

Lean Body Training

30-Minute Workout

Beginner

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.

Copyright © 2010 by Lean Body Fitness, LLC

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.

Table of Contents

Equipment Needed 5
Lean Body Training 30-Minute Workout – Beginner..... 5
Lean Body Training Products..... 7
Exercise Descriptions..... 8

Equipment Needed

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

Lean Body Training 30-Minute Workout – Beginner

- Triset #1 – Complete the following exercises one right after the other with no rest:
 - Wall Hold – 30 seconds
 - Wall Pushups – 30 seconds
 - One Leg Hip Extension – 15 seconds on each side
 - 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 Knee Taps.
 - Keep an eye on a clock.
 - You're going to do 20 seconds of Knee Taps, and then you're going to rest for 10 seconds.
 - After that 10 seconds is up, you go right back to doing Knee Taps for another 20 seconds.
 - Continue doing 20 seconds of Knee Taps and 10 seconds of rest until you have done the Knee Taps sets 8 times (which would equal 4 minutes).
 - Make sure you're putting a lot of intensity and speed into the Knee Taps (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:
 - Waiters Bow – 30 seconds
 - Door Towel Rows – 30 seconds
 - Kneeling Plank – 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.

- Metaval Workout:
 - The exercises that you're going to do are Wall Pushups and Lying Hip Extensions.
 - Start by doing a 10 Wall Pushups.
 - Then with no rest, do 10 Lying Hip Extensions.
 - Then again with no rest, do 10 Wall Pushups again.
 - Then with no rest, go back and do another 10 Lying Hip Extensions.
 - Keep doing these sets of Wall Pushups and Lying Hip Extensions with no rest for 10 minutes (keep an eye on the clock or set a timer on your watch).

Lean Body Training Products

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

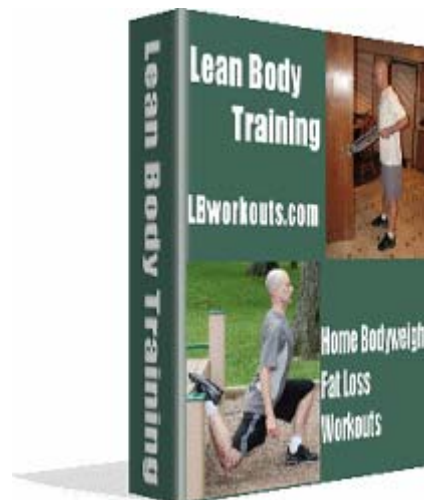
The 30-Minute Workout

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

Wall Hold

1. Stand in front of a wall (about 2 feet in front of it) and lean against it.
2. Slide down until your knees are at about 90-degree angles and hold for the recommended time. Keep your back straight and do not lean forward or place your hands on your legs while holding the position.



Wall Pushups

1. Stand facing a Wall with your feet 2-3 feet away from it.
2. Place your hands shoulder-width apart and at shoulder height.
3. Lower yourself towards the wall.
4. When you reach the wall, push yourself back up by pushing through your chest, shoulders and triceps. Continue the movement for the recommended number of repetitions or time.



One Leg Hip Extension

1. Lie on your back with your knees bent and feet flat on the floor.
2. Extend your non-dominant leg out straight so that it's just hovering above the ground.
3. Brace your abs, and contract your butt muscles as if you were squeezing something between your cheeks.
4. Bring yourself up by contracting your butt muscles and pushing down on the foot of your dominant leg. Don't use your lower back or the momentum of your leg.
5. Pause when you reach the top position and keep your abs braced and squeeze the butt muscles. Your body should be in line from your shoulders to your knee. The only parts that should be supporting you are your shoulders and your foot on your dominant leg.
6. Slowly lower yourself down to the starting position and repeat for the recommended number of repetitions or time.
7. Once you've completed all the repetitions or time with one leg elevated, complete all the repetitions or time using the other leg.



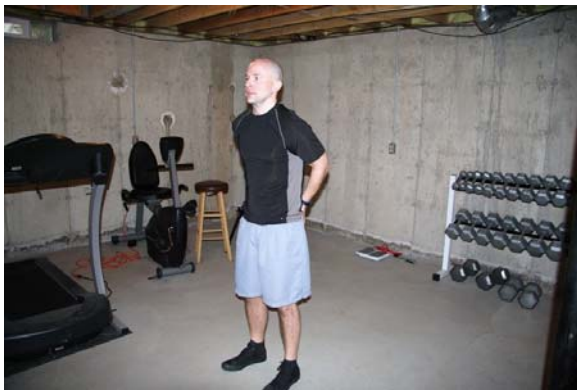
Knee Taps

1. Stand with your feet shoulder width apart, and bend your arms at the elbow right in front you of with your upper arms tucked into your sides.
2. Bring your left leg up as quickly as you can, touching your left hand with the top of your left knee.
3. Lower your left leg while at the same time bringing your right leg up and touching your right hand with the top of your right knee.
4. Continue back and forth between legs as quickly as you can and remembering to bring your legs up as high as you can to touch your hands until you have completed the recommended number of repetitions or time.



Waiters Bow

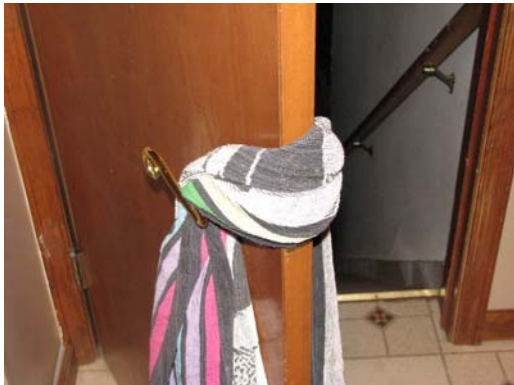
1. Stand with your hips shoulder width apart and place a hand on each of your butt cheeks as shown in the picture.
2. Bend slightly at the knees.
3. Push your butt back while keeping your back flat.
4. Visually view yourself as trying to touch the wall behind you with your butt, don't just lower your back to the ground.
5. Continue to push your butt back as far as you can without squatting down.
6. You should feel a stretch in the back of your legs.
7. Pause for a moment, and then contract your butt muscles to pull yourself back up into the starting upright position.
8. Continue the movement until you have completed 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.



Kneeling Plank

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. Lean down on both forearms with your hands in front of you. Your upper and lower arms should make an L-shape.
4. Hold this position for the recommended length of time.

