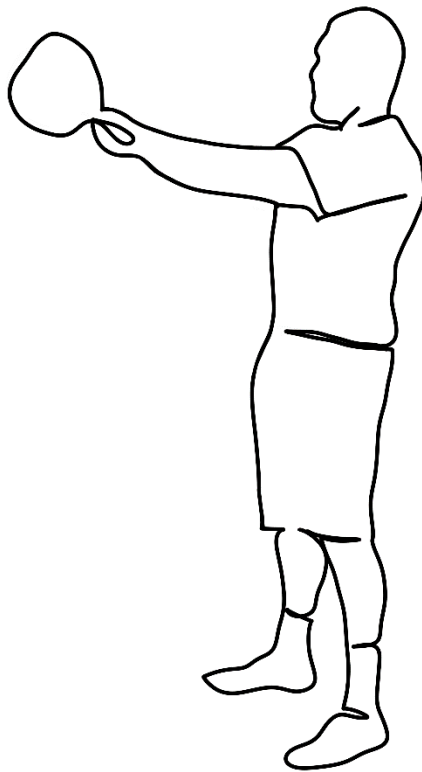


# FAT BURNING WORKOUTS



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AND

WORKOUT FINISHERS

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## Disclaimer.

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician, you're agreeing to accept full responsibility for your own actions. The author shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained within this book.

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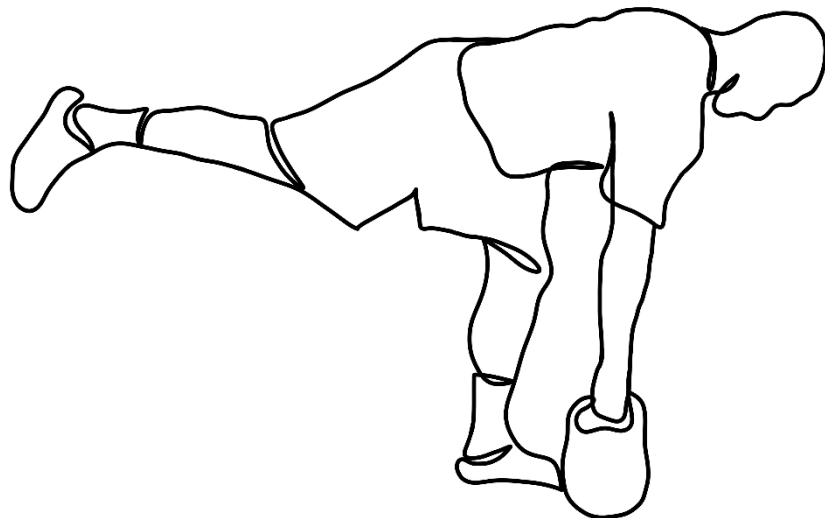
## Intro.

I put this manual together to help take the guesswork out of your conditioning routines and give you a flexible framework to work within that is hopefully challenging, results driven and fun. Although there's a lot of information contained within these pages I've put the workouts together in such a way that you can skim through the manual, pick a page, and immediately apply that information in the gym. They may look simple on paper but don't confuse simple with easy, if you're working at the right intensity they can be extremely challenging and may even push you to your limits. Give them a go and let me know how you get on.

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## Minute Drills.

Minute drills are incredibly simple yet effective, making them a great starting point for building up your fitness. Essentially, all you have to do is PICK AN EXERCISE from the list below and complete as many reps as you can within a minute.

Afterward, REST for up to a minute and then go again. You can stick to the same exercise for the entire workout, alternate between two exercises, or choose something different every time - it's entirely up to you. REPEAT for 5-10 rounds.

Exercise Index					
Squats	Lunges	Rowing	Cycling	Sit Ups	Pull Ups
Squat Jumps	Step Ups	Running	Burpees	Crunches	Push Ups

**NOTE:** You are not limited to only the above exercises, these are just to give you an idea of what you can do.

## Every Minute On The Minute.

I like these workouts as the structure makes them very easy to manage, track and progress over time. Basically, all you have to do is perform an exercise Every Minute On The Minute (EMOM) and relax for the rest of that minute. If you complete the exercise faster, you'll get a longer rest period; slower and you'll get a shorter rest period. It's that simple.

Although these workouts may seem to have quite a fixed format there are many ways to mix things up. However, the one element that must remain constant is the built-in rest period, which is easily maintained provided the reps, distance, or time of each working set doesn't exceed 40 seconds.

WORK	REST
20	40
30	30
40	20

Similar to minute drills, once you've decided how hard and how long you want to train for, you can perform 1 exercise for the entire (5, 10, 15 minute) workout, alternate between 2 exercises targeting different parts of the body, or pick 3-6 exercises and do something different Every Minute On The Minute (EMOM).

## Supersets.

A superset is where you perform one exercise straight after another without taking any rest between the two. Although they can be done a number of different ways I believe the following exercise pairings will get you the best results in the least amount of time.

### Superset:

### Example:

<b>A1.</b> Something Strength	<b>A1.</b> Goblet Squats x 10 reps
<b>A2.</b> Something Cardiovascular	<b>A2.</b> Treadmill Sprints x 30 secs

REST: 90 secs | REPEAT: 5x

### Superset:

### Example:

<b>B1.</b> Something Lower Body	<b>B1.</b> Deadlifts x 5 reps
<b>B2.</b> Something Upper Body	<b>B2.</b> Push Ups x 10 reps

REST: 90 secs | REPEAT: 5x

You can also put supersets together incorporating stability, mobility, compound (multi-joint) and isolation (single-joint) exercises, but rather than overcomplicate matters I'd suggest sticking with the combinations shown above.

Once you've chosen the exercises you want to work on your supersets can be made easier or harder by simply adjusting the work/rest periods, weights used, speed at which you move, and overall workout duration; but you can play around with all of that and see what works best for you.

The only problem I have with this type of training is that the lack of rest will obviously go some way towards hindering your performance on the second exercise of the superset. Luckily this is a problem that's easily solved by taking a short break between exercises; not only does this give you more time to recover but it will also allow you to work harder and lift heavier weights.

Technically you'd call these alternating sets as you're alternating between two different exercises, but let's not quibble over semantics. There are pros and cons to both training methods; stay somewhat adaptable in your approach and you'll have a wide range of options.

**Circuits.**

Circuit training is great for those wanting to develop muscular strength and cardiovascular fitness but are short on time to train.

There are so many ways to design a circuit it can get confusing but to keep things simple let's just say that a circuit consists of a number of exercises (3-10) performed one after the other for a set number of reps or a set period of time before moving on to the next exercise.

Exercises within each circuit are then separated by a short rest period (5-45 secs) and each circuit is separated by a longer rest period (45-90 secs).

The intensity of a circuit can then be controlled by tweaking a number of variables but I'll not get into all of that as the goal of circuit training shouldn't really be to chase intensity, pain or soreness, it should be to create a cardiovascular stimulus and increase your fitness.

Sure you want to work hard, but the quality of your work should never be compromised in exchange for intensity. Saying that, if you avoid doing anything stupid you should be alright.

**Circuit – Examples:**

Rep-Based Circuit #1	Rep-Based Circuit #2
05 reps - Pull Ups 10 reps - Push Ups 15 reps - Bodyweight Squats  20 min AMRAP (As Many Rounds As Possible)	05 reps - Dips 10 reps - Bodyweight Rows 15 reps - Alternating Reverse Lunges  Rest: 60 secs   Repeat: 4x

Time-Based Circuit #1	Time-Based Circuit #2
20 secs - High Knees 20 secs - Squat Jumps 20 secs - Mountain Climbers  Rest: 60 secs   Repeat: 5x	Ex 1. 50 secs - WORK 10 secs - REST Ex 2. 50 secs - WORK 10 secs - REST Ex 3. 50 secs - WORK 10 secs - REST  Rest: 60 secs   Repeat: 3x

## Tabata.

Tabata is a High Intensity training protocol that calls for just 20 seconds of WORK followed by 10 seconds of REST, repeated 8 times. These workouts will only take you 4 minutes to complete but they're guaranteed to get results fast; building muscle and burning fat more effectively than just cardio alone.

**PRO TIP:** If you're new to High Intensity Interval Training (HIIT), or if you're well accustomed and simply want to mix things up; something I like to do is swap the WORK/REST periods around. By doing this, you'll still get much of the associated benefits (by changing very little) and can easily progress to 20 second work intervals over time.

TABATA ▶▶		vs.	ATABAT ◀◀	
Work:	20 seconds		Work:	10 seconds
Rest:	10 seconds		Rest:	20 seconds
Repeat:	8x		Repeat:	8x

## Modified Tabata.

Modified Tabata allows you to alternate between two different exercises rather than just sticking with the one. This means you won't fatigue as quickly and can target more muscles in the same amount of time.

Because you're better able to manage fatigue you can also stack multiple 4 minute routines together in order to create a much longer workout.

If you fancy a challenge you could try stacking the workouts shown below; taking a minutes rest between each. That's a 14 minute HIIT routine (3x 4 minutes WORK + 2 minutes REST) guaranteed to burn fat and boost your fitness in no time at all.

Sample Workout #1	Sample Workout #2	Sample Workout #3
A1. Running On The Spot	B1. Mountain Climbers	C1. Knee Push Ups
A2. Mountain Climbers	B2. Knee Push Ups	C2. Burpees

**Ladders.**

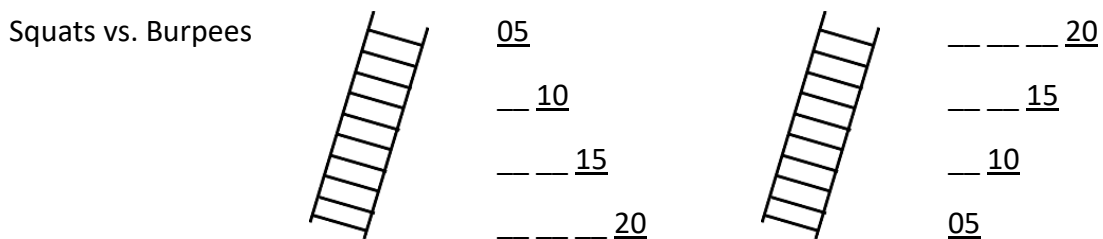
Ladders are great as they allow you to fit a lot of work into a short space of time, they can be applied to almost any exercise, and will help to increase your strength, endurance and aerobic fitness all at the same time. Just bear in mind that the goal here isn't to kill yourself but to complete lots of reps with good technique so that your performance improves over time.

**Single Ladder – Examples:**

Push Ups	2, 4, 6, 8, 10	2, 4, 6, 8, 10	2, 4, 6, 8, 10	= 90 reps in total
Pull Ups	1, 2, 3, 4, 5	1, 2, 3, 4, 5	1, 2, 3, 4, 5	= 45 reps in total
Deadlifts	5, 3, 2	5, 3, 2	5, 3, 2	= 30 reps in total

SINGLE LADDER workouts are pretty simple to construct, all you need to do is pick an exercise then choose an ascending or descending set/rep scheme that matches your goals; for strength you'd go heavier and do less (1-5 reps), for cardio/endurance you'd go lighter and do more (5-50 reps). You'd then choose a time limit or number of rounds you'd like to work towards and you're good to go. Rest as needed in-between sets. Maintain good form throughout.

**Double Ladder – Example:**

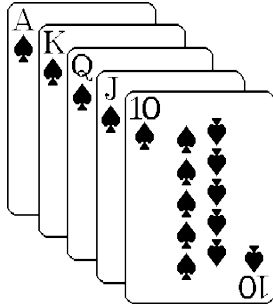


DOUBLE LADDER workouts follow much of the same rules as above but they're a little bit more involved as you'll be alternating between two exercises with each one able to have its own ascending or descending set/rep scheme independent of the other. What I mean by that is you could have both ladders ascending (going up), both ladders descending (going down) or one going up and the other going down, there's a lot of possibilities.

These workouts can be incredibly simple or ridiculously complicated; the choice is yours, but simple works, just do your best to keep them interesting, challenging and fun.



## Deck Of Cards.



This workout is one that you can do anywhere as all you need is a fully shuffled deck of cards, a bit of space, and some imagination, from there the options are almost endless.

To complete this workout all you need to do is pick an exercise for every suit in the deck; hearts, clubs, diamonds and spades. Shuffle your cards then perform each exercise as it comes for the number of reps that correspond to the value of that card.

- Numbered cards will be of face value (3 of hearts = 3 reps, 6 of hearts = 6 reps).
- Royalty (Jacks, Queens and Kings) have a value of 10.
- Aces; 11.

From there it's simple, get through every card in the deck and you're done.

Failing that, get through as many cards as you can and aim to better your score next time.

	Sample Workout #1	Sample Workout #2	Sample Workout #3
♥	Squats	Squats	Squat Hops
♣	Push Ups	Push Ups	Push Ups
♦	Pull Ups	Pull Ups	Pull Ups
♠	Mountain Climbers	Burpees	Burpees

## Outro.

In summary, these workouts work. I've used them with clients, in my classes, and as part of my own training with great results had by all. They can be plugged into your current training regime or used as stand-alone workouts and routines to bring your conditioning levels up in as little as 5 to 15 minutes a day.

Use the information as it's laid out and I'm sure your results will be equally as impressive. That said, if you've got any questions about how to better make these workouts work for you, feel free to give me a shout.

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