

**Lean Body Training**

**30-Minute Workout**

**Advanced**

**[www.30-MinuteWorkout.com](http://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

- Two (2) Chairs
- Water

## Lean Body Training 30-Minute Workout – Advanced

- Triset #1 – Complete the following exercises one right after the other with no rest:
  - Shuffle Squat – 30 seconds
  - Pushups – 30 seconds
  - Forward Diagonal 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 Burpees.
  - Keep an eye on a clock.
  - You're going to do 20 seconds of Burpees, and then you're going to rest for 10 seconds.
  - After that 10 seconds is up, you go right back to doing Burpees for another 20 seconds.
  - Continue doing 20 seconds of Burpees and 10 seconds of rest until you have done the Burpees sets 8 times (which would equal 4 minutes).
  - Make sure you're putting a lot of intensity and speed into the Burpees (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:
  - Y-Squat – 30 seconds
  - Chair Dip – Legs Elevated – 30 seconds
  - X-Body Mountain Climbers – 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.

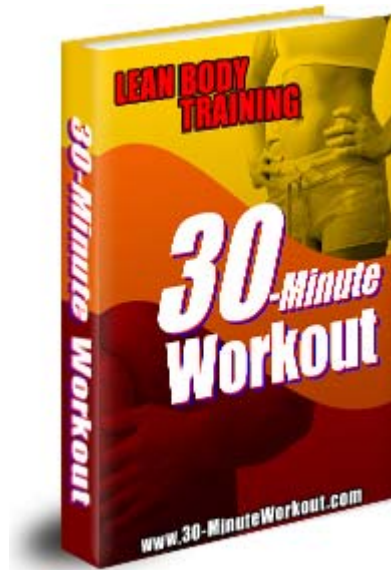
- 150 Workout:
  - The exercises that you're going to do are Jump Squats, Pushups, and Forward Lunges.
  - Start by doing 10 Jump Squats.
  - Then with no rest, do 10 Pushups.
  - Then again with no rest, do 10 Forward Lunges (10 on each side).
  - Then with no rest, go back and do another 10 Jump Squats, followed by 10 Pushups, and then 10 Forward Lunges (10 on each side).
  - Keep doing this (with no rest during the entire workout) until you have complete 5 sets of each of those exercises following that circuit of Jump Squats, Pushups and Forward Lunges.

## Lean Body Training Products

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

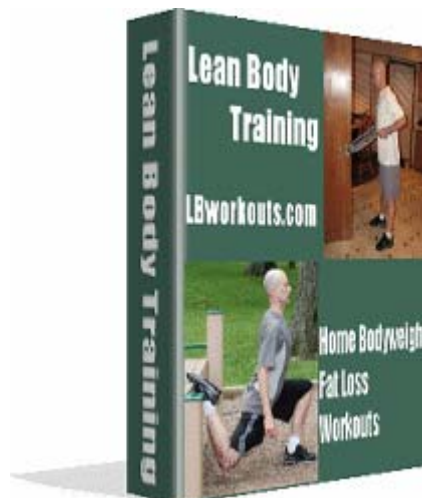
### **The 30-Minute Workout**

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](http://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](http://www.LBworkouts.com/home-workout-routines.html) for more information:



## Exercise Descriptions



## Shuffle Squat

1. Stand with your feet just greater than shoulder-width apart and your hands clasped together in front of you.
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. This is the starting position
3. Move your right leg to the right side without moving your left foot.
4. Bring your right leg back in towards your body and set it down next to your left leg.
5. Then move your left leg to the left side without moving your right foot.
6. Bring your left leg back in towards your body and set it down next to your right leg.
7. Continue this movement and alternating legs until you have completed the recommended number of repetitions or time.
8. Remember to stay in the squat position the entire time.



## Pushups

1. Get at the top of a pushup position by resting on your hands and the tips of your toes. Your arms should be shoulder width apart. Make sure to keep your body in a straight line from your shoulders to your feet and to not sag or raise your hips.
2. 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.
3. Pause for a second, then brace your abs and keep your body in a straight line from feet 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.



## Forward Diagonal 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. With your right leg, step forward in a diagonal direction and to the right while your left knee should be pointed straight ahead (right leg should be at roughly the 2 o'clock position but the knee should be pointed straight ahead).
4. Keep your upper body straight and eyes focused forward throughout the movement. Both knees should be pointed straight ahead.
5. To return to the starting position, focus on contracting the glutes and hamstrings of the right leg.
6. Make the same movement with your left leg (which would be at the 10 o'clock position) and then continue to alternate between legs until you have completed the recommended number or repetitions or time.





## Burpees

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 jump straight up.
3. When you come back down, squat down, and thrust your legs back so that you are back to the top of the pushup position.
4. Continue the movement for the recommended number of repetitions or time.



## Y-Squat

1. Hold your arms up over your head and on a 45-degree angle from your head (the 10:00 and 2:00 position), creating your body in a “Y” formation.
2. Hold your upper back and shoulders tensed throughout the exercise.
3. Stand with your feet just greater than shoulder-width apart.
4. Start the movement at the hip joint. Push your hips backward and “sit back into a chair.” Make your hips go back as far as possible.
5. Squat as deep as possible, but keep your lower back tensed in a neutral position.
6. Don’t let your lower back become rounded.
7. 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.



## Chair Dip – Legs Elevated

1. Hold on to the back of a chair behind you, with your feet straight out in front of you resting your heels on another chair.
2. Keep your back arched and close to the chair as you slowly lower your body until your upper arms are parallel to the floor.
3. Your upper body should remain straight.
4. Pause at the bottom and then press back up to the starting position.
5. Continue the movement until you have completed the recommended number of repetitions or time.



## X-Body Mountain Climbers

1. Start at the top of a push up position.
2. Bring your right leg up and across your body as far as you can go so that your right knee is point towards your left elbow.
3. Return your right leg to the starting position and repeat the movement using your left leg.
4. Continue alternating legs until you have completed the recommended number of repetitions or time.





## Jump Squat

1. Stand with your feet hip width apart and your toes slightly pointed to the outside.
2. Place each hand behind their respective ear and keep the shoulder blades contracted.
3. Keep your eyes looking straight ahead.
4. Start the downward movement by pushing back your hips and then bending your knees. **KEEP YOUR LOWER BACK FLAT/ARCHED. DO NOT ROUND THE LOWER BACK.** Pretend you are sitting back into a chair.
5. Continue with the downward movement until you have gone down as far as you can.
6. With no pause, forcefully and quickly, contract your butt muscles and push yourself up to try and jump as high as you can.
7. Once you return to the ground, retake your hip width stance and repeat for the recommended number of repetitions or time.





## Forward Lunge

1. Stand with your feet shoulder-width apart.
2. Step forward with your right leg, taking a slightly larger than normal step.
3. Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
4. Lower your body until your right thigh is parallel to the ground.
5. Keep your upper body upright and your lower back flat.
6. Push with your right leg to return to the starting position where both of your legs are next to each other. Make sure to keep your upper body straight as you are coming up.
7. Make the same movement with your left leg and then continue to alternate between legs until you have completed the recommended number or repetitions or time.

