



7
at
Home
Workouts
**you can do anywhere*

Hey gang, I have something very cool for you today...

I wanted to HOOK you up with something that will help you burn fat and get into better shape.

Let's face it, I can't help you from home AS MUCH as if you were inside my exclusive fitness & fat loss sessions that utilize metabolic training to get people tight and toned super fast.

BUT TODAY ... I can give you these 7 DONE FOR YOU HOME WORKOUTS as a way of saying thank you for all the support and for reading my emails and caring about yourself.

These are easy to follow, and will help you TORCH body fat any place you happen to be.



“When I say my LIFE has changed, I really mean it. The Get You In Shape and 24 Day Nutrition System was exactly what I needed to get me started. I’ve now lost over 80 pounds in 18 months.” Lori B.

The following are at-home bodyweight only workouts that you can do anytime you want.

Some general points:

- Each workout is only about 10-20 minutes long
- You only need your body! (no equipment needed)
- You will be counting “reps” during the movement (for the most part) and looking at your watch during the rest periods to keep yourself honest. Just make sure you move from one exercise to the next with little or no rest until the small break period!
- You can do these exercises at any point of the day
- Try to vary your workouts (don't do the same workout over and over again)
- You may even consider doing 2 home workouts per day split with at least 6 hours apart (exception: don't do a home workout if you've come to one of our fitness sessions that day)
- Believe in yourself!

Warm-Up: Always warm-up
here is one routine:
20 seconds of running in place

20 seconds of running in place “butt-kicks”
20 seconds of hands behind head “high-knees”
20 seconds of fake “jump-rope”
10 arm circles to the front
10 arm circles to the back
10 leg swings each leg (forward and backward and side to side)
REPEAT ONCE MORE

Workout #1 – The Dirty 30

- 30 Push-ups (rest if you need to but get it done)
- 30 alternating reverse lunges with hands on head (15 for each leg)
- 30 squat jumps
- 30 straight leg raises

rest for 1 minute then repeat 2 more times!

Workout #2 – Up The Ladder, Down The Ladder

- 5 Close Grip Push-ups
- 10 Mountain Climbers
- 15 Reverse Crunches
- 20 Bicycles
- 25 Toe Touches
- 30 Squats
- 35 fake jump ropes
- 40 alternating forward lunges with hands behind head (20 each side) then go in reverse back to 35,30,25 etc.

Rest 90 seconds when you have gone up and down the ladder, then repeat one more time!



“I’m down 35 pounds and over 30 inches from when I started. I’ve gone from a size 14 to a size 6-8- even in jeans!”

Pam M.

Workout #3 – Tummy Toner

- 15 full sit ups
- 20 toe touches
- 25 straight leg raises
- 30 bicycles
- 45 seconds in planks position (just get on your forearms and hold your body tummy tight for 45 seconds)

Rest 30 seconds and repeat 3 more times!

Note: Please don't do this home workout every single time! The name sounds tempting but you're going to burn more fat with full body exercises and our general boot camp workouts! You can't do a million sit ups a day and expect a lean, body-fat "free" midsection without full body resistance training workouts and smart eating. I put this workout in because there is nothing wrong with having a workout dedicated to a problem area but don't fall into the trap of only doing ab stuff and expecting a new body! The 3am infomercial promise is NOT what we are about! We are about hard work, commitment, science, patience, failing forward and believing in yourself!

Workout #4 – Double Time

- 10 Burpees
- 20 Front to Back Jump Squats (jump and squat to the front, then backwards)
- 40 – Ab Windshield Wipers (20 each side)

Rest one minute then repeat 4 more times!

Workout #5 – Why Did I Choose This One!

- 10 Squats
- 10 Right leg reverse lunges
- 10 Right leg forward lunges
- 10 Left leg reverse lunges
- 10 left leg forward lunges
- 10 Burpees
- 10 "up, up, down, down" push-ups

Rest 1 minute, then repeat 3 more times!

Workout #6 - Outside Workout

If you're gonna be outside in a park, this one is perfect!

20 seconds of all out "someone is chasing me and he looks mean" running immediately followed by 10 squats with hands behind hand and finishing with 10 push ups.

You rest 40 seconds then you repeat 6 more times for a total of 7 "all-out" sprints or at your fast/hard pace.



"My clothes fit better and I feel stronger– I am actually pinning up about an inch in my work slacks until I can get them altered. I do sleep better and my energy levels are now pretty constant throughout the day."

Karen H. Market President at Frost Bank and volunteer and Mayor of Coppell, TX

Workout # 7 – Cardio Equipment Workout -"The 20 Minute Solution"

If some of you still have your chain gym membership and you use the cardio machines or you have an elliptical or treadmill at home, or if you are visiting a hotel, here is a good workout to do that is way more effective than "steady-state cardio" and it's faster. This can be done any piece of equipment.

Note: Level 1-10 is a "perceived level of difficulty" meaning level 1 is super easy for YOU, level 4-6 is moderate and level 10 is your absolute limit.

This is not "what the treadmill or elliptical speed or level is or says" – this is what YOU perceive to be tough for YOUR BODY.

Person A might think that a level 5 for her is running at a speed of 6.7 on the treadmill while person B that is out of shape might think that level 5 for her is simply walking.

Min 0-2 – level 5 (for you)
Min 2-3 – level 6
Min 3-4 – level 7
Min 4-5 – level 8
Min 5-6 – level 9
Min 6-7 – level 6
Min 7-8 – level 7
Min 8-9 – level 8
Min 9-10 – level 9
Min 10-11 – level 6
Min 11-12 – level 7
Min 12-13 – level 8
Min 13-14 – level 9
Min 14-15 – level 6
Min 15-16 – level 7
Min 16-17 – level 8
Min 17-18 – level 9
Min 18-19 – level 10 * this is the all out minute
Min 19-20 – cool down back at level 5

That's it! Please let me know if you have any questions!

Brad Linder

PS: Keep this report on hand for future use. If you have any questions please let me know, AND if you want to know how I can help you get in great shape faster than you ever DREAMED of!

I've included a Gift Certificate for our 14 Day Fat Furnace Program!

You can contact me directly at 214-603-8287 or you can request a Free No-Obligation Consultation at www.CoppellFitness.com

P.P.S. Get You In Shape's nutrition program can help people anywhere. This program is designed for:

Anyone looking to look, feel and perform better

Anyone looking to make a big change in their health and don't know how.

Anyone how know they need coaching and accountability.

Anyone looking for a kick start or looking break a plateau

Anyone who need a step by step proven system to follow.

Anyone who is not currently getting results.

If any of those sound like you, then [go to our Nutrition & Accountability System part of our website here.](#)

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service we are known for in Coppell, we
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