



6 Week Fat Incinerator Bodyweight Program

Welcome to your free '12 days of fitness' 6 week Fat Incinerator Bodyweight Program.

I want you to perform 6 different sessions over 2 weeks (do not perform the same one twice). I know it goes against traditional programming methods – that's why it works....

After 2 weeks, return to the first workout you did and work through them again.

Do this again in weeks 5 and 6.

By the end you will have performed each workout 3 times in 6 weeks.

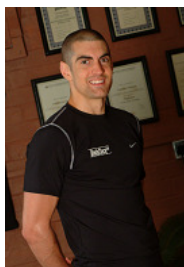
The critical part is to record how you do i.e. how many reps for each exercise, how long it took you if it is a time-challenge, how many rounds you completed in 20 minutes for instance etc.

On your second cycle of performing the sessions you must beat your first performance – you'll be amazed at the improvements in your conditioning levels! In your third cycle you must beat your second week!

Remember the beauty of this style of training is convenience and flexibility whilst still getting you much better results than 1 hour in the gym so you can do any session on any day just make sure you do them three times within the 6 week period!

At <http://www.stormforcefitness.com> you can get many, many more sessions like the ones you'll below, for bodyweight, dumbbells, barbells and kettlebells!

Enjoy....



Jon Le Tocq

Don't forget....

Go to <http://uk.youtube.com/user/StormForceFitness> for videos of the exercises.



BODYWEIGHT

PULSE PYRAMIDS

Pulse pyramids work as follows:

- Perform a particular exercise for a given amount of time (e.g. 30 seconds)
- Rest for the same time (30 seconds)
- Repeat the first exercise, followed immediately with another exercise
- Rest again (the rest remains at 30 seconds)
- Repeat the first two exercises followed immediately by a third exercise
- This process continues until you perform all exercises listed in one go
- The list of exercises can be as long or as short as you like depending on your goals. For instance, if you are training for an endurance event such as a half-marathon, you are best to increase the length of time for each exercise and rest (e.g. 60 seconds) but reduce the weights used. If you are involved in more intense, short burst sports such as tennis or boxing, you are best to use heavier weights and more powerful lifting but over a shorter time span (e.g. 20 seconds)
- Once you have completed all exercises in one go, you have different options. You might then repeat all the exercises chopping off the first one, then the second until you are left with the last exercise

For instance....

(All exercises 30 seconds with 30 seconds rest at the end of each mini circuit)

Swing REST

Swing, thrusters REST

Swing, thrusters, bent over row REST

Swing, thrusters, bent over row, push up REST

Swing, thrusters, bent over row, push up, jump rope REST

Thrusters, bent over row, push up, jump rope REST

Bent over row, push up, jump rope REST

Push up, jump rope REST

Jump rope REST

Pulse pyramids have been found to be particularly popular with those who struggle or get bored with long, repetitive training such as long-distance running or slow, resistance training. Depending how you wish to structure your training and what your goals are, you may not be inactive for more than 30 seconds, during which time you are trying to gulp down oxygen before you're back in the training square!



Pulse pyramid – Beginner to advanced

Squat
Burpee
Push up
Mountain climber
Plank

Pulse pyramid 2 – Intermediate to advanced

Jump pull up (leave out if you don't have a pull up bar)
Burpee
Jump squat
Inverted row (leave out if you don't have the equipment to row yourself up to a bar – like an upside down push up)
Push up
Skipping

CIRCUITS FOR TIME

These sessions involve performing the session as fast as possible or performing as many rounds as possible in the given time.

This means you need to keep rest times down and work very hard! The effects are fantastic and you'll always have a benchmark to work against next time!

Remember all exercises can be made easier or harder so be creative! Your body will thank you!

Circuits for time 1

100 skips (jump rope for our friends in the US)
30 bodyweight squats
20 push ups
10 jump pull ups (or burpees if you don't have something to do pull ups on)

3-5 rounds as fast as possible

Circuits for time 2

30 mountain climbers, 250m row, 20 mountain climbers, 250m row, 10 mountain climbers, 250m row

If you don't have access to a rowing machine, you can do shuttle runs in the park or 100 skips.



Partner countdown conundrum (great if you train with a friend)

Perform 10 reps of Exercise 1 then rest whilst your partner does 10.

Perform 9 reps of the same exercise, then rest whilst your partner does 9.

Continue down to 1.

Repeat for all exercises - make sure you push each other!

Burpees (add a push up at the bottom to make it harder!)

Plyometric split squat (normal split squats can be used for beginners)

Push ups (may be done on knees)

TABATA INTERVALS

Tabata intervals were designed by Japanese researcher Dr Tabata and are incredibly effective at improving both aerobic endurance and anaerobic capacity. Not only this, but rapid fat loss can be expected if performed at the correct intensity. They are also very time efficient so if you find yourself short on time, attack a Tabata interval session with everything you have and 15-20 minutes will be more than you can handle!

Whilst Tabata intervals can be used in a purely cardio setting such as on a bike, sprinting in the park or up hill or on a rowing machine, they can be made even more productive by performing full body resistance exercises using this protocol.

To perform Tabata intervals, complete any of the exercises below.

Work as hard as possible for 20 seconds, then rest for 10 seconds. Repeat this process 8 times for a total of 4 minutes. Rest for 1 minute then move on to another exercise. In total, if you perform 4 exercises in this manner, your training sessions will only take 20 minutes and be vastly more effective and fun than a slow trudge on the treadmill!

There is no need to worry too much about programming. Just pick at least one exercise from each of the groups below to ensure all your muscles are worked. Perform them in any order and go hard!

You can create hundreds of different workouts using this method so it should be an exciting 6 weeks!

B – Beginner, I – Intermediate, A - Advanced



Group 1

Rower - B I A
Skipping - B I A
Air bike - B I A
Shuttle run - B I A

Group 2

Push up - B I A
Jump pull up- I A
Inverted row - B I A

Group 3

Mountain climber - B I A
Squat thrust- B I A
Burpees - B I A

Group 4

Split squat- B
Reverse lunge - B I
Plyometric split squat - I A
Bodyweight squat - B I A
Jump squat - I A

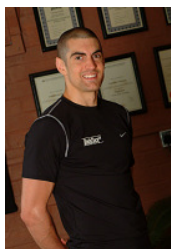
That's it!

Plenty of exciting challenges to get you roasting body fat throughout January!

Remember, this is only the beginning there are always more and more of these time challenge workouts as well as more traditional circuits added to the training section at <http://www.stormforcefitness.com> .

You'll find similar sessions which are even tougher using dumbbells, barbells and kettlebells!

Look forward to helping you throughout 2009!



Jon Le Tocq

www.stormforcefitness.com