



JERSEY STRONG[®]

**FULL-BODY FAT BURN
WORKOUT**

DESIGNED BY JERSEY STRONG PERSONAL TRAINERS

FULL-BODY FAT BURN WORKOUT

This exercise program was designed by Personal Trainers at JERSEY STRONG – it’s an intense full-body workout designed to burn fat.

This workout is comprised of 5 highly effective full-body exercises specifically chosen to increase your metabolism and burn fat. Each exercise has a group of main muscles that it works, along with secondary group that also gets worked. And our Personal Trainers have even included a “modified” version for some of the exercises if you need to dial things back a little bit, for whatever reason.

As mentioned, our Personal Trainers designed this workout to increase your fat burn! And that’s why this workout is best performed in a circuit format, one exercise right after another with a work- to-rest ratio of 30-50 seconds of work to 10-30 seconds of rest – all depending on your personal fitness level. Complete the circuit 3-5 times with 1-2 minutes of rest between each circuit – again, depending on your personal fitness level.

IMPORTANT: Each time you perform the workout you should be thoughtful of proper form, and you should be trying to slightly increase your intensity (but not at the sacrifice of proper form). Remember, results come from sticking with your workouts and your body being challenged by intensity and change. Our bodies are built to adapt and if we do any workout for too long, our workout results will plateau - so it’s important to change-up your workout plan regularly to keep your muscles challenged and your results coming.

DISCLAIMER: Information contained in this guidebook is provided for informational purposes and is not meant to substitute advice provided by your own physician or other medical professional. Always seek guidance from your own physician or other medical professional before engaging in any physical activity program. Information contained in this guidebook is not intended to diagnose, treat, cure or prevent disease.

EXERCISE #1

BEAR CRAWLS

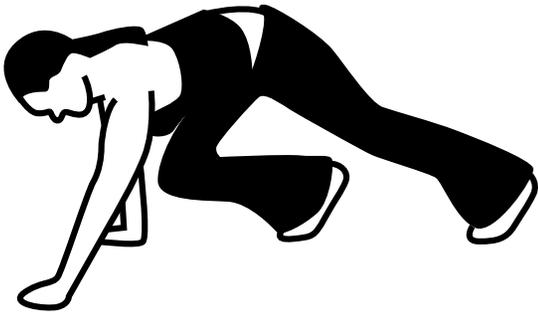
Main Muscles Worked: Chest, Deltoids, Glutes, Abdominals

Secondary Muscles Worked: Calves and Hip Flexors

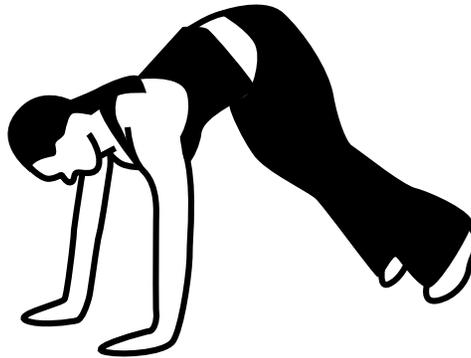
Description

Bear crawls are a full body exercise that fully load up the shoulder girdle and the hips and actually require quite a bit of neuromuscular coordination because it's crawling. Start on your hands and feet. Get up on the balls of your feet with your buttocks are a little bit higher than your shoulders. You can also do it with the buttocks down in line with the shoulders, as it varies the stress. Keep your buttocks to add more stress on the shoulder girdle. Lower your buttocks to add a bit more stress on the lower extremities. Walk out opposite hand and knee across the floor. Watch your timing...the hand and the foot are at the same time and they land at the same time. You want to avoid the hips shifting side to side. Think about how you're working in a tube and you don't want to bang the sides of the tube. So you're not rotating the hips out, the knees are coming straight up through towards the hands.

A.



B.



C.



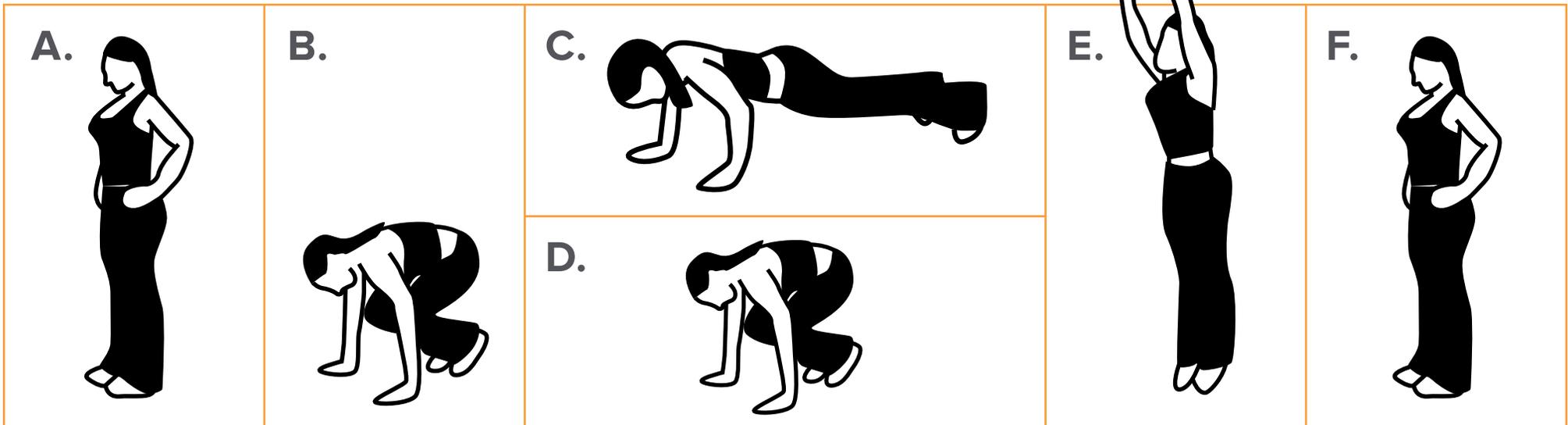
BURPEES

Main Muscles Worked: Glutes, Quads, Hamstrings, Pectorals

Secondary Muscles Worked: Triceps, Hips Flexors, Calves

Description

The Burpee is a great, dynamic exercise that has full body implications. It will also stress the cardiovascular system of your client at an anaerobic level. You will drop down, kick your feet back, and explode back up to standing. To start, your arms are at your sides. Then drop down, hands to the floor, feet kick back. Then drive the knees up to the chest and explode up into the air to standing. Each time, as you go back, you should control your lumbo-pelvic region and use explosive strength to overcome gravitational forces as you head back up into the air. To reduce the difficulty of this exercise, you can remove the jump at the end. Repeat one more time going back, again, driving the knees up, and then just coming up to vertical without actually leaving the ground.



EXERCISE #3

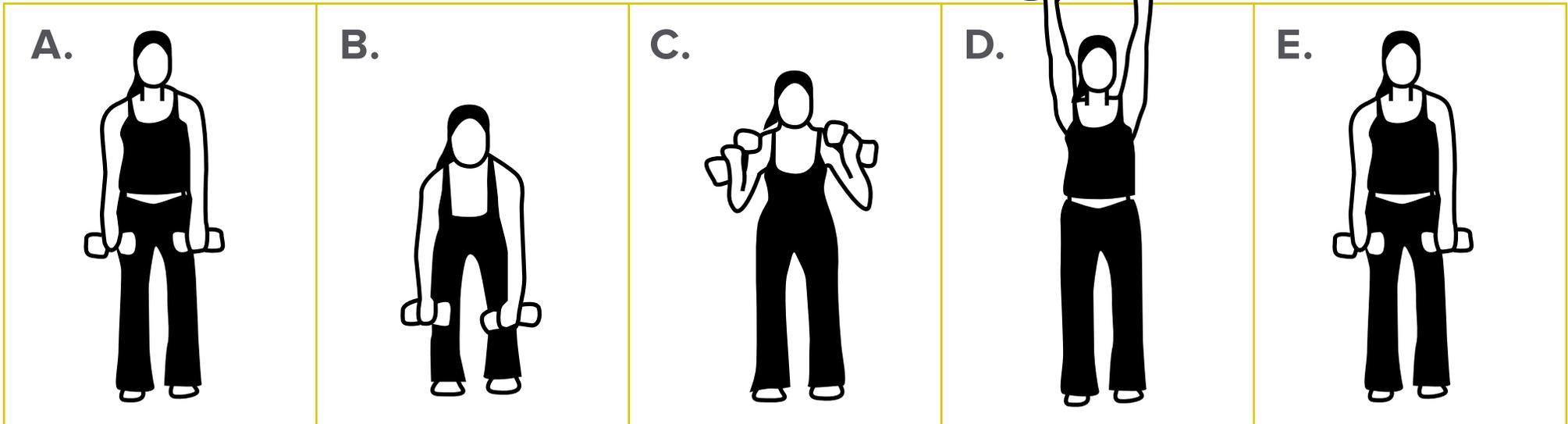
POWER CLEAN & PRESS WITH DUMBBELLS

Main Muscles Worked: Glutes, Quads, Hamstrings, Deltoids

Secondary Muscles Worked: Calves, Low Back

Description

The power clean involves all of the lower extremity muscle groups. Begin by holding a pair of light-moderate weight dumbbells with your palms facing your body. Move into a squat position with your arms down and weight back on your heels. Explode upwards out of the squat position pushing your hips forward and straightening your torso. As you rise from the squat position pull the dumbbells upward toward your shoulders, keeping them close to your body and turning your wrists so your palms are facing each other. Keep your legs soft and avoid locking out your legs at the top of the movement. Finish the movement by pressing the dumbbells overhead and return them to the starting position.



EXERCISE #4

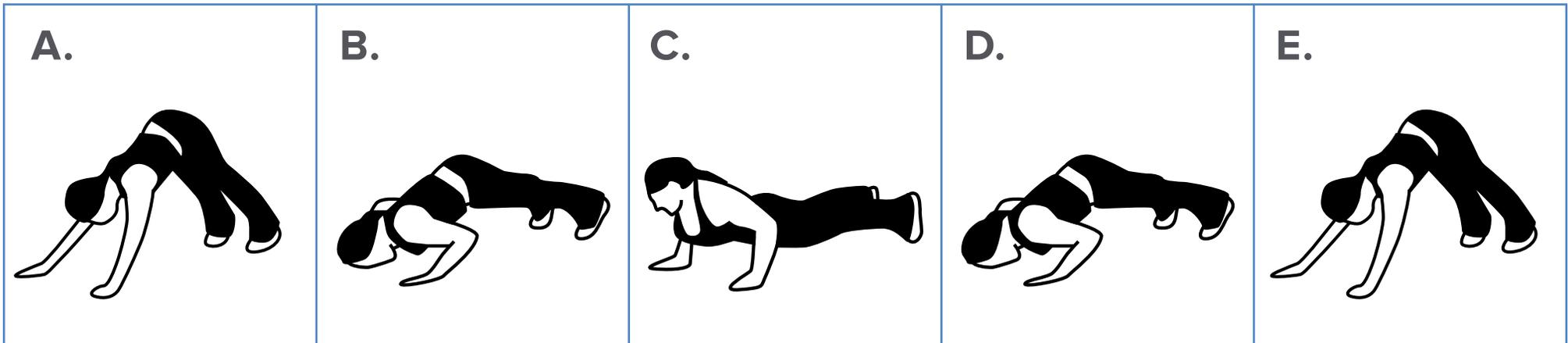
DIVE BOMB PUSH-UP

Main Muscles Worked: Pecs, Lats, Triceps, Abdominals

Secondary Muscles Worked: Deltoids

Description

The Dive Bomb Pushup is a great exercise that stresses and loads the whole upper extremity and shoulder girdle. It requires good shoulder mobility, good shoulder stability and good shoulder strength. First, get down onto your hands and feet. Make sure that your hips are higher than your shoulder girdle. You'll see that by pushing your buttocks up and back, you will get your head behind your hands. From here, bend at the elbows, bring your chin down toward the floor, creating a scooping motion, getting almost into a cobra where now the hips are lower than the shoulders. Then reverse the direction, bringing the hips back and the buttocks up and back as you come through. So, again, the chin goes down toward the floor, you get this nice scoop and then finish up into the extension, and as you come back, it's really important that you're able to lead with the hips and bring the head right back through the shoulders. A regression to this exercise would be to go down on your knees. Start with the hands out far enough in front of your head so that you can achieve the correct angle as you come down. Then bring your chin down by sitting back and through and arching. As you come back, you'll bend a little bit more at the knees and less at the hips as you reverse directions.



EXERCISE #5

STABILITY BALL KNEE TUCKS

Main Muscles Worked: Abdominals, Low Back

Secondary Muscles Worked: Biceps, Hip Flexors, Pecs

Description

The Knee Tuck is an excellent total body movement that targets your core muscles. Begin by finding a medium size stability ball. Position your body in a push up position with your shins resting on the top of the stability ball. You can increase the difficulty of this movement by positioning the stability ball closer to your feet. Keep your body level and core tight while making sure you are breathing normally throughout the entire movement. Pull (tuck) your knee in while rolling the ball forward. Reverse the movement by extending your legs and rolling the ball back to the starting position. Avoid arching your back when your torso is in the straight position.

