

Fat Burning FULL BODY (Home Interval Workouts)

MINIMAL EQUIPMENT NEEDED

www.DareToLiveFit.com

www.McKaysMillTrainer.com

*It is recommended you consult your Doctor or Physician prior to starting a new exercise. If you start to feel dizzy, nausea, or pain please stop your workout and consult your Doctor.

*To increase the degree of difficulty and add in other exercise options, you may consider purchasing the following: Kettle Bell, Ab Ball, Dumbbells (5lb and 10lb to start), TRX, Step, Workout Band (Lightest resistance), Medicine Ball (5lbs).

HOW IT WORKS

1. **Choose** a cycle based on your current level of fitness (Start week 1)
Once you achieve 4 weeks, consider starting back at week 1 at the next Level up (i.e. from 2 min Beginner per cycle to 3 min Intermediate)
2. **Set timer** for assigned minutes (I.E. 2-7 minutes)
3. **Jump** from one exercise to the next without stopping until the timer goes off then take your assigned break (I.E. 3 minutes)
4. **After break**, consider selecting up to 3 more cycles to complete (4 total)
5. **Total workout** time should be between 15-35 minutes (including breaks)
6. **Please** take a minimum of **1 Full Day between Home Workouts** and on Rest/Recovery days, consider going for a 30-60 minute brisk walk or bike ride. Complete 2-3 **HOME WORKOUTS PER WEEK PLEASE...**

Assigned TIMES

(Beginner = 2 min) (Intermediate = 3 min) (Experienced = 5 min) (Expert = 7 min)

Week 1

WORKOUT CYCLE 1

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 8 Push Ups

1b – 8 Kneeling Bird Dogs (alternating leg and arm – opposites)

1c - 8 Body Squats

WORKOUT CYCLE 2

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 8 Side Squats (With Overhead Press)

1b – 8 Deadlifts

1c - 8 Plank Taps (with Toe Tap, tap left and right)

WORKOUT CYCLE 3

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 8 Reverse Lunge

1b – 8 Hip Bridge (lying flat on your back, raising hips up, heels in the ground)

1c - 8 Side Leg Raises (while on the floor)

WORKOUT CYCLE 4

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 8 Calf Raises (leaning against the wall)

1b – 8 Plank Punch (Punch alternating each arm)

1c - 8 Superman (Flat on your stomach, raise arms and feet, squeezing glutes)

WORKOUT CYCLE 5

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 8 Leg Raises (Laying on back with bent knees)

1b – 8 Shoulder Circles (Forward and Backwards)

1c - 8 Reverse Fly (Band)

Week 2

WORKOUT CYCLE 1

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 10 Push Ups

1b – 10 Kneeling Bird Dogs

1c - 10 Body Squats

WORKOUT CYCLE 2

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 10 Side Squats (With Overhead Press)

1b – 10 Deadlifts

1c - 10 Plank (with Toe Tap)

WORKOUT CYCLE 3

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 10 Reverse Lunge

1b – 10 Hip Bridge

1c - 10 Side Leg Raises

WORKOUT CYCLE 4

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 10 Calf Raises

1b – 10 Plank (with Punch on each arm)

1c - 10 Superman

WORKOUT CYCLE 5

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 10 Leg Raises (Laying on back)

1b – 10 Shoulder Circles (Forward and Backwards)

1c - 10 Reverse Fly (Band)

Week 3

WORKOUT CYCLE 1

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 12 Push Ups

1b – 12 Kneeling Bird Dogs

1c - 12 Body Squats

WORKOUT CYCLE 2

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 12 Side Squats (With Overhead Press)

1b – 12 Deadlifts

1c - 12 Plank (with Toe Tap)

WORKOUT CYCLE 3

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 12 Reverse Lunge

1b – 12 Hip Bridge

1c - 12 Side Leg Raises

WORKOUT CYCLE 4

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 12 Calf Raises

1b – 12 Plank (with Punch on each arm)

1c - 12 Superman

WORKOUT CYCLE 5

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 12 Leg Raises (Laying on back)

1b – 12 Shoulder Circles (Forward and Backwards)

1c - 12 Reverse Fly (Band)

Week 4

WORKOUT CYCLE 1

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 15 Push Ups

1b – 15 Kneeling Bird Dogs

1c - 15 Body Squats

WORKOUT CYCLE 2

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 15 Side Squats (With Overhead Press)

1b – 15 Deadlifts

1c - 15 Plank (with Toe Tap)

WORKOUT CYCLE 3

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 15 Reverse Lunge

1b – 15 Hip Bridge

1c - 15 Side Leg Raises

WORKOUT CYCLE 4

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 15 Calf Raises

1b – 15 Plank (with Punch on each arm)

1c - 15 Superman

WORKOUT CYCLE 5

ASSIGNED TIME: Select time based on your level of fitness

ASSIGNED REST: 3 Minutes

1a – 15 Leg Raises (Laying on back)

1b – 15 Shoulder Circles (Forward and Backwards)

1c - 15 Reverse Fly (Band)

Fat Burning Deplete Day (Cardio)

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Deplete Days

1. Warm Up 5-10 Mins (Elliptical or Bike Preferred)

- a. Blasts (5-10 sets 30 Sec) up to 90 sec Recovery in between each set
- b. Steady State 10 Minutes (Perceived exertion 6-7, use talk test)
- c. Intermediate Blast (5 sets 45 sec) w/ 2 min Recovery in between
- d. Steady State Finisher 15 Minutes (Perceived exertion 6-7, talk test)

***Use more recovery time i.e 90 seconds if 30 secs isn't enough to give it max effort during blast time.**

***If 30 Sec blast is too much, reduce by 5 seconds. I.E. 25, 20, 15 until you can achieve max effort during blast time.**

***Intermediate blast (c.) is not Max exertion. Perceived exertion 5**

Remember

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