

DAY 7 EXTREME FAT LOSS

Plan



Mike Whitfield, Master CTT

Welcome from Mike Whitfield, Master CTT



We've all been there... the big reunion coming up or a wedding... or perhaps you're getting back from vacation with the dreaded vacation weight.

"Moderate and consistent" is great, but right now, it's not enough. You need something more aggressive. That's where the 7-Day Extreme Fat Loss Guide comes in.

It all starts with the nutrition plan that's super simple, yet very powerful.

Then you'll have a 7-day blueprint for exercise that will crank your metabolism into the next millennium.

These 7 days are TOUGH, but the rewards are a leaner, flatter stomach. Our best client dropped a whopping 11 pounds in 7 days!

This plan has it all... hardcore nutrition and hardcore exercise.

You can use this 7-day plan when you need to drop fat faster than ever, but I recommend no more than once a quarter because it demands a lot physically and mentally.

You ready? Let's do this...

Mike Whitfield, Master CTT

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, 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 fitness 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 any exercise including but not limited to 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, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. 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 dietitian. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question on my facebook page here:
www.facebook.com/workoutfinishers
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



Your Nutrition Plan

It's simple.

- 1) Stick with the grocery list below
- 2) Use the portions as outlined (this way you don't have to count calories)
- 3) AVOID starches and grains. You can have ANY ONE serving of fruit immediately after your workout (or within 90 minutes).

Yep. That's it. No complicated formulas or any of that.

Each day you get:

4 servings of protein
1 serving of fruit (within 90 minutes of your workout)
2 servings of fats
Free veggies (all you want)

Now one thing we discovered is that the folks that ate the same thing every day had the most success because it was just 7 days and it was easy to remember. Here's a sample day:

Protein shake with water and apple (8AM after workout)
Protein shake with water and 1 serving of almonds, celery sticks (12PM)
1 serving of Beef Jerky (3PM)
Chicken Breast sautéed in olive oil, green beans (7PM)

Here's a simple guideline in serving sizes...

Use your palm to determine protein portions

Use your thumb to determine fat portions

Free veggies – unlimited (the veggies on the grocery list are nutrient-dense and not calorie-dense, making you feel full faster and that's why they are "free").

Let's show some examples.

Protein

1 serving is the size of your palm. So, here's what 1 serving of protein looks like:



Fats

1 serving of fat is the size of your thumb. So here is what 1 serving looks like:



List of 7-Day Foods

PROTEINS

- Bass
- Beef Jerky
- Chicken breast
- Cod
- Eggs
- Egg whites / liquid egg whites
- Extra lean ground beef
- Extra lean ground turkey
- Flank steak
- Halibut
- Lobster
- Pork loin
- Roughy
- Salmon
- Scallops
- Shrimp
- Swordfish
- Tilapia
- Top round steak
- Tuna steak
- Tuna
- Protein powder (low-fat/low-carb) (I recommend Bio-Trust – it tastes great plus without all the artificial crap and sugars you find in other protein powders. Find out more at <http://ruckus1.biotrust.com/Shop.asp?p=LowCarb>)

CARBOHYDRATES

Remember – your carbs should come from fruit only, within 90 minutes of your workout. Any fruits are fine. Starches/grains or any other carbs – NONE for the next 7 days.

FREE VEGGIES LIST

(Can be eaten at any time)

- Artichoke
- Artichoke hearts
- Asparagus
- Beans: green, Italian, wax
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage: bok choy, Chinese, green
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Eggplant
- Green onions or scallions
- Greens: collard, kale, mustard, turnip
- Jicama
- Kohlrabi
- Leeks
- Lettuce (green, red, romaine, etc., etc.)
- Mixed vegetables without corn, peas or pasta
- Mushrooms
- Okra
- Onions
- Oriental radish or daikon
- Pea pods
- Peppers, all varieties
- Radishes
- Rutabaga
- Sauerkraut
- Soybean sprouts
- Spinach
- Sugar snap peas
- Summer squash
- Swiss chard
- Tomato: raw, canned
- Turnips
- Water chestnuts
- Zucchini

FATS

- Almonds / almond butter
- Almond milk
- Avocado
- Avocado oil
- Cashews / Cashew butter
- Coconut milk
- Coconut oil <= **GREAT fat to keep in your diet!**
- Coconut
- Extra virgin olive oil
- Flaxseed
- Flaxseed oil
- Nuts (varieties)
- Olives (all kinds)
- Natural peanut butter
- Pecans
- Pistachios
- Walnuts
- Whole Egg

The Workouts

Disclaimer: See your physician before starting any exercise or nutrition program. 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.

- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this warm-up circuit.

Bodyweight Warm-up Circuit

- Go through the circuit TWICE.
- Rest 30 seconds between warm-up circuits.
- When lifting heavy, lift half of the desired weight for one set for your first two exercises before your workout.

Warm-up

Alternating Prisoner Lunge (8/side)

Pushups (8) – Take 2 seconds to lower yourself and 2 seconds to come up

Bodyweight Squats (10)

Arm Crosses (15)

Leg Swings (10/side)

Follow this workout for 1 week and then switch to another program. Since this program is aggressive, be sure to take two days off from intense exercise once you are done with this program to recover.

7-Day Extreme Fat Loss

Day 1 – Workout A

1A) Deadlift (8) or DB Squat (8)
1B) 1-Arm DB Incline Chest Press (8/side)
1C) *Eccentric Chin-up (4-8)
Rest 1 minute and repeat 2 more times

* Take 5 seconds to lower yourself and about 1 second to come up

2A) DB Walking Lunge (10/side)
2B) Stability Ball Jackknife Pushup (15)
Rest 1 minute and repeat 2 more times

“The Alive 45” Finisher

Do the following circuit as many times as possible in 5 minutes, resting only when needed.

3A) Goblet Jump Squat (5)
3B) 2-Arm DB Row (fast tempo but under control) (15)
3C) Squat Thrust (10)
3D) Arnold Press (fast tempo, but under control) (15)

Stretch as needed

7-Day Extreme Fat Loss

Day 2 – Workout B

1A) Box or Bench Jumps (6)
1B) DB Row (20/side)
1C) Bodyweight Sumo Squat (20)
1D) Pushup w/Arm Extended (8/side)
1E) KB or DB Swings (25)
1F) Skater Hops (20/side)
Rest 1 minute and repeat 3 more times for a total of 4 circuits
Rest during the circuit ONLY when necessary

Stretch as needed

Day 3 – Intervals

Exertion Scale (1-10)
1 = Standing still
5 = Moderate pace
8/9 = Interval Pace 80-90% of full effort
10 = Running from hyenas with machine guns

Workout:
Warm up for 5 minutes (3/10)

Intervals

20 seconds – Interval (9/10) followed by
40 seconds – Recovery (3/10)
Do the above 10 times

Cool-down for 5 minutes (3/10)

7-Day Extreme Fat Loss

Day 4 – Workout C

1A) *Eccentric Goblet Split Squat (6/side)

1B) DB Chest-Supported Row (10)

Rest 1 minute and repeat 2 more times

* Take 5 seconds to lower yourself and 1 second to come up

2A) **Eccentric DB Chest Press (8)

2B) DB Romanian Deadlift (12)

2C) Ab Wheel or Stability Ball Rollout (15)

Rest 1 minute and repeat 2 more times

**Take 5 seconds to lower the weight to your chest and 1 second to push it up

Finisher

Do the following superset resting only when needed. In the first superset, you'll perform 8 reps of each exercise. In the next superset, you'll perform 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

3A) Modified Burpee (burpee without the pushup) (8...1)

3B) Decline Triple Stop Pushup or Decline Pushup (8...1)

Stretch as needed

7-Day Extreme Fat Loss

Day 5 – Workout D – Sweet 16 Conditioning

Do the following circuit as many times as possible in 16 minutes, resting when needed. Once the clock hits 16 minutes, stop.

1A) Shuttle Sprint (use a short distance – around 10 feet) (back and forth 6 times)

1B) Pushup Row (6/side)

1C) Vertical Jump and Stick (6)

1D) Explosive Pushup or Triple Stop Pushup (6)

1E) Alternating Diagonal Lunge (6/side)

1F) X-Body Mountain Climber (6/side)

Once the clock hits 16 minutes, rest two minutes and then do the following:

Total Body Extensions – 30 seconds, followed by 30 seconds of rest - Do this 5 times

Stretch any tight muscles

7-Day Extreme Fat Loss

Day 6 – Intervals

Warm up for 5 minutes (3/10)

Intervals

2 minutes – Interval (7/10) followed by

1 minute – Recovery (3/10)

Do the above 4 times

Optional – Add 20 minutes of moderate activity (5/10)

Cool-down for 5 minutes (3/10)

Day 7 – Sprints

Be sure to warm up for 5-10 minutes before doing the sprints with a light jog.

After your warm-up, do 2-3 sprints at about 60-70% intensity. Do these sprints on a SAFE surface. Then, begin the sprint workout...

Sprint Workout

30-40 yard sprint (maximum effort)

Recover for 1 minute (slow walking)

Do the above 12 times

5-minute cool-down

Workout A	Set 1	Set 2	Set 3	Set 4
1A) Deadlift or DB Squat (8)				
1B) 1-Arm DB Incline CP (8/side)				
1C) Eccentric Chin-up (4-8)				
2A) DB Walking Lunge (10/side)				
2B) SB Jackknife Pushup (15)				
The Alive 45 Finisher				
3A) Goblet Jump Squat (5)				
3B) 2-Arm DB Row (15)				
3C) Squat Thrust (10)				
3D) Arnold Press (15)				
Workout B	Set 1	Set 2	Set 3	Set 4
1A) Box or Bench Jumps (6)				
1B) DB Row (20/side)				
1C) BW Sumo Squat (20)				
1D) PU w/ Arms Extended (8/side)				
1E) KB/DB Swings (25)				
1F) Skater Hops (20/side)				
Workout C	Set 1	Set 2	Set 3	Set 4
1A) Eccentric Goblet SS (6/side)				
1B) DB CS Row (10)				
2A) Eccentric DB CP (8)				
2B) DB RDL (12)				
2C) Ab Wheel or SB Rollout (15)				
Finisher				
3A) Modified Burpee (8...1)				
3B) Dec Triple PU or Dec PU (8...1)				
Workout D	Set 1	Set 2	Set 3	Set 4
1A) Shuttle Sprint (6)				
1B) Pushup Row (6/side)				
1C) Vertical Jump & Stick (6)				
1D) Explosive or Triple Stop PU (6)				
1E) Alternating Diag Lunge (6/side)				
1F) X-Body MC (6/side)				
Finisher				
2A) TBE (30s on, 30s off) – 5X				

Exercise Descriptions

Warm-up

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Alternating Prisoner Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position and switch legs.



Warm-up

Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- 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.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Warm-up

Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Workout A

Deadlift

- Always deadlift with a slight arch in the low back. Keep your abs braced at all times in the deadlift.
- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with an overhand grip, taking a slightly wider than shoulder-width grip.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. Perform each rep with 100% concentration.



Workout A

DB Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back”.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
- Keep your low back arched. Do NOT round your low back.



1-Arm DB Incline Chest Press

- Set an incline bench two notches above the lat position. Lie on the bench and hold one dumbbell at arms length above the chest. The other arm can hang free.
- Slowly lower the dumbbell to chest level and press it straight back up. Do all reps for one side and switch.



Workout A

Eccentric Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum
- Take 5 seconds to lower yourself.



DB Walking Lunge

- Stand with your feet shoulder-width apart, holding a pair of dumbbells at your sides.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Drive through the lead leg to step forward to the standing position. Alternate sides.



Workout A

Stability Ball Jackknife Pushup

- Brace your abs. Put your hands on the floor and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- Return to the starting position.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



Goblet Jump Squat

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back while holding a dumbbell or kettlebell at chest height.
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



Workout A

2-Arm DB Row

- Hold a dumbbell in each hand with an a neutral or overhand grip
- Stand with your knees slightly bent. Push your hips back
- Squeeze your shoulder blades together as you bring the dumbbells up to your sides.
- Slowly lower to the start position.



Squat Thrusts

- Start in the pushup position with your abs braced
- Bring your feet in towards your chest in an explosive fashion
- Return to the starting position by “kicking” your feet back out



Workout A

Arnold Press

- Start with holding a pair of dumbbells with your arms extended in front of your thighs.
- Perform a bicep curl by bringing the dumbbells up to your shoulders while contracting your biceps.
- Press the dumbbells overhead by performing a DB press.
- That's one rep. Repeat as necessary.



Workout B

Box or Bench Jumps

- Stand in front of a bench or box/platform
- Dip down into a quarter squat position and jump on the box in the quarter squat position to reduce impact
- Step back down and repeat



DB Row

- Rest the left hand flat bench or platform, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



Workout B

Bodyweight Sumo Squat

- Stand with your feet wide and your toes slightly angled out.
- Push your hips back and keep your chest up as you lower yourself down with your arms extended in front of you.
- Drive through the heels of your feet and push through your glutes and hamstrings to return to the starting position.



Pushup with Arm Extended (aka Superman Pushup)

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



Workout B

KB/DB Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Skater Hops

- Start with your feet shoulder width apart
- Jump to one side on one foot, shifting all your weight to the leg you jumped out with
- Now jump to the other side with the other leg and repeat.



Workout C

Goblet Split Squat

- Stand with your feet shoulder-width apart and hold a dumbbell in front of your chest.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



DB Chest Supported Row

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start position.



Workout C

Eccentric DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level, taking 5 seconds to do so.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



DB Romanian Deadlift (RDL)

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold dumbbells at arms length. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Keep the dumbbells as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
- Reverse the movement before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration. Do NOT round your lower back.



Workout C

Ab Wheel Rollout

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



Workout C

Modified Burpee

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Decline Triple Stop Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- ***Go halfway down and pause for 1 second, then all the way down followed by a 1-second pause.***
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Workout D

Shuttle Sprints

- Set up two cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart or you can pick a spot on the floor to use as markers.
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



Pushup Row

- Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- Keep your abs braced
- Complete a DB Row, maintaining a straight line with your body.
- Alternate sides and repeat



Workout D

Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Explosive Pushups (AKA Plyo Pushups)

- Start in the top of a pushup position
- Lower your body while maintaining a straight line and your abs braced
- When you reach the bottom of the pushup, explode up pushing through the floor and your hands leaving the ground
- Repeat as necessary



Workout D

Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



Alternating Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Step diagonally at a 45-degree angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg.



Workout D

X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**

