



Braveheart 2.0

Bodyweight Workout

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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

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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.

When I designed the original Bravheart Bodyweight Program in 2011, the response was, well, surprising. I thought for sure people would be upset with me due to the high demand of the challenging bodyweight workout.

But alas (that word is cool), people love a challenge. So, that is what inspired me to create Braveheart 2.0.

The bodyweight challenge continues...

Rule of the Day

Nutrition is at least 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. Use www.fitday.com to track your calories. It is tedious for a few days, but it's worth it. You will then know what you're bringing in.

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.

Moving on...

Below you will see Bravheart 1.0, followed by Braveheart 2.0. Good times my friend, good times.

Braveheart 1.0

Although this is a bodyweight program, you will need a few things. You'll need a chin-up/pull-up bar, stability ball, ab wheel (optional) and some blue face paint (optional as well).

Do the following circuit one time, resting only when needed. Form takes precedence! When form starts to break down, you **MUST** stop and rest. You can break the exercises into smaller "sets". For example, you could do 5 pull-ups, rest, and then continue in that fashion until you complete 20 reps. But you must complete all reps before moving onto the next exercise. Record the time it takes you to complete the circuit. The next time you perform this circuit, try to beat your previous time. Exercises 8-10 are chaotic. Enjoy... or something like that.

- 1) Bulgarian Squat Jumps (20 ea leg)
- 2) Pull-ups (20)
- 3) Close-Grip Push-ups (40)
- 4) Ab Wheel or Stability Ball Rollout (25)
- 5) Jumping Jacks (100)
- 6) Alternating Prisoner Cross-Over Lunge (25 ea leg)
- 7) Cross-Body Mountain Climbers (20 ea)
- 8) Burpee Chin-up Combo (10)
- 9) Decline Spiderman Push-ups (10 ea side)
- 10) Burpee Chin-up Combo (10) (Yes, I typed that on purpose)
- 11) Stability Ball Jackknife (30)
- 12) Swing Lunge (forward lunge into a reverse lunge) (15 ea)

Rest at least 48 hours before trying Braveheart 2.0

Braveheart 2.0

You will perform the following circuit twice, resting for 2 minutes between circuits. Form is the utmost importance. When form starts to break down, rest and then continue. Split the sets into smaller sets if needed. The conditioning chaos circuit is like eating a “Good Times” burrito saturated in Awesome Sauce.

- 1) Chin-up with Knee-up (15) (or superset inverted rows with SB Jackknife -15 per exercise)
- 2) Bulgarian Squat (1-1/2 rep style) (12 ea leg) – Go all the way down, come halfway back up, then all the way down, and then all the way up. That’s one rep.
- 3) Eccentric Decline Pushups (20) – take about 3-4 seconds to lower yourself, and about 1 second to return to the starting position
- 4) Single Leg Romanian Deadlift (20 ea leg)
- 5) Stability Ball Pike (20) or Cross-Body Mountain Climber (if you don’t have a SB) (20 ea)

Conditioning Chaos Circuit

- 6) Jump Squats (20), rest 10 seconds
- 7) Superman Pushups (15 ea - alternating), rest 10 seconds
- 8) Total Body Extensions (40), rest 10 seconds
- 9) Spiderman Pushup Planks (1 X 15 secs on ea side), no rest, move onto
- 10) Climbing Burpees (15)

Hang on, there’s a finisher, too. I’m sorry. After the second circuit, rest 30 seconds and then perform the following finisher as shown:

The “3 X 5’s” Finisher

Squats (5), Jumping Jacks (5), Pushups (5), rest 5 seconds

Do the above 5 times

Braveheart Bodyweight Bonus Program (or a cool name like 3.0)

Be sure to rest 48 hours between sessions

Do the following circuit 3 times, resting for 1 minute between circuits. The abs get shot pretty hard from the Elevated Push-ups into the Spiderman Pull-ups. You're welcome. Now be brave.

- 1) Lunge Jumps (8 ea)
- 2) Elevated Pushups (12 ea side)
- 3) Spiderman Pull-ups (4 ea)
- 4) Run in Place (40 seconds)
- 5) T Push-ups (8 ea side)
- 6) TD Reverse Lunge (15 ea)
- 7) Upper countdown – 4 Chin-ups, 4 Push-ups, 3 Chin-ups, 3 Push-ups, etc., etc. until you complete 1 of each.
- 8) Burpees (As many as possible in 40 seconds)

The “Up By Tens” Finisher

Do the following circuit once

Triple Stop Push-ups (go halfway down, pause for 1 second, go the rest of the way down, pause for 1 second, come all the way up – that's 1 rep) (10)

Low Box Jumps (20)

Mountain Climbers (30 ea side)

Body Squats (40)

V-Plank (25 secs ea side – 50 secs total)

Jumping Jacks or the Kong (60 secs)

Videos of the exercises can be found at:

<http://www.youtube.com/cranktraining>

Simply type in the box the exercise you're looking for and click on search. If you have trouble finding an exercise or have any problems, please contact support at

cranktraininghelp@gmail.com

We will be glad to help you!

I'll see you at the finish,

Mike Whitfield, CFNC, CTT

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