

Includes the
Bodyweight Chaos Circuit

14 Day Jump Start Workout Blueprint



Get a **Fast** Start
To Your Fat Loss

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Serious Fat Loss

Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only. The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your

physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

This will be your “go-to” resource for when you need to drop fat fast... as in just 14 days.

Rule of the Day Nutrition is 80% of Your Success

To simplify it, go with the rule I learned from Craig Ballantyne, who learned it from someone else that I can't remember (don't judge me).

Eat food, mostly plants; not too much

If you need an idea of how many calories to consume, it's between 10-12 X your current body weight in lbs. But for some more nutrition strategies, you can check out:

<http://cranktraining.com/2011/04/07/simple-fat-loss-nutrition-rules/>

But the more simple it is, the better. Eliminate the junk, eat lots of veggies, and stay away from liquid calories. Keep it simple... that alone cuts calories. You can journal your food intake and calories free at www.fitday.com.

Warm-up Circuit

Do the following circuit twice, with no rest between exercises but 30 seconds between circuits:

- A) Body Squat – 15 reps
- B) Pushup or Kneeling Pushup – 10 reps
- C) Stick-up – 8 reps
- D) Stability Ball Leg Curl – 8 reps
- E) Plank (20 secs)

Important: With each resistance exercise, choose a weight where you can only lift one more rep than prescribed (if it calls for 8, then you should choose a weight that you can only lift 9 times). Do not train to failure! For bodyweight exercises, adjust them to your fitness level. For example, if 8 decline pushups aren't challenging, you can do decline Spiderman pushups to increase the difficulty.

Day 1 – Workout A

- General Bodyweight Warm-up Circuit followed by 1 min of rest
- Do the following circuit with no rest between exercises but 1 minute of rest between circuits (in the first circuit you will do 12 reps, in the second circuit you will do 10 reps and in the third circuit, you will do 8 reps)

- A) Lunge Jumps – 12 ea, 10 ea, 8 ea
- B) Decline Pushups (slow down your tempo at each set) – 12, 10, 8 reps
- C) DB Row – 12ea, 10ea, 8ea
- D) Stability Ball Leg Curl (slow down the tempo with each set) – 12e, 10e, 8e reps
- E) Stability Ball Jackknife – 12, 10, 8 reps (if you can't do a jackknife, then you can do the Stability Ball Rollout – to increase the difficulty, slow down the tempo)

Finisher

20 DB/KB Swings, rest 30 seconds – Do this 5 times

Day 2 – Intervals (treadmill or running outside recommended)

Start with a warm-up (3/10 exertion) for 5 minutes

1 minute – (8/10) interval

1 minute – (3/10) recovery

Do this 2-part cycle 8 times (16 minutes)

Cool-down for 5 minutes (3/10)

For more info on how to do intervals, visit:

<http://cranktraining.com/2011/02/22/interval-training-for-fat-loss/>

Day 3 – Workout B

- General Bodyweight Warm-up Circuit

In the same fashion as Workout A:

- A) DB Goblet Squat – 12, 10, 8 reps
- B) DB Piston Row – 12, 10, 8 reps – ea side
- C) DB Romanian Deadlift 12, 10, 8 reps
- D) 1-Arm DB Shoulder Press – 12e, 10e, 8e reps
- E) Cross-Body Mountain Climbers – 10 ea on all sets

Finisher

Do the following superset resting as little as possible... in the first superset you will do 10 reps, in the next superset you will do 9 reps. Keep going in this fashion until you do 1 rep each.

- A) Jump Squats (starting at 10), 9, 8, etc. down to 1
- B) Push-ups / Kneeling Push-ups (starting at 10), 9, 8, etc. down to 1

Day 4 – Intervals (bike recommended)

Start with a warm-up for 5 minutes (3/10 exertion)

30 seconds (9/10) interval

60 seconds (3/10) recovery

Do this 2-part cycle 8 times (12 minutes)

Cool-down for 5 minutes (3/10)

Day 5 – Workout C Bodyweight Chaos Circuit

General Bodyweight Warm-up Circuit followed by 1 min of rest.

Do the following circuit 3 times, with no rest between exercises but 1 minute of rest between circuits:

- A) BW Split Squat (1-1/2 rep style) (10 ea leg)
- B) Chin-ups (2 short of failure) – if you don't have access to a chin-up bar, then you can do DB rows (8)
- C) Spiderman Pushups (8 ea)
- D) Prisoner Forward Lunge (12 ea. leg)
- E) Mountain Climbers (15 ea. leg) (30 total)

Finisher

Do the following circuit 3 times with no rest between exercises but 30 seconds between circuits:

- Burpees (8)
- Close-Grip Pushups (15)
- Total Body Extensions (20)

Day 6 – Intervals (same as Day 2 Intervals)

Day 7 – Recovery day (optional) – take a 30 minute recovery walk at a very comfortable pace... this will help with sore muscles

Repeat Days 1-7 for week 2

For videos and descriptions of the exercises above, please visit:

<http://www.youtube.com/user/CrankTraining/videos>

You can search for any video by putting the name in the search bar.

Please email me if you need help or can't find an exercise demo:

info@cranktraining.com