

1 FAT LOSS CONDITIONING CIRCUIT

Complete the 'A' Exercise for 30 seconds then move straight on to the 'B' Exercise for 30 seconds (60 seconds total).
 Take 45seconds rest then move on to the next exercise.
 After 1 round has been completed take 60 seconds rest and repeat.
 Complete 4 rounds total.

1. A. K.B Swing / B. Jump Squat
2. A. Squat to M.B / B. Push-up
3. A. Suspension Body Row / B. Burpee
4. A. D.B Shoulder Press / B. Alternating Reverse Lunge
5. A. Prowler/ Skipping

1 A. KETTLEBELL SWING



- Place kettlebell between your feet.
- Push back with your butt and bend your knees to get into the starting position. Make sure that your back is flat and look straight ahead.
- Swing the kettlebell between your legs forcefully as if you are passing a football to someone behind you. Quickly reverse the direction and drive through with your hips explosively taking the kettlebell straight out.
- Let the kettlebell swing back between your legs and repeat.
- Remember that the swing is primarily a hamstring exercise and that is where all of the power is generated from. It is not a front raise.

1 B. JUMP SQUAT



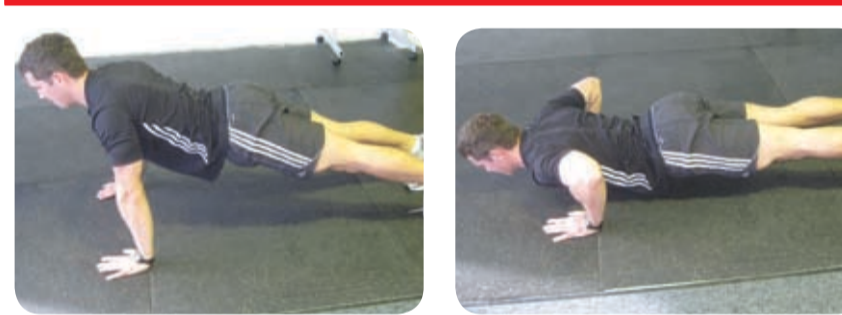
- Drive your backside back and down while keeping your chest up
- When backside gets below knee joint drive your hips through and jump towards the roof – MAINTAIN POSTURE!
- Land with soft knees straight back down into the squat position and repeat.

2 A. SQUAT TO M.B



- Same as the jump squat with out the jump
- Make sure backside touches the M.B

2 B. PUSH UPS



- Assume the position on your knees or toes depending on your level. If you can't touch or almost touch the ground with your chest go to your knees
- Maintain a straight back with your eyes looking 30cm in front the whole time
- Bend at your elbows and lower towards the ground
- Then extend your elbows back to the start position

3 A. SUSPENSION BODY ROWS



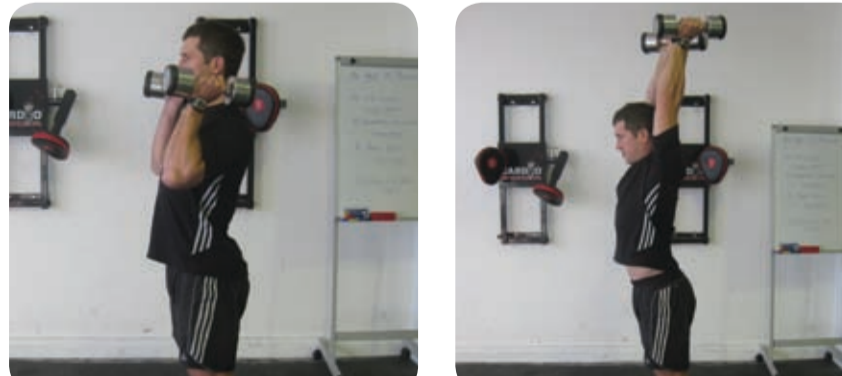
- Extend your arms so your elbows are locked out
- Keep your hips up so your spine is straight
- Pull up through your arms and back muscles pulling the suspension handles towards your chest.
- Lower back down to the start position and repeat

3 B. BURPEES



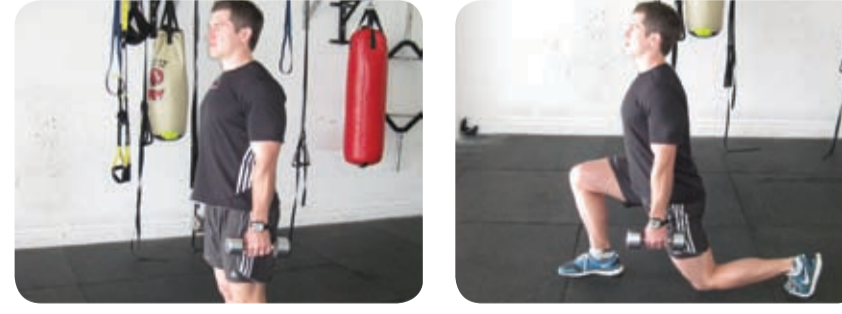
- Lower down towards the ground
- Kick your legs out then lower your chest to the ground
- Bring both feet under your hips and jump towards the roof

4 A. D.B SHOULDER PRESS



- Position both D.b's in an intermediate grip resting on your shoulders
- Maintain good posture while pushing the D.B's towards the roof
- As the D.B's pass your head, lean into the D.B's slightly so that they are locked out behind your head.

4 B. D.B ALTERNATING REVERSE LUNGE



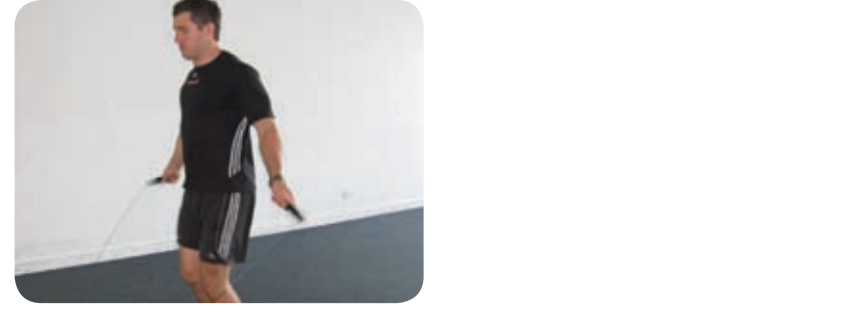
- Start with your feet slightly closer than shoulder width
- Take a big step back
- Lower the back knee to the floor
- Drive off the front foot and bring the back leg back to the start position and then repeat the movement with the other leg

5 A. PROWLER



- Push the low handles one way as quick as you can
- Push the poles back as quick as you can

5 B. SKIPPING



3 FAT BLASTING WORKOUTS

BY DARREN BAIN

2 FAT LOSS CONDITIONING CIRCUIT

30sec on 30sec off
 Complete as many reps as possible in 30 seconds, then take 30 seconds rest. This is to be done for 3 sets at each exercise. The goal is to get the same number of reps over all 3 sets at each exercise.
 When all 5 exercises have been completed for 3 sets take 2minutes rest and repeat.

1. K.B Double swing
2. K.B Clean from floor
3. K.B Push Press
4. K.B Front Squat
5. Prowler

DOUBLE KETTLEBELL SWING



- Place 2 kettlebells between your feet.
- Take a stance wide enough to enable both kettlebells to swing through.
- Push back with your butt and bend your knees to get into the starting position. Make sure that your back is flat and look straight ahead.
- Swing the kettlebells between your legs forcefully as if you are passing a football to someone behind you. Quickly reverse the direction and drive through with your hips explosively taking the kettlebells straight out.
- Let the kettlebells swing back between your legs and repeat.
- Remember that the swing is primarily a hamstring exercise and that is where all of the power is generated from. It is not a front raise.

DOUBLE KETTLEBELL CLEAN



- Place both kettlebells between your feet. As you bend down to grab the kettlebells, push your butt back and keep your eyes looking forward.
- Bring the kettlebells straight up using body momentum generated from your hips and legs, do not bicep curl the kettlebells.
- Open your hand and get the kettlebells to roll around your wrist rather than letting the bells flip over and bang up your wrist.
- Finish in rack position (elbows tucked into your rib cage) and repeat.

DOUBLE KETTLEBELL PUSH PRESS



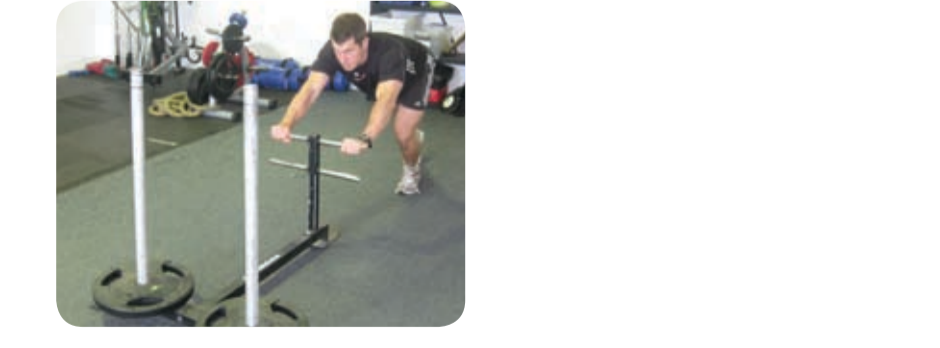
- Clean two kettlebells to your shoulders.
- Squat down a few inches
- Then reverse the motion rapidly
- Use the power from your legs to drive the bells above your head.
- Breathe in as the bells come back to the rack position. Hold the kettlebells in tight against your core as if you are a boxer bracing for a punch.
- Tuck your elbows into your midsection so that you have a strong foundation to press off. Stay tight!
- As the kettlebells pass your head, lean into the bells slightly so that they are locked out behind your head.

DOUBLE KETTLEBELL FRONT SQUAT



- Clean two kettlebells to your shoulders and take a stance that you find comfortable for your body type. Generally feet wider than shoulder width.
- As you squat down, push your butt out. Looking straight ahead at all times.
- Squat down until you feel your backside touch the medicine ball. Rise back up and repeat.

PROWLER



- Push the low handles one way as quick as you can
- Push the poles back as quick as you can

3 FAT LOSS CONDITIONING CIRCUIT

B.B Complex. Beginners use D.B
 Complete each exercise in the listed order for 10 repetitions. After all 5 exercises have been completed for 10 repetitions you have completed 1 round. The goal is to get as many rounds as possible in 20minutes, record the number of rounds and aim to beat each week. If for example you got 4 full rounds completed and only the first 2 exercises (Reverse Lunge, Romanian Deadlift) on the 5th round when the clock reaches 20 minutes that would be recorded as 4.2 rounds
 The load to be selected is a load you can get the first round out with good form and technique without having to put the bar down, if you can get over 2 full rounds out without having to put the bar or D.B's down the load selected is too light.

1. Alternating Reverse Lunge
2. Romanian Deadlift
3. Push Press
4. Back Squat
5. Bent Over Row
6. Finish with 2 laps of Arthur block To Time.

B.B ALTERNATING REVERSE LUNGE



- Start with you feet slightly closer than shoulder width apart
- Take a big step back
- Lower the back knee to the floor
- Drive off the front foot and bring the back leg back to the start position and then repeat the movement with the other leg

B.B ROMANIAN DEADLIFT



- Slightly bend knees at the, run the B.B down the front of the legs while maintaining good posture. CHEST UP!
- PUSH YOUR HIPS AND KNEES BACKWARDS until you feel your hamstrings engage.
- Squeeze your glutes and stand back up by bringing your hips through to the starting position.

B.B PUSH PRESS



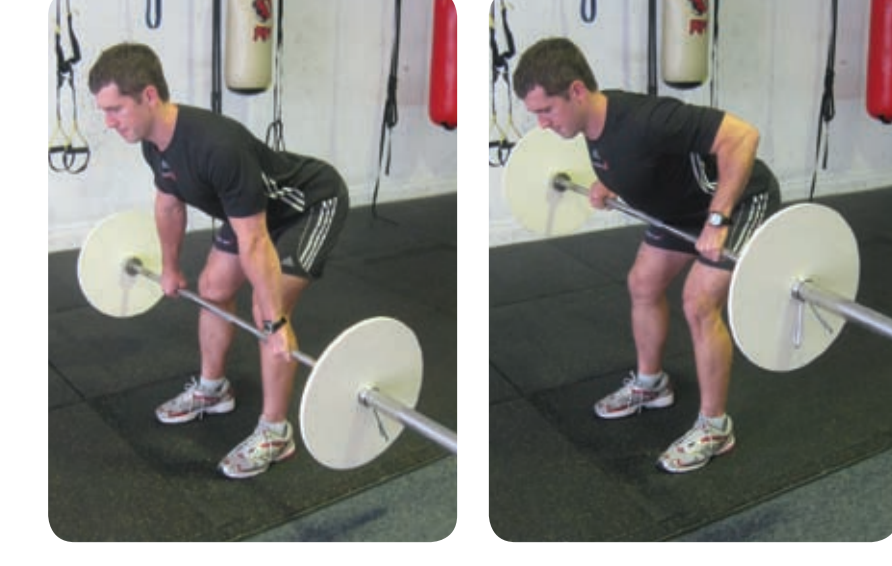
- Try to rest the B.B on top of your shoulders so your elbows are up
- Bend at the knees a few inches
- Reverse the motion by powerfully driving your legs into extension
- At the same time use the power from your legs to drive the B.B above your head
- As the B.B pass's your head, lean into the B.B slightly so that the B.B locks out behind your head – Biceps beside ears at the end of the movement.

B.B BACK SQUAT



- Position your stance so your heels are slightly wider than your shoulders and Toes are pointed out at around 30 degrees.
- Position the bar safely on the muscles of your upper back (traps). Make sure it isn't sitting on your neck!
- Maintain posture and squat down until your backside gets below your knee joint
- Ensure throughout the whole movement weight is kept through your whole foot not through your toes.
- If you find your knees are going past your toes place a 2.5kg weight plate under your toes

B.B BENT OVER ROW



- Bend at the knees and flex forward while maintaining neutral spine
- Keep the bar close to your legs taking it just past your knees
- Stay in that position with you abdominals locked on tight.
- Squeeze the B.B into the top of your rib cage and repeat

WHY METABOLIC CONDITIONING FOR FAT LOSS & ULTIMATE CONDITIONING?

The key to fat loss is select exercise protocols that elevate your resting metabolic rate AND manipulate your anabolic, lipolytic hormones. Strength training and metabolic conditioning has a far more powerful effect on these processes than aerobic training.
 The bulk of our calories burned is determined by our resting metabolic rate RMR. Calories utilised outside our RMR through exercise etc. is a smaller contributor to overall calories burned per day.

So how do we increase our RMR?. Simple the more muscle you have and the harder you work that muscle mass the more of an elevation in metabolic rate will be achieved, which means LESS FAT!

When most people think of training to improve endurance, they think of conditioning the cardiovascular system to improve transport of blood to the working muscles. Metabolic conditioning is the other side of the coin – conditioning the muscles to better use what's being delivered to them by improving the efficiency of the different metabolic pathways. Meaning this process incorporates all our energy systems rather than predominantly just our aerobic system.

When movement patterns are performed with a high level of intensity and short rest intervals between exercises the cardiovascular and metabolic conditioning benefits exceed what can be achieved with more traditional "cardio" activities.

Intensity

Metabolic training refers to conditioning exercises intended to increase the storage and delivery of energy for any activity. Generally, all out efforts of two minutes or less are anaerobic while efforts lasting more than three minutes are aerobic.

Training anaerobically is at an intensity that can be only sustained for short periods of time generally with all out efforts up to 2 minutes maximum at a time, in order to continue at that intensity you must rest before repeating the process. Because the intensity is so high the working duration of the session shouldn't be any longer than generally 30minutes.

It is much easier to accumulate volume in traditional "aerobic" training simply because it requires less energy, when doing metabolic training the volume (duration) is less because it requires much more energy and is physically demanding.

TRAINING GUIDELINES

- 'Use frequency to learn, use intensity to enhance what's learnt' – Don't progress too quickly!
- Tall Chest – Look at the horizon – Brace your abdominals – Maintain Posture
- If unsure of technique ask a coach for help before commencing exercise.
- Follow correct lifting technique at all times
- Control the weights throughout the entire range of movement.
- Constantly Improve – The key to results is 'Progressive Overload'. To ensure you're making progress record your results from each session.

The Physique Enhancement Specialists!

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