



ELITE WORKOUT GUIDE

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Injury Disclaimer

Before beginning any strenuous exercise program consult your physician. Killer Fitness Incorporated, the author, publisher and domain host disclaim any liability, personal or professional, resulting from the misapplication of any of the training procedures described in this publication. If at any time you feel short of breath, chest pain or significant discomfort, stop and consult your doctor. Start slowly and use common sense when exercising.

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Working Out Like a Grunt



USMC Photo

The special forces units of the United States military contains, the most highly trained, intelligent and fittest individuals in the world. Their demanding job requires the physical and mental discipline to overcome any obstacle under the most challenging conditions. Their fitness training programs serves a single purpose: to prepare for the mental and physical rigors of combat. Unlike most health club routines, it's not about looking good, but being good.

A strenuous calisthenics program is the pillar of the military's elite physical training philosophy. It provides a total body workout that can be accomplished anywhere. Though designed for warriors, it's a great way to get into and stay in shape, and can be used by anyone who desires to achieve a peak level of physical fitness. If you're a busy professional, a homemaker or involved in a profession that requires a flexible workout schedule, this program is for you. The only equipment you'll need is a clear area of floor space, loose fitting athletic clothing and good ventilation.

Although not required, a pull up bar is a great investment which will pay huge dividends. There are many excellent models to choose from, including freestanding combination pull-up/dip stands which are ideal for apartment/condo use. If you don't have access to a place to do pull-ups, you can effectively substitute dumbbells or a barbell to work the biceps and upper back.

A Few Simple Truths

Before getting into the meat of the program, there are a few basics to need to keep in mind to get the most out any exercise program:

Be Consistent. It's better to work out "easy" for a shorter period of time three to four times a week rather than a long high intensity once a week. Sporadic exercise is a sure way to increase your chance of injury, and will do more harm than good. Train at least three days a week for the best results.

Train smart. As a rule of thumb, you should never work out so hard that you're unable to complete your next scheduled workout. Progress slowly and avoid increasing the amount of reps per exercise by more than 10 percent at a time. The only one you're competing with is yourself, but don't be afraid to push yourself with negative work. Although it's fine to give a maximum effort every now and then to for mental, physical and spiritual toughness, your long term goal is to improve your level of fitness, not collect reps.



If you're starting back into a regular exercise program after a long lay off, start slow and don't let your ego talk you into going to hard, to soon.

Take a Break. A big part of training smart is to ensure you give your body a chance to recover from the stress you're putting on it. The body doesn't get stronger while exercising, it's during the rest time between workouts that your body adapts and becomes stronger to deal with the new stress. No rest means little to no improvement in strength or endurance.

Rest from 30 to 180 seconds between different sets of any given exercise. Allow at least 48 hours of recovery between workouts, but not more than 96 hours. If you feel tired and lethargic, in may mean that you're over training. Listen your body and take time off when it tells you to. A hard day of training should be followed by an easier workout or rest day to aid in recovery.

Some signs of over training include:

1. You can't wait until the workout is over and are bored.
2. You feel weak and lethargic when you're finished.
3. You complete fewer reps than your last training period of the same intensity. (i.e. you don't do as well on your hard day this week as on last weeks hard day).
4. You feel undue pain in joints and muscles.
5. Muscle cramps, rapid heartbeat, cold sweats.

When you over train, you're headed for a slump and may become discouraged and cease your program. The fix is simple. Increase your rest time between high intensity work and take a bit more time before increasing the level of difficulty.

Breathe. Concentrate on your breathing during each exercise. Doing so increases your energy level and significantly improves your coordination. Inhale with the feeling of taking in power, and exhale with feeling of applying that power. In other works, inhale during the negative phase of the exercise, and exhale during the working phase.

Quality, Not Quantity. Quality of the exercise performed is more important than the number of repetitions. Use strict form, don't twist, lurch, lunge or arch the body, this can cause serious injury. Altering your body position also detracts from the effectiveness of the exercise as stress is taken off the targeted muscle groups. Do each exercise in a smooth controlled manner. Rapid jerking movement is a sure way to hurt yourself. Perform all exercises through their full range of motion.



USMC Photo



US NAVY Photo

Vary Your Workout. A major challenge for all fitness-training programs is maintaining enthusiasm and interest over the long haul. Changing your routine by altering the number of reps, exercise sequence and intensity are good ways to add variety. If you always do

the same exercises for a specific body part, the body will adapt and become overly efficient. You need to change your routine at least once every few months if not more often to continue to see improvement.

Maintain Balance. Train the whole body, not just specific areas. For the body to act as coordinated whole, it must be worked as a whole, not a group of separate parts. Concentrating on weak areas is all right, but the rest of the machine must also be trained. As long as all muscle groups are exercised at the proper intensity, improvement will occur.

Take It Outside. No one says you have to do your training cloistered in a dark room. The great thing about a calisthenics based program, it you can do it literally anywhere. Numerous studies have shown that exercising outside improves your mood and outlook. This can be translated into a more enjoyable experience. It's a lot of fun to take your training into your backyard or onto the balcony of your apartment.

Get Your Eight Hours. More and more scientists are pounding the drum on the importance of getting enough sleep. Not only is it critical to improve your fitness level during hard training, it's also the most important factor in a healthy lifestyle. Not getting enough sleep opens you up for higher levels of stress, and illness.

Build Your Fighting Spirit. Part of the role a vigorous calisthenics program plays in military training is to build the mental discipline and fighting spirit of the trainees. Learning that it's your mind that rules your body, that you can do a lot more than you think you can, and that a little discomfort won't hurt you are all lessons you can learn, if you so desire. Every now and then, don't be afraid to work as many of exercises in your routine as you can to muscle failure. As long as you give your body sufficient rest, it won't hurt your long-term development. In the process you'll discover a lot about yourself, that you can do a lot more than you think you can.

Nutrition 101

Proper nutrition is critical when participating in any demanding physical activity. Food is the "gas" that makes the body go. A proper diet provides all the nutrients for the body's needs and supplies energy for the demands that you place on it. It also is important during the rest phase when your body is recovering. Without proper nutrition, the body will do a poor job healing itself, increasing strength and endurance. All your hard fought work will be for nothing.

Carbohydrates, protein, and fat are the three energy nutrients. All three provide energy, but carbohydrates are the preferred energy source for physical activity. During successive days of intense training your body starts to run out of gas and the "low fuel light" will come on in the form of decreased performance. A high carbohydrate diet can help you maintain energy. If you're not working out at a high intensity, however, you'll store that extra energy for a rainy day in the form of fat cells, so your diet should match your lifestyle. An active lifestyle requires more gas, while a sedentary one requires much less.



Water intake is vital, consume at least four quarts of water daily. Drink water before you feel thirsty. Alcohol, caffeine, and tobacco increase your body's need for water. These substances can hinder your development. If you're eating a well-balanced diet, vitamin supplements should not be necessary, but they won't hurt you unless you go overboard. Bottom line, eat whole natural foods; eat four to five small meals a day vice three large ones. Increase your percentage of fruits and vegetables and reduce your fat intake. Get smart on what you put in your body.

The Exercises

These exercises provide a full body challenge that can be tailored to fit your individual goals, fitness level and schedule. Practice each exercise slowly to get the hang of it and ensure proper form prior to including it in your routine. If at any time you feel pain, stop immediately and consult your physician. Spend at least 5 to 10 minutes warming up prior to commencing vigorous exercise. Failure to do so may result in injury.

Some of the terminology used in this section includes:

“Do each exercise in a smooth controlled manner. Rapid jerking movement is a sure way to increase your risk of injury.”

Repetition (Rep). When an exercise has progressed through one complete range of motion or series of movements and back to the start.

Set: A series of repetitions done without rest.

Muscle Failure: The inability to do another repetition of the exercise using correct form.

Negative Repetition: When you can no longer complete the exercise using correct form, you break form to reduce the workload to do a few extra reps.

Four Count Exercise: Some of the exercises are designated as “4 count.” This is a term that defines the proper rhythm for a series of movements. With each movement count to yourself, or out loud: 1, 2, 3, **1**; 1, 2, 3, **2**; 1, 2, 3, **3**; etc. for the desired number of reps.

Warm ups

Full Jumping Jacks (4 count)

The Traditional warm-up exercise you probably remember from your days in P.E. Start with your hands by your side and feet together, jump up and spread your legs to the side about twice shoulder width apart. At the same time, move your arms over your head touching your fingertips together. Return to starting position to complete one repetition. For a variation, shuffle your feet from front to back vice side to side.

Swordsman Stretch

Starting with your feet about shoulder width apart, step forward with your left foot as far as comfortably possible. Your forward knee should be bent and your rear leg straight. With your left leg forward, raise your right arm to the front so it's parallel to the deck, and place your straight out behind you. With a feeling of simultaneously pushing with palms to the front and rear, stretch your torso. Reverse feet and arms and repeat.

Half Jumping Jacks (4 count)

Same as a full jumping jack, except raise your arms until they're parallel to the deck. Return to starting position for one repetition.

Cobra Stretch

Lay flat on your stomach in a relaxed posed with your arms by your side. Bring your palms up below your shoulders and slowly push up arching the back and working your belly towards the floor. Slowly turn your head to the left, then the right and return to starting position. The entire evolution should take at a minimum of thirty seconds.

Trunk Side Stretch Bend (4 count)

Place your arms over your head grasping each elbow with the opposite hand. With the feet shoulder width apart, bend to each side in a slow controlled manner stretching your side.

Fore and Afts (4 count)

With the feet shoulder width apart and the hands on the hip, bend to the front and rear in a slow controlled manner stretching the abs and back.

Trunk Twisters (4 count)

Place your hands behind your head with the elbows pointed out to the sides. Twist your torso to the left as far as it will go, return to the front, twist to the right as far as you can then return to the front to complete one repetition.

Up, Back and Over

Start with your hands by your side and your feet shoulder width apart. Swing your arms vigorously over your head reaching for the ceiling and coming up on the balls of your feet with a feeling of stretching out your body. Swing your arms back down and to the rear slightly bending over and coming down flat on your feet. Swing the arms the opposite way going over the top and circling back to starting position to complete a rep.

Windmills (4 count)

With your arms extended to the sides and feet about twice shoulder width apart, bend down and touch your right hand to your left foot. Pause, and return to starting position. Work the next side by touching your right foot with your left hand. Return to start to complete the repetition. Don't bounce while stretching.

Bent Over Windmills (2 count)

With your feet twice shoulder width apart, bend over until your torso is parallel to the deck. Extend your arms to the side. While staying in a bent over position, alternate touching opposite hand to the opposite foot.

Chest, Arms and Shoulders

Pushups

Place your palms flat on the ground about shoulder width apart with your feet together and your back straight. Push yourself up until your arms are straight. Lower yourself back down in a steady controlled manner until your chest touches the deck and return to starting position. Repeat for the required number of repetitions; work at a steady controlled pace.

“ For beginners, it’s OK to place your knees on the floor. As you get stronger, start doing regular pushups.”

Triceps Pushups

Places increased emphasis on the triceps muscle on the back of the arm. Form a triangle directly below your chest with the index fingers and thumbs touching. Spread your legs apart a bit to help with balance. Keep your back straight. Push your body up until the arms are straight and lower yourself back down until your chest touches the top of your hands. Repeat for the required number of repetitions.

Wide Arm Pushups

Same as a normal pushup except place your palms on the ground at wider than shoulder width apart. Places increase emphasis on the inner chest.

Elevated Pushups

To work the chest from another angle, execute a standard pushup but place your feet on top of a raised object such as a coffee table or ottoman.

High Jack, High Jill (4 count)

A great stretching exercise that works the chest. Start with both hands lightly clenched, with one arm over you head, and other by your hips. Using a rapid pulling motion, simultaneously pull both arms to the rear stretching your chest. Pull twice on one side, then switch sides and pull twice to complete a single rep.

Press, Press, Fling

Place your arms to the front parallel to the deck with your palms facing down. Vigorously pull your elbows to the rear twice in rapid succession with a feeling of stretching the center of your chest. At the beginning of the third movement, turn your palms up and throw your arms to the rear with a feeling of pushing your chest forward. Simultaneously come up on the balls of your feet. Return to the starting position to complete the rep.

Shoulder Rotation to Side

Fully extend your arms to the side parallel to the deck. Rotate your arms forward in small circles with the palms facing down. Halfway through the allotted time, reverse the circles and rotate your arms to the rear, with the palms facing up.

Shoulder Rotation to Front

Fully extend your arms to the front parallel to the deck. Rotate your arms inboard in small circles with the palms facing down. Halfway through the allotted time, reverse the circles and rotate your arms outboard, with the palms facing up.

Plyometric Pushups

Plyometrics are an advanced exercise that develops your explosive power. Start in the standard pushup position. Execute a standard pushup lowering your body to the floor. From the bottom position, explosively push your body off the floor such that at the top of the motion, your hands are off the floor. (Although not required, feel free to clap your hands or touch your chest). Lower your body back to the floor in a controlled manner, decelerating. Repeat the movement for the required number of repetitions.

Tiger Pushups

A great exercise with a lot of different names. Start in a modified push up position with your legs spread about twice shoulder width apart, and your backside up in the air. Your hands are a closer to your feet than in a normal pushup. Keeping your buttocks in the air, start a sweeping motion towards the space between your hands by touching your forehead followed by your chest to the deck. Continue your forward momentum and push your chest up and forward through your hands straightening your arms. Return to the starting position.

Pull Ups

Grab the bar with your hands about shoulder width apart and your palms facing outward. Pull yourself up until your chin is over the bar. Slowly lower yourself back to a fully extended position.

Wide Grip Pull Ups

Same as a standard Pull Up, except use a grip about twice shoulder width apart.

Reverse Grip Pull Ups

Same as a standard Pull Up, except start with your palms facing towards you.

Close Grip Pull Ups

Same as a standard Pull Up, except start with a grip perpendicular to the bar and your palms facing each other. Alternate pulling yourself up to either side of the bar for the desired number of reps.

Abdominal Exercises

Lower Abdominal

Reverse Crunch

Start by lying on your back with your knees bent and your feet about six inches off the deck. Place your hands by your side and roll your pelvis towards your ribcage in a slow controlled manner, bringing your knees up over your chest as far as you can. Keep your upper body straight. Your hips should rise slightly off the floor. Return to starting position to complete the repetition.

“Don’t interlock your fingers behind your head when doing abdominal exercises. Doing so may increase the chance of injury.”

Hip Thrust

Lie on your back with your hands by your side and your legs straight up. Using as much of your abdominal muscles as you can, thrust your hips off the ground. The feeling is as if you’re trying to touch the ceiling with your feet. Lower your hips to the floor to complete the repetition. Don’t worry if you can’t keep your legs perfectly straight.

The Corkscrew

Same basic movement as the “Hip Thrust,” except during the thrust, alternate twisting you legs to the left and right in a corkscrew like motion.

Reverse Crunch/Hip Thrust

This exercise combines the Reverse Crunch with Hip Thrust. Execute the first part of the Reverse Crunch, as your knees reach the top of the stroke, press your feet towards the ceiling executing a Hip Thrust. Upon lowering your hips, Bend our knees and return to the starting position of the Reverse Crunch, completing the repetition.

Flutter Kicks (Four Count Exercise)

Start on your back, with both feet six inches off the deck. Raise one foot in the air to a 45 Degree angle and begin alternating your feet, don’t allow your feet to touch the floor.

In Board/Out board

Start on your back with feet six inches in the air. Keeping your legs straight, raise both feet to a 45 Degree angle. At the top, spread both legs out the side and return to the starting position in a circular motion. After completing one set of going one way, reverse the motion for same number of reps.

Good Morning Darlings

Start on your back with feet six inches in the air. Keeping your legs straight, spread your legs out to the side keeping them parallel to the deck. Return to starting position to complete the rep.

Obliques

Cross Leg Crunch

Start on your back with your knees bent and your right leg crossed over your left and the foot resting just below the knee. Place your left hand by your left ear with the elbow out. Concentrate on using your abs and raise and twist your left elbow to the right knee. Lower to the floor and repeat for the required number of reps. Switch sides and repeat.

Cross Reach (4 count)

Start on your back with your knees bent and your legs up. Using your abs, reach with your right hand to the left side as if you're grabbing something off a low table. Return and do the same to the opposite side.

Russian Twists (4 count)

Start balanced on your backside, with your torso and legs off the ground. Grasp your hands in front of you and twist from side to side for a count of four to complete a single rep. Twist in a slow controlled manner through a full range of motion.

Iron Cross (4 count)

Starting on your back with arms extended out to the side, raise both legs so that your legs are perpendicular to the deck. Lower your legs as far as you can to the left without touching the floor, pause, return to the top, and repeat the sequence to the right. Return to the top to complete the rep.

Oblique Crunch

Start with your legs in a modified fetal position folded to your left side. Keep your back flat on the floor, with your right hand touching your right ear, elbow out. Do a standard crunch concentrating the feeling in your obliques. Complete the required reps and switch sides.

Oblique Leg Lift

Lie on your side on your left hip, both legs extended straight with your bottom leg bent underneath. Using your oblique muscle, raise your top leg and torso with the feeling of trying to bring them together. Repeat for the required reps then switch sides.

Alternating Knee to Chest (4 count)

Start with your back flat on the deck and both feet six inches off the floor. Placing your hands by your ears and elbows out, lift your torso off the floor and touch your right elbow to your left knee. Return and alternate. Complete one turn on each side to complete the rep.

Upper Abdominal

Basic Crunch

Start on your back with legs in the air and thighs perpendicular to the deck. Place your hands by your ears, elbows out. Use your upper abs to raise your shoulders off the deck with a feeling of crunching your abs together. Lower your shoulders back to the floor to complete the repetition.

Crunch (One Leg)

Same as your basic crunch, except extend one leg so that's it's perpendicular to the floor. After completing your reps, switch sides.

Crunch (Both Legs up)

Same as the basic crunch, but with both legs perpendicular to the deck.

Knee Ups

Start with your feet six inches off the deck. Rise up and touch your elbows to your knees. Lower to starting position without letting your feet touch the floor. Keep it going until complete.

Skydivers

This is a great exercise for working your lower back as well as your abs. Start with balanced on your buttocks with your lower back, feet and thighs just off the deck. Grasping your hands lightly in front of you, hold the position for the required amount of time. Rotate over on your stomach and take a superman like pose balance on your pelvis with your thighs and as much of your torso as possible off the deck. Hold for time specified.

Killer Twists (4 count)

This is a killer exercise, and should not be attempted until you've achieved an advanced level of fitness. Damage to your lower back could result. Start balanced on your backside with legs and torso in the air and your hands by your ears. Using a four count, cross your left foot over your right while twisting your torso to the right. Reverse the motion. Complete two movements on each side for a single rep.

Legs

Mule Kicks

Start on your hands and knees. With a feeling of kicking behind you like a mule, extend your leg all the way to the rear and up at a 45-degree angle in a slow controlled manner. Return the leg to the starting position without letting your knee touch the ground. Complete the required number of reps and switch to the other side.

Prone Flutter Kicks

Lying on your pelvis and torso, extend your arms out in front of you and flutter kick your legs as if swimming. Try and keep your thighs off the floor as much as possible. Kick at a controlled, steady pace for the required amount of time.

Alternating Lunge (4 count)

Step forward with either leg slightly farther than your normal stride. Keeping your upper body erect, bend your back knee until it is just barely above the deck. Hold for a count and return to start. Complete the sequence on the other side to complete a rep.

“Be very careful not to let your knee touch. Slamming it into the deck is a good way to get hurt.”

Mountain Climbers (4 count)

Start in a crouched position with your legs spread forward and aft, and your torso leaning forward and weight distributed evenly. Perform the exercise by exchanging leg positions back and forth. Do each side twice to complete a single rep.

Standing Broad Jump

Start with standing normally with your hands by your sides. Squat in place explosively jump as high and as far forward as you can. Turn around and repeat.

Calf Raises

Stand normally with your feet shoulder width apart. In a slow controlled manner, rise up on your toes as high as you can. Hold for a count, then lower to slowly to starting position to complete the rep.

Squats

Start with your about feet shoulder width apart, and your palms pressed together in front of you. In a slow controlled manner descend until your thighs are parallel with the deck. Keep your toes and knees in alignment, and your eyes focused straight ahead. Return to start. Don't bounce or jerk; avoid injury to your knees.

Vertical Jump

Stand up straight with your feet shoulder width apart and your fingers by your ears. Execute a squat and explosively jump up in the air as high as you can. Upon landing, immediately resume a squat position with a controlled decelerating motion and jump again. Repeat for the desired number of repetitions.

Eight Count Body Builders

This exercise is a great way to finish off a challenging workout by putting it all together. Look at the accompanying photos. The exercises done in sequence are Squat Thrust, Two Pushups; spreading your legs and returning to start with a count of eight to complete a single rep.

Miscellaneous

Neck Rotations

Lay flat on your back with hands clasped loosely in front of you. Raise your head slightly off the deck. Rotate your head to the left in a large circle without touching the deck at least ten times. Return to start and do the same movement to the right for same number of reps. Move in a slow controlled manner; avoid rapid jerking movements.

The Routines

Putting the exercises together into a routine that meets your needs is one of the major advantages of a calisthenics based program. View the routines presented here as a place to start. After you've worked the program presented, feel free to experiment with the sequence, type exercises and number of repetitions. If it doesn't feel right, change it. Just give each change a couple of weeks to settle in. If you're feeling bored with the routine, change it.



U.S. ARMY Photo

Pyramids and The Killer Circuit

Both Pyramids and Killer Circuits are simple in concept, but powerful in practice. They allow you to get a quality workout in a limited period of time. You can use them to rapidly increase the number of reps you can do of a given exercise, or concentrate on a week area.

“The routines described here are a good place to start. Don't be afraid to experiment and try your own.”

Pyramids

The pyramid (Figure 1) can be used with any combination of exercises, but is usually limited in number to three, each emphasizing a different muscle group or body area. It can be very challenging. The workout has a warm-up, an area of maximum effort, and a warm-down period built into it. Start on one side of the pyramid, and work your way up to the top. How tall (number of levels) you make the pyramid is totally up to you and your level of fitness.

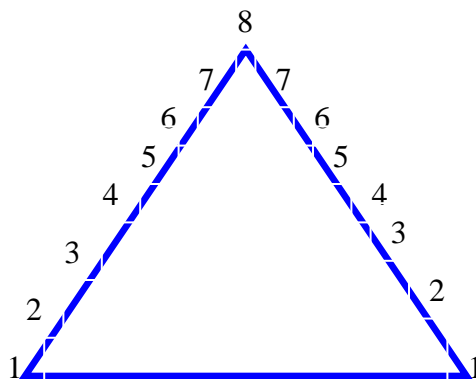


Figure 1

For an example, let's use pushups, corkscrews and alternate lunges. For each level of the pyramid we'll do 2 X pushups, 2 X corkscrews, and 1 X lunge (a single rep is one on each leg) multiplied by the level. So to start at level 1 you'll do 2 pushups, 2 corkscrews and a single repetition of alternating lunges. At level 2 you'll do 4 pushups, 4 Corkscrews and 2 reps of lunges and so on. By the time you reach the top of an eight level pyramid, you'll multiply the base number of reps times eight. So at the top you'll do 16 pushups, 16

Corkscrews and 8 reps of lunges before starting back down. Go from one exercise to the next and one level to the next with little rest between each. Enjoy the challenge.

Killer Circuits

A great way to get in a quality high intensity workout in a short period of time. Circuit training is the execution of a defined series of exercises in a specified sequence done as a set for a specified number of times around the circuit. For example, your circuit may consist of:

10 Pushups, 10 Crunches, 10 Squats, 10 Triceps Pushups, 30 sec Prone Flutter Kicks, 10 Calf Raises, 10 Elevated Pushups, 10 Reverse Crunch and 10 Lunges.

When you finish the lunges, you'd have completed one full circuit. Start over again with pushups. Depending on your level of fitness, you could complete anywhere from 5 – 20 trips around the circuit.

Create your own circuit by combining exercises in combination to work on. As in pyramids mix up the exercises so you work a different body part for each exercise.

In addition to rep based circuits, another challenging method is to use time. During the circuit you have a defined active and passive (rest) phase of over time. Using the above example, a time-based example may look like:

30 sec Pushups; 15 sec rest; 30 sec crunches; 15 sec off; 30 sec Squats; 15 sec off; etc.... continuing on as in the rep based.

As your fitness level increases, you can use any combination of increasing your exercise time, and/or decrease the period of rest between each exercise.

The Killer Workout

The "Killer Workout" is a complete total body program that will challenge you for years to come. It's a great cross-training program for an aerobic athlete and lays a solid foundation for any physical endeavor. Start with the recommended beginners' workout, even if you consider yourself to be in good physical condition. If you find the beginners program a bit to challenging, reduce the number of reps by 10% to 25% until you feel the effort is right for you.

Slowly increase your reps through the Intermediate and Advanced Level. Give yourself a few months to move up from one level to the next. There's no hurry, this is your program, and the only one you're competing with is yourself. If find yourself getting used to the program, replace some the exercises with alternates described in the exercise session.

THE KILLER WORKOUT

Exercise	Beg.	Int.	Adv.
Warm-up			
Jumping Jacks	10	15	25
Half Jumping Jacks	10	15	25
Side Stretch	10	10	10
Trunk Twisters	10	10	10
Windmills	10	10	10
Fore & Afts	10	10	10
Half Jumping Jacks	10	15	25
Upper Body			
Pushups	10	15	25
Up, Back and Over	10	10	10
Pushups	10	15	25
Hi Jack, Hi Jill	10	10	10
Triceps Pushups	8	10	15
Press, Press Fling	10	10	10
Triceps Pushups	8	10	15
Neck Rotations	10ea.	10ea.	10ea.
Tiger Pushups		10	15
Neck Rotations	10ea.	10ea.	10ea.
Tiger Pushups		10	15
Swimmers Stretch	30 seconds each way		
Shoulder Rotation (Front)	Time each direction: 20 sec	30sec	60sec
Shoulder Rotation (Side)	Time each direction: 20 sec	30sec	60sec
Abdominals			
<i>Lower Abs</i>			
Reverse Crunch	20	20	20
Hip Thrust	10	15	20
Reverse Crunch/Hip Thrust	10	12	15
Good Morning Darlings	10	15	20
Flutter Kicks	10	20	30
Cobra Stretch			
<i>Oblique</i>			
Cross Leg Crunch (Each Side)	10	15	20
Cross Reach	10	12	15
Oblique Leg Lift (Each Side)	10	12	15
Oblique Crunch (Each Side)	10	12	15
Russian Twists	10	12	15

Exercise	Beg.	Int.	Adv.
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<i>Upper Abs</i>			
Basic Crunch	10	15	20
Basic Crunch (Both Legs Up)	10	12	15
Skydivers (Perform front & back twice)	Workup to 60sec ea. side		
Killer Twists		10	15
Cobra Stretch			
Legs			
Squats	8	10	15
Alternating Lunges	8	10	15
Calf Raises	20	20	20
Alternating Lunges	8	10	15
Calf Raises	20	20	20
Mule Kicks	10	10	10
Vertical Jumps	5	10	15
Eight Count Body Builders	8	10	15
Pull-ups (Complete 1 – 3 sets; variations your choice)	8	10	15
	6	10	15
Optional			
Dips (Complete 1 – 3 sets)	8	10	15