



## **Workout #1: Belly Fat Sizzling 7-Minute Workout**

Warm up 5 to 10 minutes.

Total time: 7 to 21 minutes, not including warm up.

- 60 Seconds of Straight Leg Kicks
- 60 Seconds of Body Weight Squats
- 60 Seconds of Burpees
- 60 Seconds of Push Ups (option to do wall push ups)
- 60 Seconds of a Wall Squats
- 60 Seconds of Calf Raises (from a step, preferably)
- 60 Seconds of a Body Weight Planks

Do 1 set, you're good; 2 sets, you're smokin'; 3 sets, you're on fire!

### *Benefits?*

- It's body weight - no equipment required.
- It jacks up your heart rate for a short period of time. This sizzles fat.
- It hits all major muscle groups.
- It's short! Whether you do one, two or three sets, your body will love you for this.



## **Workout #2: 7-Minute Full Body Workout**

Warm up 5 to 10 minutes.

Total time: 7 to 21 minutes, not including warm up.

- 60 Seconds of Alternating Lunges
- 60 Seconds of Straight Arm Side Planks (30 seconds each side)
- 60 Seconds Mini Squat Jumps
- 60 Seconds Mountain Climbers
- 60 Seconds Forearm Plank
- 60 Seconds Wall Squat
- 60 Seconds Half Burpees

This is a tough 7 minutes, but pace yourself. A little more challenging than Workout #1, it's ok to take a few seconds before jumping into the next 60-second exercise.

Do one set and you're good; 2 sets and you're smokin'; 3 sets and you're on fire! Go for it!



### **Workout #3: 5-Minute Body Blaster**

Warm up 5 to 10 minutes.

Total time: 5 to 15 minutes, not including warm up.

- 60 Seconds Body Weight Squats
- 60 Seconds Mountain Climbers
- 60 Seconds Alternating Lunges
- 60 Seconds Push Ups (use wall if necessary)
- 60 Seconds Burpees

Repeat 3 to 5 times for maximum awesomeness.



## **Workout #4: 6-Minute Leg & Shoulder Toner**

Warm up 5 to 10 minutes.

Total time: 6 to 18 minutes, not including warm up.

Yesterday I got together with the incredible group of women I'm training for [Steve Harvey's Bridal Bootcamp](#). They worked hard for a couple hours, but made it through. Here is a sliver of the workout they did yesterday. I'm putting it on the list of resolutions. I can't wait to get three rounds of this workout in today!

### *Mini-Circuit 1*

- 1 Minute Lunges
- 1 Minute Mini Squat Jump
- Rest 30 Seconds

### *Mini-Circuit 2*

- 1 Min Body Weight Squats
- 1 Min Crossover Punch
- Rest 30 Seconds

### *Mini-Circuit 3*

- 1 Min Shoulder Press Squats (use lighter weights than normal)
- 1 Min Burpees
- Rest 30 Seconds

Do once through and you're good; twice and you're smokin'; three times and you're on fire! Go for it!



## **Workout #5: 15-Minute Everyday High Intensity Interval Workout**

Warm up 5 to 10 minutes.

Total time: 15 to 45 minutes, not including warm up.

Give 100% of your effort on the non-cardio exercises. They should challenge you. This workout is only HIIT if it's truly high intensity. YOU control the volume.

### *Circuit 1*

- 2 Minutes of Hard Effort Cardio
- 1 Minute of Rest
- 30 Crossover Punches w/Dumbbells
- 40 Body Weight Squats

### *Circuit 2*

- 2 Minutes of Hard Effort Cardio
- 1 Minute of Rest
- 20 Push Ups
- 40 Alternating Leg Lunges

### *Circuit 3*

- 2 Minutes of Hard Effort Cardio
- 1 Minute of Rest
- 20 Shoulder Presses w/ Dumbbells
- 40 Alternating Leg Step Ups

Repeat up to 3 times for rockstar status.



## **Workout #6: Countdown Full Body Workout**

Warm up 5 to 10 minutes.

Total time: 30 to 50 minutes, not including warm up.

Do this workout with me today! Countdown from 50 and give your body a good challenge.

- 50 Body Weight Squats
- 40 Alternating Lunges
- 30 Second Wall Squat
- 20 Push Ups
- 10 Burpees
- Plank - Hold as long as you can!

Take about a 1 to 2 minute rest between sets, then repeat 3 to 5 times. Let me know how you do.



## **Workout #7: Hips, Shoulders and Heart Workout**

Warm up 5 to 10 minutes.

Total time: 40 to 60 minutes, not including warm up.

### *Circuit 1*

- 30 Squats to Side Kick (15 each side)
- 20 Shoulder Presses
- 1/4 to 1/2 Mile Fast Run\* (time yourself)
- 30 Second Plank

(repeat 2 to 3 times)

### *Circuit 2*

- 30 Step Ups (lead with 15 on each leg)
- 20 Tricep Dips
- 1/4 to 1/2 Mile Fast Run
- 30 Second Plank

(repeat 2 to 3 times)

Don't like to or can't run? Then push yourself doing any form of cardio. The purpose is to get your heart rate up fairly high. While it's still up there, go right into your plank. Keep your abs engaged and pull your belly in tight.



## **Workout #8: Lunge & Jump**

Warm up 5 to 10 minutes.

Total time: 15 to 25 minutes, not including warm up.

This is a short, but sweet set. If you've got the time, get through five sets. Always do this after a good warm up.

The lunges will tone and tighten your thighs and tush. The half burpees will work your shoulders and abs. The plyo jumps will kick start your metabolism and keep it going strong throughout the day. The plank is full body, but really hones in on your core.

- 30 Alternating Lunges
- 20 Half Burpees
- 10 Plyo Jumps
- 1 Plank (hold as long as you can)

Repeat 3 to 5 times





## **Workout #9: 30-20-10**

Warm up 5 to 10 minutes.

Total time: 30 minutes, not including warm up.

After a good warm up, you'll be done with this workout in 30 minutes or less. Your abs, hips, bottom, thighs, shoulders and calves will get a good workout!

### *Circuit 1*

- 30 Reverse Lunges\*
- 20 Plank to Push Up\*
- 10 Half Burpees\*

(rest 30 seconds, repeat x 3)

### *Circuit 2*

- 30 Body Weight Squats
- 20 Calf Raises (from any step)
- 10 Full Burpees

(rest 30, repeat x 3)



## **Workout #10: The 2-Minute Fat Blaster**

Warm up 5 to 10 minutes.

Total time: 15 to 22 minutes, not including warm up.

All of these exercises do a great job boosting heart rates while working all the big muscles of the body. Go for it!

- 30 Seconds of Burpees (with a big vertical jump at the end)
- 30 Seconds Crossover Punches
- 30 Seconds High Knees
- 30 Seconds of Split Jump Lunges

Rest 30 second to 1 minute, repeat 5 to 7 times.

That's it!



## **Workout #11: Quick Start Interval Workout**

Warm up 5 to 10 minutes.

Total time: 20 to 40 minutes, not including warm up.

DO FOR 1 MINUTE EACH

- Jumping Jacks
- Push Ups (on knees if necessary)
- Mini Squat Jumps
- Tricep Dips

DO FOR 30 SECONDS EACH

- Wall Squat
- Plank

DO FOR 2 MINUTES

- Strong Effort Cardio: run, jump on the elliptical, climb a step machine...do any form of cardio that challenges you. This should not feel easy or even comfortable.

Rest 1 to 2 minutes

Repeat a total of 3 to 5 times.