

Lean Body Training

30-Minute Workout

Intermediate

www.30-Minuteworkout.com

About Mike Navin and Lean Body Training

Mike Navin is the sole owner of [Lean Body Fitness, LLC](#) based in [Wyandotte Michigan](#). He currently holds the credentials of Certified Strength and Conditioning Specialist (CSCS) through the highly respectable and accredited [National Strength and Conditioning Association](#). He is also in the process of obtaining the Certified Youth Specialist Level 1 through the [International Youth Conditioning Association](#).

He has been helping adults and adolescents get rid of that unwanted fat by teaching group classes for the past 9 years and training clients one-on-one for the past 4 years.

The mission of [Lean Body Fitness, LLC](#) is not just to get people into "shape." It is about educating clients on how to live a healthy lifestyle for the rest of their lives. Teaching clients that they need to take personal responsibility for their health and fitness that then allows the clients to go out and teach by not just telling others what they have learned but by living what they have learned.

He has a passion for fighting the current obesity epidemic that is upon us, both in adults and especially in children. The positive message that we teach our children now about living an active lifestyle through exercise and a healthy lifestyle through sound eating choices will keep them away from health issues in the future.

Mike's websites:

[www.leanbodytraining.com](#) - Main site that is also his "HUB" to all his other sites.

[www.leanbodyfitness.blogspot.com](#) - The blog where he gives you the real scoop on stories that appears in media outlets and whether to believe media hype of a health or fitness story.

[www.30-minuteworkout.com](#) - The membership site that offers monthly workouts that you can do at home with just the use of your own bodyweight. Minimal exercise equipment needed.

[www.LBworkouts.com](#) - Lean Body Training workout e-book products that help adult men and women lose fat and get more lean.

[www.leanbodyfitness.com](#) - Fitness site for local adult classes that he teaches in the Detroit Michigan Downriver community.

[www.LBFreview.com](#) - Review site where products from other trainers, nutritionists, and anything else fitness related giving a thumbs up or thumbs down before you buy.

Disclaimer

You are required to get a physician's approval before starting this workout program. The information in this book is for educational purposes only. I am not a medical doctor and the workout presented in this book shall not supersede any contraindications from a prior medical condition or injury that you have sustained. The workout presented in this book is not meant to be a substitute for any exercise routine that was prescribed by your physician or an agent of your physician. The workout in this book is designed for healthy adults age 18 and older.

Some exercises in this book can pose inherent risks and you hereby take full responsibility of your own safety and knowing the limits that you can undertake. Make sure that any equipment that you have that is used in the workout presented is well-maintained and safe for use before you begin each workout session.

Before starting the workout presented in this book, you MUST meet with a certified personal trainer in order to learn perfect form for each exercise. Never lift a weight that is more than what you can lift when you are alone, injured or inexperienced.

You should always consult with your physician prior to making any major changes to your diet or exercise and should have a complete physical exam if you are diabetic, have high blood pressure, high cholesterol, overweight or over the age of 30.

If you follow the workout given within this book, you do so out of free will with the understanding that this workout was not specifically made for your individual situation.

If you choose to follow the workout mentioned in this book, and you come upon adverse effects in any way (dizziness, lightheadedness, extreme shortness of breath, etc.) you should cease following the workouts and consult with a physician immediately.

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Photography provided by Valerie Elsesser and Monica Jarema

Disclaimer: There are affiliate links to the 30-Minute Workout, Lean Body Workouts, and to the Lean Body Training Home Bodyweight Fat Loss Workouts in this report.

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Equipment Needed

- Towel (preferably a long sturdy beach towel)
- Water

Lean Body Training 30-Minute Workout – Intermediate

- Triset #1 – Complete the following exercises one right after the other with no rest:
 - Bodyweight Squat – 30 seconds
 - Kneeling Pushups – 30 seconds
 - Reverse Lunge – 30 seconds
 - Rest 30 seconds
 - After resting 30 seconds, complete another set of those 3 exercises again. Rest another 30 seconds and then complete one more set of those 3 exercises one last time.
 - Rest 60 seconds after you have completed the above triset 3 times and then move on to the next workout below.
- 4-Minute Workout:
 - The exercise that you're going to do is Squat Thrusts.
 - Keep an eye on a clock.
 - You're going to do 20 seconds of Squat Thrusts, and then you're going to rest for 10 seconds.
 - After that 10 seconds is up, you go right back to doing Squat Thrusts for another 20 seconds.
 - Continue doing 20 seconds of Squat Thrusts and 10 seconds of rest until you have done the Squat Thrusts sets 8 times (which would equal 4 minutes).
 - Make sure you're putting a lot of intensity and speed into the Squat Thrusts (but at the same time, making sure you keep perfect form).
 - Rest 60 seconds after you have completed the above 4-minute workout and then move on to the next workout below.
- Triset #2 – Complete the following exercises one right after the other with no rest:
 - Sumo Squat – 30 seconds
 - Door Towel Rows – 30 seconds
 - Plank – Forearms – 30 seconds
 - Rest 30 seconds
 - After resting 30 seconds, complete another set of those 3 exercises again. Rest another 30 seconds and then complete one more set of those 3 exercises one last time.
 - Rest 60 seconds after you have completed the above triset 3 times and then move on to the next workout below.

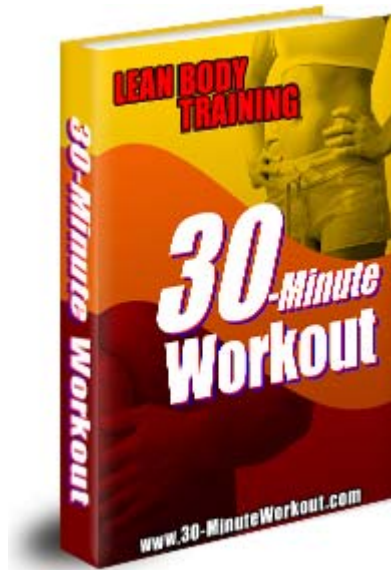
- Ten and Downs Workout:
 - There are three exercises involved in this routine: Bodyweight Squats, Kneeling Pushups, and Mountain Climbers.
 - Start by doing 10 repetitions of Bodyweight Squats.
 - With no rest, do 10 repetitions of Kneeling Pushups.
 - With no rest again, do 10 repetitions (on each side) of Mountain Climbers.
 - Again with no rest, go back and do 9 repetitions of Bodyweight Squats, then 9 repetitions of Kneeling Pushups, then 9 repetitions (on each side) of Mountain Climbers, with no rest between any of the exercises.
 - Then do a set of each of those exercises again, but only doing 8 repetitions (on each side for the Mountain Climbers).
 - Continue doing these exercises in this fashion but decreasing the number of repetitions that you do by one after each set.
 - When you get to doing just one repetition, hold the bottom of each of that one repetition of the Bodyweight Squat and Kneeling Pushup position for 30 seconds, and hold the inward part of the one repetition of the Mountain Climber for 30 seconds (on each side).

Lean Body Training Products

Don't forget about the other Lean Body Training products out there that include:

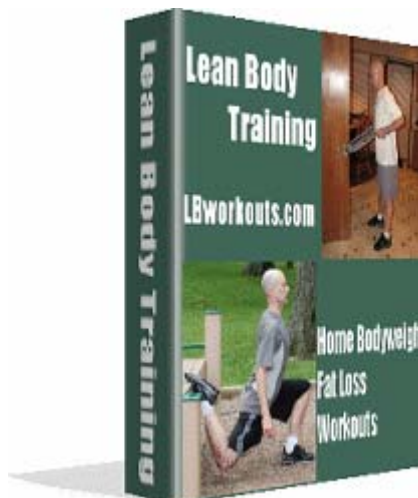
The 30-Minute Workout

Receive a new workout every month using just your bodyweight that you can do at home and complete in just 30 minutes, 3 times a week! Click the image below or go to www.30-minuteworkout.com for more information:



The Lean Body Training Home Bodyweight Fat Loss Workouts

Up to THREE months worth of workouts that you can do for FREE in your own home! Click the image below or go to www.LBworkouts.com/home-workout-routines.html for more information:



Exercise Descriptions

Bodyweight Squat

1. Stand with your feet just greater than shoulder-width apart and your arms straight out in front of you in line with your shoulders.
2. With your abs braced and butt muscles squeezed, start the movement at the hip joint and push your hips backward and “sit back in a chair.” Make your hips go back as far as possible and lower yourself as far as your range of motion will take you.
3. Keep your lower back tensed in a neutral position. Don't let your lower back round.
4. Pause, then push with your butt muscles, hamstrings, and quadriceps to return to the starting position. Continue the movement for the recommended number of repetitions or time.



Kneeling Pushups

1. Get down into a regular pushup position with your hands shoulder width apart resting on your hands and the tops of your toes. Make sure that your body is in a straight line and that you are not sagging or raising your hips.
2. Drop your knees straight down on the ground without moving them closer to your stomach.
3. Lower yourself down until your nose is only a few inches from the ground and make sure that your hips do not sag. Also as you are lowering, pull your shoulder blades together as far as they will go and make sure that your neck stays in line with your spine.
4. Pause for a second, then brace your abs and keep your body in a straight line from knees to shoulders as you push through your chest, shoulders, and triceps until you get to the top of the position. Repeat for the recommended number of repetitions or time.



Reverse Lunge

1. Stand with your feet shoulder-width apart.
2. Brace your abs, and contract your butt muscles as if you were squeezing something between your cheeks.
3. Step backward with left leg as far as you can, resting the toe on the ground.
4. Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor. Make sure that your upper body is straight and that you are not leaning forward.
5. Return to the starting position by pushing with your butt muscles.
6. Then follow the same movement but stepping backward with your right leg and supporting your body with the left leg.
7. Continue to alternate between legs until you have completed the recommended number of repetitions or time.



Squat Thrusts

1. Get into the top of the pushup position resting only on your hands and tops of your toes.
2. Thrust your legs into your body and then push them back out so that you are at back at the top of the pushup position again.
3. Continue this movement back and forth for the recommended number of repetitions or time.



Sumo Squat

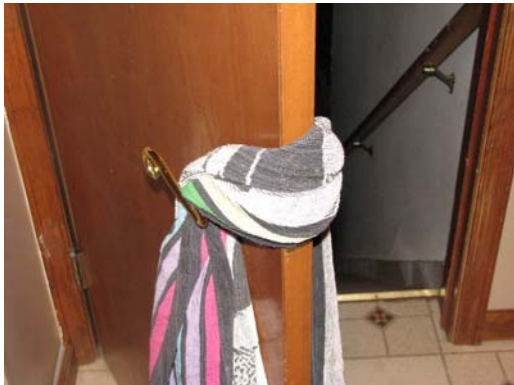
1. Stand with your feet greater than shoulder-width apart with your feet pointing a little bit outward.
2. With your abs braced and butt muscles squeezed, start the movement at the hip joint and push your hips backwards and “sit back into a chair.”
3. Make your hips go back as far as possible and keep your knees pointed out and let them naturally point in the same direction as your feet.
4. Keep your lower back tensed in a neutral position. Don't let your lower back round.
5. At the bottom of the position, push with your butt muscles, hamstrings, and quadriceps to return to the starting position. Continue this movement for the recommended number of repetitions or time.



Door Towel Rows

1. Wrap a long towel (like a beach towel) around each side of the door handles on a sturdy inside house door (see picture below for a visual).
2. Step back from the door while holding the towel until your arms are straight out.
3. Lean back from the bar so that your body is in a straight line but at a slight angle.
4. Focusing on using your back muscles, pull yourself towards the door, making sure to pull your shoulder blades together as far as they can go. Keep your arms as close to your body as possible when pulling.
5. Continue pulling until your body is standing straight up.
6. Pause for a moment, and then slowly return to the starting position where your arms are fully extended and your body is at a slight angle.
7. Continue this movement until you have done the recommended number of repetitions or time.

NOTE: Make sure that you have good traction in your footwear to reduce the chances of your feet slipping during the exercise.



Plank – Forearms

1. Lie on your stomach on the floor.
2. Raise your body in a straight line and rest your bodyweight on your forearms and toes so that your body hovers over the floor.
3. Keep your back straight and your hips up but not so high that your butt is sticking in the air. Hold (brace) your abs tight. Breathe normally.
4. Hold this position for the recommended amount of time.



Mountain Climbers

1. Start at the top of a push up position.
2. Keep your abs braced, pick one foot off the floor and bring your knee up to your chest.
3. Do not let your hips sag or rotate.
4. Let the tip of your toe touch the ground.
5. Keep your abs braced and return your leg to the starting position.
6. Perform the same movement on the other leg and return to the starting position.
Continue alternating between legs until you have completed the recommended number of repetitions or time.

