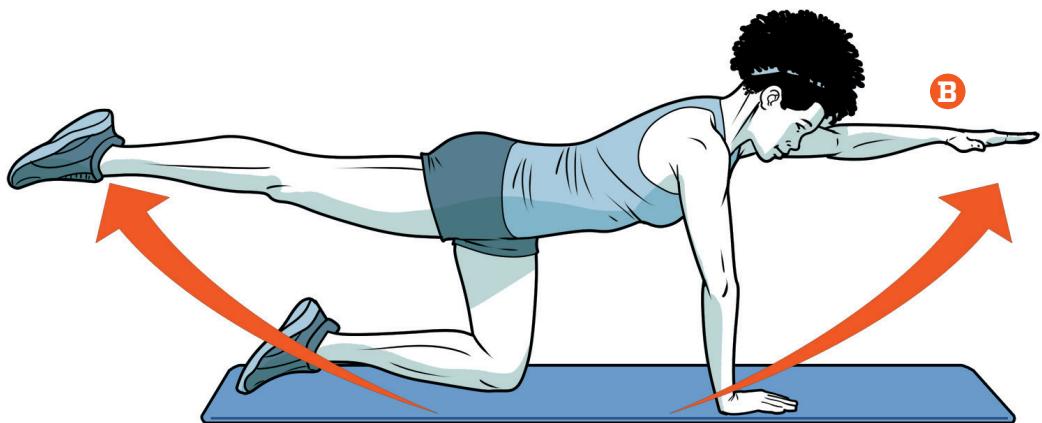
BIRD DOG

CORE | HIP FLEXORS | RECTUS ABDOMINIS | SPINAL ERECTORS

This classic core exercise focuses on increasing abdominal and lower-back strength while developing better kinesthetic awareness. When performed regularly, this protocol also helps improve mobility and flexibility throughout the shoulder and hip regions, which will expedite your overall strength gains over time.

1. Begin on your hands and knees. Your hands should be directly under your shoulders. (A)
2. Simultaneously lift your right leg and left arm, extending your right leg straight behind you and reaching forward with your left arm. (B) Hold.
3. Return your hand and knee to starting position. (A) Repeat with the opposite arm and leg.

TIP At the highest point of this exercise, form a straight line from the back of your heel to the back of your shoulders. Keep your head in a neutral position at all times.



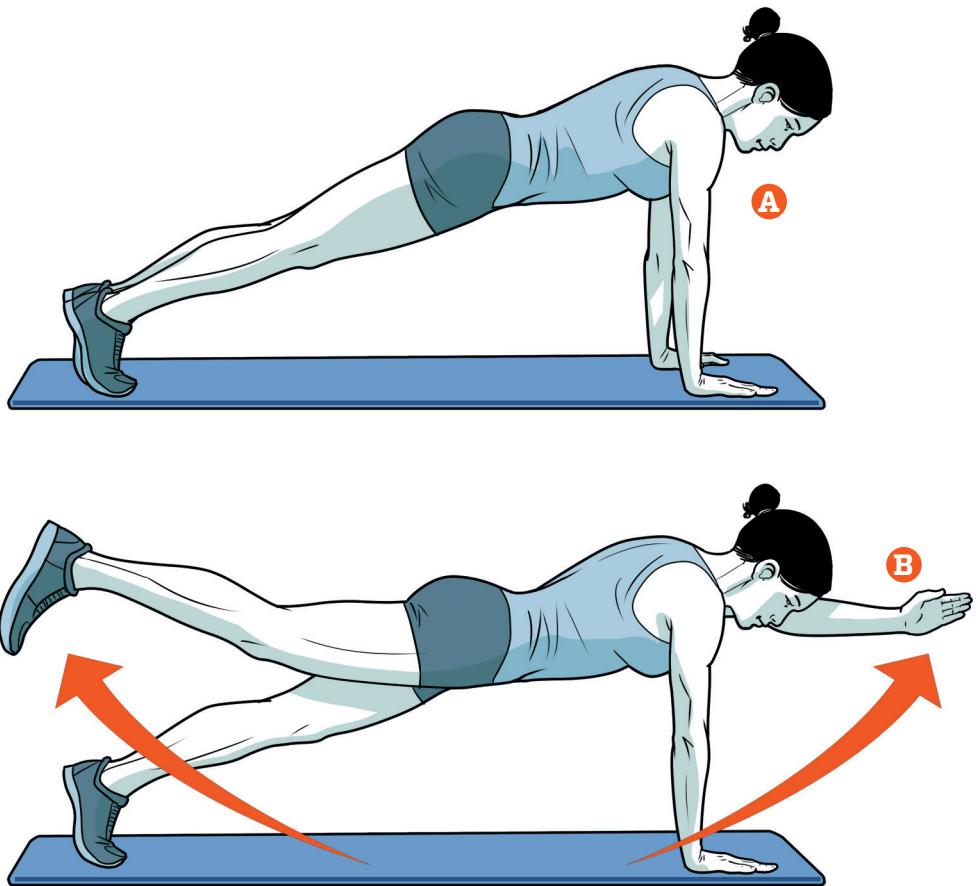
ADVANCED BIRD DOG IN FULL PLANK

CORE | GLUTES | HAMSTRINGS | HIPS | QUADS | SHOULDERS

This advanced core movement is designed to maximize gains while helping prevent lower-back pain and improve posture. It's designed to increase strength and stability in order to prevent rotation. This is what's known as an anti-rotational exercise, meaning it helps the body resist forces acting on it. The Advanced Bird Dog in Full Plank is an important exercise to master, as it requires strength in every plane of motion.

1. Begin in a Full Plank position (page 16). (A)
2. Brace your core and simultaneously lift your left arm and right leg without moving your torso. (B)
3. Pause at the top position.
4. Return your hand and foot to starting position. (A) Repeat on the other side.

TIP Keep your spine and neck neutral and aligned throughout the exercise.



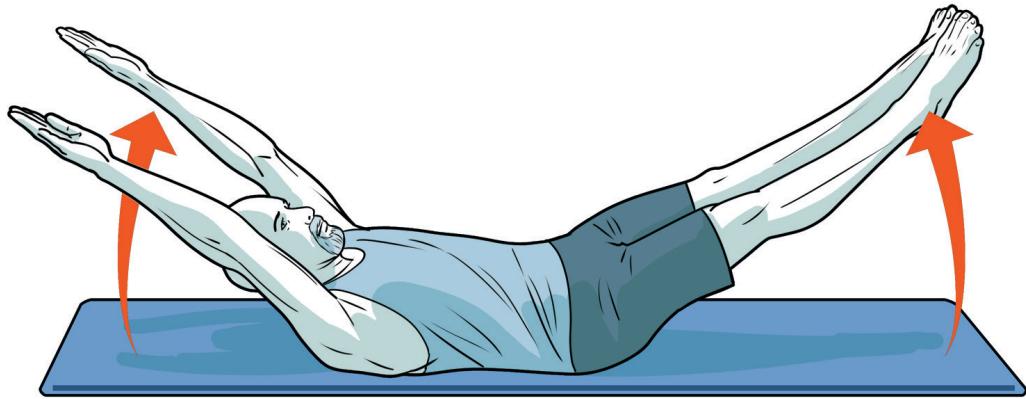
HOLLOW BODY HOLD

CORE | RECTUS ABDOMINIS

This intense abdominal exercise will help your entire core become stronger without compromising the health of your lower back. It will give you more power and strength without any risk of injury to your spine. It focuses primarily on strengthening the abdominal muscles.

1. Lie down on your back with your arms and legs extended straight out from your body. Point your fingers and toes.
2. Brace your core, contract your abs, and pull your belly button in toward the floor.
3. Slowly raise your shoulders and arms off the ground by curling your shoulders upward, and lift your legs off the ground.
4. Keep both your arms and legs off the floor.
5. Hold, and then return to starting position.

TIP When you're starting out, hold the top position for around 5 seconds. As you become stronger, you can increase the time of the hold.

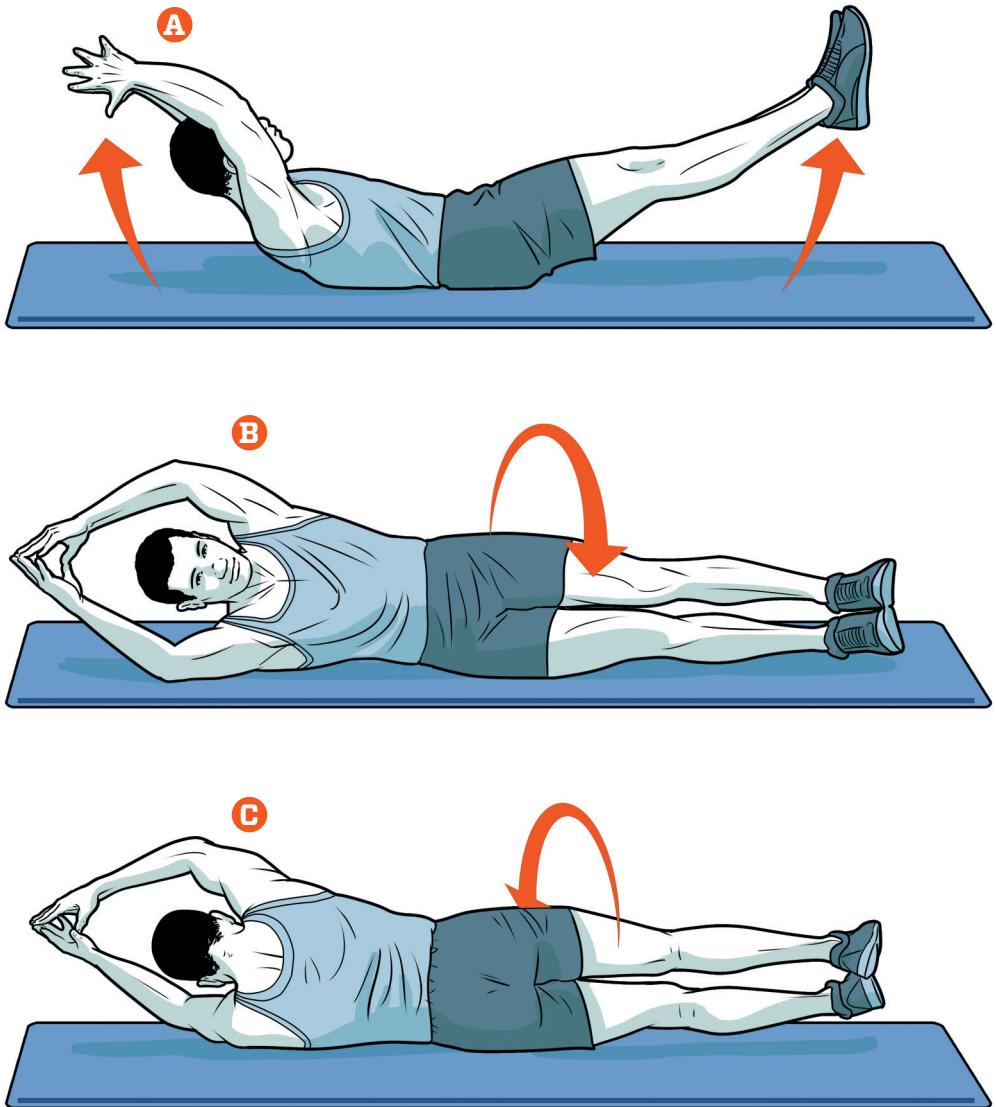


HOLLOW BODY HOLD AND ROLL

CORE | RECTUS ABDOMINIS

This exercise is an advanced variation of the Hollow Body Hold (page 74). It's imperative to become proficient with the Hollow Body Hold before you try this exercise. Throughout the program, you'll be able to select either exercise for your workouts.

1. Lie down on your back with your arms and legs extended straight out from your body. Bring your hands together so that your fingertips are touching.
2. Brace your core, contract your abs, and pull your belly button in toward the floor.
3. Slowly raise your shoulders and arms off the ground by curling your shoulders upward, and lift your legs off the ground. Keep your arms and legs off the floor. (A) Hold this position.
4. Slowly roll onto your right side without letting your arms or legs touch the ground. (B) Pause.
5. With your arms and legs still raised off the floor, continue to roll onto your stomach. Pause.
6. Roll back to reverse the motion and return to starting position. (A)
7. Repeat exercise sequence but roll to the other side. (C)



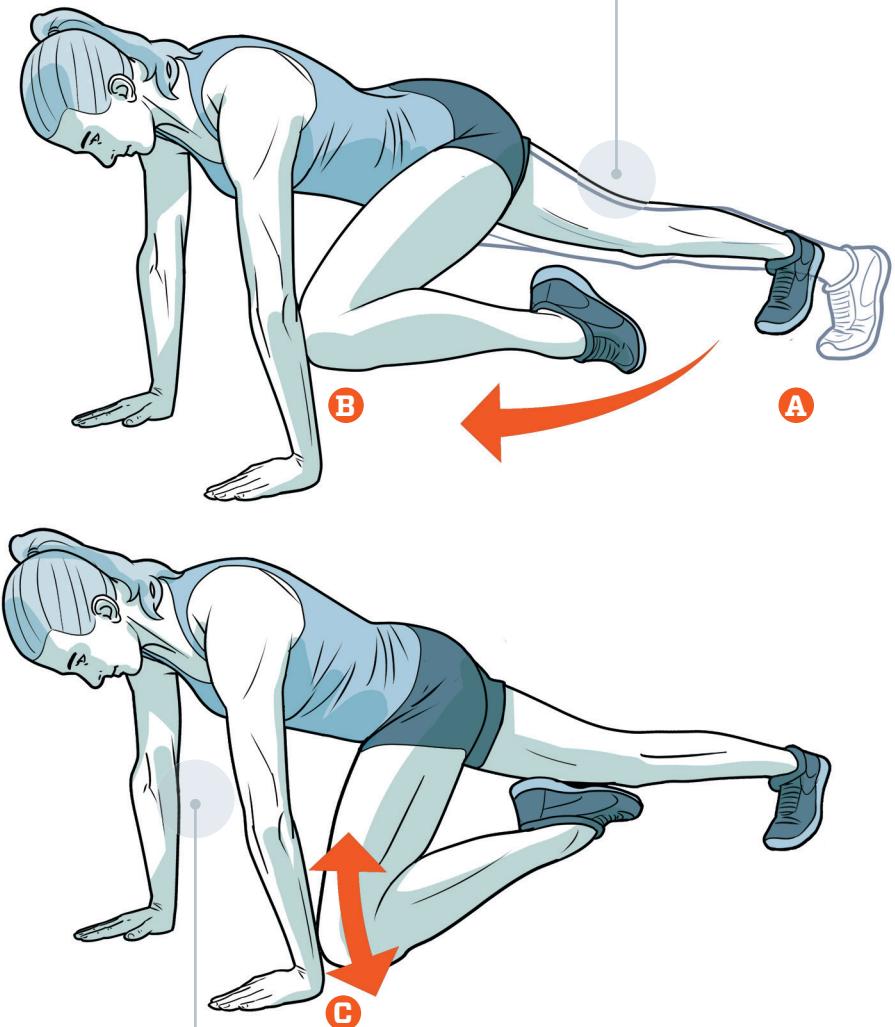
KNEE SCRATCHER

CORE | HIP FLEXORS | RECTUS ABDOMINIS | SPINAL ERECTORS

The Knee Scratcher exercise combines core strength with hip balance and stability in one challenging movement. This is another example of an anti-rotational exercise. When performed properly, it increases strength and stability in order to prevent rotation. The exercise also emphasizes hip mobility and stability.

1. Begin in a Full Plank position (page 16) with your feet together. Make sure your hands are directly under your shoulders. (A)
2. Brace your core and bend your left knee, driving it up to your left elbow. Touch your knee to your elbow and pause. (B)
3. Slowly slide your knee down your left arm to your wrist. (C)
4. Lift your knee back up to touch your left elbow. (B)
5. Return your left leg to starting position (A), and repeat on the other side.

Form a straight line from the back of your shoulders to your heels throughout the exercise.



Keep your
elbows fully
extended.

HIP TAP

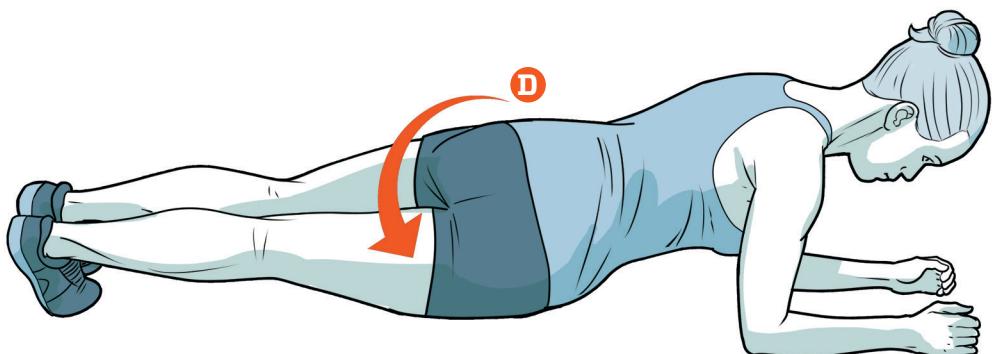
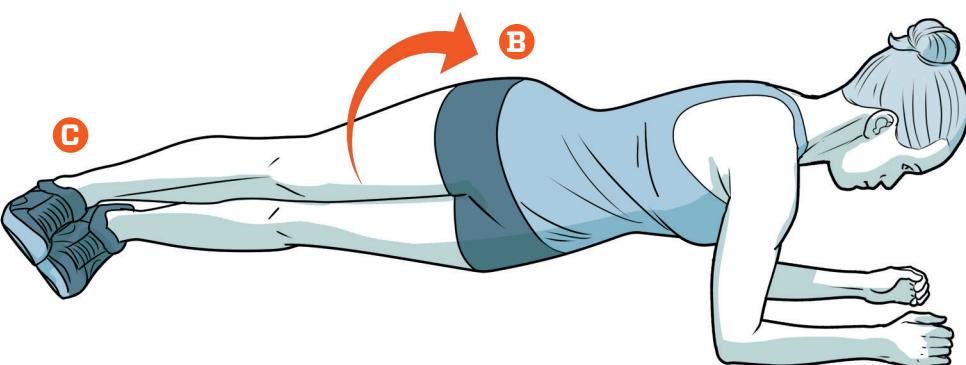
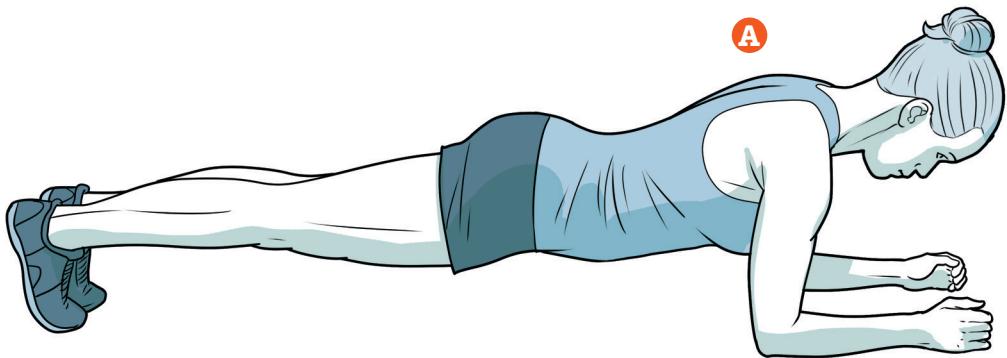
CORE | RECTUS ABDOMINIS | SHOULDERS | SPINAL ERECTORS

The Hip Tap exercise combines the benefits of the traditional plank protocol with ultra-rapid side-to-side movement that boosts fat burning, muscular strength, and endurance. Unlike the motion of a traditional sit-up or crunch that isolates the abdominal region, the movement provides the added benefit of counterbalancing the abdominals with the lower lumbar region, resulting in a tighter midsection. This is imperative in order to remain strong and stable when performing daily tasks, such as lifting a child or sitting tall while driving.

1. Begin in a Forearm Plank position (page 16) with your shoulders directly over your elbows. Maintain a straight line from your shoulders to your toes. (A)
2. From this position, dip your left hip down to the floor. (B)
3. Rotate your lower body until your right leg is stacked on your left, keeping your upper body isolated. (C)
4. Reverse rotation, and return your left hip to starting position. (A) Repeat on the left side. (D)
5. Alternate back and forth, making sure your hips never rise above shoulder height.

TIP Keep your head, neck, and spine aligned throughout the exercise.

ABDOMINAL EXERCISES



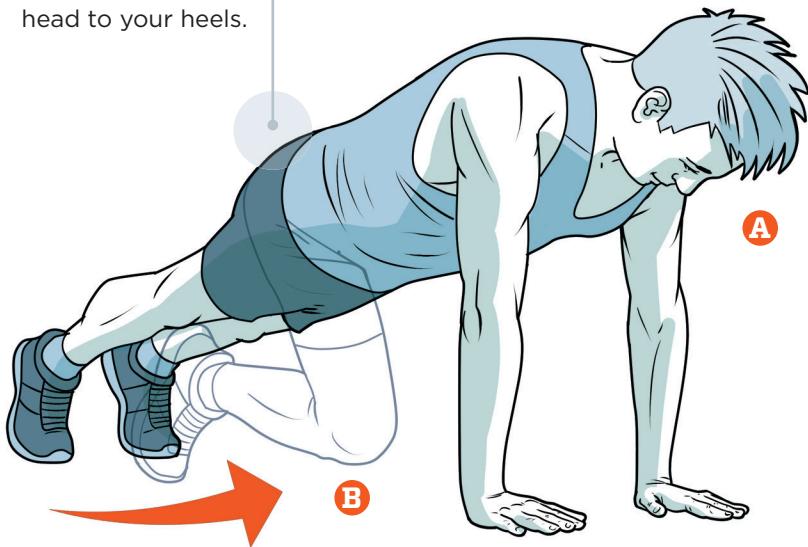
FIRE HYDRANT ISO HOLD

CORE | HIP FLEXORS | LUMBAR | SHOULDERS

This exercise provides you with the perfect opportunity to enhance your mind-body connection. It amplifies the results of a Full Plank pose (page 16). The effectiveness of this exercise comes from raising one foot off the floor, which forces the body to work harder to resist instability and rotational force. This resistance leads to strength gains throughout the core.

1. Start in a Full Plank position (page 16). (A)
2. Flex your right leg as you lift it up (B) and place the arch of your right foot on the inside of your left knee. (C)
3. Hold this position for a count of 5.
4. Return to starting position (A) and rest for 30 seconds before repeating the exercise on the left side.

Your body should be in a straight line from the back of your head to your heels.



Keep your hips parallel to the floor.



A person is performing a tricep dip exercise on a light-colored mat. They are lying face down with their arms extended straight, supporting their body weight. Their legs are bent at the knees, and they are wearing dark athletic shorts.

ARM EXERCISES

VISIT YOUR LOCAL HEALTH CLUB and you'll find the weights area filled with people working hard sculpting their guns. Chest presses, lat pull-downs, tricep dips, bicep curls—determined fitness buffs will spend hours rotating through weights and machines to get that extra arm definition.

But what if I told you that you could achieve those sculpted, strong arms without any equipment? That using your body weight alone can lead to the same—if not better—results? Let me break this down with a little strength-training science.

Any effective strength-training program focuses on pushing and pulling. Think bench pressing and dumbbell rowing. If you properly pair those two motions together with specific body-weighted movements, you can improve arm strength and definition—no bench presses required.

This is the philosophy behind this section. I provide 10 simple and effective exercises that will get you the arm strength you want without ever lifting a weight. But don't assume that means they are easy! These protocols are challenging, but designed to help you build up strength over time. This section targets the biceps, triceps, extensor carpi radialis longus, and deltoids. As an added bonus, many of these exercises also help strengthen your back and core.

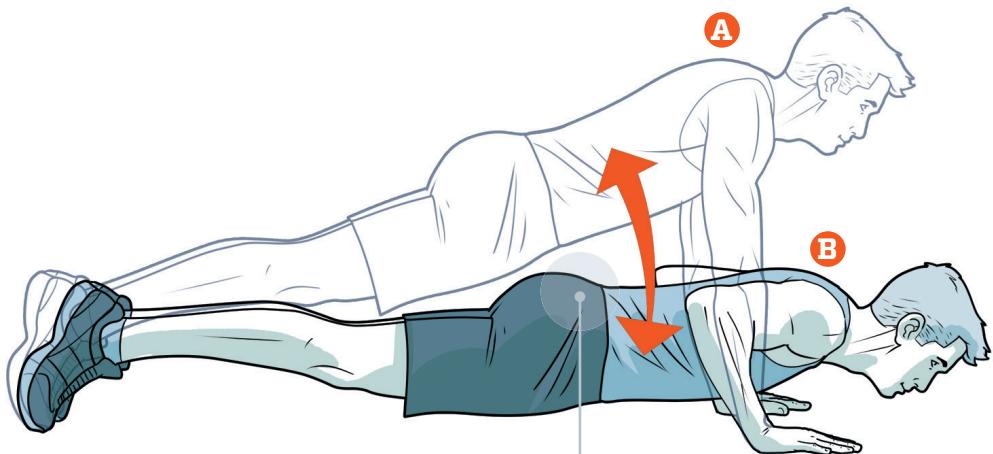
PUSH-UP

ANTERIOR DELTOIDS | CORE | PECTORALIS MAJOR | TRICEPS

The Push-Up is one of the most basic exercises for building and measuring strength. The motion uses multiple joints and strengthens the chest, triceps, shoulders, and core.

1. Begin in a Full Plank position (page 16). (A)
2. Flex your elbows and slowly lower your chest until it hovers about an inch from the floor. (B)
3. Quickly extend your elbows back to starting position. (A)

TIP If you're struggling to perform a single Push-Up, simply hold a plank position. This will increase your upper body and core strength until you're able to do a full Push-Up.



Keep a straight line from the back of your shoulders to your heels. This will help you avoid sagging your hips, which can lead to lower-back pain.

DIVER BOMB PUSH-UP

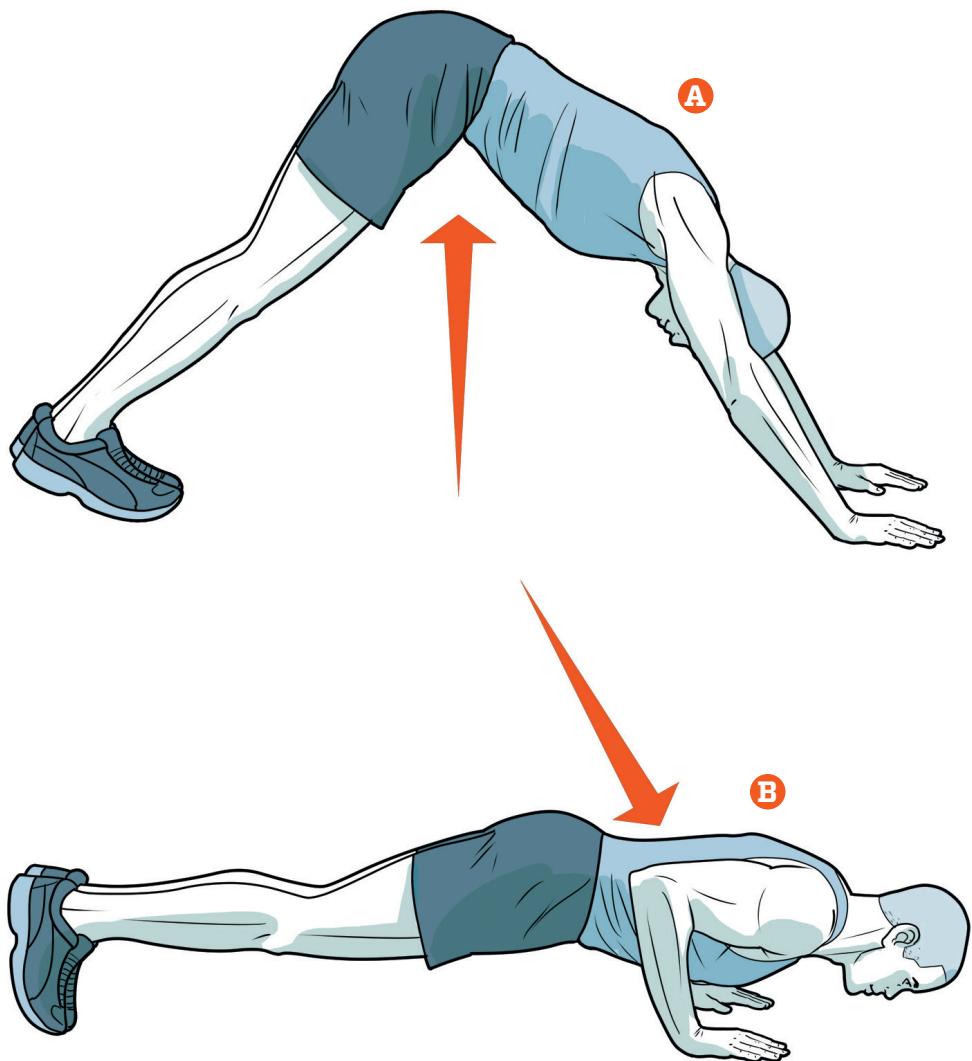
ANTERIOR DELTOIDS | CORE | HAMSTRINGS

PECTORALIS MAJOR | TRICEPS

The Diver Bomb Push-Up is an advanced variation of the traditional Push-Up (page 86). This dynamic exercise will build strength in your chest, triceps, shoulders, and back. What makes this exercise unique is that it also trains the hamstrings, increases back and shoulder flexibility, and even incorporates a small yoga twist.

1. Begin in a Full Plank position (page 16).
2. Extend your hips up and back, keeping your legs straight, into Downward Dog position (page 16). (A)
3. From this position, quickly extend your chest forward and down, bending your elbows and lowering your chest as close to the floor as possible. (B) Do not make contact with the floor.
4. Press through your palms and push your chest up and hips back into Downward Dog. (A)

TIP Keep the repetitions of this exercise continuous, without any pause at the top or bottom positions. This will enhance gains for musculature endurance and cardiovascular health.

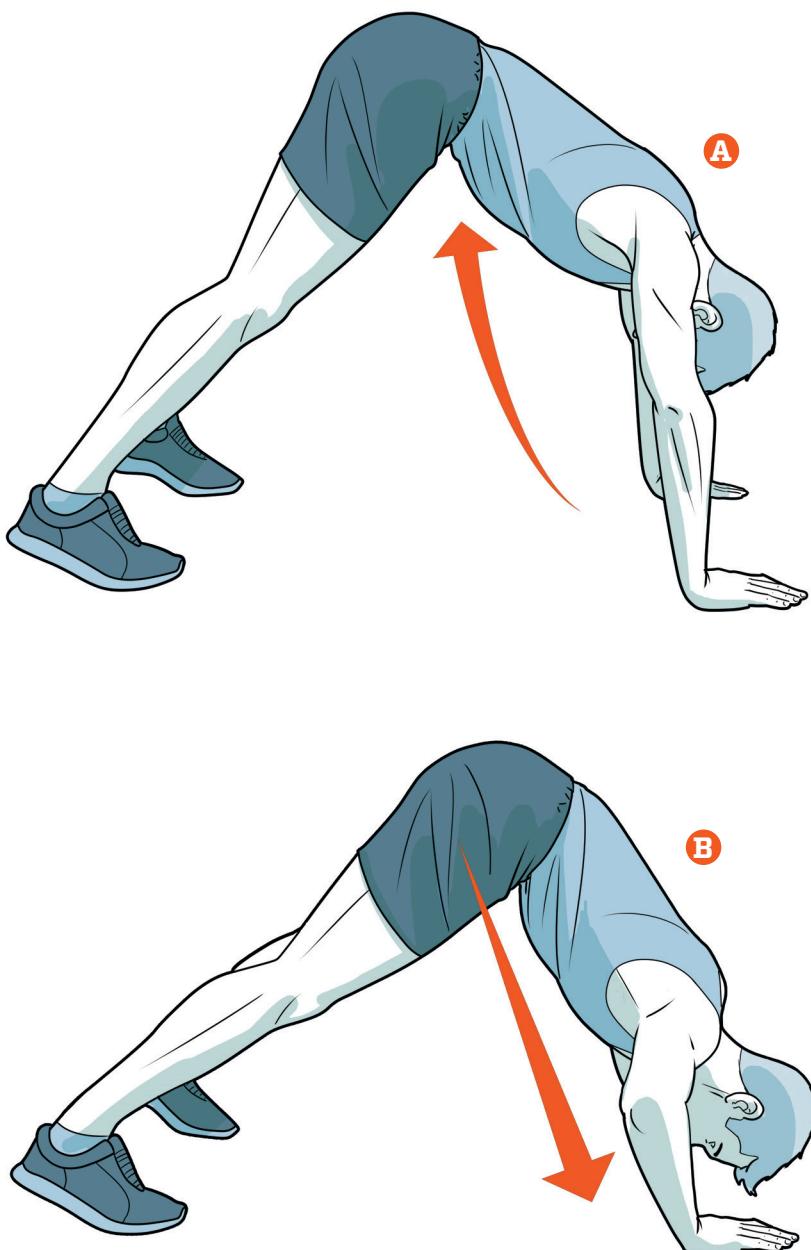


PIKE PUSH-UP

CHEST | CORE | DELTOIDS | TRAPEZIUS | TRICEPS

The Pike Push-Up is a compound, or multijoint, exercise designed for improving upper-body strength throughout the shoulders while building core stability. It places a great deal of emphasis on the muscles in and around the shoulders, which helps increase arm and shoulder strength quickly.

1. Begin in a Full Plank position (page 16) with your hands directly under your shoulders.
2. Extend your hips up and back, keeping your legs straight, into a modified Downward Dog position. (A)
3. Brace your core and bend your elbows, lowering your head straight down until the top of your head hovers slightly above the floor. (B) Hold.
4. Press through your palms, extending your elbows until they are completely straight again. (A)



BEAR CRAWL

CHEST | CORE | SHOULDERS | TRICEPS

This dynamic athletic movement will challenge every inch of your upper body. It places constant pressure on the triceps, chest, and shoulders. By the time you've completed one set, you'll feel a burn like never before. Over time, you'll see measurable improvements in your upper-body strength.

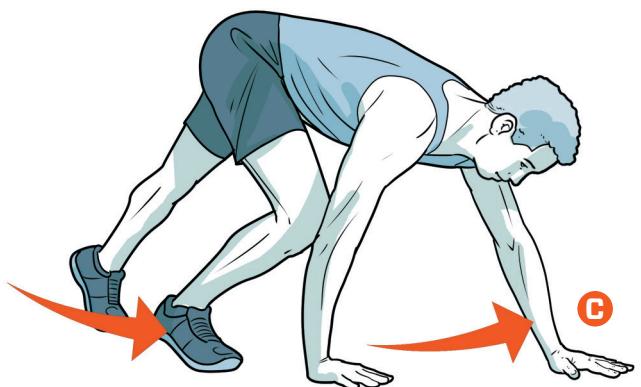
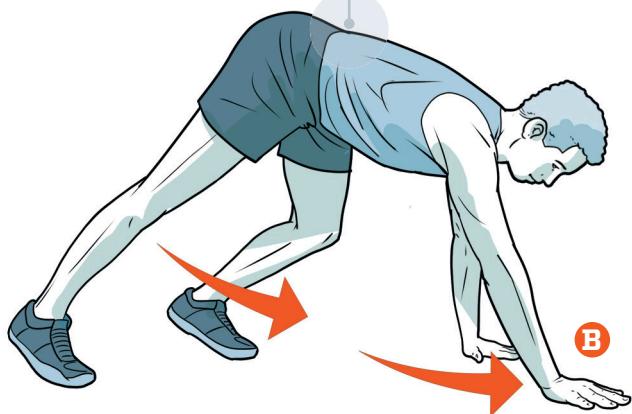
1. Begin with your hands and feet on the floor and hips high. Place your hands slightly in front of your shoulders and your feet about a hand's length behind your hips. Keep your hips high, with your gaze down and slightly forward. (A)
2. Brace your core and crawl forward, starting with your right hand and left foot. (B)
3. Crawl about four paces (C), then reverse the crawl and go backward to your starting position. (A)

TIP If you are new to this exercise, keep the pace slow and avoid overreaching as you crawl forward.

TIP Reaching your arms too far in front of your shoulders can cause you to lose control.



Be sure to keep
your hips high.



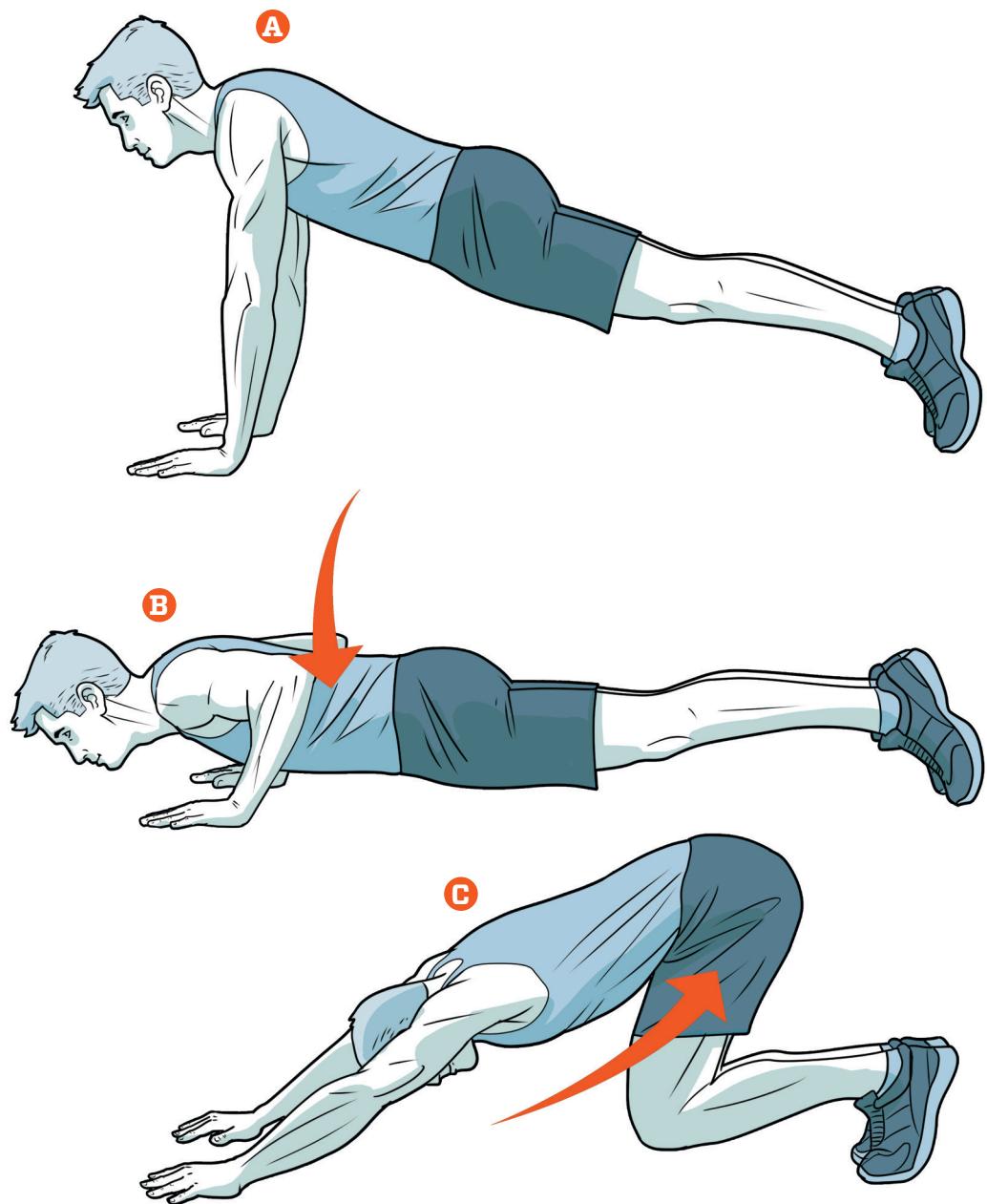
REVERSE PUSH-UP

BACK | CHEST | CORE | DELTOIDS | LEGS | TRICEPS

The Reverse Push-Up is a compound upper-body exercise that will get you leaner and stronger in no time. This exercise targets the entire upper body, with all of the shoulder-, chest-, and arm-building benefits of a traditional Push-Up but with the added advantage of strengthening the core.

1. Begin in a Full Plank position (page 16). (A)
2. Bend your elbows and lower your body toward the floor. (B) Pause when your body hovers about an inch or two above the floor.
3. Press through your palms, sending your hips back until your arms are fully extended in front of you. Hover your knees just above the floor without allowing them to touch the floor. (C) Pause.
4. Press through your toes and extend your legs, pushing forward to the Full Plank position. (A)

TIP When your hips are at the highest position, keep your spine as straight as possible.

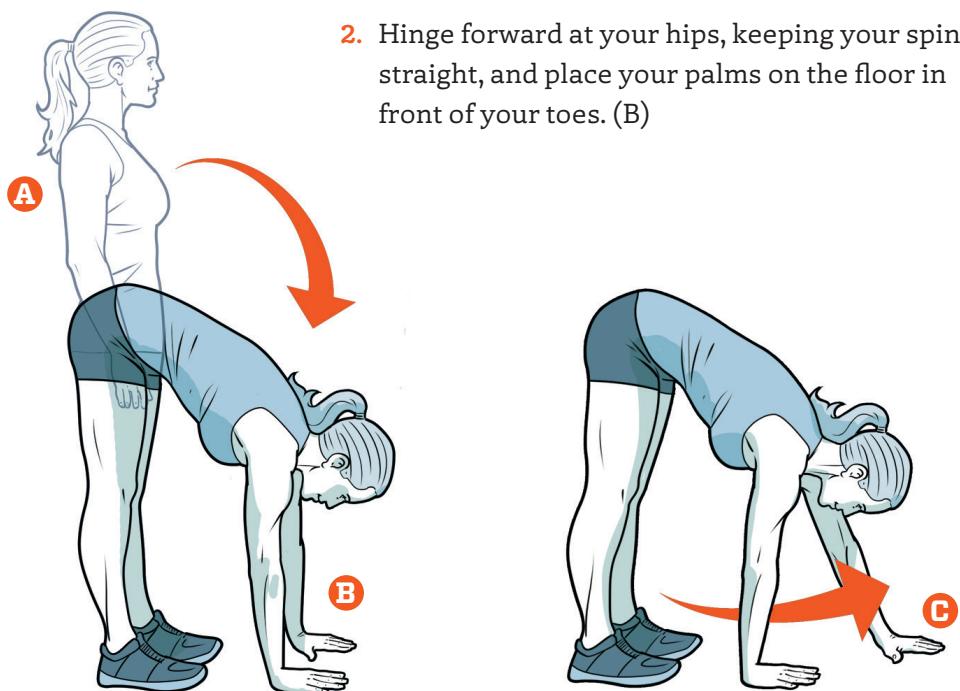


WALKOUT

CORE | LATISSIMUS DORSI | SHOULDERS | TRICEPS

The Walkout exercise helps build strength in the anterior core and lats while increasing shoulder stability and mobility. In addition, this protocol will help you perform lower-body exercises, such as the Close Squat (page 22) or Squat Jump (page 30), more efficiently by increasing hip stability.

1. Begin standing with your feet hip-width apart and hands by your sides. (A)
2. Hinge forward at your hips, keeping your spine straight, and place your palms on the floor in front of your toes. (B)



3. Walk your hands forward. (C) Stop when you reach a Full Plank position (D).
4. Reverse direction, walking your hands back to your feet (E), and rise to standing by hinging at your hips with your spine straight. (F)

TIP Keep your legs straight and brace your core to prevent your hips from sagging during this motion.



SINGLE-LEGGED WALKOUT

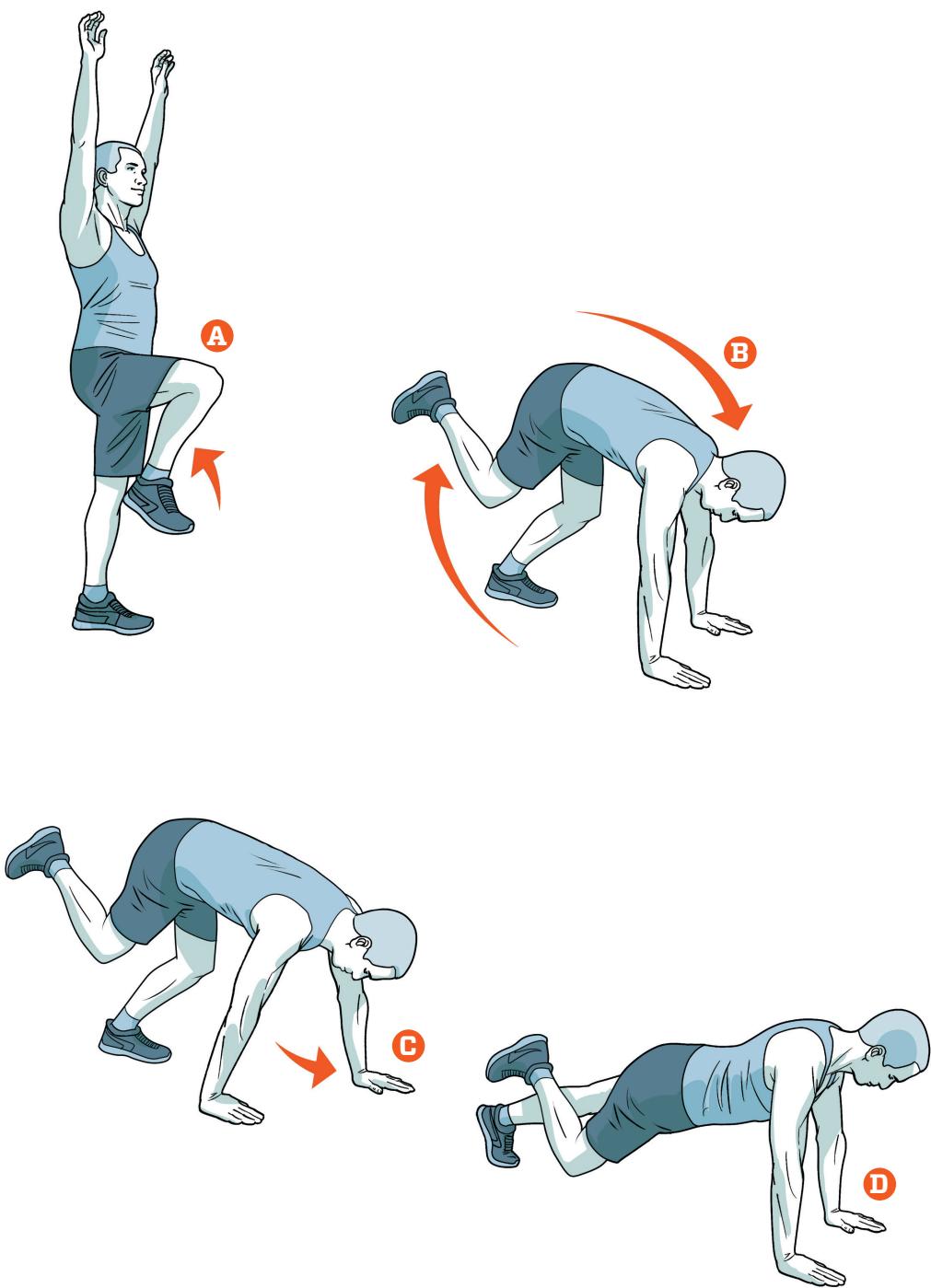
CORE | SHOULDERS | TRICEPS

The Single-Legged Walkout is an advanced variation of the Walkout (page 96). Unlike the Walkout, this movement also helps increase hip flexibility and mobility as well as lower-body symmetry.

1. Stand with your feet hip-width apart, keeping a natural arch in your lower back.
2. Brace your core while you raise your right knee until your thigh is parallel with the floor. Extend your arms overhead. (A)
3. Bend your left knee and lower your left glutes toward the floor as you hinge forward at your hips, keeping your spine straight. (B)
4. Place your palms on the floor in front of your feet and walk your hands forward (C) until you come to a Full Plank position (page 16).
5. Extend your right leg back, keeping your right foot lifted off the floor throughout the entire exercise. (D)
6. Quickly walk your hands back and rise back up to starting position.
7. Repeat the exercise on the opposite side.

TIP Avoid walking out at a fast pace, as this could lead to a loss of balance and risk of injury to your shoulder. Try to maintain a constant and controlled pace.

TIP For an advanced variation, do a Push-Up after step 5 before walking back to starting position.



TRICEP PRESS-UP

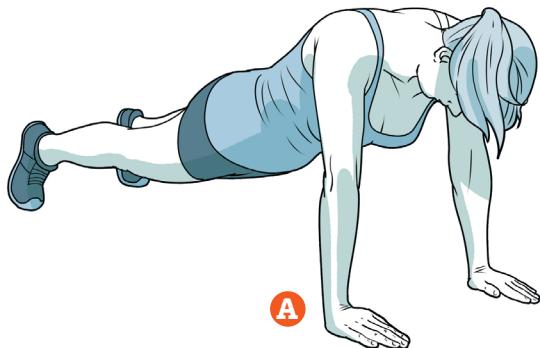
CHEST | CORE | DELTOIDS | HIP FLEXORS

SHOULDERS | TRAPEZIUS | TRICEPS

The Tricep Press-Up is a unique upper-body strengthening exercise that effectively strengthens the triceps, entire chest, deltoids, and trapezius while increasing hip mobility. Performed properly, this compound exercise places a lot of tension on the triceps, making it the perfect exercise for adding more definition and strength to your arms.

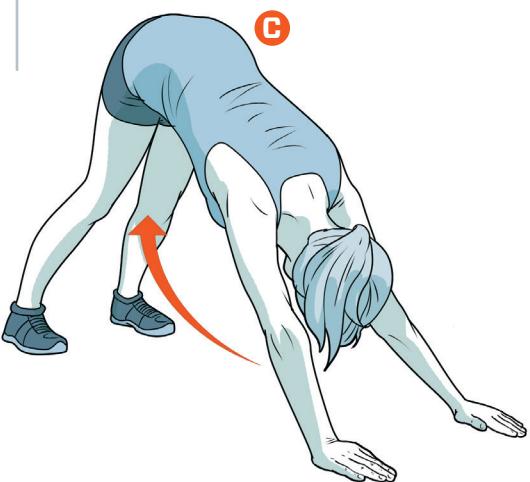
1. Begin in a Full Plank position (page 16) with feet hip-width apart and shoulders directly over your hands. (A)
2. Contract your core and slowly bend your elbows and your knees.
3. Simultaneously lower your elbows and knees toward the floor until they hover about an inch from the floor. Pause. (B)
4. Brace your core and press your palms and toes into the floor, extending your arms and legs straight.
5. Drive your hips up and back, keeping your arms and legs straight, into Downward Dog position (page 16). (C)
6. Slowly lower your body back down toward the floor into Full Plank position. (A)

TIP Try to lower your knees and elbows at the same time. This will help you maintain proper form so you get all the benefits of the motion.



Aim to bring your elbows and knees as close to each other as possible at the lowest point of the exercise.

This will help activate the fibers in the triceps region.



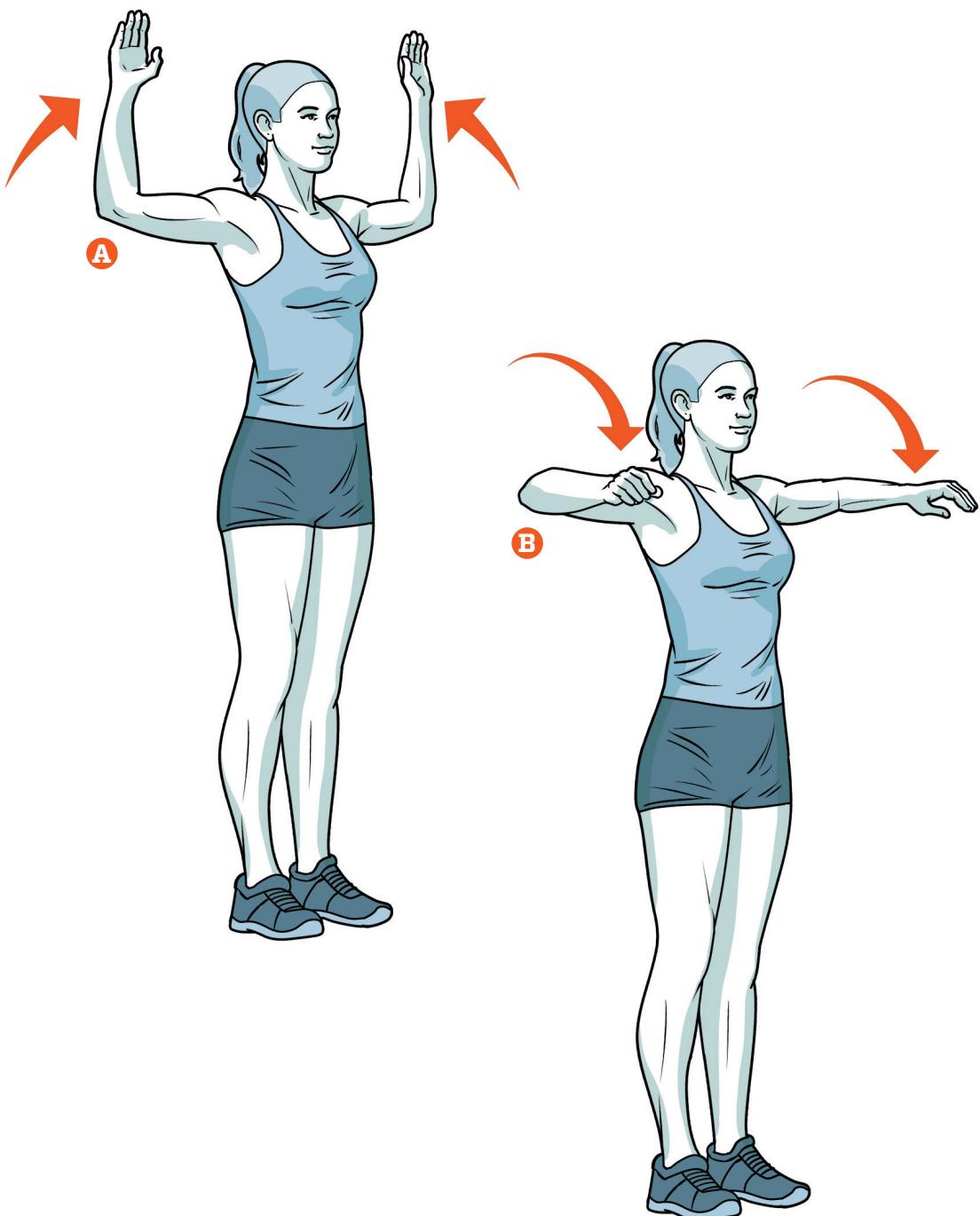
SHOULDER ROTATION

DELToids | SHOULDERS | TRAPEZIUS

This exercise is designed to help increase shoulder stability and mobility. Like the hip, the shoulder is a ball-and-socket joint, meaning it can rotate a full 360 degrees. Improper or insufficient strengthening of the shoulders can increase your risk of injury to the joint while training.

1. Stand with your feet about shoulder-width apart, toes slightly turned out, and knees softly bent.
2. Extend your arms out to your sides so your body forms a *T* shape. Keep the natural arch in your lower back and your chin parallel to the floor.
3. With palms facing forward, bend your arms until your elbows form 90-degree angles. (A)
4. Contract your core muscles and quickly lower your palms until they're parallel with the floor. (B)
5. Reverse direction and repeat the forearm movements.

TIP Keep your triceps and chin parallel to the floor at all times. This will ensure shoulder mobility while increasing strength gains.



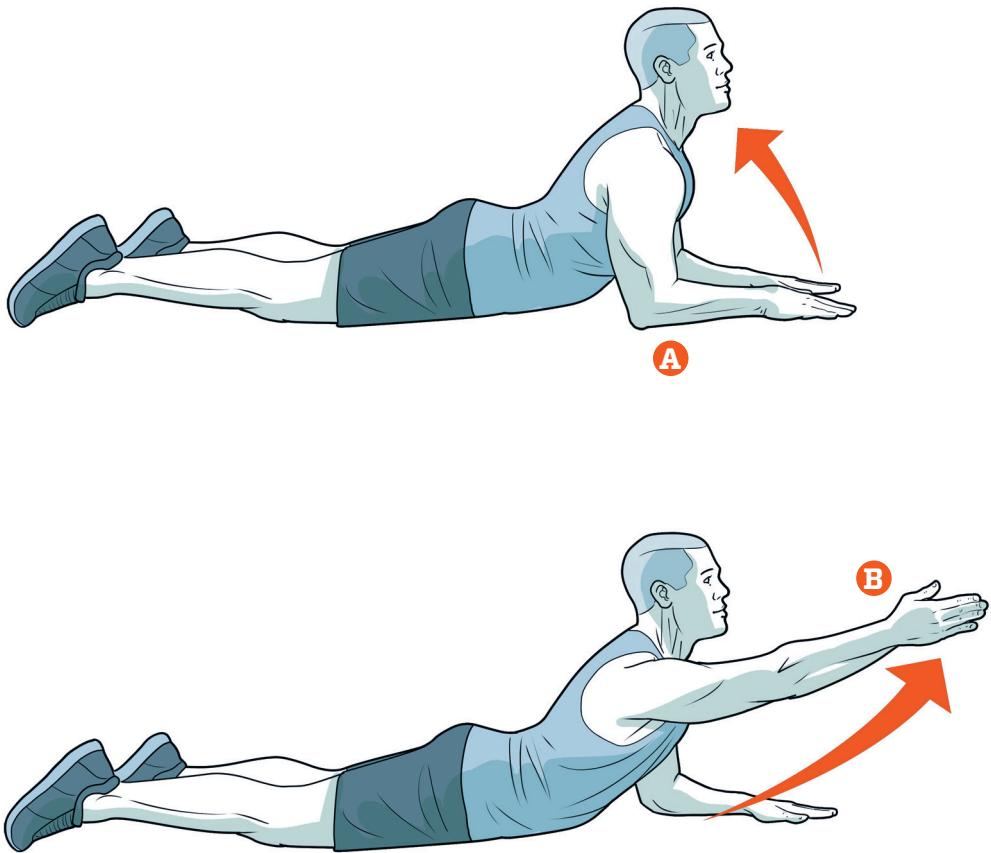
SPHINX POSE WITH SHOULDER REACH

DELTOIDS | LUMBAR | SHOULDERS | TRAPEZIUS

This exercise is designed to help improve shoulder strength, functionality, and flexibility. Unlike typical weight-bearing shoulder exercises, this protocol is designed to help prevent shoulder stiffness.

1. Begin on your stomach with your elbows and forearms planted firmly on the floor.
2. Press into your elbows and forearms, pushing your torso forward and up, arching like a cobra. (A)
3. Extend your right arm straight out in front of you as if you were about to shake someone's hand. (B) Hold.
4. Return your right arm to starting position. (A)
5. Repeat with your other arm.
6. Continue, alternating arms, before lowering back down to your stomach.

TIP To avoid rounding your back, keep your gaze forward and chin parallel to the floor.



PART THREE

12 WEEKS TO A LEANER YOU

The Program 108

Phase One: Weeks 1 to 4

Basic Strength 112

Phase Two: Weeks 5 to 8

Maximum Strength 135

Phase Three: Weeks 9 to 12

Conversion to Sustainability 161

N

Now that you know the ropes to foundational strength-training exercises, it's time to start the Body-weight Strength Training program!

When creating this program, I considered the fact that you have a tight schedule, which in the past may have led you to leave either cardio or strength training out of your workout. Fortunately, this program combines both elements into a densely packed 12-week fitness plan.

This program will have you training for only a fraction of the time most of your friends spend at the gym. But these short, timed workouts don't mean you'll sacrifice gains. The rapid pace doubles as cardiovascular training, while the sequencing of the exercises progresses from the larger to the smaller muscle groups, leading to beneficial muscular gains. To increase strength, you must train with movements on a consistent basis, properly awaken your central nervous system in order to recruit more fibers, move explosively, focus on weak areas, and rest properly.

This program covers all the bases for strength training and is made up of the 40 exercises outlined in Part 2 (page 14). While this may not sound like a lot at first, many of these exercises require a version for each side of your body, which pushes the number closer to 80. In some of the workouts, you may perform only 15 exercises, but it will be a comprehensive and effective mix of powerful movements to help you become stronger, faster.

Throughout the 12 weeks, I include several fitness, behavioral, and nutritional tips. Think of me as your personal coach right beside you during the whole program. The tips contain useful information that will help you maximize your gains. For instance, did you know that wearing a red shirt can increase confidence and help reduce fatigue? It's true!

THE PROGRAM

The Bodyweight Strength Training 12-week program is divided into three 4-week phases. Each phase introduces a series of exercises with a specific training focus. To mark your progress, you will take fitness tests on specific days throughout the program. These tests will be your milestones, allowing you to assess your improvements.

The program has three options for your starting point. Once you take your first fitness test, you can personalize your program for your own fitness level:

BEGINNER	WEEKEND WARRIOR	FIT PRO
New to strength training	Strength trains one to three times a week	Lives, eats, and breathes strength training

Fitness Tests

Whether you train on a regular basis or have never exercised before, taking a fitness test will help you track your fitness level and improve your strength over time.

In my experience, most people don't know how strong they are (and many tend to overestimate their fitness levels). These tests will keep you honest. Periodically comparing your fitness test results during the 12 weeks will allow you to identify your

Fitness Test

The test consists of the following exercises, which work the four muscle groups targeted in the program. Take a moment to familiarize yourself with these exercises, as you'll be measuring your progress with them periodically over the coming weeks. For each test, remember to rest for 60 seconds between exercises.

FOREARM PLANK (PAGE 16):

Excellent: > 5 minutes
Above Average: 2 to 4 minutes
Average: 1 to 2 minutes
Needs Improvement: < 60 seconds

BREAK DANCER (PAGE 60):

Excellent: > 50 reps
Above Average: 30 to 49 reps
Average: 20 to 29 reps
Needs Improvement: ≤ 19 reps

PUSH-UP (PAGE 86):

Excellent: > 50 reps
Above Average: 30 to 49 reps
Average: 20 to 29 reps
Needs Improvement: ≤ 19 reps

SUMO SQUAT (PAGE 36):

Excellent: > 50 reps
Above Average: 30 to 49 reps
Average: 16 to 29 reps
Needs Improvement: ≤ 15 reps

strengths and weaknesses and to record your improvement. As you grow stronger and more confident, you'll be able to modify your intensity, ultimately becoming your own coach.

I have designed a fitness test specific to the muscle groups targeted in the program. Testing specific muscle groups separately over the course of 12 weeks will lead to a rock-solid you.

Before each fitness test, be sure to perform the Dynamic Warm-Up (page 110) to loosen your muscles and minimize your risk of injury.

Dynamic Warm-Up

For each workout, you'll begin with my Dynamic Warm-Up. The warm-up is one of the most overlooked yet important aspects of any training program. Tightness and

Dynamic Warm-Up

To successfully complete the warm-up:

- Perform each protocol for 30 seconds.
- Aim to keep proper form and control.
- Rest for only a few seconds between each exercise in the warm-up.

LEG SWING: Stand tall with your arms extended in front of your body. Keeping your chin parallel to the floor, swing your right leg out and up toward your hands. Lower your right leg and repeat with your left leg. Continue, alternating legs, for 30 seconds.

TOE-TOUCH SQUAT: Begin with your feet shoulder-width apart and turned out. Hinge forward from your hips, reaching your hands down toward your toes. Keep your legs straight and extended. With your hands touching your toes, lower your hips toward the floor and bend your knees into squatting position. Reach your arms overhead and extend your hips back to standing position. Repeat for 30 seconds.

SEAL JUMP: Stand tall with your feet together and your arms extended straight out in front of you. Jump your legs out to the side, while opening your arms, and land so that your feet and arms are extended out to your sides. Reverse and jump your feet and arms back together. Repeat for 30 seconds.

coldness in any part of your body can lead to injury. Warm-ups elevate your core body temperature and increase flexibility.

My Dynamic Warm-Up is designed to take your body through various ranges of motion. It leaves no muscle ignored and gets your muscles primed to build strength. You don't want to skip this step!

Workouts

The Bodyweight Strength Training workouts are broken up into timed sessions ranging from 10 to 20 minutes. They use burst sequencing, or interval training, meaning each exercise lasts 30 seconds and is followed by 30 seconds of rest. Doing the exercises in timed bursts, as opposed to counting repetitions, allows you to work at your own pace, concentrate on form, and start pushing harder at any point. You will perform workouts four times a week with an optional fifth workout that is less intense and beneficial for your recovery.

Each workout is identified as full body, upper body, or lower body. Every workout synergistically combines strength training with cardiovascular training in order to offer a balanced program that achieves complete muscular symmetry and strength. As these workouts use all 40 exercises from Part 2 (page 14), familiarize yourself with them before moving forward. For assistance with finding a specific exercise, use the Exercise Index on page 183.

In the beginning, you may find it difficult to complete even just a few repetitions of certain exercises in the allotted time frame. However, as you become stronger, your output will increase, allowing you to pack more repetitions into the same workout. Increasing your strength will inevitably improve your balance, power, and speed, and you will effectively achieve more repetitions with any given exercise.

To get fit in 12 weeks, just follow this program. Allow it to work for you. The stronger you get, the more you'll be able to push your body, build greater strength and muscle, and burn more fat. This is why I love this program—it's all about building consistency, improving as you go, and conditioning your mind.

PHASE ONE: WEEKS 1 TO 4

BASIC STRENGTH

It's time to get started! Step 1 is taking your first fitness test. Your results will be measured either by time or number of repetitions. Be sure to rest for 60 seconds between each exercise. Write down your results in the provided charts.

The results of this test indicate your fitness level for Phase One. Be sure to follow the 4-week program that matches your starting fitness level. After week 4, you'll take your next test to determine your course for Phase Two.

Once you start the workouts, remember to perform each exercise for 30 seconds with 30 seconds of rest between exercises. As Phase One can be the most challenging on a mental level, I've included some tips to keep you moving and motivated. If you find you can complete only a few repetitions of each exercise during the beginning of Phase One, don't get discouraged. You're well on your way to improved strength and stamina.

FITNESS TEST		DATE:
Forearm Plank (page 16) <hr/> Excellent: > 5 minutes Above Average: 2 to 4 minutes Average: 1 to 2 minutes Needs Improvement: < 60 seconds	Push-Up (page 86) <hr/> Excellent: > 50 reps Above Average: 30 to 49 reps Average: 20 to 29 reps Needs Improvement: ≤ 19 reps	
Break Dancer (page 60) <hr/> Excellent: > 50 reps Above Average: 30 to 49 reps Average: 20 to 29 reps Needs Improvement: ≤ 19 reps	Sumo Squat (page 36) <hr/> Excellent: > 50 reps Above Average: 30 to 49 reps Average: 16 to 29 reps Needs Improvement: ≤ 15 reps	

Based on your results, select your Strength Path:

BEGINNER: Majority of scores in Needs Improvement or Average

WEEKEND WARRIOR: All four test scores in Average or better

FIT PRO: At least three test scores in the Excellent category, plus one in Above Average

FULL BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
10 MINUTES	10 MINUTES	11 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Close Squat <input type="checkbox"/> Walkout <input type="checkbox"/> Bird Dog <input type="checkbox"/> Superman <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Close Squat <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Walkout <input type="checkbox"/> Bird Dog <input type="checkbox"/> Hip Tap <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Reverse Lunge with Hamstring Activation <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

FULL BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
11 MINUTES	11 MINUTES	13 MINUTES
<input type="checkbox"/> Sumo Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Squat Jump <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Push-Up <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Bird Dog <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Burpee <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Tricep Press-Up <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Torso Twist <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

REST	DATE:
REST ALL LEVELS	

FULL BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
10 MINUTES	10 MINUTES	11 MINUTES
<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Shoulder Rotation<input type="checkbox"/> Sumo Squat<input type="checkbox"/> Close Squat<input type="checkbox"/> Walkout<input type="checkbox"/> Bird Dog<input type="checkbox"/> Superman<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Shoulder Rotation<input type="checkbox"/> Close Squat<input type="checkbox"/> Cross-Legged Squat<input type="checkbox"/> Walkout<input type="checkbox"/> Bird Dog<input type="checkbox"/> Hip Tap<input type="checkbox"/> Hollow Body Hold<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Shoulder Rotation<input type="checkbox"/> Sumo Squat<input type="checkbox"/> Cross-Legged Squat<input type="checkbox"/> Reverse Lunge with Hamstring Activation<input type="checkbox"/> Single-Legged Walkout<input type="checkbox"/> Advanced Bird Dog in Full Plank<input type="checkbox"/> Hollow Body Hold<input type="checkbox"/> Fire Hydrant Iso Hold<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra

FULL BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
11 MINUTES	11 MINUTES	13 MINUTES
<input type="checkbox"/> Sumo Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Squat Jump <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Push-Up <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Bird Dog <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Burpee <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Tricep Press-Up <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Torso Twist <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra



FROM THE COACH Pick a location where you will perform your workouts, and use this designated spot for training only. If you use your bedroom, be sure to keep the workout area of the room free from clutter. If you train in the park, don't pick the same place where you enjoy weekend picnics. Your location is meant to cue fitness success and fitness success only!

**PHASE
1
WEEK
1
DAY
6**

OPTIONAL

DATE:

ALL LEVELS

11 MINUTES

- | | | |
|--|-----------------------------------|--|
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Bird-Dog | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Walkout | <input type="checkbox"/> Push-Up | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Push-Up | <input type="checkbox"/> Walkout | <input type="checkbox"/> Cobra |
| | <input type="checkbox"/> Superman | |

**PHASE
1
WEEK
1
DAY
7**

REST

DATE:

REST ALL LEVELS

FULL BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
10 MINUTES	10 MINUTES	11 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Close Squat <input type="checkbox"/> Walkout <input type="checkbox"/> Bird Dog <input type="checkbox"/> Superman <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Close Squat <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Walkout <input type="checkbox"/> Bird Dog <input type="checkbox"/> Hip Tap <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Reverse Lunge with Hamstring Activation <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

PHASE
1
WEEK
2
DAY
9

FULL BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
11 MINUTES	11 MINUTES	13 MINUTES
<input type="checkbox"/> Sumo Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Squat Jump <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Push-Up <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Bird Dog <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Burpee <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Tricep Press-Up <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Torso Twist <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

PHASE
1
WEEK
2
DAY
10

REST	DATE:
REST ALL LEVELS	

FULL BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
10 MINUTES	10 MINUTES	11 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Close Squat <input type="checkbox"/> Walkout <input type="checkbox"/> Bird Dog <input type="checkbox"/> Superman <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Close Squat <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Walkout <input type="checkbox"/> Bird Dog <input type="checkbox"/> Hip Tap <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Reverse Lunge with Hamstring Activation <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

FULL BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
11 MINUTES	11 MINUTES	13 MINUTES
<input type="checkbox"/> Sumo Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Squat Jump <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Push-Up <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Bird Dog <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Burpee <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Tricep Press-Up <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Torso Twist <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra



FROM THE COACH Buying new sneakers? Be sure to purchase them late in the day! Being on your feet all day can cause them to swell. So, if you purchase a size 8 in the morning, they may feel a little tight that evening.

**PHASE
1**
**WEEK
2**
**DAY
13**

OPTIONAL

DATE:

ALL LEVELS

11 MINUTES

- | | | |
|--|-----------------------------------|--|
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Bird Dog | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Walkout | <input type="checkbox"/> Push-Up | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Push-Up | <input type="checkbox"/> Walkout | <input type="checkbox"/> Cobra |
| | <input type="checkbox"/> Superman | |

**PHASE
1**
**WEEK
2**
**DAY
14**

REST

DATE:

REST ALL LEVELS

UPPER BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
10 MINUTES	14 MINUTES	12 MINUTES
<input type="checkbox"/> Warm-Up	<input type="checkbox"/> Warm-Up	<input type="checkbox"/> Warm-Up
<input type="checkbox"/> Shoulder Rotation	<input type="checkbox"/> Shoulder Rotation	<input type="checkbox"/> Shoulder Rotation
<input type="checkbox"/> Walkout	<input type="checkbox"/> Single-Legged Walkout	<input type="checkbox"/> Single-Legged Walkout
<input type="checkbox"/> Bear Crawl		
<input type="checkbox"/> Push-Up	<input type="checkbox"/> Bear Crawl	<input type="checkbox"/> Scapular Push-Up to Hip Raise
<input type="checkbox"/> Break Dancer	<input type="checkbox"/> Scapular Push-Up to Hip Raise	<input type="checkbox"/> Push-Up
<input type="checkbox"/> Bird Dog	<input type="checkbox"/> Push-Up	<input type="checkbox"/> Pike Push-Up
<input type="checkbox"/> Scapular Lift	<input type="checkbox"/> Reverse Push-Up	<input type="checkbox"/> Knee Scratcher
<input type="checkbox"/> Scapular Hold	<input type="checkbox"/> Plank Reach Out and Back	<input type="checkbox"/> Break Dancer
<input type="checkbox"/> Bracer	<input type="checkbox"/> Advanced Bird Dog in Full Plank	<input type="checkbox"/> Hollow Body Hold
<input type="checkbox"/> Hip Crossover	<input type="checkbox"/> Alternating Plank Row	<input type="checkbox"/> Bracer
<input type="checkbox"/> Cobra	<input type="checkbox"/> Bracer	<input type="checkbox"/> Hip Crossover
	<input type="checkbox"/> Hip Crossover	<input type="checkbox"/> Cobra
	<input type="checkbox"/> Cobra	

PHASE
1
WEEK
3
DAY
16

LOWER BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
11 MINUTES	13 MINUTES	13 MINUTES
<input type="checkbox"/> Warm-Up	<input type="checkbox"/> Warm-Up	<input type="checkbox"/> Warm-Up
<input type="checkbox"/> Sumo Squat	<input type="checkbox"/> Sumo Squat	<input type="checkbox"/> Close Squat
<input type="checkbox"/> Close Squat	<input type="checkbox"/> Lunge to Pause	<input type="checkbox"/> Cross-Legged Squat
<input type="checkbox"/> Lunge to Pause	<input type="checkbox"/> Falling Tower	<input type="checkbox"/> Reverse Lunge with Hamstring Activation
<input type="checkbox"/> Cross-Legged Squat	<input type="checkbox"/> Cobra	<input type="checkbox"/> Pistol Squat
<input type="checkbox"/> Squat Jump	<input type="checkbox"/> Squat Jump	<input type="checkbox"/> Cobra
<input type="checkbox"/> Hip Crossover	<input type="checkbox"/> Semi-Burpee Jump	<input type="checkbox"/> Torso Twist
<input type="checkbox"/> Bracer	<input type="checkbox"/> Advanced Bird Dog in Full Plank	<input type="checkbox"/> Fire Hydrant Iso Hold
<input type="checkbox"/> Hollow Body Hold	<input type="checkbox"/> Hollow Body Hold	<input type="checkbox"/> Hollow Body Hold
<input type="checkbox"/> Hip Crossover	<input type="checkbox"/> Hollow Body Hold and Roll	<input type="checkbox"/> Hollow Body Hold and Roll
<input type="checkbox"/> Cobra	<input type="checkbox"/> Bracer	<input type="checkbox"/> Hip Crossover
	<input type="checkbox"/> Hip Crossover	<input type="checkbox"/> Bracer
	<input type="checkbox"/> Cobra	<input type="checkbox"/> Cobra
REST		DATE:
REST ALL LEVELS		

PHASE
1
WEEK
3
DAY
17

UPPER BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
10 MINUTES	14 MINUTES	12 MINUTES
<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Shoulder Rotation<input type="checkbox"/> Walkout<input type="checkbox"/> Bear Crawl<input type="checkbox"/> Push-Up<input type="checkbox"/> Break Dancer<input type="checkbox"/> Bird Dog<input type="checkbox"/> Scapular Lift<input type="checkbox"/> Scapular Hold<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Shoulder Rotation<input type="checkbox"/> Single-Legged Walkout<input type="checkbox"/> Bear Crawl<input type="checkbox"/> Scapular Push-Up to Hip Raise<input type="checkbox"/> Push-Up<input type="checkbox"/> Reverse Push-Up<input type="checkbox"/> Plank Reach Out and Back<input type="checkbox"/> Advanced Bird Dog in Full Plank<input type="checkbox"/> Alternating Plank Row<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Shoulder Rotation<input type="checkbox"/> Single-Legged Walkout<input type="checkbox"/> Scapular Push-Up to Hip Raise<input type="checkbox"/> Push-Up<input type="checkbox"/> Pike Push-Up<input type="checkbox"/> Knee Scratcher<input type="checkbox"/> Break Dancer<input type="checkbox"/> Hollow Body Hold<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra

LOWER BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
11 MINUTES	13 MINUTES	13 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Squat Jump <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Bracer <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Falling Tower <input type="checkbox"/> Cobra <input type="checkbox"/> Squat Jump <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hollow Body Hold and Roll <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Close Squat <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Reverse Lunge with Hamstring Activation <input type="checkbox"/> Pistol Squat <input type="checkbox"/> Cobra <input type="checkbox"/> Torso Twist <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hollow Body Hold and Roll <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Bracer <input type="checkbox"/> Cobra

PHASE
1
WEEK
3
DAY
20

OPTIONAL

DATE:

ALL LEVELS

10 MINUTES

- | | | |
|---|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Push-Up | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Scapular Push-Up to
Hip Raise | <input type="checkbox"/> Lying Flyer | <input type="checkbox"/> Cobra |
| | <input type="checkbox"/> Scapular Lift | |

PHASE
1
WEEK
3
DAY
21

REST

DATE:

REST ALL LEVELS



FROM THE COACH If you start feeling bored of water, use fruit to add natural flavor. Slice up fruit, add it to a pitcher of water, and refrigerate overnight. In addition to making the water taste good, adding fruit also increases nutritional value. Try all different fruits and mix them up throughout the week.

UPPER BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
10 MINUTES	14 MINUTES	12 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Walkout <input type="checkbox"/> Bear Crawl <input type="checkbox"/> Push-Up <input type="checkbox"/> Break Dancer <input type="checkbox"/> Bird Dog <input type="checkbox"/> Scapular Lift <input type="checkbox"/> Scapular Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Bear Crawl <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Plank Reach Out and Back <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Pike Push-Up <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Break Dancer <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

PHASE
1
WEEK
4
DAY
23

LOWER BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
11 MINUTES	13 MINUTES	13 MINUTES
<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Sumo Squat<input type="checkbox"/> Close Squat<input type="checkbox"/> Lunge to Pause<input type="checkbox"/> Cross-Legged Squat<input type="checkbox"/> Squat Jump<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Bracer<input type="checkbox"/> Hollow Body Hold<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Sumo Squat<input type="checkbox"/> Lunge to Pause<input type="checkbox"/> Falling Tower<input type="checkbox"/> Cobra<input type="checkbox"/> Squat Jump<input type="checkbox"/> Semi-Burpee Jump<input type="checkbox"/> Advanced Bird Dog in Full Plank<input type="checkbox"/> Hollow Body Hold<input type="checkbox"/> Hollow Body Hold and Roll<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Close Squat<input type="checkbox"/> Cross-Legged Squat<input type="checkbox"/> Reverse Lunge with Hamstring Activation<input type="checkbox"/> Pistol Squat<input type="checkbox"/> Cobra<input type="checkbox"/> Torso Twist<input type="checkbox"/> Fire Hydrant Iso Hold<input type="checkbox"/> Hollow Body Hold<input type="checkbox"/> Hollow Body Hold and Roll<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Bracer<input type="checkbox"/> Cobra

PHASE
1
WEEK
4
DAY
24

REST	DATE:
REST ALL LEVELS	

UPPER BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
10 MINUTES	14 MINUTES	12 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Walkout <input type="checkbox"/> Bear Crawl <input type="checkbox"/> Push-Up <input type="checkbox"/> Break Dancer <input type="checkbox"/> Bird Dog <input type="checkbox"/> Scapular Lift <input type="checkbox"/> Scapular Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Bear Crawl <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Plank Reach Out and Back <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Pike Push-Up <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Break Dancer <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

LOWER BODY		DATE:
BEGINNERS	WEEKEND WARRIOR	FIT PRO
11 MINUTES	13 MINUTES	13 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Close Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Squat Jump <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Bracer <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Falling Tower <input type="checkbox"/> Cobra <input type="checkbox"/> Squat Jump <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hollow Body Hold and Roll <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Close Squat <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Reverse Lunge with Hamstring Activation <input type="checkbox"/> Pistol Squat <input type="checkbox"/> Cobra <input type="checkbox"/> Torso Twist <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hollow Body Hold and Roll <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Bracer <input type="checkbox"/> Cobra

OPTIONAL

DATE:

ALL LEVELS

10 MINUTES

- | | | |
|---|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Push-Up | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Scapular Push-Up to
Hip Raise | <input type="checkbox"/> Lying Flyer | <input type="checkbox"/> Cobra |
| | <input type="checkbox"/> Scapular Lift | |



FROM THE COACH Meditate while moving. Quiet your mind while you exercise by focusing on your breathing. When you clear your mind, you gain the ability to hear and feel the beating of your heart and sense the sweat on your skin. It brings you to the present moment and quiets the chatter in your mind, allowing you to take your workout one step at a time.

FITNESS TEST		DATE:
Forearm Plank (page 16) <hr/> <p>Excellent: > 5 minutes Above Average: 2 to 4 minutes Average: 1 to 2 minutes Needs Improvement: < 60 seconds</p>	Push-Up (page 86) <hr/> <p>Excellent: > 50 reps Above Average: 30 to 49 reps Average: 20 to 29 reps Needs Improvement: ≤ 19 reps</p>	
Break Dancer (page 60) <hr/> <p>Excellent: > 50 reps Above Average: 30 to 49 reps Average: 20 to 29 reps Needs Improvement: ≤ 19 reps</p>	Sumo Squat (page 36) <hr/> <p>Excellent: > 50 reps Above Average: 30 to 49 reps Average: 16 to 29 reps Needs Improvement: ≤ 15 reps</p>	

Congrats! You're a third of the way through the 12-week program, and it's time for your Day 28 Fitness Test. You now have a solid fitness foundation and will start to see marked improvements. As you take the test, remember:

- Results will be measured via time or repetition.
- Rest for 60 seconds between each exercise.

PHASE TWO: WEEKS 5 TO 8

MAXIMUM STRENGTH

By now, you should feel yourself growing stronger and completing more repetitions in your workouts. Mentally, you may also feel more energized and motivated—that's the compound effect of a strength-training program! Take a moment to congratulate yourself for sticking with the program so far. Reflect on what's been the most challenging and most rewarding. Take note of the results you're experiencing in both your body and your mind. Acknowledging these milestones will keep you motivated in the weeks ahead.

After the Day 28 Fitness Test, those of you who started on the Beginner path will now be training at the Weekend Warrior level. Weekend Warriors will move up, and the intensity and complexity of protocols in the Fit Pro path will increase. This will happen again after the Day 56 Fitness Test, when all three paths will merge to follow along the Fit Pro level. You're making real progress now!

FULL BODY	DATE:
WEEKEND WARRIOR	FIT PRO
16 MINUTES	18 MINUTES
<input type="checkbox"/> Warm-Up	<input type="checkbox"/> Warm-Up
<input type="checkbox"/> Sumo Squat	<input type="checkbox"/> Closed Squat
<input type="checkbox"/> Squat Jump	<input type="checkbox"/> Semi-Burpee Jump
<input type="checkbox"/> Walkout	<input type="checkbox"/> Burpee
<input type="checkbox"/> Bear Crawl	<input type="checkbox"/> Single-Legged Walkout
<input type="checkbox"/> Scapular Push-Up to Hip Raise	<input type="checkbox"/> Bear Crawl
<input type="checkbox"/> Push-Up	<input type="checkbox"/> Push-Up
<input type="checkbox"/> Break Dancer	<input type="checkbox"/> Reverse Push-Up
<input type="checkbox"/> Alternating Plank Row	<input type="checkbox"/> Break Dancer
<input type="checkbox"/> Knee Scratcher	<input type="checkbox"/> Advanced Bird Dog in Full Plank
<input type="checkbox"/> Bird Dog	<input type="checkbox"/> Knee Scratcher
<input type="checkbox"/> Hollow Body Hold	<input type="checkbox"/> Torso Twist
<input type="checkbox"/> Hollow Body Hold and Roll	<input type="checkbox"/> Fire Hydrant Iso Hold
<input type="checkbox"/> Bracer	<input type="checkbox"/> Superman
<input type="checkbox"/> Hip Crossover	<input type="checkbox"/> Hollow Body Hold
<input type="checkbox"/> Cobra	<input type="checkbox"/> Bracer
	<input type="checkbox"/> Hip Crossover
	<input type="checkbox"/> Cobra

UPPER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
16 MINUTES	18 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sphinx Pose with Shoulder Reach <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Diver Bomb Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Hip Tap <input type="checkbox"/> Cobra <input type="checkbox"/> Torso Twist <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Bird Dog <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sphinx Pose with Shoulder Reach <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Pike Push-Up <input type="checkbox"/> Tricep Press-Up <input type="checkbox"/> Cobra <input type="checkbox"/> Alternating Scapular Pull-Down <input type="checkbox"/> Plank Reach Out and Back <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Advanced Bird Dog <input type="checkbox"/> Cobra <input type="checkbox"/> Torso Twist <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

PHASE
2
WEEK
5
DAY
31

REST

DATE:

REST ALL LEVELS



FROM THE COACH To maximize your produce intake, and minimize your grocery bill, buy whole produce and cut it up yourself. Precut carrots, apples, celery, and other produce come with higher price tags and excessive packaging. Cutting your own produce will save you money, so you can buy even more ingredients for healthy meals and snacks.

FULL BODY	DATE:
WEEKEND WARRIOR	FIT PRO
16 MINUTES	18 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Squat Jump <input type="checkbox"/> Walkout <input type="checkbox"/> Bear Crawl <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Break Dancer <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Bird Dog <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hollow Body Hold and Roll <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Closed Squat <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Burpee <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Bear Crawl <input type="checkbox"/> Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Break Dancer <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Torso Twist <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Superman <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

LOWER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
15 MINUTES	18 MINUTES
<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Falling Tower<input type="checkbox"/> Cross-Legged Squat<input type="checkbox"/> Squat Jump<input type="checkbox"/> Semi-Burpee Jump<input type="checkbox"/> Lunge to Pause<input type="checkbox"/> Cobra<input type="checkbox"/> Bird Dog<input type="checkbox"/> Fire Hydrant Iso Hold<input type="checkbox"/> Hollow Body Hold<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Close Squat<input type="checkbox"/> Falling Tower<input type="checkbox"/> Reverse Lunge with Hamstring Activation<input type="checkbox"/> Pistol Squat<input type="checkbox"/> Semi-Burpee Jump<input type="checkbox"/> Lunge to Pause<input type="checkbox"/> Cobra<input type="checkbox"/> Torso Twist<input type="checkbox"/> Hip Tap<input type="checkbox"/> Knee Scratcher<input type="checkbox"/> Hollow Body Hold and Roll<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra

**PHASE
2
WEEK
5
DAY
34**

OPTIONAL

DATE:

ALL LEVELS

10 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Superman |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Scapular Lift | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Sphinx Pose with Shoulder Reach | <input type="checkbox"/> Scapular Hold | <input type="checkbox"/> Hip Crossover |
| | | <input type="checkbox"/> Cobra |

**PHASE
2
WEEK
5
DAY
35**

REST

DATE:

REST ALL LEVELS

FULL BODY	DATE:
WEEKEND WARRIOR	FIT PRO
16 MINUTES	18 MINUTES
<input type="checkbox"/> Warm-Up	<input type="checkbox"/> Warm-Up
<input type="checkbox"/> Sumo Squat	<input type="checkbox"/> Closed Squat
<input type="checkbox"/> Squat Jump	<input type="checkbox"/> Semi-Burpee Jump
<input type="checkbox"/> Walkout	<input type="checkbox"/> Burpee
<input type="checkbox"/> Bear Crawl	<input type="checkbox"/> Single-Legged Walkout
<input type="checkbox"/> Scapular Push-Up to Hip Raise	<input type="checkbox"/> Bear Crawl
<input type="checkbox"/> Push-Up	<input type="checkbox"/> Push-Up
<input type="checkbox"/> Break Dancer	<input type="checkbox"/> Reverse Push-Up
<input type="checkbox"/> Alternating Plank Row	<input type="checkbox"/> Break Dancer
<input type="checkbox"/> Knee Scratcher	<input type="checkbox"/> Advanced Bird Dog in Full Plank
<input type="checkbox"/> Bird Dog	<input type="checkbox"/> Knee Scratcher
<input type="checkbox"/> Hollow Body Hold	<input type="checkbox"/> Torso Twist
<input type="checkbox"/> Hollow Body Hold and Roll	<input type="checkbox"/> Fire Hydrant Iso Hold
<input type="checkbox"/> Bracer	<input type="checkbox"/> Superman
<input type="checkbox"/> Hip Crossover	<input type="checkbox"/> Hollow Body Hold
<input type="checkbox"/> Cobra	<input type="checkbox"/> Bracer
	<input type="checkbox"/> Hip Crossover
	<input type="checkbox"/> Cobra

UPPER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
16 MINUTES	18 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sphinx Pose with Shoulder Reach <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Diver Bomb Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Hip Tap <input type="checkbox"/> Cobra <input type="checkbox"/> Torso Twist <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Bird Dog <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Sphinx Pose with Shoulder Reach <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Pike Push-Up <input type="checkbox"/> Tricep Press-Up <input type="checkbox"/> Cobra <input type="checkbox"/> Alternating Scapular Pull-Down <input type="checkbox"/> Plank Reach Out and Back <input type="checkbox"/> Plank Row <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Cobra <input type="checkbox"/> Torso Twist <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

REST

DATE:

REST ALL LEVELS



FROM THE COACH

You're going to miss a workout. It's just going to happen, and that's okay. But don't let it lead to a sedentary lifestyle. Life will get in the way, but the trick is to accept it and get back on your feet quickly. The good news is that you are no longer starting from the beginning. The body adapts quickly, and you have developed a great strength foundation. Have confidence, and you'll get back into the swing of things in no time.

FULL BODY	DATE:
WEEKEND WARRIOR	FIT PRO
16 MINUTES	18 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Squat Jump <input type="checkbox"/> Walkout <input type="checkbox"/> Bear Crawl <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Push-Up <input type="checkbox"/> Break Dancer <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Bird Dog <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Hollow Body Hold and Roll <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Closed Squat <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Burpee <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Bear Crawl <input type="checkbox"/> Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Break Dancer <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Torso Twist <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Superman <input type="checkbox"/> Hollow Body Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

LOWER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
15 MINUTES	18 MINUTES
<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Falling Tower<input type="checkbox"/> Cross-Legged Squat<input type="checkbox"/> Squat Jump<input type="checkbox"/> Semi-Burpee Jump<input type="checkbox"/> Lunge to Pause<input type="checkbox"/> Cobra<input type="checkbox"/> Bird Dog<input type="checkbox"/> Fire Hydrant Iso Hold<input type="checkbox"/> Hollow Body Hold<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Close Squat<input type="checkbox"/> Falling Tower<input type="checkbox"/> Reverse Lunge with Hamstring Activation<input type="checkbox"/> Pistol Squat<input type="checkbox"/> Semi-Burpee Jump<input type="checkbox"/> Lunge to Pause<input type="checkbox"/> Cobra<input type="checkbox"/> Torso Twist<input type="checkbox"/> Hip Tap<input type="checkbox"/> Knee Scratcher<input type="checkbox"/> Hollow Body Hold and Roll<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra

**PHASE
2
WEEK
6
DAY
41**

OPTIONAL

DATE:

ALL LEVELS

10 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Superman |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Scapular Lift | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Sphinx Pose with Shoulder Reach | <input type="checkbox"/> Scapular Hold | <input type="checkbox"/> Hip Crossover |
| | | <input type="checkbox"/> Cobra |

**PHASE
2
WEEK
6
DAY
42**

REST

DATE:

REST ALL LEVELS

UPPER BODY

DATE:

WEEKEND WARRIOR

17 MINUTES

- Warm-Up
- Shoulder Rotation
- Push-Up
- Diver Bomb Push-Up
- Reverse Push-Up
- Walkout
- Break Dancer
- Cobra
- Lying Flyer
- Scapular Push-Up to Hip Raise
- Alternating Plank Row
- Scapular Lift
- Scapular Hold
- Bracer
- Hip Crossover
- Cobra

FIT PRO

20 MINUTES

- Warm-Up
- Shoulder Rotation
- Push-Up
- Reverse Push-Up
- Tricep Press-Up
- Single-Legged Walkout
- Alternating Plank Row
- Break Dancer
- Superman
- Cobra
- Sphinx Pose with Shoulder Reach
- Alternating Scapular Pull-Down
- Plank Reach Out and Back
- Knee Scratcher
- Hollow Body Hold and Roll
- Bracer
- Hip Crossover
- Cobra

LOWER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
19 MINUTES	21 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Squat Jump <input type="checkbox"/> Close Squat <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Burpee <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Torso Twist <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Close Squat <input type="checkbox"/> Squat Jump <input type="checkbox"/> Reverse Lunge with Hamstring Activation <input type="checkbox"/> Squat Jump <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Burpee <input type="checkbox"/> Pistol Squat <input type="checkbox"/> Burpee <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Cobra <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Hip Tap <input type="checkbox"/> Torso Twist <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

REST

DATE:

REST ALL LEVELS



FROM THE COACH Your workout can be one of the best indicators of whether you're sufficiently hydrated. When your body is low on water, your muscles and connective tissues have difficulty performing, as dehydration can cause an imbalance of your electrolytes, which are involved in muscle contraction. To prevent dehydration, throw back half your body weight in ounces of water daily. Aim to drink 8 ounces of water every 15 minutes while you are actively working out. The easiest rule of thumb: If you're thirsty, you need more water!

UPPER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
17 MINUTES	20 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Push-Up <input type="checkbox"/> Diver Bomb Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Walkout <input type="checkbox"/> Break Dancer <input type="checkbox"/> Cobra <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Scapular Lift <input type="checkbox"/> Scapular Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Tricep Press-Up <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Break Dancer <input type="checkbox"/> Superman <input type="checkbox"/> Cobra <input type="checkbox"/> Sphinx Pose with Shoulder Reach <input type="checkbox"/> Alternating Scapular Pull-Down <input type="checkbox"/> Plank Reach Out and Back <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Hollow Body Hold and Roll <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

LOWER BODY

DATE:

WEEKEND WARRIOR

19 MINUTES

- Warm-Up
- Sumo Squat
- Squat Jump
- Close Squat
- Semi-Burpee Jump
- Cross-Legged Squat
- Burpee
- Lunge to Pause
- Knee Scratcher
- Torso Twist
- Advanced Bird Dog in Full Plank
- Knee Scratcher
- Fire Hydrant Iso Hold
- Bracer
- Hip Crossover
- Cobra

FIT PRO

21 MINUTES

- Warm-Up
- Close Squat
- Squat Jump
- Reverse Lunge with Hamstring Activation
- Squat Jump
- Cross-Legged Squat
- Burpee
- Pistol Squat
- Burpee
- Lunge to Pause
- Cobra
- Advanced Bird Dog in Full Plank
- Hip Tap
- Torso Twist
- Fire Hydrant Iso Hold
- Bracer
- Hip Crossover
- Cobra

OPTIONAL

DATE:

ALL LEVELS

20 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Bracer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Bird Dog | <input type="checkbox"/> Hollow Body Hold | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Hip Crossover | and Roll | <input type="checkbox"/> Cobra |
| | <input type="checkbox"/> Hollow Body Hold | |

REST

DATE:

REST ALL LEVELS



FROM THE COACH

Breathe easy. Proper breathing helps ease the stress of exercise and keeps your heart working efficiently. Shallow breathing can cause the heart to work harder and increase stress levels. This is not ideal for any exercise protocol. The best way to control breathing is to slowly take a deep breath in, hold for a second, and exhale as if you were blowing out birthday candles.

UPPER BODY

DATE:

WEEKEND WARRIOR

17 MINUTES

- Warm-Up
- Shoulder Rotation
- Push-Up
- Diver Bomb Push-Up
- Reverse Push-Up
- Walkout
- Break Dancer
- Cobra
- Lying Flyer
- Scapular Push-Up to Hip Raise
- Alternating Plank Row
- Scapular Lift
- Scapular Hold
- Bracer
- Hip Crossover
- Cobra

FIT PRO

20 MINUTES

- Warm-Up
- Shoulder Rotation
- Push-Up
- Reverse Push-Up
- Tricep Press-Up
- Single-Legged Walkout
- Alternating Plank Row
- Break Dancer
- Superman
- Cobra
- Sphinx Pose with Shoulder Reach
- Alternating Scapular Pull-Down
- Plank Reach Out and Back
- Knee Scratcher
- Hollow Body Hold and Roll
- Bracer
- Hip Crossover
- Cobra

LOWER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
19 MINUTES	21 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Sumo Squat <input type="checkbox"/> Squat Jump <input type="checkbox"/> Close Squat <input type="checkbox"/> Semi-Burpee Jump <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Burpee <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Torso Twist <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Close Squat <input type="checkbox"/> Squat Jump <input type="checkbox"/> Reverse Lunge with Hamstring Activation <input type="checkbox"/> Squat Jump <input type="checkbox"/> Cross-Legged Squat <input type="checkbox"/> Burpee <input type="checkbox"/> Pistol Squat <input type="checkbox"/> Burpee <input type="checkbox"/> Lunge to Pause <input type="checkbox"/> Cobra <input type="checkbox"/> Advanced Bird Dog in Full Plank <input type="checkbox"/> Hip Tap <input type="checkbox"/> Torso Twist <input type="checkbox"/> Fire Hydrant Iso Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

REST

DATE:

REST ALL LEVELS



FROM THE COACH Skip the baked potato chips. The word *baked* tricks consumers into believing that they are doing something good for their bodies when munching on potato chips. That is like saying that diet soda is a healthy beverage. Sure, 1 ounce of baked potato chips may have 14 percent fewer calories and contain half the fat of regular chips. However, baked chips are more processed and contain high levels of the cancer-causing chemical acrylamide, which forms when potatoes are heated to high temperatures. Opt for sliced fruit or vegetables with hummus instead.

UPPER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
17 MINUTES	20 MINUTES
<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Push-Up <input type="checkbox"/> Diver Bomb Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Walkout <input type="checkbox"/> Break Dancer <input type="checkbox"/> Cobra <input type="checkbox"/> Lying Flyer <input type="checkbox"/> Scapular Push-Up to Hip Raise <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Scapular Lift <input type="checkbox"/> Scapular Hold <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra	<input type="checkbox"/> Warm-Up <input type="checkbox"/> Shoulder Rotation <input type="checkbox"/> Push-Up <input type="checkbox"/> Reverse Push-Up <input type="checkbox"/> Tricep Press-Up <input type="checkbox"/> Single-Legged Walkout <input type="checkbox"/> Alternating Plank Row <input type="checkbox"/> Break Dancer <input type="checkbox"/> Superman <input type="checkbox"/> Cobra <input type="checkbox"/> Sphinx Pose with Shoulder Reach <input type="checkbox"/> Alternating Scapular Pull-Down <input type="checkbox"/> Plank Reach Out and Back <input type="checkbox"/> Knee Scratcher <input type="checkbox"/> Hollow Body Hold and Roll <input type="checkbox"/> Bracer <input type="checkbox"/> Hip Crossover <input type="checkbox"/> Cobra

LOWER BODY	DATE:
WEEKEND WARRIOR	FIT PRO
19 MINUTES	21 MINUTES
<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Sumo Squat<input type="checkbox"/> Squat Jump<input type="checkbox"/> Close Squat<input type="checkbox"/> Semi-Burpee Jump<input type="checkbox"/> Cross-Legged Squat<input type="checkbox"/> Burpee<input type="checkbox"/> Lunge to Pause<input type="checkbox"/> Knee Scratcher<input type="checkbox"/> Torso Twist<input type="checkbox"/> Advanced Bird Dog in Full Plank<input type="checkbox"/> Knee Scratcher<input type="checkbox"/> Fire Hydrant Iso Hold<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra	<ul style="list-style-type: none"><input type="checkbox"/> Warm-Up<input type="checkbox"/> Close Squat<input type="checkbox"/> Squat Jump<input type="checkbox"/> Reverse Lunge with Hamstring Activation<input type="checkbox"/> Squat Jump<input type="checkbox"/> Cross-Legged Squat<input type="checkbox"/> Burpee<input type="checkbox"/> Pistol Squat<input type="checkbox"/> Burpee<input type="checkbox"/> Lunge to Pause<input type="checkbox"/> Cobra<input type="checkbox"/> Advanced Bird Dog in Full Plank<input type="checkbox"/> Hip Tap<input type="checkbox"/> Torso Twist<input type="checkbox"/> Fire Hydrant Iso Hold<input type="checkbox"/> Bracer<input type="checkbox"/> Hip Crossover<input type="checkbox"/> Cobra

OPTIONAL

DATE:

ALL LEVELS

20 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Bracer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Bird Dog | <input type="checkbox"/> Hollow Body Hold | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Hip Crossover | and Roll | <input type="checkbox"/> Cobra |
| | <input type="checkbox"/> Hollow Body Hold | |

 **FROM THE COACH** Green grapes make for a great on-the-go post-workout snack. They are a good source of electrolytes, which are responsible for helping maintain fluid balance and muscle function. Here's a quick and delicious trick: Freeze a handful of grapes in a plastic baggie and grab them after a workout for a refreshing and nutritious treat.

FITNESS TEST		DATE:
Forearm Plank (page 16) <hr/> <p>Excellent: > 5 minutes Above Average: 2 to 4 minutes Average: 1 to 2 minutes Needs Improvement: < 60 seconds</p>	Push-Up (page 86) <hr/> <p>Excellent: > 50 reps Above Average: 30 to 49 reps Average: 20 to 29 reps Needs Improvement: ≤ 19 reps</p>	
Break Dancer (page 60) <hr/> <p>Excellent: > 50 reps Above Average: 30 to 49 reps Average: 20 to 29 reps Needs Improvement: ≤ 19 reps</p>	Sumo Squat (page 36) <hr/> <p>Excellent: > 50 reps Above Average: 30 to 49 reps Average: 16 to 29 reps Needs Improvement: ≤ 15 reps</p>	

At this point, you have only 4 more weeks left in the program. Way to go! You should be feeling strong, fit, and confident. Check on your progress with the Day 56 Fitness Test—and be sure to take a moment to celebrate your wins. As you take the test, remember:

- Results will be measured via time or repetition.
- Rest for 60 seconds between each exercise.

PHASE THREE: WEEKS 9 TO 12

CONVERSION TO SUSTAINABILITY

This is a pivotal point in your strength training, when the Weekend Warrior and Fit Pro levels merge together into a sustainable track to self-actualization. This merge is a cause for celebration—you’re officially at the Fit Pro level, which you will sustain long after these next 12 weeks are up.

You have 56 days of training under your belt. How does it feel? As you enter Phase Three, think about your goals beyond the program. How will you continue your fitness and health journey for life? What are your priorities? How might you help others follow a similar journey to strength, stamina, and wellness? Now that you know you can do it, it’s time to take it to the next level—and start thinking big picture.

LOWER BODY

DATE:

FIT PRO

20 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Cobra | <input type="checkbox"/> Lying Flyer |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Hip Tap | <input type="checkbox"/> Hollow Body Hold and Roll |
| <input type="checkbox"/> Lunge to Pause | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Squat Jump | <input type="checkbox"/> Plank Reach Out and Back | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Burpee | | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Single-Legged Walkout | <input type="checkbox"/> Cobra | |
| | <input type="checkbox"/> Superman | |



FROM THE COACH

Train with a purpose. Remind yourself daily of your *why*. Putting this purpose at the front of your mind during your workouts will keep you focused and motivated! And you'll be more likely to resist negative thoughts or suffer setbacks that could otherwise derail your progress.

**PHASE
3**
**WEEK
9**
**DAY
58**

UPPER BODY

DATE:

FIT PRO

12 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Tricep Press-Up | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Alternating Scapular Pull-Down | <input type="checkbox"/> Scapular Hold |
| <input type="checkbox"/> Push-Up | <input type="checkbox"/> Reverse Push-Up | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Scapular Lift | <input type="checkbox"/> Cobra |

**PHASE
3**
**WEEK
9**
**DAY
59**

REST

DATE:

REST ALL LEVELS

PHASE
3
WEEK
9
DAY
60

LOWER BODY

DATE:

FIT PRO

20 MINUTES

- | | | |
|--|--|---|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Cobra | <input type="checkbox"/> Lying Flyer |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Hip Tap | <input type="checkbox"/> Hollow Body Hold
and Roll |
| <input type="checkbox"/> Lunge to Pause | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Squat Jump | <input type="checkbox"/> Plank Reach Out
and Back | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Burpee | <input type="checkbox"/> Cobra | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Single-Legged Walkout | <input type="checkbox"/> Superman | |

LOWER BODY

DATE:

FIT PRO

15 MINUTES

- | | | |
|---|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Pistol Squat | <input type="checkbox"/> Fire Hydrant Iso Hold |
| <input type="checkbox"/> Falling Tower | <input type="checkbox"/> Semi-Burpee Jump | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Lunge to Pause | <input type="checkbox"/> Cobra | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Reverse Lunge with
Hamstring Activation | <input type="checkbox"/> Torso Twist | <input type="checkbox"/> Cobra |



FROM THE COACH Now, focus on all you could lose.

If that sounds sad, that's because it is! Creating a healthier body doesn't just stop at the end of this program. You have to stay committed and understand that optimum fitness is a lifelong journey. You have the power to control your health. Take this seriously and never give up on yourself.

**PHASE
3**
**WEEK
9**
**DAY
62**

OPTIONAL

DATE:

FIT PRO

10 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Superman | <input type="checkbox"/> Scapular Lift |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Scapular Hold |
| <input type="checkbox"/> Sphinx Pose with Shoulder Reach | <input type="checkbox"/> Lying Flyer | <input type="checkbox"/> Hip Crossover |
| | | <input type="checkbox"/> Cobra |

**PHASE
3**
**WEEK
9**
**DAY
63**

REST

DATE:

REST ALL LEVELS

LOWER BODY

DATE:

FIT PRO

20 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Cobra | <input type="checkbox"/> Lying Flyer |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Hip Tap | <input type="checkbox"/> Hollow Body Hold and Roll |
| <input type="checkbox"/> Lunge to Pause | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Squat Jump | <input type="checkbox"/> Plank Reach Out and Back | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Burpee | <input type="checkbox"/> Cobra | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Single-Legged Walkout | <input type="checkbox"/> Superman | |



FROM THE COACH Your action plan has already been written. These days everyone has the “miracle” plan to get you healthy. But all of these mixed messages around exercise can leave you confused and overwhelmed, ultimately paralyzing your fitness journey. Remember that I’ve done the thinking for you—now all you have to do is move. Understand that you are on a strength-training journey specifically designed to your needs.

**PHASE
3**
**WEEK
10**
**DAY
65**

UPPER BODY

DATE:

FIT PRO

12 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Tricep Press-Up | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Alternating Scapular Pull-Down | <input type="checkbox"/> Scapular Hold |
| <input type="checkbox"/> Push-Up | <input type="checkbox"/> Reverse Push-Up | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Scapular Lift | <input type="checkbox"/> Cobra |

**PHASE
3**
**WEEK
10**
**DAY
66**

REST

DATE:

REST ALL LEVELS

LOWER BODY

DATE:

FIT PRO

20 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Cobra | <input type="checkbox"/> Lying Flyer |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Hip Tap | <input type="checkbox"/> Hollow Body Hold and Roll |
| <input type="checkbox"/> Lunge to Pause | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Squat Jump | <input type="checkbox"/> Plank Reach Out and Back | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Burpee | <input type="checkbox"/> Cobra | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Single-Legged Walkout | <input type="checkbox"/> Superman | |

LOWER BODY

DATE:

FIT PRO

15 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Pistol Squat | <input type="checkbox"/> Fire Hydrant Iso Hold |
| <input type="checkbox"/> Falling Tower | <input type="checkbox"/> Semi-Burpee Jump | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Lunge to Pause | <input type="checkbox"/> Cobra | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Reverse Lunge with Hamstring Activation | <input type="checkbox"/> Torso Twist | <input type="checkbox"/> Cobra |

**PHASE
3**
**WEEK
10**
**DAY
69**

OPTIONAL

DATE:

FIT PRO

10 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Superman | <input type="checkbox"/> Scapular Lift |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Scapular Hold |
| <input type="checkbox"/> Sphinx Pose with Shoulder Reach | <input type="checkbox"/> Lying Flyer | <input type="checkbox"/> Hip Crossover |
| | | <input type="checkbox"/> Cobra |

**PHASE
3**
**WEEK
10**
**DAY
70**

REST

DATE:

REST ALL LEVELS

FULL BODY

DATE:

FIT PRO

17 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Pike Push-Up | <input type="checkbox"/> Hollow Body Hold and Roll |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Burpee | <input type="checkbox"/> Hollow Body Hold |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Squat Jump | <input type="checkbox"/> Cobra | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Single-Legged Walkout | <input type="checkbox"/> Push-Up | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Semi-Burpee Jump | <input type="checkbox"/> Advanced Bird Dog in Full Plank | |



FROM THE COACH Your bed should be associated with sleep and sex—not work, screen time, or to-dos. Keep these things out of the bed, so you can enter a state of calm as soon as you climb under the sheets. If you aren't able to get a good night's sleep, your body won't get the proper recovery it needs for your next strength-training workout.

**PHASE
3**
**WEEK
11**
**DAY
72**

UPPER BODY

DATE:

FIT PRO

16 MINUTES

- | | | |
|--|---|---|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Reverse Push-Up | <input type="checkbox"/> Hip Tap |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Alternating Scapular Pull-Down | <input type="checkbox"/> Knee Scratcher |
| <input type="checkbox"/> Bear Crawl | <input type="checkbox"/> Cobra | <input type="checkbox"/> Torso Twist |
| <input type="checkbox"/> Push-Up | <input type="checkbox"/> Alternating Plank Row | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Superman | <input type="checkbox"/> Cobra |

**PHASE
3**
**WEEK
11**
**DAY
73**

REST

DATE:

REST ALL LEVELS

FULL BODY

DATE:

FIT PRO

17 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Pike Push-Up | <input type="checkbox"/> Hollow Body Hold and Roll |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Burpee | <input type="checkbox"/> Hollow Body Hold |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Squat Jump | <input type="checkbox"/> Cobra | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Single-Legged Walkout | <input type="checkbox"/> Push-Up | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Semi-Burpee Jump | <input type="checkbox"/> Advanced Bird Dog in Full Plank | |



FROM THE COACH Practice makes you stronger. Your tenacity throughout this program demonstrates how practice leads to progress and progress leads to success. Making a small commitment each day puts you on the path to achieving more than you could have ever imagined. Congratulations on becoming the strongest version of you.

**PHASE
3**
**WEEK
11**
**DAY
75**

LOWER BODY

DATE:

FIT PRO

15 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Cross-Legged Squat | <input type="checkbox"/> Torso Twist |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Pistol Squat | <input type="checkbox"/> Fire Hydrant Iso Hold |
| <input type="checkbox"/> Lunge to Pause | <input type="checkbox"/> Cobra | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Reverse Lunge with Hamstring Activation | <input type="checkbox"/> Knee Scratcher | <input type="checkbox"/> Cobra |

**PHASE
3**
**WEEK
11**
**DAY
76**

OPTIONAL

DATE:

FIT PRO

10 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Superman | <input type="checkbox"/> Scapular Lift |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Scapular Hold |
| <input type="checkbox"/> Sphinx Pose with Shoulder Reach | <input type="checkbox"/> Lying Flyer | <input type="checkbox"/> Hip Crossover |
| | | <input type="checkbox"/> Cobra |

PHASE
3
WEEK
11
DAY
77

REST

DATE:

REST ALL LEVELS

PHASE
3
WEEK
12
DAY
78

FULL BODY

DATE:

FIT PRO

17 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Pike Push-Up | <input type="checkbox"/> Hollow Body Hold and Roll |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Burpee | <input type="checkbox"/> Hollow Body Hold |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Squat Jump | <input type="checkbox"/> Cobra | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Single-Legged Walkout | <input type="checkbox"/> Push-Up | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Semi-Burpee Jump | <input type="checkbox"/> Advanced Bird Dog in Full Plank | |

PHASE
3
WEEK
12
DAY
79

UPPER BODY

DATE:

FIT PRO

16 MINUTES

- | | | |
|--|---|---|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Reverse Push-Up | <input type="checkbox"/> Hip Tap |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Alternating Scapular Pull-Down | <input type="checkbox"/> Knee Scratcher |
| <input type="checkbox"/> Bear Crawl | <input type="checkbox"/> Cobra | <input type="checkbox"/> Torso Twist |
| <input type="checkbox"/> Push-Up | <input type="checkbox"/> Alternating Plank Row | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Superman | <input type="checkbox"/> Cobra |

PHASE
3
WEEK
12
DAY
80

REST

DATE:

REST ALL LEVELS

FULL BODY

DATE:

FIT PRO

17 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Pike Push-Up | <input type="checkbox"/> Hollow Body Hold and Roll |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Burpee | <input type="checkbox"/> Hollow Body Hold |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Break Dancer | <input type="checkbox"/> Bracer |
| <input type="checkbox"/> Squat Jump | <input type="checkbox"/> Cobra | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Single-Legged Walkout | <input type="checkbox"/> Push-Up | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Semi-Burpee Jump | <input type="checkbox"/> Advanced Bird Dog in Full Plank | |

LOWER BODY

DATE:

FIT PRO

15 MINUTES

- | | | |
|--|---|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Cross-Legged Squat | <input type="checkbox"/> Torso Twist |
| <input type="checkbox"/> Sumo Squat | <input type="checkbox"/> Pistol Squat | <input type="checkbox"/> Fire Hydrant Iso Hold |
| <input type="checkbox"/> Lunge to Pause | <input type="checkbox"/> Cobra | <input type="checkbox"/> Hip Crossover |
| <input type="checkbox"/> Reverse Lunge with Hamstring Activation | <input type="checkbox"/> Knee Scratcher | <input type="checkbox"/> Cobra |

PHASE
3
WEEK
12
DAY
83

OPTIONAL

DATE:

FIT PRO

10 MINUTES

- | | | |
|--|--|--|
| <input type="checkbox"/> Warm-Up | <input type="checkbox"/> Superman | <input type="checkbox"/> Scapular Lift |
| <input type="checkbox"/> Shoulder Rotation | <input type="checkbox"/> Scapular Push-Up to Hip Raise | <input type="checkbox"/> Scapular Hold |
| <input type="checkbox"/> Sphinx Pose with Shoulder Reach | <input type="checkbox"/> Lying Flyer | <input type="checkbox"/> Hip Crossover |
| | | <input type="checkbox"/> Cobra |

FITNESS TEST		DATE:
Forearm Plank (page 16)		Push-Up (page 86)
<hr/> Excellent: > 5 minutes Above Average: 2 to 4 minutes Average: 1 to 2 minutes Needs Improvement: < 60 seconds		<hr/> Excellent: > 50 reps Above Average: 30 to 49 reps Average: 20 to 29 reps Needs Improvement: ≤ 19 reps
Break Dancer (page 60)		Sumo Squat (page 36)
<hr/> Excellent: > 50 reps Above Average: 30 to 49 reps Average: 20 to 29 reps Needs Improvement: ≤ 19 reps		<hr/> Excellent: > 50 reps Above Average: 30 to 49 reps Average: 16 to 29 reps Needs Improvement: ≤ 15 reps

Congrats—you've completed the Bodyweight Strength Training program and are in shape to stay a Fit Pro for life! It's time for the Day 84 Fitness Test. Compare your results with the other three fitness tests and marvel at your progress. As you take the test, remember:

- Results will be measured via time or repetition.
- Rest for 60 seconds between each exercise.

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RESOURCES

Here are some of my favorite books on health, fitness, and peak performance to help further your strength-training journey.

The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman, by Timothy Ferriss

The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life, by Jordan Metzl with Andrew Heffernan

The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance, by W. Timothy Gallwey

The Fitness Mindset: Eat for Energy, Train for Tension, Manage Your Mindset, Reap the Results, by Brian Keane

Slim by Design: Mindless Eating Solutions for Everyday Life, by Brian Wansink

Spark: The Revolutionary New Science of Exercise and the Brain, by John J. Ratey with Eric Hagerman

The Science of Exercise: Younger. Smarter. Stronger. by the editors of TIME

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Jay Cardiello is an industry-leading health and fitness expert, respected in both the fitness and medical communities. He combines his extensive knowledge of nutritional science and exercise medicine with his empathetic, motivational approach to help his clients achieve their health and fitness goals.

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