

# Unstoppable Health & Wealth

You Know That You're Living  
The Unstoppable Lifestyle  
When...

By Scott Tousignant, BHK, CFC

[www.UnstoppableFatLoss.com](http://www.UnstoppableFatLoss.com)

[www.TheFitChic.com](http://www.TheFitChic.com)

[www.FitChicFatLoss.com](http://www.FitChicFatLoss.com)

[www.TheFitBastard.com](http://www.TheFitBastard.com)

[www.AskTheFitBastard.com](http://www.AskTheFitBastard.com)

# Unstoppable Health & Wealth

You know that you're living the unstoppable lifestyle when...

## You See The Big Picture

Your first step in your journey to financial and fitness success is your ability to realize that this is a journey. Your approach should never be out of desperation. You should never get into Internet Marketing or begin a fitness program thinking that you are going to produce results rapidly. If you have a get rich quick or lose 30lbs in 30 days mentality, you are setting yourself up for inevitable failure.

A big part of seeing the big picture is in knowing your purpose. You must know why you are doing it. Why do you want to market online? Why do you want to get in great shape?

For me, I wanted the freedom to work at home and be with my kids. I also wanted to hit a larger audience with my fitness message. I've always wanted to write a book and self-publishing it online was a great way to start.

I hated trading my time for dollars. I knew that there had to be a better way than working more hours in a day and more days a week in order to get ahead in life.

My why's for fat loss may be a bit easier to come up with for one because it's my job to be in great shape. I'm an example to many people and many people are counting on me and looking up to me, including my family. My family relies on me to bring home money to help support them. If I'm not in great shape no one would buy from me and I wouldn't be able to bring home a paycheck.

Plus there is the vanity reason. I love looking great with my shirt off, whether I'm walking on the beach or mowing the lawn. It gives me great confidence and I'm proud to show off the finished product of all my hard training and balanced eating.

While you are working toward success online you've got to take a look at what you are doing and if it is in line with your reasons why. If your goals are more time with your

family and you are spending 16 hours a day working on your computer, you aren't really in line with your goals.

A friend of mine told me something that has really stuck with me. He said, "You have to get out of balance in order to get in balance." I believe that he's right. That's exactly what I had to do, but you can only be out of balance for so long before it starts to affect everything else in your life.

Achieving financial and fitness success are 2 very big and very important goals. You may be wondering if it's possible to do both at the same time. It certainly is and I believe you should be trying to do both at the same time. It will help keep you in balance.

When you see the big picture you will realize that the better health you are in, the more productive you will be. The more productive you are, the more time you will have freed up and part of that time can be spent being physically active.

## **You Are Following Your Passion**

Now that you know your reasons why you are doing this, it will provide you with the passion to drive forward.

When we are talking about Internet Marketing you must, and I do mean **MUST** choose a niche that you are totally passionate about. You will have a much harder time trying to sell a product or service if you are not passionate about it. On the flip side, if you are passionate about a product or service you don't even need to sell it because people will see and feel your passion simply by hearing you talk.

You will be able to produce much more material if you are talking about a niche that you are passionate about. You will be able to relate to the people reading your newsletters or blogs much better if you are passionate about the topic.

The most important element of following your passion is... you will have much more fun and become much more creative in the work that you do. That's really what it should all be about. If you are not having fun, it's a sure sign that you are not doing the right thing.

## **You Are Persistent**

Like I said earlier, you shouldn't expect results overnight when you get into Internet Marketing or begin a fitness program. You may go several weeks or months without making any progress. During these times most people will give up and say that it just won't work. The successful people will push on.

There will always be obstacles and setbacks and you've got to prepare for them, learn from them and move on forward. You will hear many people question why you are

trying so hard to make money online. They will tell you that it's a scam and that it's not realistic to make large sums of money with online products.

Ignore those people. If you are passionate about something you will be willing to do whatever it takes to get there. This goes for your fitness goals as well as your online goals.

If you want your dream body bad enough, you will be willing to get up at 5 am to do your cardio and you will be willing to eat a lot more vegetables than you are currently used to and give up most of the unhealthy fast food.

If you want your online goals bad enough, you will be willing to put in an extra 2 to 3 hours a day after your offline job in order to get things going. You will be willing to work these extra hours for a few months even though you may not be producing much financial rewards just yet.

## **You Are Growing As A Person Every Single Day**

It is crucial that you become better today than you were yesterday, and better tomorrow than you are today. When you follow these guidelines you are totally in alignment with your Big Picture. You realize that you don't have to be an overnight success. You are happy with small gains as long as you are making those small gains on a consistent daily basis.

For some, growing may be reducing the amount of time spent answering unnecessary emails. Or it could be adding a glass of water in your day. Walking 5 more minutes in the morning. It doesn't have to be huge steps.

## **You Plan And Record All The Necessary Steps**

Before you set out on your online and fitness journey, you need to take some time to plan out a course of action. How many hours are you going to spend each day building your online business? How many days a week are you going to workout? How much money are you willing to spend each month on developing your online business.

Once you have that plan you need to spend some time each day recording what you've done to get you closer to your fitness and financial goals. Record the obstacles that you were faced with and what you did to overcome them.

This will be your blueprint to all future successes and it may even be something that you can sell down the road.

## **You Have Become Unstoppable – Your Lifestyle**

If the alarm goes off at 5 am in the morning and you effortlessly hop out of bed to go for your morning walk or jog because you can't wait to listen to a motivational mp3, or business and fitness audio, you are living the unstoppable lifestyle.

If you are out at a restaurant and order a chicken salad because you know how great you will feel after eating it, the energy you will have, and the satisfaction of knowing that you are no longer a prisoner to greasy burgers... you are living the unstoppable lifestyle.

## **You Take Action On A Daily And Consistent Basis**

If you pull out your plan of action at the end of the day and you see that you took steps towards both your fitness and online goals, you are well on your way to success.

Too many people spend all their time trying to learn what it takes to make money online and get in great shape, yet they spend hardly any time at all applying what they've learned.

Action is key to success. Don't sit on the sidelines wondering if something is going to work. Try it and find out for yourself. Don't look for the best possible solution. Take the solution that is in front of you and see if it works.

At the end of the day if you have not taken any steps toward your online and fitness goals, do not go to bed unless you've done something. I don't care if it's doing 2 minutes of jumping jacks, or sending out an email to a potential joint venture partner... you've got to do something.

## **You Have Mentors And Role Models To Look Up To**

There are gimmicks out there in both the Health and Wealth industry. It's important that you seek out successful people, model them, and learn from the people who they recommend.

Mentors will cut years off of your learning curve and you will have a built in action plan to follow. Plus you will see that all your hard effort will be rewarded in the end just as it has for your role models.

It's sometimes difficult to stick to a plan if you are unsure that it will succeed. If you have a role model that was once in the exact same place as you currently are and they were able to dig themselves out of it and become a success, it will give you hope and a willingness to drive forward.

# **You Are Following A Fat Burning & Body Sculpting Office Workout That Is Intense and Doesn't Take Up Much Time In Your Day...**

Below you will find a highly effective workout program that you can do in a limited amount of space such as your office and with a limited amount of equipment. Plus it will only take 20 minutes or less out of your day.

With this program there will be no excuse for not being able to get an intense workout into your daily routine.

You will know that you are living the unstoppable lifestyle when you effortlessly step away from the computer to get in your daily intense office workout.

# Fat Burning & Body Sculpting Office Workouts

By Scott Tousignant, BHK, CFC

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# Disclaimer

The information in The Fat Burning & Body Sculpting Office Workouts book is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

The author shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

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*Fat Burning Stage #2: Phase 1/Week 1 - Intervals*

**Day 1:** Chest, Biceps, and Abs

Take a **45 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Chest Press	1	10		0
Dumbbell Fly's	1	10		0
Reach Ups	1	10		0
Dumbbell Biceps Curl	1	10		0
Hammer Curl	1	10		0
Stability Ball Pass	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Chest Press	2	8		0
Dumbbell Fly's	2	8		0
Reach Ups	2	8		0
Dumbbell Biceps Curl	2	8		0
Hammer Curl	2	8		0
Stability Ball Pass	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Ball Push Ups	1	10		0
Floor Push Ups	1	10		0
Dumbbell Twist	1	10		0
Preacher Curl	1	10		0
Reverse Biceps Curl	1	10		0
Russian Twist	1	10		0

30 seconds Mountain Climbers

Exercise	Set #	Reps	Weight	Time Between Exercises
Ball Push Ups	2	8		0
Floor Push Ups	2	8		0
Dumbbell Twist	2	8		0
Preacher Curl	2	8		0
Reverse Biceps Curl	2	8		0
Russian Twist	2	8		0

30 jumping jacks

Go grab your post workout meal

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 1 - Intervals*

**Day 2:** Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: \_\_\_\_\_  
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*Fat Burning Stage #2: Phase 1/Week 1 - Intervals*

**Day 3:** Legs, Shoulders, and Calves

Take a **45 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Split Squat	1	10		0
Stability Ball Leg Curl	1	10		0
Standing Calve Raises	1	10		0
Arnold Press	1	10		0
Upright Row	1	10		0
Seated Calve Raises	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Split Squat	2	8		0
Leg Curl	2	8		0
Standing Calve Raises	2	8		0
Arnold Press	2	8		0
Upright Row	2	8		0
Seated Calve Raises	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	1	10		0
Deep Squat	1	10		0
Standing Calve Raises	1	10		0
Lateral Raises	1	10		0
Shrugs	1	10		0
Seated Calve Raises	1	10		0

30 mountain climbers.

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	2	8		0
Deep Squat	2	8		0
Standing Calve Raises	2	8		0
Lateral Raises	2	8		0
Shrugs	2	8		0
Seated Calve Raises	2	8		0

30 seconds jumping jacks

**Go grab your post workout meal**

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 1 - Intervals*

**Day 4:** Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: \_\_\_\_\_  
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*Fat Burning Stage #2: Phase 1/Week 1 - Intervals*

**Day 5:** Back, Triceps, and Abs

Take a **45 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Pull Over	1	10		0
Standing Dumbbell Row	1	10		0
Bicycle Kicks	1	10		0
DB Lying Triceps Ext.	1	10		0
Triceps Kick Back	1	10		0
Stability Ball Sit Ups	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Pull Over	2	8		0
Standing Dumbbell Row	2	8		0
Bicycle Kicks	2	8		0
DB Lying Triceps Ext.	2	8		0
Triceps Kick Back	2	8		0
Stability Ball Sit Ups	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Row	1	10		0
Bent Over Raises	1	10		0
Toes To The Sky	1	10		0
Chair Dips	1	10		0
Over Head Extension	1	10		0
Ball Slide	1	10		0

30 seconds mountain climbers

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Row	2	8		0
Bent Over Raises	2	8		0
Toes To The Sky	2	8		0
Chair Dips	2	8		0
Over Head Extension	2	8		0
Ball Slide	2	8		0

30 seconds jumping jacks

**Go grab your post workout meal**

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 2 - Intervals*

**Day 1:** Chest, Biceps, and Abs

Take a **30 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Chest Press	1	10		0
Dumbbell Fly's	1	10		0
Reach Ups	1	10		0
Dumbbell Biceps Curl	1	10		0
Hammer Curl	1	10		0
Stability Ball Pass	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Chest Press	2	8		0
Dumbbell Fly's	2	8		0
Reach Ups	2	8		0
Dumbbell Biceps Curl	2	8		0
Hammer Curl	2	8		0
Stability Ball Pass	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Ball Push Ups	1	10		0
Floor Push Ups	1	10		0
Dumbbell Twist	1	10		0
Preacher Curl	1	10		0
Reverse Biceps Curl	1	10		0
Russian Twist	1	10		0

30 seconds Mountain Climbers

Exercise	Set #	Reps	Weight	Time Between Exercises
Ball Push Ups	2	8		0
Floor Push Ups	2	8		0
Dumbbell Twist	2	8		0
Preacher Curl	2	8		0
Reverse Biceps Curl	2	8		0
Russian Twist	2	8		0

30 jumping jacks

Go grab your post workout meal

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 2 - Intervals*

**Day 2:** Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: \_\_\_\_\_  
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*Fat Burning Stage #2: Phase 1/Week 2 - Intervals*

**Day 3:** Legs, Shoulders, and Calves

Take a **30 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Split Squat	1	10		0
Stability Ball Leg Curl	1	10		0
Standing Calve Raises	1	10		0
Arnold Press	1	10		0
Upright Row	1	10		0
Seated Calve Raises	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Split Squat	2	8		0
Leg Curl	2	8		0
Standing Calve Raises	2	8		0
Arnold Press	2	8		0
Upright Row	2	8		0
Seated Calve Raises	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	1	10		0
Deep Squat	1	10		0
Standing Calve Raises	1	10		0
Lateral Raises	1	10		0
Shrugs	1	10		0
Seated Calve Raises	1	10		0

30 mountain climbers.

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	2	8		0
Deep Squat	2	8		0
Standing Calve Raises	2	8		0
Lateral Raises	2	8		0
Shrugs	2	8		0
Seated Calve Raises	2	8		0

30 seconds jumping jacks

**Go grab your post workout meal**

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 2 - Intervals*

**Day 4:** Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Fat Burning Stage #2: Phase 1/Week 2 - Intervals*

**Day 5:** Back, Triceps, and Abs

Take a **30 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Pull Over	1	10		0
Standing Dumbbell Row	1	10		0
Bicycle Kicks	1	10		0
DB Lying Triceps Ext.	1	10		0
Triceps Kick Back	1	10		0
Stability Ball Sit Ups	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Pull Over	2	8		0
Standing Dumbbell Row	2	8		0
Bicycle Kicks	2	8		0
DB Lying Triceps Ext.	2	8		0
Triceps Kick Back	2	8		0
Stability Ball Sit Ups	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Row	1	10		0
Bent Over Raises	1	10		0
Toes To The Sky	1	10		0
Chair Dips	1	10		0
Over Head Extension	1	10		0
Ball Slide	1	10		0

30 seconds mountain climbers

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Row	2	8		0
Bent Over Raises	2	8		0
Toes To The Sky	2	8		0
Chair Dips	2	8		0
Over Head Extension	2	8		0
Ball Slide	2	8		0

30 seconds jumping jacks

**Go grab your post workout meal**

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 3 - Intervals*

**Day 1:** Chest, Biceps, and Abs

Take a **15 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Chest Press	1	10		0
Dumbbell Fly's	1	10		0
Reach Ups	1	10		0
Dumbbell Biceps Curl	1	10		0
Hammer Curl	1	10		0
Stability Ball Pass	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Chest Press	2	8		0
Dumbbell Fly's	2	8		0
Reach Ups	2	8		0
Dumbbell Biceps Curl	2	8		0
Hammer Curl	2	8		0
Stability Ball Pass	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Ball Push Ups	1	10		0
Floor Push Ups	1	10		0
Dumbbell Twist	1	10		0
Preacher Curl	1	10		0
Reverse Biceps Curl	1	10		0
Russian Twist	1	10		0

30 seconds Mountain Climbers

Exercise	Set #	Reps	Weight	Time Between Exercises
Ball Push Ups	2	8		0
Floor Push Ups	2	8		0
Dumbbell Twist	2	8		0
Preacher Curl	2	8		0
Reverse Biceps Curl	2	8		0
Russian Twist	2	8		0

30 jumping jacks

Go grab your post workout meal

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 3 - Intervals*

**Day 2:** Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: \_\_\_\_\_  
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*Fat Burning Stage #2: Phase 1/Week 3 - Intervals*

**Day 3:** Legs, Shoulders, and Calves

Take a **15 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Split Squat	1	10		0
Stability Ball Leg Curl	1	10		0
Standing Calve Raises	1	10		0
Arnold Press	1	10		0
Upright Row	1	10		0
Seated Calve Raises	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Split Squat	2	8		0
Leg Curl	2	8		0
Standing Calve Raises	2	8		0
Arnold Press	2	8		0
Upright Row	2	8		0
Seated Calve Raises	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	1	10		0
Deep Squat	1	10		0
Standing Calve Raises	1	10		0
Lateral Raises	1	10		0
Shrugs	1	10		0
Seated Calve Raises	1	10		0

30 mountain climbers.

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	2	8		0
Deep Squat	2	8		0
Standing Calve Raises	2	8		0
Lateral Raises	2	8		0
Shrugs	2	8		0
Seated Calve Raises	2	8		0

30 seconds jumping jacks

**Go grab your post workout meal**

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 3 - Intervals*

**Day 4:** Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
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- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: \_\_\_\_\_  
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*Fat Burning Stage #2: Phase 1/Week 3 - Intervals*

**Day 5:** Back, Triceps, and Abs

Take a **15 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Pull Over	1	10		0
Standing Dumbbell Row	1	10		0
Bicycle Kicks	1	10		0
DB Lying Triceps Ext.	1	10		0
Triceps Kick Back	1	10		0
Stability Ball Sit Ups	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Pull Over	2	8		0
Standing Dumbbell Row	2	8		0
Bicycle Kicks	2	8		0
DB Lying Triceps Ext.	2	8		0
Triceps Kick Back	2	8		0
Stability Ball Sit Ups	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Row	1	10		0
Bent Over Raises	1	10		0
Toes To The Sky	1	10		0
Chair Dips	1	10		0
Over Head Extension	1	10		0
Ball Slide	1	10		0

30 seconds mountain climbers

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Row	2	8		0
Bent Over Raises	2	8		0
Toes To The Sky	2	8		0
Chair Dips	2	8		0
Over Head Extension	2	8		0
Ball Slide	2	8		0

30 seconds jumping jacks

**Go grab your post workout meal**

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 4 - Intervals*

**Day 1:** Chest, Biceps, and Abs

No rest between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Chest Press	1	10		0
Dumbbell Fly's	1	10		0
Reach Ups	1	10		0
Dumbbell Biceps Curl	1	10		0
Hammer Curl	1	10		0
Stability Ball Pass	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Chest Press	2	8		0
Dumbbell Fly's	2	8		0
Reach Ups	2	8		0
Dumbbell Biceps Curl	2	8		0
Hammer Curl	2	8		0
Stability Ball Pass	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Ball Push Ups	1	10		0
Floor Push Ups	1	10		0
Dumbbell Twist	1	10		0
Preacher Curl	1	10		0
Reverse Biceps Curl	1	10		0
Russian Twist	1	10		0

30 seconds Mountain Climbers

Exercise	Set #	Reps	Weight	Time Between Exercises
Ball Push Ups	2	8		0
Floor Push Ups	2	8		0
Dumbbell Twist	2	8		0
Preacher Curl	2	8		0
Reverse Biceps Curl	2	8		0
Russian Twist	2	8		0

30 jumping jacks

Go grab your post workout meal

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 4 - Intervals*

**Day 2:** Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
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- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: \_\_\_\_\_  
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*Fat Burning Stage #2: Phase 1/Week 4 - Intervals*

**Day 3:** Legs, Shoulders, and Calves

No **rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Split Squat	1	10		0
Stability Ball Leg Curl	1	10		0
Standing Calve Raises	1	10		0
Arnold Press	1	10		0
Upright Row	1	10		0
Seated Calve Raises	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Split Squat	2	8		0
Leg Curl	2	8		0
Standing Calve Raises	2	8		0
Arnold Press	2	8		0
Upright Row	2	8		0
Seated Calve Raises	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	1	10		0
Deep Squat	1	10		0
Standing Calve Raises	1	10		0
Lateral Raises	1	10		0
Shrugs	1	10		0
Seated Calve Raises	1	10		0

30 mountain climbers.

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	2	8		0
Deep Squat	2	8		0
Standing Calve Raises	2	8		0
Lateral Raises	2	8		0
Shrugs	2	8		0
Seated Calve Raises	2	8		0

30 seconds jumping jacks

**Go grab your post workout meal**

**Cardio:** Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

*Fat Burning Stage #2: Phase 1/Week 4 - Intervals*

**Day 4:** Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
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- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Fat Burning Stage #2: Phase 1/Week 4 - Intervals*

**Day 5:** Back, Triceps, and Abs

No rest between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Pull Over	1	10		0
Standing Dumbbell Row	1	10		0
Bicycle Kicks	1	10		0
DB Lying Triceps Ext.	1	10		0
Triceps Kick Back	1	10		0
Stability Ball Sit Ups	1	10		0

30 seconds of burpees

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Pull Over	2	8		0
Standing Dumbbell Row	2	8		0
Bicycle Kicks	2	8		0
DB Lying Triceps Ext.	2	8		0
Triceps Kick Back	2	8		0
Stability Ball Sit Ups	2	8		0

30 seconds of skipping

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Row	1	10		0
Bent Over Raises	1	10		0
Toes To The Sky	1	10		0
Chair Dips	1	10		0
Over Head Extension	1	10		0
Ball Slide	1	10		0

30 seconds mountain climbers

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Row	2	8		0
Bent Over Raises	2	8		0
Toes To The Sky	2	8		0
Chair Dips	2	8		0
Over Head Extension	2	8		0
Ball Slide	2	8		0

30 seconds jumping jacks

**Go grab your post workout meal**

Cardio: **Go for a 30 minute brisk walk first thing in the morning on an empty stomach.**

# Chest Exercises

It's important when you perform the following exercises that you really focus on feeling the chest muscles working during the movements.

If you are not feeling the chest muscle working, chances are you are doing the exercise incorrectly. You should refer to the description and attempt to imitate the movement to the best of your ability.

Sometimes it is just a slight modification that has to be made so you feel the appropriate muscle contracting and flexing during the exercise.

## Dumbbell Bench Press



Lie down on your stability ball with a dumbbell in each hand. Allow the dumbbells to drop to the side of torso at chest level.

Push the dumbbells up at the same time extending your arms without locking them. It is important the dumbbells remain directly in line with your chest. Do not allow the weights to start drifting over your head.

Lower the dumbbells to the side of your chest once again.



## Dumbbell Fly's



Lie down on your stability ball.

Begin the movement at the top with your elbows just slightly bent and your palms facing each other.

Lower the weights to approximately chest height and try to maintain the same angle at the elbow joint while lowering the weight.

Raise the dumbbells back up to the starting position in a controlled manner.



## Ball Push Ups



Place your hands on the side of the stability ball with your arms fully extended.

Lower your chest to the ball so it barely touches it, then thrust yourself back to the starting position.



## Push Ups



Place your hands on the floor just outside your shoulders with your arms fully extended.

Lower your torso so your chest comes close to touching the ground, then thrust yourself back to the starting position.



# Back Exercises

It's important when you perform the following exercises that you really focus on feeling the back muscles working during the movements.

If you are not feeling the back muscles working, chances are you are doing the exercise incorrectly. You should refer to the description and attempt to imitate the movement to the best of your ability.

Sometimes it is just a slight modification that has to be made so you feel the appropriate muscle contracting and flexing during the exercise.

## Dumbbell Pull Over



Begin with both dumbbells directly above your chest and your arms nearly straight.

Lower the dumbbells back behind your head all while keeping your arms fairly straight.

Use your lats to pull the dumbbell back to the starting position.



## Dumbbell Row



Place left hand on the ball and grab the dumbbell in your right hand.

Keeping your back straight, drop the dumbbell down toward the floor and straighten out your arm allowing your back to stretch.

Drive your elbow up while lifting the dumbbell and keep the elbow close to your body.

Repeat the movement with the opposite hand and knee on the bench.



## Standing Dumbbell Row



Grab the dumbbells with your palms facing each other. Stand with your feet shoulder width apart while bending your knees and bend your torso forward at about a 45 degree angle.

Keeping your elbows close to your body draw them backward and up while raising the dumbbells to your abdomen. Stick your chest out at the top part of the movement.

Do not move any other part of your body during the movement.



# Leg Exercises

It's important when you perform the following exercises that you really focus on feeling the leg muscles working during the movements.

If you are not feeling the leg muscles working, chances are you are doing the exercise incorrectly. You should refer to the description and attempt to imitate the movement to the best of your ability.

Sometimes it is just a slight modification that has to be made so you feel the appropriate muscle contracting and flexing during the exercise.

## Deep Squats



Stand with your feet shoulder width apart and the dumbbells at your side.

Lower your butt down to the floor so it touches your calves.

Be sure to keep your back fairly straight up and don't hunch over.

Use your leg muscles to push yourself back up to the starting position. Focus on the leg muscles.



## Split Squat



Begin with one foot about 3 feet in front of the other while holding a dumbbell in each hand. Lower the back knee to just a couple inches off the ground.

The angle of both knees should be 90 degrees. Push off with the leading leg to drive yourself up to the starting position.

Repeat the movement to the same leg for the desired amount of reps, then do the same for the opposite leg.



## Stability Ball Leg Curl



Begin with your butt off the ground, your heels on the ball and your legs extended.

Dig your heels into the ball and curl it towards your butt.

Return to the starting position. (Can also be done 1 leg at a time.)



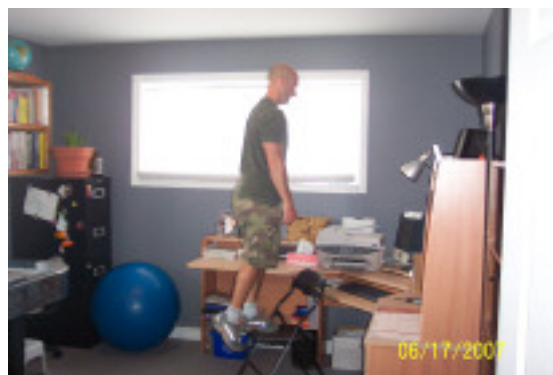
## Step Ups



Place one foot on a chair and lift your body off the ground with that leg.

Keep the same foot on the chair and drop the other leg back down to the ground and bend at your knee slightly.

Repeat the movement with the other foot on the chair for the desired amount of reps.



## Standing Calf Raises



Stand on a low stool with the balls of your feet on the platform.

Drop your heels as low as they can go as they stretch the calf muscle. Push up using the balls of your feet and go up on the tip of your toes as high as possible.

You may use one foot at a time if you wish.



## Seated Calf Raises



Sit on the ball with the balls of your feet on the platform and dumbbells on your thighs.

Push up using the balls of your feet and go up on the tip of your toes as high as possible.



# Shoulder Exercises

It's important when you perform the following exercises that you really focus on feeling the shoulder muscles working during the movements.

If you are not feeling the shoulder muscles working, chances are you are doing the exercise incorrectly. You should refer to the description and attempt to imitate the movement to the best of your ability.

Sometimes it is just a slight modification that has to be made so you feel the appropriate muscle contracting and flexing during the exercise.

## Lateral Raises



Stand with your feet about shoulder width apart and knees slightly bent. Hold the dumbbells in front of you with your elbows slightly bent.

Raise your elbows up in an arc motion until your arms are parallel with the floor. Your thumbs should point down slightly and your elbows should finish slightly higher than your hands.

Lower your arms in the same arc motion and maintain the same angle at the elbow joint.



## Bent Over Raises



Sit at the end of the ball and bend your body forward and place your feet out in front of you. Begin with the weights under your legs and raise your elbows up in an arc motion without raising your body up.

Lower the weight back down under your legs all while maintaining the same angle in your elbows.



## Arnold Press



Sitting in ball, begin with your elbows at your side and holding a dumbbell in each hand with your palms facing your chest.

In one smooth motion, push the weights up while rotating your wrists so your palms face forward at the top part of the movement and the dumbbells come close to touching while your arms are nearly straight.

Lower the dumbbells to the start position in a controlled manner.



## Shrugs



Standing upright grab a dumbbell in each hand and hold them at your side. Raise your shoulders up in a direction toward your ears while keeping your arms straight.

Lower the dumbbells back to the starting position in a controlled manner and allow your trapezius muscle to stretch out.



## Upright Row



Standing upright with dumbbells in your hands using a narrow grip, raise the dumbbells up toward your chin with your elbows leading the way.

Lower the dumbbells to the starting position in a controlled manner.



# Biceps Exercises

It's important when you perform the following exercises that you really focus on feeling the biceps muscles working during the movements.

If you are not feeling the biceps muscles working, chances are you are doing the exercise incorrectly. You should refer to the description and attempt to imitate the movement to the best of your ability.

Sometimes it is just a slight modification that has to be made so you feel the appropriate muscle contracting and flexing during the exercise.

## Preacher Curls



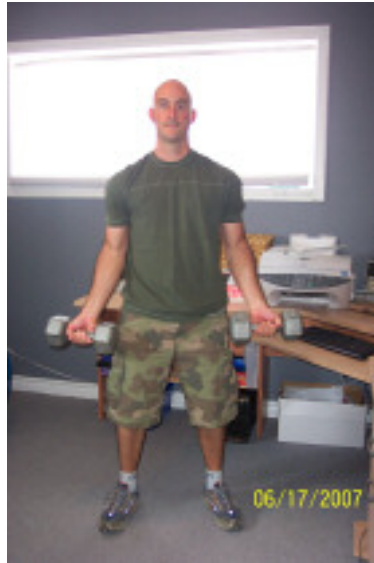
Kneel down on the floor with your arms resting on the stability ball.

With an underhand grip, raise the dumbbells toward your shoulders but stopping prior to touching them.

Lower the weight to the starting position where your arms are not quite completely straight.



## Dumbbell Biceps curl



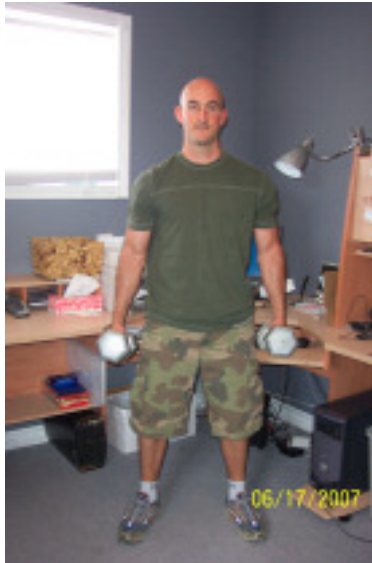
Standing upright with your knees slightly bent, use an underhand grip to grab onto the dumbbells.

Keeping your elbows at your side, curl the dumbbells toward your shoulders without swaying your back.

Lower the dumbbells to the starting position where your arms are not quite fully extended.



## Hammer Curl



Standing upright with your knees slightly bent, hold the dumbbells with your palms facing your sides.

Keeping your elbows at your side, curl the dumbbells toward your shoulders without swaying your back.

Lower the dumbbells to the starting position where your arms are not quite fully extended.



## Reverse Biceps Curl



Standing upright with your knees slightly bent, use an overhand grip to grab onto the dumbbells with your hands just less than shoulder width apart.

Keeping your elbows at your side, curl the dumbbells toward your shoulders without swaying your back.

Lower the dumbbells to the starting position where your arms are not quite fully extended.



# Triceps Exercises

It's important when you perform the following exercises that you really focus on feeling the triceps muscles working during the movements.

If you are not feeling the triceps muscles working, chances are you are doing the exercise incorrectly. You should refer to the description and attempt to imitate the movement to the best of your ability.

Sometimes it is just a slight modification that has to be made so you feel the appropriate muscle contracting and flexing during the exercise.

## Lying Triceps Extension



Lie down your stability ball and begin with your arms straight and the weight above your shoulders.

Lower the dumbbells by bending at your elbows while avoiding any movement at your shoulder joint. The dumbbells should come down along side your forehead.

Using your triceps muscles push the dumbbells back up to the start position at full extension of your arms.



## Overhead Triceps Extension



Sitting on ball, form a circle with your thumbs and your index fingers, which will go around the bar of the dumbbell. Your palms will face up and be in contact with the plate of the dumbbell.

Start with your arms fully extended above your head and lower the weight by bending your elbows and not allowing any movement from your shoulder joint.

Allow the weight to go as far down as possible before pushing the dumbbell back to the starting position using your triceps muscles.



## Chair Dips



Bring the ball and chair close together and place your heels on one ball the palms of your hands on the chair with your fingers hanging over the edge of the chair.

Lower your butt by bending at the elbow. Be sure to keep your back close to the chair as you lower your body.

When you have lowered your body as far as you can, use your triceps muscles to push your body all the way up so your arms are completely extended.



## Triceps Kickbacks



Stand with your feet shoulder width apart, bend forward 45 degrees and raise your upper arm along side your body.

Extend your arm using your triceps muscles to the point of full extension and squeeze your triceps muscles.

Lower the dumbbell back to the starting position without allowing your upper arm to rotate at the shoulder joint.



# Abdominal Exercises

It's important when you perform the following exercises that you really focus on feeling the abdominal muscles working during the movements.

If you are not feeling the abdominal muscles working, chances are you are doing the exercise incorrectly. You should refer to the description and attempt to imitate the movement to the best of your ability.

Sometimes it is just a slight modification that has to be made so you feel the appropriate muscle contracting and flexing during the exercise.

## Reach Ups



Lie down on a mat and place a stability ball between your lower legs or knees. Raise your legs up and hold them in this position during the entire exercise.

Extend your arms up in front of you and hold them in this position.

Raise your shoulders up off the ground and reach up toward the ball. Lower your body in a controlled manner to the starting position



## Dumbbell Twist

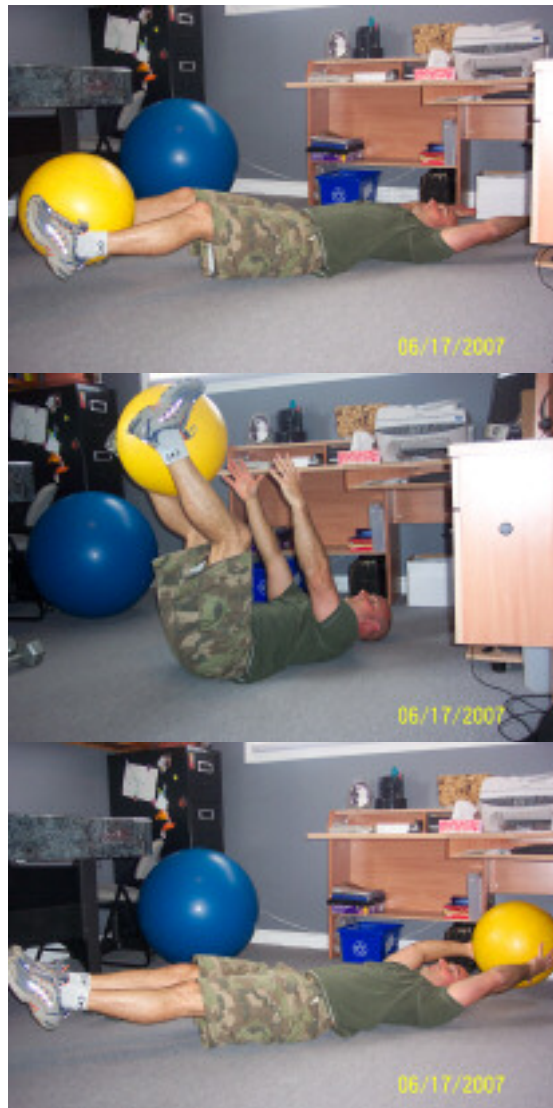


Grab a dumbbell with both hands and sit on the floor.

Lift your feet off the ground and rotate your torso from side to side.

Try not to move your feet side to side when you are rotating at the waist.

## Ball Pass



Begin with the ball in your feet with your legs fully extended and your arms fully extended.

Raise your legs up and pass the ball to your hands. Lower your legs and arms so your body is fully extended once again.

Bring the ball back up and place it back in your feet, then fully extend your body again. Repeat for the desired amount of reps.

## Russian Twist



Begin by grabbing a dumbbell in both hands and hold it above your chest.

Rotate your body and allow the ball to roll under your shoulder so the dumbbell ends up at your side.

Rotate your torso to the start position then rotate to the other side.



## Bicycle Kicks



Lift both your feet and your shoulders off the ground.

Bring one knee towards your chest and direct your opposite elbow towards that knee.

Alternate back and forth in a controlled manner.

## Stability Ball Sit Ups



Sit on a stability ball with your butt toward the front of the ball.

Lower your torso back while it rounds the ball.

Use your abdominal muscles to pull your torso up to nearly a fully seated position.



## Toes To The Sky



Begin with your back flat on the ground and your legs up in the air.

Lift your butt up off the ground with directing your feet straight up toward the sky.



## Ball Slide



With your shoulder blades on the ball slide in one direction to the point where just one shoulder blade is barely on the ball.

Roll back to the start and then repeat to the other side.



## Mountain Climbers



This is for one of your interval sessions.

Begin with one knee near your chest and the other extended back.

Alternate legs back and forth while keeping your hips low to the ground.

Continue for 30 seconds.

## **This concludes the Fat Burning & Body Sculpting Office Workouts**

Scott Tousignant, BHK, CFC, is a certified personal fitness consultant.

Scott is the creator of Unstoppable Fat Loss  
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[www.AskTheFitBastard.com](http://www.AskTheFitBastard.com)  
[www.Unstoppable-FatLoss.com](http://www.Unstoppable-FatLoss.com)

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If you would like 11 more months of Fat Burning & Body Sculpting Workouts that are intense and don't take up much time simply visit [www.TheFitBastard.com](http://www.TheFitBastard.com) or [www.TheFitChic.com](http://www.TheFitChic.com)