



GROUP TRAINING WORKOUTS TO MAXIMISE YOUR CLIENTS FAT LOSS RESULTS

TABATAS FULL BODY WORKOUT

- The following program is designed around the Tabatas 20/10 format. That means you work for 20 secs and rest for 10 secs.
- Each person stays at the one station for the full 4 minute Tabata Track – 8 times through the 20/10 format.
- The below format is for a 1 hour session and would run perfectly with Workout Muse Pro Soundtrack, available at www.fatlossmusic.com

DYNAMIC WARM UP

Follow the dynamic warm up as shown in the video link below:

- 1) Squats x 10
- 2) Waiters Bows x 10
- 3) Push Ups x 10
- 4) Spiderman Twists x 10
- 5) Side Plank x 10 secs hold each side

Repeat x 3

http://www.youtube.com/watch?v=aOnTD_wtyEA

CIRCUIT STATIONS

- 1) Deadlifts*
- 2) Push Ups
- 3) Front Squats*
- 4) Diamond Push Ups
- 5) Up Downs
- 6) Hover
- 7) Side to Side Hover
- 8) Trunk Extensions
- 9) Bentover Row*
- 10) Skipping

* Requires a weight – every other exercise can be done with just body weight

Have a drink break short rest after each tabata track before you move onto the next one

COOL DOWN STRETCH

Follow the stretches contained at the end of this manual and on the following video link

<http://www.youtube.com/watch?v=Cv02JxwOFtU>

TOP SECRET

6 MINTUE CIRCUITS

These circuits are a great workout if you run short sessions. Just performing this 6 minute workout will be enough to exhaust anybody no matter what their level of fitness.

If you, or your clients really want a killer workout, put 2 of these 6 minute circuits back to back in the same workout.

1st CIRCUIT

- 1) Decline Push Ups x 1 minute
- 2) Swings x 1 minute
- 3) Recline Rows x 1 minute

Repeat x 2

2nd CIRCUIT

- 1) Diamond Push Ups x 1 minute
- 2) Box Jumps x 1 minute
- 3) Side to Side Hover x 1 minute

Repeat x 2

If you need anything else to add to the fun, insert some interval drills in between the 1st and 2nd circuits.

Hill Sprints are perfect if you run outdoor sessions.

If you run indoor sessions, either skipping or bike sprints – 30 secs on 30 secs off, repeating for 5 times through are perfect.

Of course you will need to perform a proper dynamic full body warm up and cool down stretches that are shown in the previous Tabata workout.

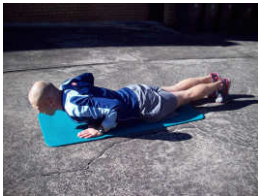
AUSSIE FATBLAST EXERCISE DESCRIPTIONS AND PHOTOS

Up Downs (High Intensity Cardio)



Start Point:

- Start Standing up straight
- Drop to the ground so that you are lying face down on the ground with your stomach on the ground, legs out straight and arms by your side



Finish Point:

- Use your arms to push yourself back up and stand up straight.
- There is no jumping around in this exercise
- It can be made easier by gently getting to the ground (dropping to one knee first then lowering the second knee down, then lying out flat)

Box Jumps (High Intensity Cardio)



Start Point:

- Stand facing a sturdy bench (not an adjustable one), or a box that your gym might have
- Make sure that there is enough space behind you so you can jump back off the box



Finish Point:

- Squat down and using your arms as momentum, explode up and jump up onto the bench
- Make sure your knees are slightly bent when you land to avoid shocking your spine
- Also ensure that you land on the balls of your feet
- You should not hear a thud
- Jump back down backwards, repeating the same landing steps as above, and repeat for the desired number of repetitions
- If you are uncomfortable with jumping backwards initially, you can walk back down off the box



Front Squat (Quads, Glutes, Hamstrings, Biceps, Delts)



Start Point:

- Standing with legs just outside shoulder width apart
- Toes point out on a slight angle as pictured
- Hold the sandbag so that it rests near the top of your shoulders

Finish Point:



stress

- Bend your knees and lower towards the ground
- Stick your bottom out behind you so that your knees do not reach past your toes
- Make sure your knees follow the line of your toes
- Keep your back straight as you go down, avoiding a rounded upper back
- Lower until your thighs are parallel to the ground
- If you have knee problems, lower partially down so you feel no

You can see a video demonstration of how to do a front squat below:

<http://www.youtube.com/watch?v=PfISD6zWJWo>

Swing (Hamstrings, Glutes, Forearms)



Start Point:

- Start by holding a kettlebell or weight between your legs with both hands
- As you squat down towards the ground, start swinging the weight back so it goes back behind your legs



Finish Point:

- Explode up making sure you "thrust" your hips
- Squeeze your butt as you are standing up so you can really feel your glutes work
- Swing your arms up to shoulder height, making sure your arms are straight the whole time
- Your arms should be along for the ride – they should not be doing all of the workout



You can view a demonstration of a Swing below:

http://www.youtube.com/watch?v=-H_YdmH63Hk

Waiters Bow (Hamstrings)



Start Point:

- Start standing up straight with a slight bend in your knees
- Suck in your belly button to protect the muscles in your lower back



Finish Point:

- Bend forward at the waist
- Push your butt out behind you as you start bending forward
- Ensure that your back is kept straight the whole way down
- Go down to as far as you comfortably can
- To ensure that your hamstrings (back of the leg muscles) are working. You will need to make sure your shoulders are open and wide apart and your back is not rounded.

Squat (Quads, Glutes, Hamstrings)



Start Point:

- Stand with your legs just outside shoulder width apart
- Toes point out on a slight angle as pictured

Finish Point:



- Bend your knees and lower towards the ground
- Stick your bottom out behind you so that your knees do not reach past your toes
- Make sure your knees follow the line of your toes
- Keep your back straight as you go down, avoiding a rounded upper back
- Lower until your thighs are parallel to the ground
- If you have knee problems, lower partially down so there is no pain

Beginner Deadlifts (Hamstrings, Glutes, Lower Back)



Start Point:

- Stand up straight with a slight bend in your knees (this protects your lower back)
- Your feet are shoulder width apart
- Keep the weight close to your legs so it is almost touching the whole way down as you lower the weight



Finish Point:

- Keeping the back straight on the way down
- Lower the weight towards the ground by bringing your thighs down towards the ground in a squatting motion
- Make sure your upper back does not become rounded as you lower the weight
- Let the weight slide down between your legs

Advanced Deadlifts (Hamstrings, Glutes, Lower Back)



Start Point:

- Stand up straight with a slight bend in your knees (this protects your lower back)
- Your feet are shoulder width apart
- Keep the weight close to your legs so it is almost touching the whole way down as you lower the weight



Finish Point:

- Keeping the back straight on the way down, lower the weight towards the ground
- Make sure your upper back does not become rounded as you lower the weight
- The upper legs (quads) do not move during this movement, unlike the easier Deadlift.

You can see a video demonstration of how to do a Deadlift below:

<http://www.youtube.com/watch?v=GWCWW2pZ2ul>

Push Up on Knees (Pecs, Delts, Triceps)



Start Point:

- Begin on your knees
- Make sure your hands are always facing forward
- Suck in your belly button. This switches on your transverse abdominis (TVA) and protects your lower back



Finish Point:

- Lower your body down towards the ground
- Maintain a straight back, with the only curve being your neutral spine in the lower back
- Return to the top as in the first picture

Push Up (Pecs, Delts, Triceps, Abs)



Start Point:

- Start with your hands just outside shoulder width apart and with your back straight
- Suck in your belly button to protect your lower back



Finish Point:

- Lower your body down until your chest is just above the ground.
- Make sure your back stays straight the whole way down
- Push yourself up from the bottom position back to the starting position

Decline Push Ups (Pecs, Delts, Triceps, Abs)



Start Point:

- Place your shins up resting on a bench and your hands on the ground
- For advanced people, your toes will be on the bench (as shown)
- Keep your back straight
- Suck in your belly button to protect your lower back



Finish Point:

- Lower your body down towards the ground as you would for a normal push up
- Return to the starting position and repeat for desired number of reps

Diamond Push Ups (Triceps, Delts)

Start Point:



- Place your hands in a diamond shape as shown, so that most of the fingers of each hand are touching in the middle
- Start as per a normal push up, where your back is nice and straight
- Suck in your belly button to protect your lower back



Finish Point:

- Lower your body down towards the ground, as per a normal push up
- This exercise will really hit the triceps as your hands are closer together than a normal push up
- This can be done on your knees if you cannot complete a full repetition or if you feel pain in your lower back



Bentover Row (Lats, Biceps, Triceps)



Start Point:

- Start with your knees slightly bent and your belly button sucked in
- Bend forward at the hips, keeping your back straight at all times (except for the natural curve of your lower back – neutral spine)



Finish Point:

- Row the weights back in towards your chest
- As you row back, squeeze your shoulder blades in towards each other (imagine that someone has their finger in the middle of your back and you are trying to touch it)
- Lower the weight back to the starting spot

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You can view a video demonstration of a Bentover Row below:

<http://www.youtube.com/watch?v=Jn9OSobHRdk>

Close Grip Recline Row (Lats, Biceps, Forearms)



Start Point:

- Start with your palms facing you just inside the width of your shoulders
- Easy version: Start with your knees bent so you don't have your full body weight to lift
- Harder version: Start with your legs extended so your body is in a straight line
- Suck in your belly button and place the tongue on the roof of your mouth to relax the muscles in the back of your neck

Finish Point:



- Pull your body up towards the bar
- Your chin should be just above the bar at the top of the movement
- Lower your body to the starting position and repeat for desired number of reps

Wide Grip Recline Row (Lats, Forearms)



Start Point:

- Start with your palms facing away from you and just outside shoulder width apart
- Easy version: Start with your knees bent so you don't have your full body weight to lift
- Harder version: Start with your legs extended so your body is in a straight line
- Suck in your belly button and place the tongue on the roof of your mouth to relax the muscles in the back of your neck



Finish Point:

- Pull your body up towards the bar
- Your chin should be just above the bar at the top of the movement
- Lower your body to the starting position and repeat for desired number of reps

Hover (Abs, Lower Back)



Start Point and Finish Point:

- Rest your forearms on the ground and position yourself up on your toes, or on your knees if you are a beginner
- Suck in your belly button and keep your back straight as shown
- The only curve in your back should be neutral spine position of your lower back
- Hold for the desired number of seconds

Side to Side Hover (Obliques, Abs, Lower Back)



your body up on your toes

Start Point:

- Begin in the same position as you would for a normal hover
- Shoulders are in line with the elbows
- Back is straight
- This can also be done on your knees if you cannot hold

Mid Point:



same height throughout

- Rock from left to right, so that your shoulders move from one side of the body
- Rock back from right to left so the opposite oblique muscles work
- Make sure your side to side rocking is not over vigorous.
- The rocking should only be a small, gentle movement and your hips should not move. They should stay at the

Side Plank (Obliques, Deltoids)



Start and Finish Point:

- Make sure that your wrist is aligned underneath your shoulder to ensure you do not hurt your wrist
- You will be supporting your whole body weight with your arm and your feet
- If you cannot hold your body weight on your hand, or if you have any shoulder or back injuries, simply repeat the above steps but do so on your forearm instead of your wrist (as in the photo below)
- You can also have your legs on the ground to start, and move your way up to supporting your body on your toes (super easy version)

Spiderman Twists (Obliques)



Start Point:

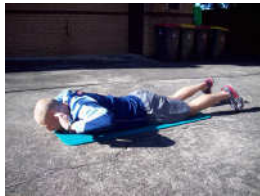
- Start in a Push Up position on your toes
- Suck in your belly button so that your lower back does not hurt throughout the exercise



Finish Point:

- Twist one knee across your body so that your left knee (in the photo here) is almost touching your right elbow
- Bring the left leg back and repeat with the other side
- You should feel this down the outsides of your midsection

Floor Trunk Extensions (Lower Back)



Start Point:

- Start by lying flat on the ground
- Your arms can be anywhere except on the ground – by your side, behind your ears, stretched out in front, resting on your back etc



Finish Point:

- Lift your upper body off the ground, as far as you can comfortable extend
- Make sure your feet stay on the ground – do not let them lift off at any stage. If they do, don't come up as high

COOL DOWN STATIC STRETCHES

Completing a proper cool down after your workout is non-negotiable.

That is unless you want to wake up the next day and feel like you have been hit by a truck.

I remember years ago not stretching down after a workout – I got distracted because my phone rang – and boy did I pay for it for the next 4 days!

These stretches should all be held for at least 15 seconds, although 30 seconds is ideal.

If you need to increase your flexibility, you can hold these stretches for up to 1 minute in length. This will extend your workout time, maybe even exceed the amount of time you spend doing the actual training part of your workout but it will pay dividends for you within the coming weeks as you gradually become more flexible and reduce your chance of injury.

It doesn't matter what part you start stretching first but I recommend having a regular order that you follow so that you don't miss out on anything.

Of course you should stretch both sides in the cases where only one side is demonstrated.

You can view the video of how to do most of these stretches below:

<http://www.youtube.com/watch?v=Cv02JxwOFtU>

CHEST/SHOULDER STRETCH



You will need a wall or something solid to put your arm against here. Starting with the top of your arm parallel to the floor and at the height of your shoulder, rest your forearm on the wall as shown.

Turn your body away from your arm being stretched and you should feel this in your chest and the front of your shoulder.

BACK STRETCH



This is my favourite stretch! Simply grab a hold of something and pull back, making sure your arms are straight and your butt is sticking out behind you. Your head is pointing towards where you are holding onto.

You should feel this stretch down all of your back, especially the sides of your upper back (Lats). You can also do this with a partner by grabbing each other by the wrists and taking each others body weight as you both lean back.

TRICEPS STRETCH



Place one arm bent above your head with the elbow pointing up towards the sky. Use your free hand to grab your elbow. Push down on your elbow so you are forcing your arm down your back until you feel a stretch in the back of your arm.

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BICEPS STRETCH



Stand with your arms outstretched and thumbs pointing down towards the ground.

Your thumbs have to be facing the ground for you to feel this stretch in your biceps. Force your arms back behind your body until you can feel a stretch down the front of your arms.

SHOULDER STRETCH



Place one arm straight across your body at the height of your chest. Use your other arm to reach under the arm being stretched. This arm will push your outstretched arm in towards your body so you feel the stretch deeper in the outside of your shoulder.

LOWER BACK STRETCH



Lie on your back with your knees tucked into your chest. Just holding this position will give your lower back a really good stretch.

If you want to give your back a better stretch, gently rock back and forwards with only small movements.

ABS AND UPPER BODY STRETCH



Stand up straight and reach your arms straight above your head so that you feel like you are stretching your body as high off the ground as you can, you will feel your abs, your back, arms, chest, basically every muscle in your upper body will get a stretch here.

NECK STRETCH 1



As a busy corporate professional, chances are you have had some neck pain at some time of your career due to spending the majority of your day behind a desk at a computer. These next 2 stretches will help to relieve some of that tightness and also be a good post workout stretch.

Grab your head with one hand and tilt your ear towards your shoulder. Use your hand to pull your ear closer to your shoulder. You should feel the stretch in the right side of your neck when you do the stretch as shown in the picture. Repeat for the other side to feel in the opposite side of your neck.

NECK STRETCH 2



Grab the back of your neck with your hand. Turn your head slightly and look down at your foot. Use your hand to press your head down towards your chest. You should never do this stretch looking straight down at your chest. This can place undue stress on your neck. Make sure your head is tilted as shown. You should feel this stretch in the back of your neck.

QUADS STRETCH



Stand on one leg, use a support if you need to, grab the ankle of the leg that is in the air with one of your hands and pull your heel in towards your butt. Make sure your hips keep even here.

HAMSTRINGS STRETCH



This stretch is just holding at the bottom of a Waiters Bow. Bend forward at the waist, keeping your knees slightly bent, and back straight. Keep on going down and bending forward until you can feel the back of your legs stretch.

BUTT STRETCH



Stand near a wall for this one if you need some help with your balance. Stand on one leg and place your other leg, ankle touching knee, so that your leg makes a figure 4 shape.

Squat down towards the ground, bending the knee of the leg that is on the ground. For an extra stretch use your hand to push your knee open further.

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CALF STRETCH



Stand with your palms against a wall and your back leg stretched straight out behind you.

Push your body weight against the wall so that you can feel a stretch in the bottom of your lower leg in the straight leg.

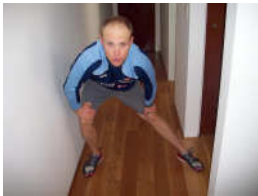
HIP FLEXOR STRETCH



Start by kneeling on the ground on one knee and with one leg bent as shown. Lunge forward so you can feel a stretch at the top of your thigh, but not so far that your knee goes over the toes of your front foot.

Make sure you are sitting up straight and squeeze the butt cheek of your back leg. You should feel this right up at the top of your leg.

GROIN STRETCH



Stand with your legs wide apart and lunge across to one side, so that one leg is straight and the other knee is bent. You should feel a stretch at down the inside of your inner thigh on your straight leg.

ABOUT DANIEL MUNDAY AND AUSSIE FATBLAST



Daniel Munday (B HSc, CFT) is a Fat Loss Expert based in Sydney Australia. He has been in the fitness industry since 2000 and has been transforming the bodies of Corporate Sydneysiders through his DPM Performance business, the group training specialist, since 2005.

Daniel specialises in short, intense, interval driven, fat loss programs that give busy people, especially his corporate clients the fat loss results they deserve in minimal time.

He is also the creator of the Aussie Fatblast training method that gives busy people, especially the corporate professional, fat loss results in short workouts.

The Aussie Fatblast system is derived from Daniel's popular Ultimate Fatblast Experience group workouts, and the workout programs he does with his clients.

The Aussie Fatblast method is the ideal fat loss solution for the busy person who does not have the time to exercise the traditional way.

Now there is no longer an excuse not to train. You cannot say I am too busy to fit in a 15-20 minute workout most days of the week.

Once you start training the Aussie Fatblast way you will be more energised, more alert, more productive at work and at home, and a better person all round.

Your family, mates and everyone that knows you will be loving the new you. More importantly, you will love the new you.

NOW IT'S YOUR TURN!

Dedicated to your optimising your fatblasting results,

Daniel Munday
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