

TOTALBODYBURN WORKOUT GUIDE

COMBINE THE **TOTALBODYBURN NUTRITION**
AND **TRAINING PROGRAM** AND YOU WILL
NOTICE MAJOR CHANGES IN YOUR PHYSIQUE, AS
WELL AS OVERALL MOOD!



HOW IT WORKS

Our workouts will use the H.I.I.T method, which stands for High Intensity Interval Training. This method has been studied by scientists, and proven by many of our students that it is effective in burning stored fat, specifically in the mid belly section. In addition, all your workouts will only last between 15 – 20 minutes and will burn more fat than the traditional cardio exercises which normally takes 45 minutes to an hour.

NO USE OF EQUIPMENT

The majority of the movements we provide require little or no gym equipment, so you can perform your workouts anywhere. If you want to increase the challenge, we do provide weighted and resistance modifications for advance users.



MUSCLE CONFUSION

Muscle confusion is a way of ticking the body into burning an extreme amount of fat, by constantly changing your workout routine. Think of it this way, our body is naturally built to survive, so its response to any repetitive activity is to burn less fat (energy) which it can later use more efficiently. Using our original training schedule and nutrition guide, your metabolism will never be able to adapt and plateau.

2 WEEK PHASES

This program lasts a total of 8 weeks. Each phase of this journey will be 2 weeks long with the first week as your warm up. You will be introduced to beginner movements, and advance as you progress through each week. Moving on, each phase will introduce your body to a great metabolic caloric burn, again using the H.I.I.T muscle confusion method.

KEYS TO SUCCESS

This Program requires consistency and determination. Remember YOU come first, and these next 8 weeks you MUST prioritize your nutrition and exercise. If you can remain focused and determined, at the end of these 8 weeks your physique will be better than ever!

We provide you with exercise illustrations, along with tutorial videos to insure your form is correct. It is very important that you perform each movement correctly in order to receive optimum results, but most importantly to avoid any injury.

TRAINING INTENSITY

5 days a week will be the recommended amount of exercise, however you may increase to 6 days a week, and repeat 1 of the given routines. Remember recovery is very important for proper muscle growth and nutrient uptake. Your muscles grow during the healing process, which is the sore feeling you come across after a hard session. Ensure that you are also getting the proper amount of sleep, recommended = 6 to 8 hours per night for proper muscle recovery.

PHASES

EACH PHASE IS **2 WEEKS** LONG, AND WE WILL INCREASE YOUR BODY'S MAXIMUM FAT BURNING POTENTIAL BY CHANGING EACH WEEK'S TIME VS REST.

PHASE 1

This week you will perform 20 seconds of each exercise, then rest for 10 seconds. Circuit all of the exercises for a total of 8 rounds.

PHASE 2

This week you will perform the first two exercises for 1 minute each, then rest for 15 seconds. The 3rd and 4th exercise you will perform for 30 seconds each then rest for 15 seconds. Repeat for a total of 6 rounds.

PHASE 3

This week you will perform the first two exercises for a total of 3 minutes, followed by a 30 second rest. The 3rd and 4th exercise you will perform for a total of 2 minutes, followed by a 20 second rest. Total of 6 rounds.

PHASE 4

This week you will perform the first two exercises for a total of 3 minutes total followed by a 30 second rest. The 3rd, 4th, and 5th exercise you will perform for a total of 2 minutes and 30 seconds followed by a 20 second rest. Total of 6 rounds.

REMEMBER EACH THURSDAY
IS CARDIO OF YOUR CHOICE

PHASES 1

WEEK 1 -2

DAY 1- 14 (EVERY 7 DAYS WILL REPEAT)

- **WORK** 20 seconds
- **REST** 10 seconds
- **TOTAL:** 8 rounds

DAY 1	EXERCISE	TIME
	Squat Jumps	20 sec
	Rest	10 sec
	Double Squat Jumps	20 sec
	Rest	10 sec
	Plank with Glute Raise	20 sec
	Rest	10 sec

DAY 2	EXERCISE	TIME
	High Knees	20 sec
	Rest	10 sec
	Walking Up & Down Planks	20 sec
	Rest	10 sec
	High Knees	20 sec
	Rest	10 sec
	Toe Taps	20 sec

DAY 3	EXERCISE	TIME
	Push up with Shoulder Tap	20 sec
	Rest	10 sec
	Squat with Front Raise	20 sec
	Rest	10 sec
	Sit Up Toe Touches	20 sec
	Rest	10 sec
	Curtsy Lunge with Side Lunge	20 sec

DAY 4	CARDIO	TIME
	Stationary bike, incline treadmill bike, walk, jog, run, elliptical	25 min moderate pace

DAY 5	EXERCISE	TIME
	Tricep Dips	20 sec
	Rest	10 sec
	Burpee with Squat	20 sec
	Rest	10 sec
	Oblique Toe Touches	20 sec
	Rest	10 sec
	Squat Jacks	20 sec

DAY 6	REST DAY	REST DAY

DAY 7	REST DAY	REST DAY

DAY 8	EXERCISE	TIME
	Squat Jumps	20 sec
	Rest	10 sec
	Double Squat Jumps	20 sec
	Rest	10 sec
	Plank with Glute Raise	20 sec
	Rest	10 sec

DAY 9	EXERCISE	TIME
	High Knees	20 sec
	Rest	10 sec
	Walking Up & Down Planks	20 sec
	Rest	10 sec
	High Knees	20 sec
	Rest	10 sec
	Toe Taps	20 sec

DAY 10	EXERCISE	TIME
	Push Up with Shoulder Tap	20 sec
	Rest	10 sec
	Squat with Front Raise	20 sec
	Rest	10 sec
	Sit Up Toe Touches	20 sec
	Rest	10 sec
	Curtsy Lunge with Side Lunge	20 sec

DAY 11	CARDIO	TIME
	Stationary bike, incline treadmill bike, walk, jog, run, elliptical	25 min Moderate Paste

DAY 12	EXERCISE	TIME
	Tricep Dips	20 sec
	Rest	10 sec
	Burpee with Squat	20 sec
	Rest	10 sec
	Oblique Toe Touches	20 sec
	Rest	10 sec
	Squat Jacks	20 sec

DAY 13	REST DAY	REST DAY

DAY 14	REST DAY	REST DAY

PHASES 2

WEEK 3 -4

DAY 15 – 28 (EVERY 7 DAYS WILL REPEAT)

- **WORK** 2 minutes
- **REST** 15 seconds
- **WORK** 1 minute
- **REST** 20 seconds
- **TOTAL:** 6 Rounds

- **COMPOUND MOVEMENTS** – These are exercises that require several different motions.
- **WEIGHTS** are optional but strongly recommended.

DAY 15	EXERCISE	TIME
	Weighted Squat with Push Press	1 min
	Skaters	1 min
	Rest	15 sec
	Cardio Push ups	30 sec
	Russian Twist	30 sec
	Rest	20 sec

DAY 16	EXERCISE	TIME
	Weighted Squat Pulses	1 min
	Cross Glut Raise	30 sec each leg. 1 min total
	Rest	15 sec
	Curtsy Lunge with Side Lunge	30 sec
	Speed Crunches	30 sec
	Rest	20 sec

DAY 17	EXERCISE	TIME
	Double Lunge Alternating Jump	1 min
	Squat & Cross Ab Crunch	1 min
	Rest	15 sec
	High Knees	30 sec
	Plank Toe Touches	30 sec
	Rest	20 sec

DAY 18	CARDIO	TIME
	Stationary bike, incline treadmill bike, walk, jog, run, elliptical	25 min moderate pace

DAY 19	EXERCISE	TIME
	Squat with Front Raise	1 min
	V-Up	1 min
	Rest	15 sec
	Lying Tricep Extension with Leg Raise	30 sec
	Explosive Squat Jacks	30 sec
	Rest	20 sec

DAY 20	REST DAY	REST DAY

DAY 21	REST DAY	REST DAY

DAY 22	EXERCISE	TIME
	Weighted Squat with Push Press	1 min
	Skaters	1 min
	Rest	15 sec
	Cardio Push Ups	30 sec
	Russian Twist	30 sec
	Rest	20 sec

DAY 23	EXERCISE	TIME
	Weighted Squat Pulses	1 min
	Cross Glut Raise	30 sec each leg. 1 min total
	Rest	15 sec
	Curtsy Lunge with Side Lunge	30 sec
	Speed Crunches	30 sec
	Rest	20 sec

DAY 24	EXERCISE	TIME
	Double Lunge Alternating Jump	1 min
	Squat & Cross Ab Crunch	1 min
	Rest	15 sec
	High Knees	30 sec
	Plank Toe Touches	30 sec
	Rest	20 sec

DAY 25	CARDIO	TIME
	Stationary bike, incline treadmill bike, walk, jog, run, elliptical	25 min moderate pace

DAY 26	EXERCISE	TIME
	Squat with Front Raise	1 min
	V-Up	1 min
	Rest	15 sec
	Lying Tricep Extension with Leg Raise	30 sec
	Explosive Squat Jacks	30 sec
	Rest	20 sec

DAY 27	REST DAY	REST DAY

DAY 28	REST DAY	REST DAY

PHASES 3

WEEK 5 -6

DAY 29 – 42 (EVERY 7 DAYS WILL REPEAT)

- **WORK** 2 minutes
 - **REST** 30 seconds
 - **WORK** 2 minutes
 - **REST** 20 seconds
- **TOTAL:** 6 Rounds
 - **COMPOUND MOVEMENTS** – These are exercises that require several different motions
 - **WEIGHTS** - Weights are optional but strongly recommended

DAY 29	EXERCISE	TIME
	Lunges (Alternating/Step Forward/ Step Backwards/ Curtsey Lunges)	1 min each side. 2 min total
	Russian Twist	1 min
	Rest	30 sec
	Speed Crunches	1 min
	Weighted Squat Pulses	1 min
	Rest	20 sec

DAY 30	EXERCISE	TIME
	Lunges (Alternating/Step Forward/ Step Backwards/ Curtsey Lunges)	1 min each side. 2 min total
	Squat Jacks	1 min
	Rest	30 sec
	Explosive Squat Jacks	1 min
	Oblique Toe Touches	1 min
	Rest	20 sec

DAY 31	EXERCISE	TIME
	High Knees and Up & Down Walking Plank Combo	1 min
	Plank with Glute Raise	1 min each side. 2 min total
	Rest	30 sec
	Squat Speed Punches	1 min
	Rocking Lunges	1 min
	Rest	20 sec

DAY 32	CARDIO	TIME
	Stationary bike, incline treadmill bike, walk, jog, run, elliptical	25 min moderate pace

DAY 33	EXERCISE	TIME
	Weighted Step Up on Box with Back Lunge	1 min each side. 2 min total
	Suicide Pushups	1 min
	Rest	30 sec
	Toe Taps	1 min
	Skaters	1 min
	Rest	20 sec

DAY 34	REST DAY	REST DAY

DAY 35	REST DAY	REST DAY

DAY 36	EXERCISE	TIME
	Lunges (Alternating/Step Forward/ Step Backwards/ Curtsey Lunges)	1 min each side. 2 min total
	Russian Twist	1 min
	Rest	30 sec
	Speed Punches	1 min
	Weighted Squat Pulses	1 min
	Rest	20 sec

DAY 37	EXERCISE	TIME
	Lunges (Alternating/Step Forward/ Step Backwards/ Curtsey Lunges)	1 min each side. 2 min total
	Squat Jacks	1 min
	Rest	30 sec
	Explosive Squat Jacks	1 min
	Oblique Toe Touches	1 min
	Rest	20 sec

DAY 38	EXERCISE	TIME
	High Knees with Up & Down Walking Plank Combo	1 min
	Plank with Glute Raise	1 min each leg. 2 min total
	Rest	30 sec
	Squat Speed Punches	1 min
	Rocking Lunges	1 min
	Rest	20 sec

DAY 39	CARDIO	TIME
	Stationary bike, incline treadmill bike, walk, jog, run, elliptical	25 min moderate pace

DAY 40	EXERCISE	TIME
	Weighted Step Up on Box with Back Lunge	1 min each side. 2 min total
	Suicide Pushups	1 min
	Rest	30 sec
	Toe Taps	1 min
	Skaters	1 min
	Rest	20 sec

DAY 41	REST DAY	REST DAY

DAY 42	REST DAY	REST DAY

PHASES 4

WEEK 7 -8

DAY 43 – 56 (EVERY 7 DAYS WILL REPEAT)

- **WORK** 3 minutes
- **REST** 30 seconds
- **WORK** 2 minutes and 30 seconds
- **REST** 20 seconds
- **TOTAL:** 6 Rounds

- There will be a 5th exercise added to this phase
- **COMPOUND MOVEMENTS** – These are exercises that require several different motions
- **WEIGHTS** - Weights are optional but strongly recommended

DAY 43	EXERCISE	TIME
	Squat and Cross Ab Crunch	1 min
	V – Ups	1 min
	Russian Twist	1 min
	Rest	30 sec
	Squat Jumps	1 min
	Squat Speed Punches	1 min
	Tricep Dips	30 sec
	Rest	20 sec

DAY 44	EXERCISE	TIME
	Alternating Curtsy Lunges	1 min each side. 2 min total
	Skaters	1 min
	Rest	30 sec
	V-Ups	1 min
	High Knees with Walking Plank	1 min
	High Knees	30 sec
	Rest	20 sec

DAY 45	EXERCISE	TIME
	Double Bounce Squat Jump	1 min
	Cross Glute Raise	1 min each side. 2 min total
	Rest	30 sec
	Oblique Toe touches	1 min
	Rocking Lunges	1 min
	Skaters	30 sec
	Rest	20 sec

DAY 46	CARDIO	TIME
	Stationary bike, incline treadmill bike, walk, jog, run, elliptical	25 min moderate pace

DAY 47	EXERCISE	TIME
	Lunges (Alternating/Step Forward/ Step Backwards/ Curtsey Lunges)	1 min each side. 2 min total
	V-Up	1 min
	Rest	30 sec
	Lying Tricep Extensions with Leg Raise	1 min
	Russian Twist	1 min
	Plank Toe Touches	30 sec
	Rest	20 sec

DAY 48	REST DAY	REST DAY

DAY 49	REST DAY	REST DAY

DAY 50	EXERCISE	TIME
	Squat & Cross Ab Crunch	1 min
	V-Ups	1 min
	Plank	1 min
	Rest	30 sec
	Squat Jumps	1 min
	Squat Speed Punches	1 min
	Tricep Dips	30 sec
	Rest	20 sec

DAY 51	EXERCISE	TIME
	Alternating Curtsy Lunges	1 min each side
	Skaters	1 min
	Rest	30 sec
	V-Ups	1 min
	High Knees with Walking Plank	1 min
	High Knees	30 sec
	Rest	20 sec

DAY 52	EXERCISE	TIME
	Double Bounce Squat Jump	1 min
	Cross Glute Raise	1 min each side. 2 min total
	Rest	30 sec
	Oblique Toe Touches	1 min
	Rocking Lunges	1 min
	Skaters	30 sec
	Rest	20 sec

DAY 53	CARDIO	TIME
	Stationary bike, incline treadmill bike, walk, jog, run, elliptical	25 min moderate pace

DAY 54	EXERCISE	TIME
	Lunges (Alternating/Step Forward/ Step Backwards/ Curtsey Lunges)	1 min each side. 2 min total
	V-Ups	1 min
	Rest	15 sec
	Lying Tricep Extensions with Leg Raise	1 min
	Russian Twist	1 min
	Plank Toe Touches	30 sec
	Rest	20 sec

DAY 55	REST DAY	REST DAY

DAY 56	REST DAY	REST DAY

Disclaimer

I have enrolled in a program of strenuous physical activity including, but not limited to walking, running, boxing, yoga, aqua aerobics, massage therapy, weight lifting, bicycling, in-line skating and use of various conditioning and exercise equipment and facilities designed, offered, recommended, and supervised by TotalBodyBurn. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this program. A physician examination is recommended for (1) all participants with any exercise restrictions; and (2) all persons over forty (40) years of age. I acknowledge that I have been informed of its importance.

TOTALBODYBURN RESOURCE INFORMATION (PRINT ME)

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