

[FatLossAccelerators.com](http://FatLossAccelerators.com)

# MRT

# MELTDOWN

*Intense Dumbbell MRT Workouts  
that Destroy Belly Fat*



**Kate Vidulich, BSc, ACSM, CTT**

## Welcome From Kate Vidulich and Fat Loss Accelerators...

Hello and welcome to MRT Meltdown!

Are you pumped? This brand NEW metabolic resistance training (MRT) is ready and waiting for you!

In this awesome, intense 28 day program, you can expect to sweat more than ever before. My clients love the sexy results they are getting with these fast, fun workouts – and you will too.

You'll have day-by-day workout plans so you know exactly what exercises you need to do on what days. You **ONLY** need dumbbells and your bodyweight for these insane total body workouts that will boost your metabolism for hours.



Plus, for the ultimate afterburn effect, you can **add Ab Finisher workouts 3-4 days per week**. Awesome, right?

So are you ready to destroy stubborn fat?

**Warning:** This program is designed for intermediate and advanced folks **ONLY**. If you're just getting back into working out, don't be afraid to take longer rest breaks. Always stay safe!

Let's get lean faster than ever with this new program.

It's time to rock it!

Kate Vidulich  
BSc, ACSM HFS, CTT  
**Author of Fat Loss Accelerators**  
[www.FatLossAccelerators.com](http://www.FatLossAccelerators.com)

P.S. For more awesome metabolic workouts, check out:

[www.Fatlossaccelerators.com/fatloss-workouts](http://www.Fatlossaccelerators.com/fatloss-workouts) – Get 31 Fat Loss Accelerators that you can add on to your current training program and replace boring intervals. Burn fat fast and boost your metabolic rate with this progressive hybrid training system.

[www.FatLossAccelerators.com](http://www.FatLossAccelerators.com) – our awesome blog, dedicated to metabolic training and how to accelerate fat loss results. It's a must read.

Facebook page: <https://www.facebook.com/pages/Fat-Loss-Accelerators/528357153858505>

– Yes, we're rocking out on FB and you're welcome to join the party. Come and hang out with us.

### **Legal Disclaimer**

**You must get physician's approval before beginning this program.**

The information presented in this work is for education purposes only. It is not medical advice and is not intended this way or as a substitute for medical counseling. Consult your physician before beginning this program as you would with any exercise and nutrition program, for diagnosis and treatment of illness and injuries, and for advice regarding medications. This program is designed for healthy individuals over 18 years old.

The information should be used in conjunction with the guidance and care of your physician. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

You must undergo a complete physical examination by a physician if you are sedentary, if you have high blood pressure or high cholesterol, if you are overweight, have diabetes or are over 30 years old.

By continuing with the program you recognize that despite all precautions on the part of Outback Fitness LLC, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, remise, discharge, relinquish and release any claim which you may have against Outback Fitness LLC, or its affiliates, joint ventures, partners, contractors, or independent contractors as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program. This is a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this Terms, Conditions, Waiver and Releases is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

If your physician recommends you not to use Fat Loss Accelerators workout programs, please listen to your physician and follow this advice.

## Tips To Play It Safe: Workout Safety is Extremely Important

Always focus on safety while training. The following tips will help to reduce the risk of injury and to maximize your workout.

1. Focus on learning the exercise and executing with correct form before you add resistance. Ask for help from a Certified Personal Trainer if you are unsure how to properly perform any exercise. Exercises can be substituted if you have any injury or limitations.
2. If something doesn't feel right, please stop immediately. Don't take unnecessary risks. Any exercise can be regressed or substituted if you have an injury that is limiting your movement.
3. If you have an existing injury, make sure you get assessed and cleared by a physician. If you require treatment, seek professional help from a physical therapist prior to starting the program.
4. Interval training is intense. Only perform a maximum of 4 interval workouts per week to allow adequate recovery. Overtraining will set you back and also negatively affect your mindset.
5. Select a conservative weight for your first set of any new exercise. You can always lift heavier in the following set. It's very important to remain safe at all times.
6. Start your training conservatively if you have not undertaken physical activity for a long period. Even if you feel fine, I advise you to get clearance from your physician if you are over 30 years old.
7. Prior to working out, make sure you properly warm up. Follow the dynamic exercises specific for each workout – a warm up is not optional!
8. Never train to failure when alone. Make sure you have a spotter if you are lifting weights. If you train at home by yourself, closely follow my recommendations and DO NOT train to failure.
9. If you feel exhausted or need an extra day of recovery, take it. Rest and recovery is just as important as the training itself. **Remember, quality trumps quantity.** Listen to your body and don't push yourself to injury.
10. Before starting any new diet or exercise program, check with your doctor first. If your doctor does not recommend you do Fat Loss Accelerators, listen to your doctor and follow their instructions.
11. Adjust your training in different climates. Take care in warmer months, train conservatively in extreme heat/humidity and always hydrate.

### Timed Sets and Rest Breaks:

I highly recommend the use of a Gym Boss Timer for doing timed sets. This little gadget is totally awesome. It is easy to use and it's relatively inexpensive. You can order online here at [www.gymboss.com](http://www.gymboss.com)

Or you can use your iPhone with set timer intervals. Whatever you choose, the bottom line is you need to time your intervals AND rest breaks.



### Important Things to Remember

1. In the first week of this program, be conservative. For example, reduce the number of rounds you perform (only do two circuits) and rest longer if necessary.
2. Feel free to substitute any exercises depending on your current fitness level or equipment restrictions. Email me at [kate@fatlossaccelerators.com](mailto:kate@fatlossaccelerators.com) if you need a specific substitution.
3. If you have any injury concerns, please consult with your physician or physical therapist before commencing the program.
4. Play it smart. If you feel weird or strange, that's a warning sign to take a break.

## EQUIPMENT REQUIREMENTS

For these workouts, you only need minimal equipment and workout space. Remember, exercises can be substituted depending on equipment availability. You don't need access to all of this equipment, but it will be beneficial.

- Dumbbells
- Gym Boss Interval timer

## WORKOUT GUIDELINES

### How To Use These Workouts:

(I) Perform this program for 4 weeks (28 days), before switching to another FLA workout program.

(II) Train 4 days per week, alternating between Workout A, B, C and D, and add 4 Ab Finishers to your workouts.

You can train on one of these schedules:

- o W, W, Off, W, W, Off, Off
- o W, W, Off, W, Off, W, Off
- o W, Off, W, Off, W, W, Off
- o W, W, Off, Off, W, W, Off
- o W, Off, W, W, Off, W, Off

(III) Remain physically active on off-days and do light exercise (walking).

(IV) The 3-digit number beside each exercise represents the lifting tempo. For example, with the DB Row, the number is 2-0-1. Take 2 seconds to lower the weight, do not pause, row the weight up, and hold for one second in the top position before lowering.

(V) Start every strength workout with foam rolling and dynamic warm up.

(VI) Finish each workout with foam rolling and stretching for the tight muscle groups.

## DYNAMIC WARM UP CIRCUIT

NOTE: BEFORE YOU START ANY WORKOUT – A dynamic warm up is essential. Even if you are just doing a short, “off day” workout, warm up before you start.

### Self-Myofascial Release

Foam rolling is simple and effective: work your way from calves to upper back. When you find a sore spot, hold yourself over the area for 15-20 seconds until the pain dissipates.

*First, foam roll over any sore muscles for 15-20s each.*

Perform each of the following in order, with no rest between exercises. Repeat for a total of 2 rounds.

- Y Squats x 10
- Single leg glute bridge x 10 each leg
- Crab Crawl with Reach x 5 each side
- Reverse Lunge with Alternate Reach x 8 each leg
- I-T-Y complex x 8 each
- Total body Extension x 20

## MRT MELTDOWN

**Disclaimer:** See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

### Day 1: Workout A

#### Dynamic Warm Up

#### Resistance Training

Perform exercises in supersets. For example, do exercise A then B then C with no rest, then break for specified time. Repeat for a total of 3 rounds.

Note: Rest for longer between sets if necessary. Remember, perfect form trumps speed. You can put the dumbbells down and change weight between exercises.

#### Set #1: 3 rounds

1A: DB Offset Squat with Press x 8 reps each side (2-1-1)

- No rest

1B: DB Renegade Row x 10 reps (2-0-1)

- No rest

1C: Jumping Jacks x 20 reps (moderate)

- Rest for 30 seconds at the end of the circuit and repeat 2 more times for a total of 3 rounds

#### Set #2: 3 rounds

2A: DB Chest Press x 12 reps (2-1-1)

- No rest

2B: Single Leg RDL to Curtsy Squat x 10 reps each leg (2-0-1)

- Rest for 30s at the end of the circuit and repeat this circuit one more time for a total of 2 rounds

#### Set #3: 3 rounds

3A: DB Step Up with Bicep Curl x 10 reps (2-0-1)

- No rest

3B: Bent Over Reverse Flys x 12 reps (2-1-1)

- No rest

3C: DB Swing x 15 reps (moderate)

- Rest for 45s at the end of the circuit and repeat this circuit one more time for a total of 2 rounds

#### Ab Finisher

#### Foam Roll and Stretch

## Day 2: Workout B

### Dynamic Warm Up

#### Metabolic Circuit Training

Perform exercises in a circuit. For example, do exercise 1A for as many possible with good form, and then break for specified time. Move to exercise 1B. Rest for 60s at the end of the circuit and repeat for designated time period.

Note: Rest for longer between sets if you're a beginner. Aim for 30 seconds work, 30s rest. If you're advanced, try 45 seconds work, 15s rest.

#### Circuit #1: 3 rounds

1A: Alt Prisoner Reverse Lunges (low rider) x 40s

- Rest 20s

1B: Walkout to X Body Mountain Climber x 40s

- Rest 20s

1C: Jumping Jacks x 40s

- Rest 20s

1D: Goblet Squat x 40s

- Rest 20s

1E: Burpees x 40s

- Rest for 60 seconds at the end of the circuit and repeat 2 more times for a total of 3 rounds

#### Circuit #2: 2 rounds

2A: DB Squat to Overhead Press x 40s

- Rest 20s

2B: Push ups x 40s

- Rest 20s

2C: Lunge Jumps x 20s / Rest 10s / Lunge Jumps x 10s

- Rest 20s

2D: Mountain Climbers x 40s

- Rest 20s

2E: Run in place x 40s

- Rest for 60 seconds at the end of the circuit and repeat one more time for a total of 2 rounds

### Ab Finisher

### Foam Roll and Stretch

## Day 3: Recovery or Bodyweight Warm Up Exercises



## Day 4: Workout C

### Dynamic Warm Up

See description above

### Resistance Training

Perform exercises in supersets. For example, do exercise A then B then C with no rest, and then break for specified time limit. Repeat for the desired number of sets.

Note: You can put the dumbbells down and change weight between exercises.

#### Set #1: 3 rounds

1A: DB Swinging Lunge x 8 reps (3-0-1)

- No rest

1B: Close Grip Push Ups x 12-15 reps (3-1-1)

- Rest for 30 seconds at the end of the circuit and repeat 2 more times for a total of 3 rounds

#### Set #2: 2 rounds

2A: DB Goblet Squats x 10 reps (2-0-1)

- No rest

2B: Alternating DB Bent Over Row x 12 reps (2-1-1)

- No rest

2C: Walkout with Crab Crawl x 5 reps (2-0-1)

- Rest for 45 seconds at the end of the circuit and repeat 2 more times for a total of 3 rounds

#### Set #3: 2 rounds

3A: DB Squat Thrust to Deadlift x 8 reps (2-0-1)

- No rest

3B: DB Push Press x 10 each side (2-0-1)

- No rest

3C: Sprinter Starts x 15 reps each leg (1-0-1)

- Rest for 60s at the end of the circuit and repeat this circuit one more time for a total of 2 rounds

### Ab Finisher

### Foam Roll and Stretch

## Day 5: Workout D

### Dynamic Warm Up

#### Metabolic Circuit Training

Perform exercises in a circuit. For example, do exercise 1A for as many possible with good form, and then break for specified time. Move to exercise 1B. Rest for 60s at the end of the circuit and repeat for designated time period.

Note: Rest for longer between sets if you're a beginner. Aim for 30 seconds work, 30s rest. If you're advanced, try 45 seconds work, 15s rest.

#### Circuit #1: 3 rounds

1A: Sprinting Walkouts x 6 reps each leg

- Rest 20s

1B: Low Box Jumps x 10 reps

- Rest 20s

1C: Crab Crawls x 8 reps each leg

- Rest for 60 seconds at the end of the circuit and repeat 2 more times for a total of 3 rounds

#### Circuit #2: 2 rounds

2A: Lateral Ski Jumps x 40s

- Rest 20s

2B: DB Rows x 40s

- Rest 20s

2C: Bulgarian Split Squat x 40s (split time between legs)

- Rest 20s

2D: Seal Jacks x 40s

- Rest 20s

2E: Shuttle Sprints x 40s

- Rest 20s

2F: Total Body Extensions x 40s

- Rest 20s

2G: Cross Body Mountain Climbers x 40s

- Rest for 60 seconds at the end of the circuit and repeat one more time for a total of 3 rounds

### Ab Finisher

### Foam Roll and Stretch

## **Day 6: Recovery and Light Exercise**

## **Day 7: Rest day. Hooray, enjoy a well-deserved rest!**

Tempted to workout anyway? Stay fresh and rest. Save your energy for the next workout...

## Workout Log

<b>Workout A</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
DB Offset Squat w Press (8)									
DB Renegade Row (10)									
Jumping Jacks (20)									
DB Chest Press (12)									
Single Leg RDL to Curtsy Squat (10)									
DB Step up + Curl (10)									
Bent over Reverse Fly (12)									
DB Swing (15)									
<b>Workout B</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Alt Prisoner Reverse Lunges (40s)									
Walkout w XMC (40s)									
Jumping Jacks (40s)									
Goblet Squats (40s)									
Burpees (40s)									
DB Squat / Press (40s)									
Push Ups (40s)									
Lunge Jumps (20/10)									
Mtn Climbers (40s)									
Run in place (40s)									

<b>Workout C</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
DB Swinging Lunge (8)									
Close Grip Push ups (12)									
DB Goblet Squats (10)									
Alt Bent over Row (12)									
Walkout w CC (5)									
DB Squat Thrust to Deadlift (8)									
DB Push Press (10)									
Sprinter Starts (15)									

## MRT Meltdown

<b>Workout D</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Sprinting Walkout (6)									
Low Box Jumps (10)									
Crab Crawls (8)									
Lateral Ski Jumps (40s)									
DB Rows (40s)									
Bulgarian SS (40s)									
Seal Jacks (40s)									
Shuttle Sprints (20/10)									
Total Body Ext (40s)									
X Body MC (40s)									

## EXERCISE DESCRIPTIONS

(In order of appearance)

**BONUS TIP:** To quickly find an exercise, press “command F” or “CTRL F” and use the search box. Boom!

Disclaimer:

You must have an Exercise Physiologist or Certified Personal Trainer (CPT) provide you with correct form on all the exercises and give you feedback on your technique.

### Y Squat

#### **Movement Prep:**

- Stand with feet shoulder width apart, with your arms above your head in a Y position
- Keep your eyes straight ahead and your core muscles engaged

#### **Execution:**

- Pushing your hips back, lower yourself until your thighs are parallel to the floor.
- Concentrate your weight in your heels; keep your back straight and your arms above your head.
- Drive up from the squat by extending your hips and knees simultaneously
- Lead up with your chest.

#### **Common Mistakes:**

- Keep your knees inline with your toes. Try not to let knee collapse inward.
- Focus on sitting back in the squat with your chest up
- Avoid leaning forward excessively or rounding your lower back



Single Leg Glute Bridge

**Movement Prep:**

- Start by lying on your back, knees bent and arms by your side

**Execution:**

- Raise your right leg up in the air. Keep your core muscles engaged
- Drive your weight through the heel of your left foot and left glute and lift your hips up toward the ceiling. Hold for 3s before lowering
- Repeat for the prescribed number of repetitions and switch legs

**Common Mistakes:**

- Do not let your shoulders come up off the floor
- Focus on squeezing your butt. You should not feel it in your back
- Raise your toes off the floor. Dig your heel into the ground.



Crab Crawl with Reach

See video link here

Reverse Lunge with Alternate Reach

**Movement Prep:**

- Start with your feet hip width apart, with your arms by your side

**Execution:**

- Step back with your right foot back until your left thigh is parallel to the floor, and your right knee almost touches the floor
- Make sure you keep yourself upright and core muscles engaged
- Drive through the heel of your left foot and hips, step back to the starting position with your right foot/leg. Alternate legs until you have completed all repetitions

**Common Mistakes:**

- Avoid rounding your back
- Do not let your back knee touch the floor. Take a big step backwards



I-T-Y Complex

**Movement Prep:**

- Start by standing with feet shoulder width apart, hinging forward at your hips slightly. Brace your abdominals.

**Execution:**

- Place your hands in neutral grip. Keeping your arms straight, raise your arms overhead to form the letter I. Finish reps and go straight to the T.
- Place your hands in neutral grip. Keeping your arms straight, raise your arms out to the side until your arms and torso form the letter T. Finish reps and go straight to the Y.
- Place your hands in underhand grip (thumbs out, pinkies face each other). Keeping your arms straight, raise your arms up until your arms and torso form the letter Y.

**Common Mistakes:**

- Lock your shoulder blades down and back
- Keep your core muscles engaged throughout
- Don't let your back round or overarch





### Total Body Extensions

#### **Movement Prep:**

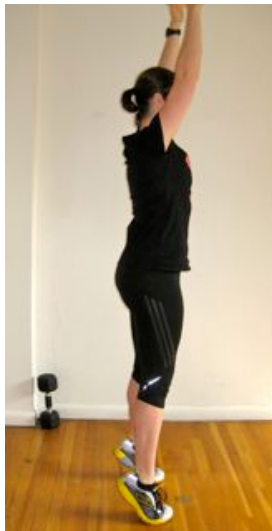
- Stand with feet shoulder width apart as if you were going to do a squat
- Keep your eyes straight ahead and your core muscles engaged

#### **Execution:**

- Concentrate your weight in your heels, keep your back straight
- Pushing your hips back, lower yourself quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up from the squat by extending your hips and knees. Simultaneously and go up onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- *This is the perfect non-impact replacement for jumping.*

#### **Common Mistakes:**

- Keep your knees inline with your toes. Try not to let knee collapse inward.
- Avoid leaning forward excessively or rounding your lower back, as this will cause a strain



**Workout A**

**DB Offset Squat with Press (CORRECT IMAGE TO COME SHORTLY)**

**Movement Prep:**

- Hold a single dumbbell at shoulder height on the side of your working arm

**Execution:**

- Push your hips back and squat down until your thighs are parallel to the floor
- Push back up, press the single dumbbell overhead until your arms are straight
- Lower the dumbbell back down to shoulder height as you immediately descend into the squat for the next repetition.
- Repeat for prescribed number of repetitions and switch arms

**Common Mistakes:**

- *Drive weight through your heels*
- Engage your core throughout the movement and keep your chest up



Renegade Row

**Movement Prep:**

- Start in push up position with dumbbells on the floor, grasping the handles
- Engage your core muscles, as you do in a plank

**Execution:**

- Row the dumbbell in your right hand to the side of your chest, keeping your elbow close to your ribs
- Pause for 2 seconds and lower the dumbbell
- Repeat on the left arm

**Common Mistakes:**

- Don't let your torso rotate, keep your body parallel to the floor
- Keep your elbows tucked in throughout the movement



Jumping Jacks

**Movement Prep:**

- Stand with feet shoulder together, with your arms by your sides.

**Execution:**

- Jump and land with your feet wide while you swing your arms up to form an X with your body.
- Jump back to starting position as you drop your arms back to your sides.
- Repeat for the required time period.
- This is an awesome old-school exercise that gets your heart pumping.

**Common Mistakes:**

- Keep your knees slightly bent and land softly. No pounding elephant feet.
- Avoid leaning forward excessively or rounding your lower back.



### DB Chest Press

#### **Movement Prep:**

- Lie on a bench with your back flat, core engaged and knees bent at 90 degree angle

#### **Execution:**

- Do one dumbbell press, keeping your elbows in
- As you lower the dumbbells to your shoulders, sit up – then stand up and press the dumbbells overhead all in one movement
- Reverse the sequence and repeat

#### **Common Mistakes:**

- Engage your core throughout the movement and tilt your pelvis as you sit up from the bench
- The movement should flow, avoid stopping midway



Single leg RDL to Curtsy Squat

**Movement Prep:**

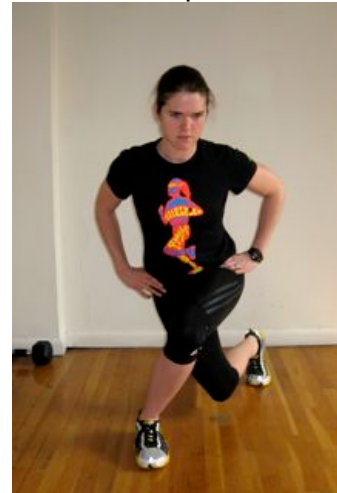
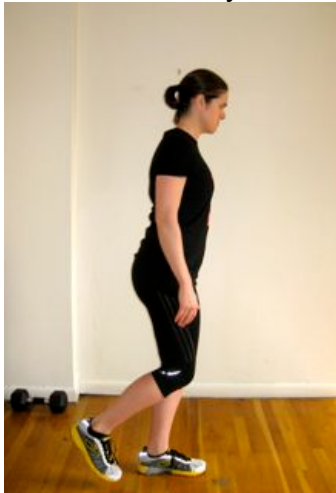
- Stand with your feet hip-width apart

**Execution:**

- Hinge at your hip and bend your torso towards the floor as you extend one leg behind you. Keep your neck packed in neutral position.
- Squeeze your shoulder blades together and extend your arms into a T formation
- Your neck, torso and extended leg should form a straight line
- If you have great range of motion and balance, that straight line will be parallel to the floor
- The key to perfect form is to keep your body in a straight line
- Try to "pull" yourself back through the heel and squeeze your glutes without tipping over. Be cool lovely people.
- Still keeping your right foot off the floor, perform a curtsy squat
- Return to starting position and repeat for prescribed number of repetitions
- Remember to switch legs

**Common Mistakes:**

- Engage your core throughout the movement
- Avoid rotating your body, rounding your back or shoulders
- Keep your shoulder blades locked down and back
- Try to keep all your weight on the working leg
- Maintain your balance, avoid putting your foot down unless required



DB Step up with Bicep Curl (CORRECTED IMAGE TO COME SHORTLY)

**Movement Prep:**

- Place left foot up on the step. This is your working leg. Hold a pair of dumbbells

**Execution:**

- Push all your weight through the heel of your left foot and lift yourself up so your right thigh is parallel to the floor, while simultaneously doing a bicep curl
- Brush the step with your right foot – but don't rest it.
- Keep all your weight on your working leg
- Lower your non-working leg to the starting position
- Repeat for prescribed number of repetitions and switch legs

**Common Mistakes:**

- *Drive weight through your heel* (or you will feel pain in your knee)
- Engage your core throughout the movement and keep your chest up



### Bent Over Reverse Fly

#### **Movement Prep:**

- Start by standing with feet shoulder width apart, hinging forward at your hips slightly. Brace your abdominals.

#### **Execution:**

- Place your hands in neutral grip.
- Keeping your arms straight, raise your arms out to the side until your arms and torso form the letter T.
- Start with bodyweight only and add light dumbbells you can do 10-12 reps without using your traps, which are the muscles you use when you shrug your shoulders.

#### **Common Mistakes:**

- Lock your shoulder blades down and back
- Your head and neck should stay neutral throughout the movement
- Keep your core muscles engaged throughout
- Don't let your back round or overarch as you get tired



### DB Swings

#### **Movement Prep:**

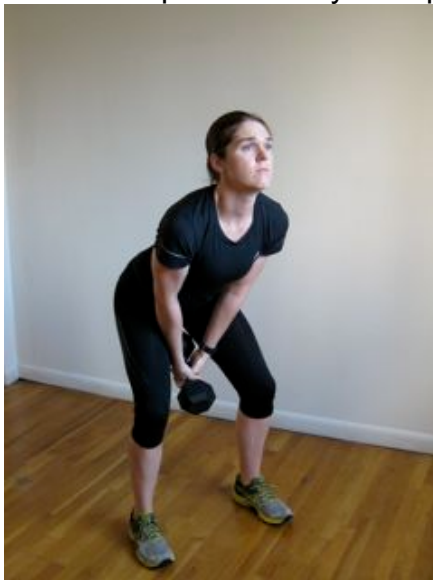
- Stand with feet in a wide stance squat, holding DB with both hands
- Let the weight hang down between your legs

#### **Execution:**

- Use your legs and hips – not your arms and back – to get momentum going to swing the weight
- Keep your body weight back on your heels. Take the weight back between your legs by hinging from your hips and sitting back to switch on your glutes
- As you come up, think about popping your hips forward and squeezing your glutes to swing the weight up
- Swing the weight to chest height

#### **Common Mistakes:**

- Try to avoid bending your knees too much. **It's NOT a squat movement.** This will increase the stress on your lower back
- Keep your core engaged throughout
- Use power from your hips, not your arms





**Workout B**

Alternating Prisoner Reverse Lunge (low rider version)

**Movement Prep:**

- Start with your feet hip width apart, with your hands interlocked behind your head

**Execution:**

- Step back with your right foot back until your left thigh is parallel to the floor, and your right knee almost touches the floor
- Make sure you keep yourself upright and core muscles engaged
- Drive through the heel of your left foot and hips, step back to the starting position with your right foot/leg
- Stay low in a quarter squat position between repetitions
- Alternate legs until you have completed all repetitions

**Common Mistakes:**

- Avoid rounding your back
- Squeeze your shoulder blades together
- Do not let your back knee touch the floor
- Take a big step backwards



Walkout with X-Body Mountain Climber

**Movement Prep:**

- Stand with your feet shoulder-width apart

**Execution:**

- Hinge forward at your hips and touch the floor with your palms
- Walk your hands forward until you are supporting all your weight on your hands and toes, in a plank position
- Your body should make a straight line and your hands should line up with your shoulders. Hold for 2 seconds
- Do a cross body mountain climber, driving your right knee to left elbow, and left knee to right elbow.
- Walk your hands back to starting position and repeat.

**Common Mistakes:**

- Engage your core throughout so your hips do not drop
- Keep your shoulder blades locked down and back



Jumping Jacks (see description above)

### DB Goblet Squat

#### **Movement Prep:**

- Get a dumbbell and hold it at chest height, with your hands just underneath your chin
- Stand with your feet shoulder width apart

#### **Execution:**

- Push your hips back and squat down until your thighs are parallel to the floor
- Remember to keep your torso upright; do not let your back round
- Keep your knees tracking over your toes, instead of collapsing inward

#### **Common mistakes:**

- Remember to keep your chest up and push your hips back
- Do not round your back



### Burpee

#### **Movement Prep:**

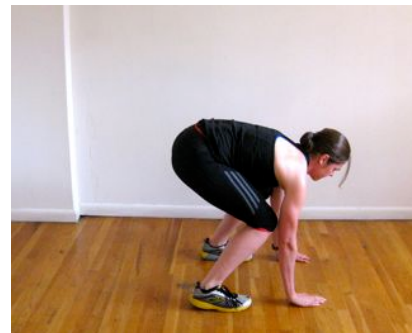
- Stand shoulder width apart, with your arms down by your side

#### **Execution:**

- Bend down, putting your hands on the ground
- Kick your legs back so they are extended in push up position
- Jump back so your feet are at your hands again and jump up
- Jump straight into a jumping jack
- Repeat for prescribed repetitions

#### **Common Mistakes:**

- Keep your core muscles engaged throughout the exercise
- Do not allow your back to round from it's natural arch



DB Squat to Press

**Movement Prep:**

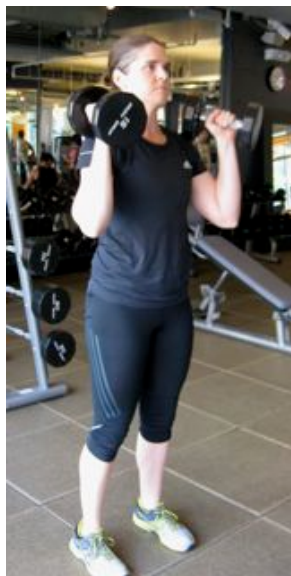
- Stand and hold two dumbbells at arm's length by your side
- Keep your eyes straight ahead and your core muscles engaged

**Execution:**

- Concentrate your weight in your heels, keep your back straight and push your hips back, lowering yourself until your thighs are parallel to the floor
- Rise up from the squat by extending your knees and hips, simultaneously curling the dumbbells towards your shoulders and pressing overhead
- Bring the dumbbells back down to starting position and repeat

**Common Mistakes:**

- Keep your knees inline with your toes. Try not to let knee collapse inward
- Focus on sitting back in the squat with your chest up
- Try not to lean forward excessively or round your lower back, as this will cause a strain
- During the press, avoid arching your back



### Push Ups

#### **Movement Prep:**

- Get down on the floor in push-up position
- Arms straight down from your shoulders, perpendicular to the floor, feet together and body in a straight line from ears to ankles

#### **Execution:**

- Bend your elbows and lower yourself to within one inch of the floor or until your upper arms are even with your shoulder blades
- Keep your body in a straight line during the entire movement, abdominals tight
- Push yourself back up and repeat

#### **Common Mistakes:**

- Try not to let your hips drop or stick your butt in the air
- Keep your elbows in
- Avoid head dropping towards the floor



### Lunge Jumps

#### **Movement Prep:**

- Stand in a split stance lunge position with your hands beside you

#### **Execution:**

- Instead of alternating legs by stepping back and forward, you'll jump up for a lunge and switch legs in midair and descend into the next lunge upon landing
- Go for a smooth continuous transition and series of jumps
- Do them in the same spot, try not to move forward

#### **Common Mistakes:**

- Excessive forward lean
- Arching your lower back
- Always keep a slight bend in your knees



### Mountain Climbers

#### **Movement Prep:**

- Start in a push-up position, with hands directly under your shoulders
- Form a straight line with your body from head to heels
- Engage your core muscles and squeeze your glutes

#### **Execution:**

- Keeping your core tight, pick your right foot up off the floor driving your right knee towards your right shoulder
- Return to starting position and repeat with the opposite side
- Continue alternating for required number of repetitions

#### **Common Mistakes:**

- Avoid letting your hips twist or sag during the movement
- Keep your shoulders blades down and back



### Run in Place

#### **Movement Prep:**

- Stand with your feet shoulder width apart

#### **Execution:**

- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at 85% of your fastest pace.

#### **Common Mistakes:**

- Make sure your knee tracks in line with your toe.
- Engage core throughout movement.
- Maintain the natural arch in your lower back.





## Workout C

### DB Swinging Lunges

#### **Movement Prep:**

- Stand shoulder width apart, holding the weight by your side

#### **Execution:**

- Lunge backwards with your left foot, lowering down until your right thigh is parallel to the floor
- Step straight into a forward lunge with your left leg. Press the weight through the heel of your left leg and return to starting position
- That's one repetition
- Repeat with your right leg

#### **Common Mistakes:**

- Keep your core muscles engaged throughout the exercise
- Do not allow your back to round from it's natural arch



Close Grip Push Ups (see description above – and adjust hand position so your hand form a diamond shape. Keep your elbows tucked into your torso.)

DB Goblet Squats (see description above)

Alternating DB Bent over row

**Movement Prep:**

- Hold the dumbbell standing with feet shoulder width apart
- Bend your knees, push your hips back and hinge forward from your hip, keeping the natural arch in your back
- Hold the weight straight down from your shoulders

**Execution:**

- Pull one dumbbell straight up to your torso, by squeezing your shoulder blade together, keeping the rest of your body in the same positions
- Lower the weight to the starting position and repeat immediately with the other arm
- Continue alternating for requires repetitions

**Common Mistakes:**

- Rounding your back will increase lower back strain



### Walkout with Crab Crawl

#### **Movement Prep:**

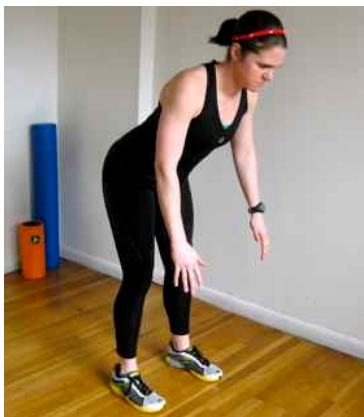
- Stand with your feet shoulder-width apart

#### **Execution:**

- Hinge forward at your hips and touch the floor with your palms
- Walk your hands forward until you are supporting all your weight on your hands and toes, in a plank position
- Your body should make a straight line and your hands should line up with your shoulders. Hold for 2 seconds
- Explode off the floor with your right leg; kick your right foot out to the side so it lands flat next to your right hand.
- Reverse the movement and push your body back to the starting position.
- Repeat, except on the next repetition, and switch to your left leg.
- Push yourself back up and walk your hands back up to start position and repeat

#### **Common Mistakes:**

- Engage your core throughout so your hips do not drop
- Keep your shoulder blades locked down and back
- Try not to let your torso rotate



### DB Squat Thrust to Deadlift (image shows Barbell)

#### **Movement Prep:**

- Stand with your feet together, holding the weight with overhand grip shoulder width apart

#### **Execution:**

- Bend down and put the weight on the floor
- Put your weight on the barbell/dumbbells and kick your legs back so they are extended in a push up position
- Jump back forward so your feet are at your hands with the bar is touching your shins
- Keeping your chest up, perform a deadlift as described above
- Repeat for prescribed repetitions

#### **Common Mistakes:**

- Keep your core muscles engaged throughout the exercise
- Do not allow your back to round from it's natural arch



### DB Push Press

#### **Movement Prep:**

- Hold the dumbbells at shoulder height. Engage your core muscles
- Keep your elbows high and rest the bar on the anterior part of your shoulder

#### **Execution:**

- Bend slightly at your knees and then use them to explode the bar overhead. Keep your core engaged
- Return the DB to the front of your body, and then press overhead again for the prescribed number of repetitions

#### **Common Mistakes:**

- Avoid excessively arching your back
- Keep your elbows in during the movement
- Chest up, core muscle engaged and knees slightly bent



### Sprinter Starts

#### **The Movement:**

- Stand with your feet hip width apart and take a long step back on your right leg and put both hands on the floor – this is your sprinter starting position.

#### **Execution:**

- Your right knee nearly touches the ground and your left thigh is parallel to the floor.
- Try not to let your left knee cross your toe.
- Pushing all your weight through the heel of you left foot, drive your right knee forward and flex your hip to 90 degrees.
- Return to starting position and repeat for the prescribed time period.
- Switch legs

#### **Common Mistakes:**

- Make sure your knee tracks in line with your toe.
- Engage core throughout movement.
- Maintain the natural arch in your lower back.



**Workout D**

Sprinting Walk Outs – sprinter start with single leg cross body mountain climber

**Movement Prep:**

- Stand with your feet hip width apart and take a long step back on your right leg and put both hands on the floor – this is your sprinter starting position.
- Your right knee nearly touches the ground and your left thigh is parallel to the floor.

**Execution:**

- Pushing all your weight through the heel of you left foot, drive your right knee forward and flex your hip to 90 degrees.
- Hinge forward at your hips and touch the floor with your palms
- Walk your hands forward until you are supporting all your weight on your hands and toes, in a plank position
- Your body should make a straight line and your hands should line up with your shoulders. Hold for 2 seconds
- Drive your right knee towards your left elbow
- Walk your hands back to start position and repeat

**Common Mistakes:**

- Engage your core throughout so your hips do not drop
- Keep your shoulder blades locked down and back
- Try not to let your knees cross your toe



Low Box Jumps

**Movement Prep:**

- Stand with a bench or step in front of you. About 12 inches is a good start

**Execution:**

- Jump with both feet onto the bench, landing with soft knees
- STEP back down and repeat (don't jump down)

**Common Mistakes:**

- Keep your knees slightly bent throughout. Do not lock them out. Ever.
- You should make a light, quiet landing. Avoid landing with elephant feet



Crab Crawls

**Movement Prep:**

- Start in push up position with hands on the floor.
- Engage your core muscles, as you do in a plank.

**Execution:**

- Explode off the floor with your right leg; kick your right foot out to the side so it lands flat next to your right hand.
- Reverse the movement and push your body back to the starting position.
- Repeat, except on the next repetition, and switch to your left leg.
- Alternate back and forth for prescribed repetitions.

**Common Mistakes:**

- Don't let your back round. Work hard to maintain your natural arch.
- Lock your shoulders down and back, head up and eyes forward.
- Try not to let your torso rotate.





### Lateral ski jump

#### **Movement Prep:**

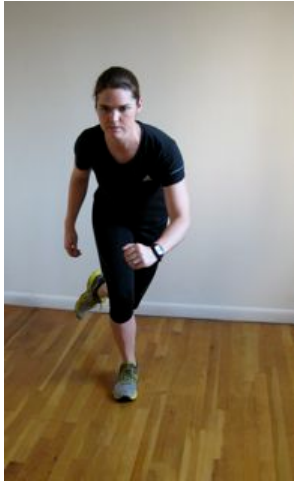
- Stand on your right leg

#### **Execution:**

- Push off your right leg to jump to your left and land on the left leg
- Keep your knees slightly bent at all times, pushing your hips back
- Jump back and forth as far as you can while maintaining good form
- This movement is similar to inline skating

#### **Common Mistakes:**

- Keep your chest up
- Never lock out your knees. Ever. Always keep them slightly bent



DB Rows (see description above)

### Bulgarian Split Squats

#### **Movement Prep:**

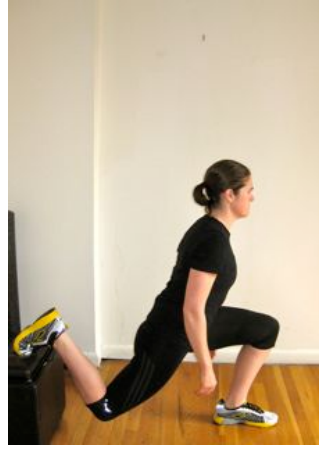
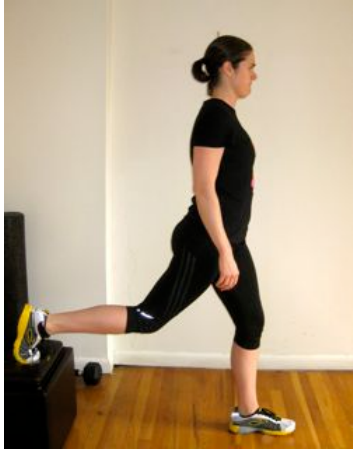
- Get into split squat position, with your rear foot elevated on a bench or step that's at least 12 inches high
- Your toes should be resting on the bench. Lifting your rear foot higher increases the range of motion – and intensity.

#### **Execution:**

- Lower yourself down until your working thigh is parallel to the floor
- Hold this position for 3 seconds before driving your weight through the heel of your working foot to return to starting position

#### **Common Mistakes:**

- Avoid arching your lower back
- Keep your abdominals engaged throughout the movement
- Make sure the discomfort you feel is in the quad muscles and not your knee joint



Seal Jacks

**Movement Prep:**

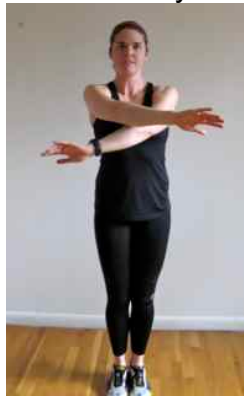
- Stand with feet shoulder together, with your arms by your sides.

**Execution:**

- Jump and land with your feet wide while you swing your arms out to the side, to form a T shape.
- Jump back to starting position as you drop your arms back to your sides.
- Repeat for the required time period.

**Common Mistakes:**

- Keep your knees slightly bent and land softly. No pounding elephant feet.
- Avoid leaning forward excessively or rounding your lower back.



### Shuttle Sprints

#### **Movement Prep:**

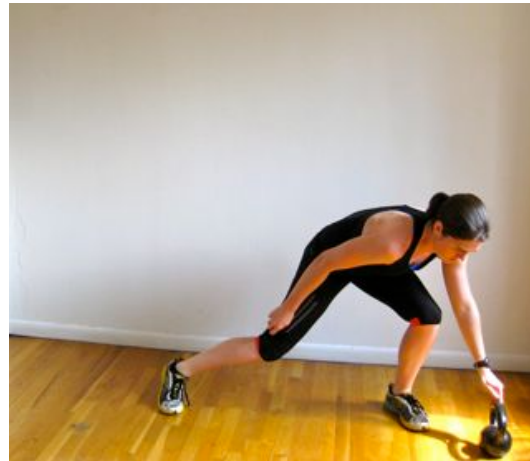
- Set up 2 cones, dumbbells, or whatever you have available for markers, about 10 meters apart

#### **Execution:**

- Start at marker one and sprint to marker two
- Bend down and touch the ground
- Out and back is considered one rep
- Repeat for the desired number of reps

#### **Common Mistakes:**

- Make sure you bend your knees when squatting down to touch the ground, not from your back



Total Body Extensions (see description above)

### Cross Body Mountain Climber

#### **Movement Prep:**

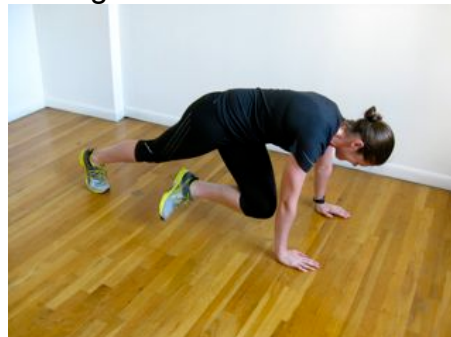
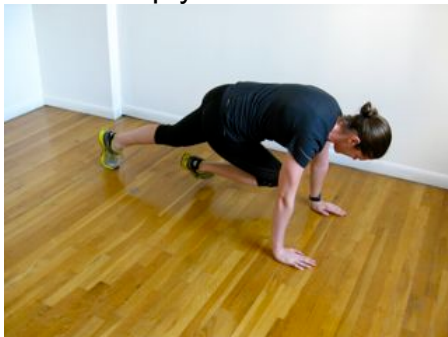
- Start in push up position with hands underneath your shoulders
- Engage your core muscles, as you do in a plank

#### **Execution:**

- Once you're in starting position, cross your right knee towards your left elbow followed by left knee to right elbow. That's one repetition

#### **Common Mistakes:**

- Don't let your torso rotate, keep your body parallel to the floor
- Keep your elbows tucked in throughout the movement



## More Resources to Accelerate Fat Loss Use With Your Favorite Workouts Say No to the Dreadmill

[www.Fatlossaccelerators.com/fatloss-workouts](http://www.Fatlossaccelerators.com/fatloss-workouts) – Get 31 Fat Loss Accelerators that you can add on to your current training program and replace boring intervals. Burn fat fast and boost your metabolic rate with this progressive hybrid training system.

[www.FatLossAccelerators.com](http://www.FatLossAccelerators.com) – our awesome blog, dedicated to metabolic training and how to accelerate fat loss results. It's a must read.

Facebook page: <https://www.facebook.com/pages/Fat-Loss-Accelerators/528357153858505> – Yes, we're rocking out on FB and you're welcome to join the party. Come and hang out with us!

- Burn 3x more fat in HALF the time
- Faster fat loss in just minutes with YOUR favorite program
- Break any fat loss plateau
- Skyrocket your conditioning
- Done in just a fraction of the time compared to cardio – with better results

## Busy School Teacher Loses 31 Pounds



*"I lost over 14kg and kept it off. I feel like I'm in better shape now than I ever was in my twenties."* **Pete Andronicos, London, UK**