Todd Kuslikis

The Complete Body Weight Training System

Build Muscle Fast With Workouts You Can Do Anywhere
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Welcome to A Shot of Adrenaline’s Complete Body Weight Training System!

My name is Todd Kuslikis and I am going to guide you on a journey of total body transformation with body weight exercises. Whether you have never worked out a day in your life, or you are an advanced body builder, you will benefit from this system. Many of the myths about body weight exercises will be destroyed as we look at what it means to build muscle and shed fat using body weight training.

This program is a full system of body weight training that contains everything you need. In this manual you will find the knowledge and workouts in order to get you started. In the accompanying video library cd, you will find pictures and videos to all of the body weight exercises. Use this as a resource guide. Look up the exercises and follow the videos.

If you are just starting out, please see your physician before beginning. I don’t know you and have no idea what you are capable of. Use your best judgement as to when you should push yourself and when you should stop a particular exercise. Exercise is not meant to be comfortable, though there is a huge different between tearing muscle tissue to stimulate muscle growth, and injuring yourself. The workouts are designed to stimulate maximum muscle growth.

But before we begin the workouts and dive in, I want to thank you for investing in yourself. Few people make exercise a commitment. By going through this program you are joining the few who cherish health and physical fitness. Good for you! I applaud you. Though now the journey begins. I thank you for letting me journey with you.

God bless,

Todd Kuslikis
King Shot Administer &
Founder of AShotofAdrenaline.net
Are you frustrated with your lack of growth in your muscles?

Are you exercising consistently and still not getting results?

If you have been in a fitness enthusiast for any length of time, you have experienced the frustration that comes along with not seeing progress after long hours in the gym. I can honestly tell you that success really only boils down to 3 things. These below principles will be the foundation for our journey on the Body Weight Training System. Follow them closely. They are key.

**Principle #1: Track Your Protein Intake**

Protein intake is critically important. This was a huge revelation for me. I used to work out like a mad dog and simply ended up losing body fat (which obviously was cool) but I wasn't building muscle. I was like, "What the heck?!" Then I learned that a person should be consuming 0.8-2.5 grams of protein per kilogram of body weight. For muscle gain, it is suggested to at least consume 1.25 grams per pound of lean bodyweight. A few examples:

- 100 lbs of lean mass = 125 grams protein
- 120 lbs = 150 grams
- 130 lbs = 162.5 grams
- 140 lbs = 175 grams
- 150 lbs = 187.5 grams
- 160 lbs = 200 grams
- 170 lbs = 212.5 grams
- 180 lbs = 225 grams
- 190 lbs = 237.5 grams
- 200 lbs = 250 grams

Track your protein intake religiously. If your not gaining muscle from your workouts, eat more protein.

**Principle #2: Exercise Effectively**

Some people need to ask themselves if they are exercising too much. There is a very important question to ask yourself that will revolutionize your thinking around...
muscle growth. This is it: At what point does the muscle grow?

Here's the process:
1. Tear the muscle tissue using weights or body weight exercises.
2. Let the muscle heal and rebuild, thereby getting stronger.

Simple, huh?

What if you could get through number one quicker...reducing your workout time by 3 or 4 times? You can. The principle is called Occam's Protocol and teaches you to get to the point of tearing the muscle quicker. Essentially, the only reason you go through all those reps is to get to the point where your muscle is failing. That's where we affect change. So why not get there quicker?

Here's one of the first principles of Occam's Protocol:
GOOOO SLLOOOWWW WERRRRR. Go slower. Got it? Do a 5 second count on the way down and a 5 second count on the way up. Some of the workouts in this program will incorporate this principle and others will not. Use it as a tool in your tool belt. If you feel like you're not getting the most out of the exercise, slow it WAAAYYY down.

**Principle 3: Rest, Rest, Rest...**

This may be counter intuitive for you but please understand me correctly... your muscle needs rest in order to rebuild! It is impossible for it to grow effectively if you are tearing it day in and day out. This will lead to muscle fatigue and you will never get the results you are looking for. You must give it rest and time to rebuild. Research tells us that it takes between 48 and 72 hours for muscle tissue to completely rebuild after an intense workout session. You have to honor this fact and not weight train before that, otherwise you will not be building the muscle but continuing to tear it. Over weeks of doing this the muscle never gets a chance to recover. I typically will do one very intense weight training workout session for my upper body and one very intense weight training workout session for my lower body a week. That's it. All the other days I do yoga, martial arts, or some other cardio training. So remember, in order to build muscle mass fastest, give your body a rest.

Now that we have laid the foundation, let's move on to some specifics about body weight exercising....
Chapter 2. Body Weight Exercises Vs Weight Lifting

There seems to be an almost cult-like following inside the body weight exercise community promoting the belief that the benefits of body weight exercises far surpass those of weightlifting. Whoever thinks this is drinking WAY too much Kool-Aid. Although using your own body weight to get ripped fast is extremely effective, this perspective is like saying running is a more effective exercise than swimming. The best way to train is to utilize a combination of both.

HOWEVER...If someone had a gun to my head and said, you can only use one type of exercise (Yeah, I’m scratching my head wondering how this would every happen too...), I would choose body weight. Here is why:

**Faster Workouts**
Traditional weight lifting typically incorporates one or two major muscle groups per exercise session. You work out a muscle, wait for recovery, then begin again. With body weight exercises you don’t need to wait as long because you are using many muscles during each exercise. This way, you fatigue more quickly and don’t need to spend as much time exercising.

**Target More Muscle Groups**
Other than the time benefit, targeting more muscle groups via body weight exercises helps you develop a more full look. A lot of bodybuilders who use traditional weight lifting end up with developed chest muscles and biceps but puny chicken legs. The reason is because they work out what they can “show off”. With body weight exercises you are working the whole body all at once.

**Less Chance of Injury**
Many positions in traditional weight lifting cause an undue amount of pressure on your joints. If you’re not careful you can blow out your shoulder, for example, by using too much weight on a bench press. The same muscle group can be worked out using the body weight pushup and you end up strengthening your shoulder instead of weakening it like with weights.

There are however two sides to every coin. One major downfall of body weight exercises is the fact that it is more difficult to isolate a particular muscle. You will not end up looking like Arnold by doing only body weight. Though this program will guide you in obtaining a body like Brad Pitt, which is what the ladies like anyway right?
Chapter 3 - The Truth Behind Building Muscle Without Weights

There are so many skeptics in the fitness arena including the personal trainer world. They are preaching that weights are the key to building sculpted, ripped bodies. This just ain’t true. Don’t listen to them. They don't understand how to use basic human anatomy to put the body in difficult angles that can produce the same resistance on the muscle as heavy weights.

Below are 3 lies people will tell you, whether that be an article you are reading online or your personal trainer at the gym.

1. You Need Weights In Order To Build Muscle
Whenever you workout and provide resistance on the muscle, as long as you bring the muscle to the point of total failure, you will be tearing muscle tissue. This is a good thing if your goal is to build muscle. Traditional line of thinking is that in order to get the muscle to that point quicker, simply add weight. This is true. Though most people will tell you that you MUST add weight. These people don’t know about how to use angles properly to put yourself in an extremely disadvantageous position that provides just as, if not more, resistance than adding weight. For example. Say you wanted to strengthen your chest. You are somewhat advanced and can do a good 50 or so pushups. Your personal trainer may think, “Ok, I’ve got to either get this guy to wear a weight vest or get him on the bench to have him build muscle.”

The above lie is totally ignorant. Using angles can be just as effective, if not more. So take the same guy again. Just by adjusting the angle, he can do an incredible muscle building body weight chest exercise that will leave his muscles crying. Enter...the Crucifix Pushup! Have him get in a normal pushup position to start off with. Then have him begin to walk his hands out as wide as he possibly can until his face is 3-4 inches off the ground. Then while keeping his body completely straight, have him VERY slowly do a pushup. He will only be moving 2-3 inches total. Have him do 5 seconds down and 5 seconds up. I guarantee he’ll only be able to do a few. Make him do it for 60 seconds and he’ll be screaming.

2. If You Don’t Use Weights, Your Workouts Need To Be Longer To Build Muscle
We really shouldn’t be spending so much time in our workouts. We need to get to the point where we tear the muscle tissue faster. Why go through 20 reps just to
get to the 21st where we feel the fatigue? Why not get to that point much sooner? You can. Here are a few keys to shorten up your workout but get better results.

3 Ways To Get Better Results In Less Time
1. Increase Your Intensity- As Tony Horton in P90X says, “Bring It!” You have to bring it if you want the results. Pansy footin’ around the gym or your home ain’t gonna bring you guns.
2. Slow Your Reps Down- The faster you go during a rep, the more you will be using momentum. Slow your reps down to get the best results.
3. Use Negative Reps- There are two aspects to every movement: a positive movement and a negative movement. For example, during a bicep curl when you bring your weight up toward your face, that’s the positive movement. When your hand goes down, that’s the negative rep. Research has shown that during the negative movement, your muscle actually tears more effectively than during the positive movement. So incorporate this into your workouts.

3. Its More Geared Toward Women
This isn’t just a lie your personal trainer will tell you but also a lie most of the meat heads in the gym will tell you. They think there is some miracle in a heavy object that magically gives you bigger muscles. It’s not the weight but the resistance that produces results. Remember, resistance is the key. So whether you are pushing a barbell off your chest, pushing your body off the ground or pushing a car that died on the street (sorry, just happened the other day), it’s the resistance of the movement that is most important. Body weight exercises are not just for women. Use them properly and see how effective they are.
Chapter 4 - Debunking the “Perfect Workout Myth”

I find it fascinating how so many people are in search of the “perfect workout.” There are 33,100 people searching for the key words “perfect workout” on Google each month. I’m not sure if this is due to products such as the “perfect pushup” or the “perfect pull up” coming out...but we need to ask ourselves, “Does the perfect workout really exist?”

3 Reasons Why People Are Looking For The Perfect Workout

1. Time Crunch
So many people seem to be in a time crunch and they feel like they can’t fit a workout in their busy schedule. So they search for a workout that claims it can give you “Six Pack Shortcuts”, “10 Minute Abs” or whatever other “secrets” are on the market nowadays.

2. Fear Of Failure
People don’t want to feel like they are doing the wrong thing because they don’t want to fail. They want to get healthy and look great so they try to maximize the efforts by searching for the “perfect workout”.

3. They Just Plain Don’t Like Working Out
This may be the clincher. Most people don’t like the feeling of being uncomfortable. I’m sorry to say that if you are exercising properly, you’re gonna be uncomfortable. I find it kind of sad when I go to the gym and I see people day in and day out jumping on the elliptical, with no resistance, just zoning away watching their morning television shows for 30 minutes, than hopping off without a drop a sweat on their brow. This ain’t exercising. You may say, “Be proud of them for at least getting to the gym.” Sorry. I am not one for mediocrity.

So Is There A Perfect Workout?
You may have guessed by now that I don’t believe there is a perfect workout. I believe in scientific principles that need to be incorporated into exercise to create change. Though I don’t believe the hype of companies marketing a workout being “perfect” just to exploit people’s need and desire to have a short workout. This is important to understand because as you create your own body weight workouts or go through the workouts below, realize that it is better to just do it and not worry if you are doing everything perfect. Just engage in the activity. Over time, your form will get better, your breathing will deepen and your results will come.
Chapter 5 - HIITin It Hard In Your Workouts

Here we come to one of your first Body Weight Training tools to put in your tool belt. High Intensity Interval Training is one of the most effective ways of burning fat while doing your body weight workouts. Here’s the skinny on HIIT....

High Intensity Interval Training Defined
Interval Training (also known as HIIT) uses short bursts of intense exertion followed by short periods of rest during an exercise session. There are several studies out there showing exactly how long each exertion and rest period should be. We will be highlighting the Little Method and the Tabata Method in our body weight training program.

Here’s How You Do It:
Choose an amount of time that you will exercise for a very high level of intensity. Say, 30 seconds. You could do pushups, hindu squats or any of the exercises in the manual. Do this exercise for the amount of time you decided, then rest for 10 seconds. Continue to do this throughout the workout.

I tend to use a 30 second exertion period and a 5 second rest period (Tabata Method) but you may play around with different rest periods and see what works best for you. It is important to exercise at full capacity during the exertion period. This means that you are literally giving it 100%. Then during the rest period you are allowing your body to recover before you jump back into the exercise.

Benefits of High Intensity Interval Training
There are several benefits to HIIT. The list only begins with the following:
1. Shorter workouts need to achieve the same results
2. Cardio-vascular strength
3. Muscular strength

How to Create Your Own High Intensity Interval Training Plan
This really depends on your goals. If you are using High Intensity Interval Training to improve your athletic ability for a sport, then you may want to focus on more cardio vascular exercises. If you are utilizing HIIT to shred body fat and develop a strong physique, than you will want to focus on body weight exercises like the ones found in this manual.

For the latter, choose a body part to work out. There are many different types of body weight exercises to choose from. Pick 5-8 difficult ones to perform during
your interval training workout. You can couple them together or do one exercise as many times as your set calls for then move on to the next.

**High Intensity Interval Training Methods**

*Little Method*

In 2009, there was a study that showed the benefits of using a split of 60 seconds exercise, 75 seconds rest repeated for 8-12 full rotations. This method is very demanding. Remember to perform a 3-5 minutes warmup and 3-5 minute cool down before beginning any exercise routine.

*Tabata Method*

The Tabata Method uses a split interval of 20 seconds of really intense exercise followed by 10 seconds of rest. This is repeated for 8 cycles. In the study, athletes that used this exercise method 4 times per week made similar gains to athletes working out 5 times per week.

**High Intensity Interval Training Equipment**

The only piece of equipment that you will need is an interval timer. There are several interval timers online. If you don’t want to use an online interval timer, I highly recommend GymBoss ([www.GymBoss.com](http://www.GymBoss.com)). They make a great one, that is inexpensive and clips onto your shorts.
Chapter 6 - The Importance of Dynamic Tension For Tightening & Toning

This is your next tool in your body weight exercise tool belt. There are many muscle building tools out there but most can’t compare to Dynamic Tension. It is a muscle building technique (very similar to isometric exercises) that is rarely used but extremely important to the body building process. Your muscles are made up of many fibers. Think of them as long strands that can get longer and shorter (kind of like a rubber band). When you lift something heavy, these fibers shorten so you can lift it. The heavier the object, the more fibers that are recruited. However, your body is designed to use the least amount of muscle fibers in order to achieve the goal.

Dynamic Tension Demystified
It is possible to recruit more fibers for a simple task. Here’s an exercise.

Try this...

Stand with your arm at a 90 degree angle. Begin to tense up your bicep muscle as tight as you can. Go ahead, tighter...tighter...tighter! Keep it tight, now place your other hand on top of the hand that is tense and push down as hard as you can. You will notice that you just recruited more fibers in order to prevent your arm from going down.

This can be used in muscle building too. It’s a mental thing though. You have to visualize using more fibers as you lift weights or perform your workouts. Pretend you have several layers of muscle fiber around your arm. Begin to tense up each layer tighter and tighter starting from the layer closest to your bone. You will notice tremendous pressure beginning to develop around your bone. This improves bone density and helps you build muscle quicker.

Dynamic Tension vs Isometric Exercises
Isometric exercises are performed without movement as well. However, Dynamic Tension incorporates more mental imagery. In Dynamic Tension, you visualize the muscle contracting more and more in order to try to recruit as many muscle fibers as possible.

Got it? Try this very important technique in the below workouts. It’ll take them to the next level. I guarantee it.
Chapter 7 - How To Create a Body Weight Exercise Routine

There are a few important steps when creating your own body weight exercise routine. This type of workout is different from traditional weight lifting because the routine will take into consideration gravity and the angle of your body in relation to gravity. There are a few questions you want to ask yourself before beginning:

What part of the body do I want to workout today?
Many body weight exercises strengthen the entire body in one movement so although this is an important question, much of the time it doesn’t apply as much as traditional weight lifting. Though you can hone in on body parts just as easily as lifting with weights. When setting up your schedule, I recommend splitting your body up into four categories. These are:

a. Upper Body Exercises
b. Lower Body Exercises
c. Ab Exercises
d. Whole Body Exercises

Each day you can choose to target a specific area or simple choose option (d) whole body exercises and workout your whole body.

How long do I want to workout?
I recommend keeping your workouts shorter. You do not need (or want) huge rest periods between workouts. 30 seconds should be enough time. Even if you’re doing the same exercise over and over again. Use an interval timer to keep the workout moving. I recommend keeping the workout between 25-30 minutes. I workout typically 4-5 times per week and this is certainly enough. You have to make sure the workouts are intense though.

What exercises should I do?
There is a full list of exercises in the accompanying manual. Choose one of the below workouts. Look up the exercises or check out the videos. You’ll learn everything you need to know. It’s important though to choose your level: Beginner, Intermediate, or Advanced and then a body region. If you are doing a full body workout you could choose a series of whole body exercises or choose 5 exercises from each category and do them successively. Making sure you only give yourself 20-30 second rest in between.

Important!
Again, as I said in the beginning, the focus of body weight exercises is on the angle of the body. There are two angles you want to think about:

1. **At what angle am I working the muscle?**
The muscle has many fibers in it. When you position your body at a slightly different angle, you work the fibers of the muscle differently.

2. **What angle is my body in proportion to gravity?**
This is an important question because this is how you position yourself in order to target the different fibers of the muscle. For example, say you were doing a normal pushup. You would be working mostly the muscle fibers in the middle of the pec. If you put your feet on a box or couch, this elevates your upper body and targets the fibers in your upper chest.

Creating your own body weight exercise routine can be fun and rewarding. Follow the above steps in order to properly develop a routine that fits your goals and lifestyle.

So here you have it. You have completed the basics of understanding what body weight exercises are, tools in order to maximize your workouts and even learned how to create your own body weight workout routine. I recommend immediately going to Part III of this training manual and choosing a workout and beginning immediately.

Below in Part II you will find some bonus chapters on the importance of working out with a partner including traits you want to have in a workout partner, how to keep a good workout buddy and even how to workout effectively with your spouse.
Part II - Key Success Factors

Chapter 8 - 7 Traits that Make up a Good Workout Buddy

Finding the right workout buddy that has all of the below quality traits is difficult. Though if you have found one, hold on to that person like a life raft in a storm. They will be so important in keeping you afloat in the storms of exercise adversity.

Quality Traits

1. Internal Motivation
You need to rely on your workout buddy at times just like they will need to rely on you. Find someone that is internally motivated. Internal motivation means that they have the fire within themselves to want to succeed. Ask your potential workout buddy why they exercise as a starting question. If their answer goes something like, “Because my doctor told me I need to lose weight” or “Because my husband thinks I look fat,” than they probably don’t have internal motivation. If they answer something like, “Because I am making a lifestyle change and am ready to do something for me,” than this could be a great indicator of internal motivation.

2. Goal Setter
Your potential workout buddy should have some goals written down. They should know what they want and how to get them. They don’t need to have everything figured out but they should have a basic plan in place. If they are wishy-washy in what they want, this indecisiveness will eventually rub off on you.

3. Encouraging
You want your workout buddy to be encouraging and uplifting. He should be able to lift you up when you feel down and give you positive affirmation. When I went to Western Michigan University I had a workout buddy that was so uplifting that I couldn’t wait to exercise with him. He always had a smile on his face and made you feel good to be around him. This is what you are looking for in a good workout buddy.

4. Healthy Habits
There is an expression that we are the product of the 5 people we keep closest to us. If your workout buddy has unhealthy habits they can very quickly rub off on you. Your workout buddy should not be a smoker or drinker. They should have the desire to incorporate habits that improve their quality of life, like good nutritional practices.

5. Not Being a Show-off
Your workout buddy should not be a show-off. At different times in your exercise lifestyle, either person may be making strides more quickly than the other. Say for example you are running. You have a knee that hasn’t been feeling the greatest but your workout buddy is in top shape. If he tries to show off and tell you how you’re being a baby and then runs on ahead, you may feel the need to catch up. This could quickly lead to an injury. If your workout buddy has a tendency to make you feel like this, drop him like a bad habit.

6. Open Minded
There is nothing worse than when you find a new exercise you really like and suggest it to your workout buddy and he is totally closed off to it. He should have an open mind to trying new things and cross training. This will help both of you stay out of an exercise plateau.

7. Relational
The key to having a good workout buddy is team work. You need to be able to rely on each other and enjoy each other’s company. If your workout buddy is a lone wolf, than you will not be able to rely on him in times of need. Drop him fast and find a new one.
Chapter 9 - How To Find & Keep a Good Workout Buddy

Having a good workout buddy can mean the difference between life and death in exercise success. We all need someone to lean on at times and your workout buddy plays a key role in helping you get through these trials. Though we live in a world where we sometimes rely more on our Blackberry than our trusted friend. Relationships have in many ways, flown the coop. Where do we find this workout buddy that will stick with us through thick and thin. Below you will discover a step-by-step guide in finding a GOOD workout buddy.

Step 1- Discover the Quality Traits that Make Up a Good Workout Buddy
If you don’t know these see the above chapter.

Step 2- Search In Key Locations
Your workout buddy most likely will not pop out while you are shopping at the grocery store. You must be proactive. Here is a list of places to search when looking for a good workout buddy.
1. Your Local MeetUp Group- Search MeetUp.com for fitness groups.
2. Gym or Health Clubs- Sometimes you just need to get started and keep your eyes peeled for your potential workout buddy.
3. Personal Trainers- Call up your local personal trainer and ask if they have any ideas. Most are extremely friendly and more than willing to help you find someone, even if you don’t utilized their services. Remember, they have clients that need accountability too, above and beyond the trainer. They may be able to become your match-maker.
4. Online Communities- Don’t underestimate the power of the social web. Exercise groups within social sites like Facebook or communities devoted only to fitness like SparkPeople.com offer great opportunities to network into finding a good workout buddy.
5. Local Parks- Spend some time at your local park. Bring your dog and play frisbee while keeping your eyes peeled for prospective workout buddies. If you do spot someone, don’t be afraid to go up and say “Hi!”
6. Local Events- Local events such as community runs, offer great opportunities to rub shoulders with other committed exercise enthusiasts.

7. Local Clubs- Especially in larger cities, there are many local clubs that allow you to meet other like-minded individuals. Do a quick Google search such as “Grand Rapids Running Clubs” (If you live in Grand Rapids) and you’ll find several options to choose from.

**Step 3- Interview Your Potential Workout Buddy**
I’m not joking about this one. Take this step just like how you would if you were interviewing someone for a job you were filling. Create a list of questions that you would want your workout buddy to answer correctly. It’s not about finding just someone to workout with but finding the RIGHT person to workout with. You need to have a similar vision as your workout buddy. Realize again that birds of a feather flock together. Make sure your he has similar interests as you do.

**Step 4- Get a Plan in Place**
If your workout buddy passes all your questions (or at least most of them- hey, nobody is perfect) than sit down and create a plan. Visit Extreme-Exercises.com and choose a routine or choose one of the below body weight workouts. Print off two copies and you and your workout buddy can either workout together or workout separately but keep each other accountable for your workouts.

**Step 5- Evaluate Your Relationship**
Every so often you need to sit down with your workout buddy and evaluate your relationship. Make sure you both are still on the same page and headed in the same direction. If you are not, it is ok to split. Remember the goal of the relationship was exercise success so don’t be afraid to end it. Yet if you are still on the same page this is a great time to reinforce your commitment. Get some clarity on your goals and help each other achieve them.
Chapter 10 - Tips On How To Exercise With A Spouse: A Personal Reflection

My wife (Allison) and I got married about 3 months ago and have been faithful in exercising about 4-5 times a week. We mostly focus on strength training but will occasionally go for a hike or play racquet ball together at the campus. I can’t tell you how much I enjoy this time together. One of every man’s needs in a spouse is sharing in recreational activity. I have learned this first hand through the sharing of our daily workouts together. This section is about how to be successful when trying to stay consistent in exercising with a spouse.

In marriage, it is said that two become one. Though this can seem the furthest thing from the truth when you look at a husband’s and wife’s passion for physical fitness. One person may come from a family that exercised every day at the Y, ran marathons and did family bike rides. The others’ family may have thought their daily physical exercise was how many times they walked to the fridge for a cup of ice cream. If you have the desire to exercise with your spouse there are a few important principles to remember.

3 Benefits of Exercising with a Spouse

1. Accountability To Get Ripped (Men) or Stay Lean (Women)
Both Allison and I are in good shape, but knowing that she is my accountability partner drives me to workout even harder. On days that I don’t want to workout she helps get me downstairs and pushes me through the workout. On days she doesn’t want to, I am there for her.

2. Motivation Through Positive Encouragement
The thoughts that pass through our mind can be deeply motivating if they are positive... and deeply discouraging if they are negative. Having your spouse beside you while exercising and hearing their positive encouragement is motivating to the umpteenth extent. Allison frequently tells me, “Babe, you can do it. Push through. I’m so proud of how strong you are.” This turns me into Rocky and I feel like I could beat up Mr. T., that Russian guy from Rock IV and Tommy Guns all at the same time.

3. Deeper Spouse Connection Through Recreational Activity
As stated above, one of a man’s deepest needs is recreational activity with his wife. During and after our workouts, we have an incredible connection with each other. Going through our workouts together is kind of like a mini adventure which builds an even deeper bond.
5 Must Follow Tips When Exercising With A Spouse

1. Measure Your Progress Religiously
In order to progress in fitness, you must track your results, whether you are exercising with a spouse or not. Though with your partner it can be especially motivating. Taking before & after pictures, measuring waist lines, arm sizes, body fat percentages, etc. can be great tools to show how your progressing.

Important Tip!
Don’t put too much stock in the results of these from month to month. Yes, you should be seeing progress over the long haul. But it is more about the habit of physical activity that creates change in your life rather than the results from one month to the other.

2. Be Encouraging Before, During & After The Workouts
It is SOOO important to keep a positive attitude during your workouts with your spouse. Since you live with this person (and for those that have lived with their spouse a long time) you may not feel like you want to verbally encourage them. Maybe they have hurt you just recently or you are holding onto something in the past. Let it go for the hour that you exercise. That issue doesn’t exist. Encourage them verbally. Call them “Sexy thing”. Slap them on the butt and give them a wink. Trust me, it works.

3. Do Some Type Of Exercise You Both Enjoy
Exercise can get boring especially if you do the same thing over and over again. Find something you both enjoy. If it’s jogging, jog. If it’s biking, bike. If it’s scaling vertical rocks, than do that. The important thing is that you both enjoy the activity so each person can feel like they have some ownership in it.

4. Give Each Other Kisses During Your Workouts
This is important especially for those whose love language is physical touch. I say “kisses” here but really it can be a high five, slap on the bum, chest bump or whatever you both like. Establishing the connection through a physical touch will help create more energy between the two of you.

5. Trade Off On Workout Music Or Find A Common Genre
Ok, we come to the hot button issue...music. Why music is so important to us I do not know, but it is. Allison loves country. I can’t stand it. Though I could listen to classical music while working out and she can’t. We have to respect each other’s preferences and find something we both like or come at it from the approach of service and let them listen to what they like for today, knowing that you will get to listen to your music tomorrow.
4 Deadly Sins To Ruin Your Spouses Motivation To Exercise

1. Saying, “You’re Lookin Kinda Fat.”
Please don’t ever say this to your woman...no matter what. Trust me on this fellas, it will have the opposite effect. It WILL NOT motivate them. For all you ladies out there- don’t tell your man that he is losing muscle or not looking ripped. This is the same thing for them. Tell them “You look ripped like Brad Pitt baby...you’re turning me on so much.” This will get them pumping those guns every day so he can look even more ripped for you.

2. Telling Them How Attractive Someone Else Is
You may think if you tell your spouse about the tight abs that you saw on this woman at the gym that it will motivate her to work on her abs because she knows that you enjoy tight abs. It doesn’t work that way. It will only demotivate her because she will look in the mirror and see herself as unattractive and lose all motivation for any type of exercise. Tell her how beautiful she is and tell her the amazing progress she is making. This will dramatically spike her motivation and you’ll be rubbing your hands on her tight stomach in no time.

3. Getting In An Exercise Rut
Getting in an exercise rut can ruin couple moral. Since you and your spouse are doing the same thing over and over again, you will not be making progress because your not stimulating your muscles in different ways. And since you won’t be making progress you lose your motivation and you’ll quit. So plan things into your exercise routine that are different and fun. This will spice up your exercise regimen.

4. Just Going Through The Motions
This sin goes along with number two but relates more to during the exercise session. Even if you have done a particular workout a bunch of times don’t just go through the motions. Add some intensity. Make the exercises a contest with your spouse. Try to beat them on a particular exercise then encourage them to do the same.

Bonus Question: What If My Spouse Hates Exercise. How Do I Get Them To Do It With Me?

I firmly believe that internal motivation is much stronger than external motivation. I mean, only when your spouses’ perception changes, will they ever be truly motivated to exercise. You can not force them to get off the couch. Yet you can inspire them. The first step is for you to focus on yourself. Matthew 7:5, “Take the plank out of your own eye before you take the sliver out of someone else’s”.

AShotofAdrenaline.net’s Complete Body Weight Training System 21
Work on yourself first. Your spouse will see your change and will become inspired to change him/herself too. This is the best way to do it.
Part III- Body Weight Workout Routines

Workout 1 - 3 Month - Extreme Body Weight Exercise Training Plan

Why’s it so great anyway?
There are 3 major benefits to this extreme exercise training plan:

Intensity- This program delivers results VERY quickly. It will give you the body of a Navy SEAL- chiseled abs, ripped shoulders and a tight chest.

Variety- Since you are doing only one set per exercise, you will not get bored.

Results- This program utilizes both Angular Training (targeting the muscle from different angles) and compound sets (fatiguing the muscle with no break in between).

Keys to this Training Plan
1. No rest in between each exercise. You move right to the next exercise as soon as you reach total fatigue with the previous exercise. You don’t stop until you are totally done with the exercise session. You can stop briefly to drink water but that is it!
2. Make sure to have plenty of fluid handy. You will sweat a ton with this training program.
3. Keep track of your total reps. You must keep a detailed log of how many reps you do of each exercise. The goal is to break that number each time you exercise. For example: Say you were doing a Dolphin Pushup and you did 20 of them. The next time you do your exercise session you must try your absolute best to break that number without stopping. If you do have to stop because you have reached total fatigue, then take a couple seconds and finish up so you do more than 20. Then move on immediately to the next exercise.

How do I do it?
The full 3 Month - Extreme Body Weight Exercise Training Plan is outlined below. Follow the guide. Do each exercise only once then immediately move onto the next exercise. Do NOT take any breaks.

Month 1- What was I thinking! Month
This week is intense even though it is your first month. It is geared to give you results quickly so you will stay through the program. Weeks 1-3 will be your active weeks and Week 4 will be an active recovery. This means that you will NOT do any type of weight training or body weight exercises. Use this week to job, play tennis, swim, or any other activity you like to do. This is important! Don’t break this rule. Your exercise sessions will be 3 X Per Week. For example: Mon/ Wed/Fri or Tues/Thurs/Sat. Once you are done with Month 1, move on to Month 2.

Exercise Schedule
Week 1
3 X Per Week
Week 2
3 X Per Week
Week 3
3 X Per Week
Week 4
Active Rest Period

**Exercise Routine**
5 Upper Body Exercises
Barbwire Pushup
Condensed Pushup
Deep Pushup
Diamond Kiss Pushup
Frog Pushup

5 Lower Body Exercises
Hindu Squat
Crazy Lunge
Falling Tower Exercise
Karate Squat
Bear Squat

3 Core Exercises
Dolphin Pushup
V Up Exercise
Side Plank Exercise

2 Misc Exercises
Gracie Drill Exercise
Plank Runs Exercise
Month 2- Crazy Intense Month
Month 2 is Crazy Intense. I hope you enjoyed your active recover month because you will be glad you did it now that this month is starting up again. You will be working out 3 X Per Week just like Month 1 but you will be adding 1 Upper Body Exercise, 1 Lower Body Exercise and 1 Misc Exercise. Follow the below routine. Again, this week you will get an active recovery week.

Exercise Schedule
Week 1
3 X Per Week
Week 2
3 X Per Week
Week 3
3 X Per Week
Week 4
Active Rest Period

6 Upper Body Exercises
Earthquake Pushup
Grand Canyon Pushup
Heart Pushup
Helicopter Exercise
Spider Pushup
Stretch Pushup

6 Lower Body Exercises
Hindu Squat
Crazy Lunge
Bear Squat
Duck Walks
Karate Squat
One Legged Squat (both sides)

3 Core Body Exercises
Mummy Sit up
Imaginary Walking Exercise
Kissing under the Arch Exercise

3 Misc Exercises
Bear Walk Exercise
Full Bridge Exercise
Pyramid Exercise
Month 3- Navy SEAL Hell Month
This is Hell Week for sure. You will be doing the below exercise routine 4 X per week. For example: Mon/Tues, Thurs/Fri. Make sure you get through all the exercises. Remember, you are only 4 weeks away! Weeks 1-3 will again be the training weeks and Week 4 will be your active recovery.

Exercise Schedule
Week 1
4 X Per Week
Week 2
4 X Per Week
Week 3
4 X Per Week
Week 4
Active Rest Period

7 Upper Body Exercises
Bouncy Spring Pushup
Falling Pushup
Helicopter Exercise
Diamond Kiss Pushup
Barbwire Pushup
3 Prong Pushup
Condensed Pushup

7 Lower Body Exercises
Hindu Squat
Sunken Squat
Falling Tower Exercise
Catcher’s Squat
Duck Walks Exercise
Karate Squat
Crazy Lunge

4 Core Exercises
Dolphin Pushup
Frozen V Sit Exercise
Horse Pushup
Side Plank with Leg Lift Exercise

3 Misc Exercises
Wall Walks Exercise
Squat Thrust with Pushup
Spiderman Walk Exercise
Workout 2 - 4 Minute Extreme Lower Ab Workout

Many people find it difficult to target the lower abs during their workout routines. This lower ab workout guide will lead you through a very intense 4 minute routine that will target specifically the lower abs. In this workout, you go from one exercise to the next with only minimal rest (5 seconds). If you can’t make it through the entire routine, that is ok. Do the best you can.

4 Minute Extreme Lower Ab Workout

Descriptions
To view the video check out your video library accompanied with this program. One important aspect when doing abdominal exercises is to keep a straight back. It is difficult at first but over time you should get accustomed to keeping your back straight during all exercises. In this lower ab workout, you will also need an interval timer. An interval timer is a timer that beeps at certain intervals, hence the name. ;).

3 Reasons This Lower Ab Workout Is So Good
1. This Lower Ab Workout Uses Supersets
The principle of supersets means that you go from one exercise the next with minimal to no rest in between. When working your lower abs, you want to make sure you get at least some cardio to your workout.

2. This Lower Ab Workout Targets Effectively
Each of these exercises were put together to target your lower abs. Most people know only the crunch and sit up exercises to strengthen their abdominals. Yet there are a ton of other exercises out there especially for strengthening the lower abs.

3. This Lower Ab Workout Takes Only 4 Minutes
So many people have such a busy life. Getting an ab workout in, especially for their lower abs is one of the last things on their mind. This workout was designed to be short but effective.

You Must Reduce Body Fat To See Your Abs
It is critically important to remember that you can have the strongest abs in the world but if you do not lose the body fat around your mid section, you will not see your abs. Generally speaking, men need to be lower than 12% body fat and women need to be lower than 15% body fat to start to see their six packs.

Exercises In This Lower Ab Workout
1. V Holds
2. V Bicycles
3. Single Leg V Lift for Left Side
4. Single Leg V Lift for Right Side
5. V In & Outs
6. Plank Reverse Leg Lifts
7. Weighted Oblique Twists
8. Laying Straight Leg Foot Bouncers
Workout 3 - 5 Minute 6 Pack Abs Wedding Workout Plan

Get that sexy six pack and trim waist line for that special someone before the honeymoon. This ab workout plan is meant to be started 1 month before the wedding to give you those washboard abs that everyone desires on their wedding night. Follow the program below and your six pack abs will be showing in full bloom.

Important
Please realize that if you have excess fat over your abs no amount of working out will make your abs show. You can NOT spot reduce. If you are overweight, you will need to begin burning off the calories along with utilizing the ab workout plan below in order for you to get your six pack before your wedding night.

Description
This routine is meant to be done 5 days a week for 4 weeks up until your wedding. If you have more or fewer days, then simply adjust the total days that you do the exercise plan. Basically, you should be doing this routine every weekday. Then give your abs the weekend off to rebuild and recuperate. There are 5 exercises below. You will do each exercise for one minute each with no break in between. Use a stopwatch or timer and set it for 1 minute. If you reach fatigue before the end of the exercise, take a break for NO MORE THAN 5 seconds, then hop back into the exercise until the minute is up.

Exercises
Each of the below exercises you will do for one minute each. Immediately move on to the next exercise after you complete the full one minute. Keep track of your reps on the Routine at the end of this manual and each time you do it, do at least one more rep.

Exercise Routine
Hip Dip Exercise (30 sec each side)
Helicopter Exercise (30 sec each side)
Frozen V Sit Exercise
Imaginary Walking Exercise
Grand Father Clock Exercise
Workout 4 - 7 Minute Love Handle Burnout

Love handles can be a pain to get rid of and exercises used to shred your waist can be difficult to find. Yet, if you are looking for that sexy mid-section follow the below routine and you are sure to find that six pack and tight waist waiting around corner.

Important!
There is no substitution for good nutrition. Again, if you have too much excess fat around your waist it doesn’t matter how strong your core muscles are, no one will see them. Following a good nutritional guide is critical for losing love handles and gaining six packs abs.

Routine Description:
For this exercise you’ll need a stopwatch. Each of the below exercises you will do for 1 minute. There will be no rests in between each set. This is very important for maximum burnout of your love handles and abs. If you absolutely can’t make it the full minute rest for 5 seconds, then jump back into the set. For example, say you are doing the Fallen Cross Exercise and you reach 30 seconds and fall because you reach fatigue. Count 5 full seconds and jump back into the exercise and make it the rest of the way. If you still can’t make it, count another 5. This Rule of 5 will be important to follow when using body weight exercises.

Start with Handcuffed Running Exercise and immediately go from one exercise to the next until you are done. The full routine should take just over 7 minutes.

Workout Schedule:
Do this routine 4 X per week for 3 weeks. At the end of the 3 weeks you will see significant change.

Items needed:
Stopwatch- You will need a stopwatch for this exercise. You could use an egg timer, the timer on your watch or even the timer on your cell phone, if it has one.

7 Minute Love Handle Burnout Exercises:
Handcuffed Running Exercise
Hip Dip Exercise on Right
Hip Dip Exercise on Left
Kissing Under the Arch Exercise
Fallen Cross Exercise on Right
Fallen Cross Exercise on Left
Helicopter Exercise
Workout 5 - 15 Minute Chest Burnout

Burning out your chest is the key to getting that chiseled look that every man wants. Using really difficult exercises helps tear the muscle tissue. Yet, most people stop there. If you want to get well defined pecs you have to take it a step further by doing what is called a Chest Burnout. This means that you target every fiber in your chest from different angles and you burn them out several times. This workout routine is designed to help you do that. You’ll need a little over 15 minutes for total burnout and trust me, you’ll be feeling the effects the next day.

Description
Every one of the below exercises targets your chest in a unique way and helps tear the muscle tissue to the max. There are 3 sets to this routine with 5 total exercises. You will go through each exercise for one minute and at the end of the 5 exercises take a 1 minute break. Get out your timer because you’ll be needing it. If you absolutely must take a break in the middle of a set, then do so but count to 5 and get back into it. The point of this routine is to burnout your chest and when you are not working out your are not burning out.

Exercises
Go through all the exercises once (and to total fatigue). Then take a one minute break and do them all again. Do a total of 3 sets.
Spider Pushup
Condensed Pushup
Deep Pushup
Heart Pushup
Falling Pushup

Tips
1. Make sure you have plenty of water handy. Drink a lot during the 1 minute break.
2. Do some dynamic stretching during your 1 minute break. You’ll want the muscle elastic for the workout.
3. Try doing this routine 3 days a week for 4 weeks. You’ll notice a huge difference in your definition.
Workout 6 - 30 Day Extreme UFC Workout Plan

This extreme exercise plan is for mixed martial artists and UFC fighters that have been in the sport of awhile and are looking to get totally shredded before their next fight. This routine is intense and builds tremendous strength as well as a ripped body. It utilizes periodization to lead up to your fight and incorporates 5 rounds of exercises, just like a fight. It is meant to get your muscles used to burning out so they are stronger and less likely to burnout during a fight. Though be warned, it is extreme, and should only be done by those that have been working out for awhile.

The 30 Day Ultimate Workout Plan uses compound sets. You will have two heavy days for your upper body, two heavy days for your lower body and one lighter day that works the entire body. Upper body workouts will be on Mondays and Thursdays and Lower body workouts will be on Tuesdays and Fridays. The general body workout will be on Wednesday and be used as an active recovery.

How to do it
You will need a timer or stopwatch. You will have 5 rounds of 5 minutes of exercises. In each round, you will not get a break but get a 1 minute break after each round. The routine should take you about 30 minutes to complete. Make sure you are keeping track of your reps (using the FREE PDF Routine below). Each time you do the exercise you should shoot for at least one more rep than you did previously. Do not get it in your head that you should be decreasing the reps because of fatigue. Always shoot for one more than you did previously, even if you have to stop for 2 or 3 seconds to crank out the last few reps.

Caution
One Week 4 you really should focus on decreasing your reps or doing an active recovery week (swimming, running, etc). Going into a fight with your muscles burned out is foolish. Give your muscles this week to recuperate and prepare for the fight. If you are doing this routine for general fitness, then have it! Crank out this last week as you’ve never done before!

Below you will find a list of exercises for each day.
Upper body round- Mon/Thurs
Go through each of these exercises in rapid fire then take a one minute break at the end of the round. After the minute, jump back into it again.

3 Prong Pushup
Earthquake Pushup
Helicopter Exercise (30 seconds each side)
Cow Jumping over the Moon Exercise
Barbwire Pushup
1 minute break than do it again 4 more times

Lower Body Round- Tues/Fri
Go through each of these exercises in rapid fire then take a one minute break at the end of the round. After the minute, jump back into it again.
Hindu Squat
Bear Squat
Crazy Lunge
Falling Tower Exercise
Squat Thrusts Exercise
1 minute break than do it again 4 more times

General Workout Round- Wed
Go through each of these exercises in rapid fire then take a one minute break at the end of the round. After the minute, jump back into it again.
Wall Walks Exercise
Gracie Drill Exercise
Pyramid Exercise
Grass Hoppers Exercise
Dolphin Pushup
1 minute break than do it again 4 more times
Workout 7 - Extreme 300 Workout Routine

Although not from the movie, this extreme workout routine incorporates 3 of the most effective body weight exercises into one daily routine. They are the core movements for building muscular strength. If you do this routine every weekday for a month and will notice a huge difference in your physique and overall strength. You will feel like an ox if you dedicate yourself to this dedication for the full month.

Description
The 3 core movements in this exercise are the Hindu Pushup, the Hindu Squat and Squat Thrust with Pushup. You will do each exercise 100 times and then move on to the next exercise until you are down with all three. The goal is to get through all of them without taking any breaks. At first, you may need to rest briefly in between reps. That is ok, though try your best to push all the way through. You will work up a sweat during this routine so get ready. You won’t need a timer like the other exercises though make sure to pay attention because if you lose count you’ll have to start over from scratch. ;)

Exercises
Hindu Pushup
Hindu Squat
Squat Thrust with Pushup

Workout Schedule
Week 1- 5 X per week
Week 2- 5 X per week
Week 3- 5 X per week
Week 4- 5 X per week
Workout 8 - Hardest 3 Minute Bodyweight Chest Workout

This bodyweight workout routine was designed to give you maximum results in the shortest amount of time. Everyone is busy. And finding a workout for chest development can be difficult when you don't have the time to scour through the internet. This routine can be performed anywhere with just a few props.

3 Minute Bodyweight Chest Workout Description

The below will guide you through each bodyweight exercise in the workout. Make sure to warm up before you begin any exercise routine. The workout consists only of 4 exercises.

3 Reasons This Chest Workout Is So Good:
1. Incorporates Plyometrics to Blast the Chest
   Each exercise is a plyometric movement. This means that you will be using your fast twitch muscle fibers throughout the routine. Your muscles are made up of both fast twitch and slow twitch fibers. Some people naturally have more which gives them the edge in sports that require you great agility. For example, Barry Sanders, the great running back for the Detroit Lions, had amazingly developed fast twitch fibers which allowed him to maneuver people out of their shorts. Though Barry may have had a greater ratio of fast twitch fibers, that doesn't mean it didn't train like a mad man.

2. Uses Compound Sets to Obliterate The Chest
   Use this workout routine to strengthen your chest, arms and abs. The reason the workout strengthens your body so well is not only because it incorporates plyometrics so well, but also because it uses compound sets. This means that you go from one exercise to the next without any rest. This way, you chest muscles never get a chance to fatigue.

3. Uses Bodyweight Exercises to Fatigue the Chest
   The final reason this chest workout routine works so well is because you are using bodyweight exercises. Your muscles can move through their full range of motion and incorporates all of the stabilizers muscle groups in the chest.

Exercises In This Chest Workout Routine
   Chair Hops Exercise
   This exercise is a doozy. You'll want to stabilize your chair so it doesn't move while your hopping on top of it. Tremendous plyometric chest exercise.
Grand Canyons Exercise
Great chest exercise that strengthens both the inner and outer portions of the chest. Since you are bouncing between an outward position and an inward position, it requires your muscles to adapt very quickly.

Climbing Tower Exercise
Killer chest exercise because you are climbing up the chair and than falling down to the ground. The negative portion of the exercise (as explained in the video) is what murders your chest so effectively. Be careful with your wrists on this one. You don’t want to strain your wrists when you come down.

Supermans Exercise
Great chest exercise that again incorporates Plyometrics. Try to extend your arms as far as you can. In the video I don’t get them out very far. Try to beat me. :)

Workout 9 - Insane No-Weight Leg Routine

Using body weight exercises is one of the most effective ways of burning out your legs. Many weight lifters suffer from the top-heavy syndrome. Their upper body is extremely developed yet their legs are little chicken sticks. Using this Leg Workout Routine twice a week will add some bulk to your lower half and give you the ability to jump over small homes and kick down locked doors. Ok, maybe not the last couple, but I haven’t done this routine for years on end so just it might just be true, O ye of little faith!

Description
The Insane No-Weight Leg Routine incorporates 9 Extreme Leg Exercises in a way that is designed to totally fatigue your legs. You will do the the first three exercises to maximum fatigue, then rest for 30 seconds then go into the next three exercises, then rest for 30 seconds, and finally finish up the last 3. The 30 seconds in between the three sets are the ONLY times you are resting during this exercise workout. The point is to burn out your legs. Remember to keep track of your total reps, mark it down in the Downloadable Routine and work toward completing more reps the next time around.

Exercises
1st Session
Hindu Squat
Crazy Lunge
One Legged Bird Squat
---break---
2nd Session
Karate Squat
Falling Tower Exercise
Duck Walks Exercise
---break---
Catcher’s Squat
Sunken Squat
Squat Thrusts Exercise
Workout 10 - Quick & Brutal 5 Minute Body Weight Leg Workout

This body weight leg workout routine is designed to blast your legs and butt muscles in a very short amount of time. Most people think that you need to spend hours in a gym to get firm buns and toned, sculpted legs. This is a fallacy. You just need a bit of commitment and this workout as your go to guide to achieving great looking legs.

Quick & Brutal 4 Minute Body Weight Leg Workout
The above video will guide you through each exercise in the leg workout. Make sure to notice the form that I show you in the video. When ever you are doing body weight leg exercises, it is especially important to remember to not let your knees go over your toes. Some exercises will force this to happen but as a general rule to any exercise, try to keep your knees either in line or on the inside of your toes.

3 Reasons This Body Weight Leg Workout Is So Good:
1. This Leg Workout Incorporates Supersets
Supersets are when you do two or more exercises in a row with little to no rest in between. The idea it to totally fatigue the muscle from many different angles and not give it a chance to recuperate between sets. So by the end of it, you’re totally dead.

2. This Leg Workout Incorporates Angular Training
Angular Training is when you target one muscle group from multiple angles. In this leg workout, you will be adjusting your foot position several times throughout the workout. In this way the emphasis shifts from one part of the muscle to another. This way, you totally fatigue your entire leg and butt muscles in a short amount of time.

3. The Leg Workout Incorporates The Principle of Slowness
Most people just want to crank out reps during their body weight leg workout routines. This is stupid. It’s not about how many reps you can do but how you perform the reps. You want to be slow and deliberate in your workouts. This workout incorporates a deliberate 5 second up and 5 second down movement. It is a total killer for your legs.
Exercises In This Leg Workout Routine
1. Elevated Stationary Lunge
The Elevated Stationary Lunge is the most difficult body weight leg exercise in this routine. It puts almost all of the focus on your front leg and the fact that you are doing the movements slowly helps to blast the leg muscle even further. Try to make sure that your knee is not going over your toe during this exercise.

2. Stationary Lunge
Stationary Lunge is a great body weight leg exercise for developing tremendous strength. In combination with the other exercises this will totally fatigue your muscles to the max.

3. Narrow Stationary Lunge
The Narrow Stationary Lunge is unique but very effective. Basically, you move your back leg up so that your feet are relatively close together. This positions the muscles in a different way that changes the focus differently. In combination with the other body weight leg exercises in this routine, this exercise is extreme.

4. Side Lunge
The Side Lunge is the final exercise in this body weight leg workout. It again changes where the workout is targeting in your butt or legs.
On the next page you will find a personal blank workout program for you to track all of your workouts. I HIGHLY recommend doing this. I know you won’t want to but it is a must for increasing in your strength and fitness ability. Peter Drucker once said, “What ever gets tracked, gets managed.” This means that you have to track your workouts or you will probably at some point get discouraged and quit. Do it, you will thank me later.
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Appendix II - Guide To Using the Body Weight Exercise Video Library

The Body Weight Exercise Library is a large file. Be patient as it downloads. It will showcase all of the exercises explained above. You will want to follow the movements precisely.

The are divided into:
Core
Lower
Misc
Upper

These signify the regions of the body. When choosing your workouts go through each section in the library and pick out a few exercises. Learn them well and add them to your chart above so you can track how many you are doing. This is important for measuring results.