

Lean Body Training

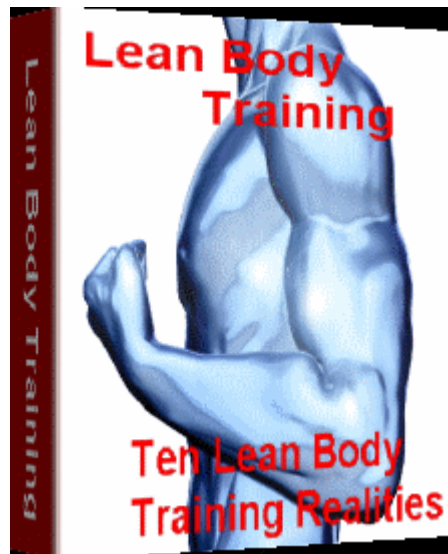
Home Bodyweight Fat Loss Workout – Beginner v1.0

www.LBworkouts.com

FREE REPORT!!!

Don't miss out on the REALITIES of fitness training by signing up for a FREE copy of the **10 Realities of Lean Body Training** that includes three BONUS WORKOUTS!!

Go to www.leanbodytraining.com and signup to get your copy!!



About Michael Navin and Lean Body Training

Michael Navin is the sole owner of [Lean Body Fitness, LLC](#) based in [Wyandotte Michigan](#). He currently holds the credentials of Certified Strength and Conditioning Specialist (CSCS) through the highly respectable and accredited [National Strength and Conditioning Association](#). He is also in the process of obtaining the Certified Youth Specialist Level 1 through the [International Youth Conditioning Association](#).

He has been helping adults and adolescents get rid of that unwanted fat by teaching group classes for the past 9 years and training clients one-on-one for the past 4 years.

The mission of [Lean Body Fitness, LLC](#) is not just to get people into "shape." It is about educating clients on how to live a healthy lifestyle for the rest of their lives. Teaching clients that they need to take personal responsibility for their health and fitness that then allows the clients to go out and teach by not just telling others what they have learned but by living what they have learned.

He has a passion for fighting the current obesity epidemic that is upon us, both in adults and especially in children. The positive message that we teach our children now about living an active lifestyle through exercise and a healthy lifestyle through sound eating choices will keep them away from health issues in the future.

Michael's websites:

[www.leanbodytraining.com](#) - Main site that is also his "HUB" to all his other sites.

[www.leanbodyfitness.blogspot.com](#) - The blog where he gives you the real scoop on stories that appears in media outlets and whether to believe media hype of a health or fitness story.

[www.LBworkouts.com](#) - Lean Body Training workout products that help adult men and women lose fat and get more lean.

[www.leanbodyfitness.com](#) - Fitness site for local adult classes that he teaches in the Detroit Michigan Downriver community.

[www.LBfitnesscamps.com](#) - Site for local kids classes that he teaches in the Detroit Michigan Downriver community specifically designed for fat loss and to help prepare them for their upcoming sports seasons.

[www.LBReview.com](#) - Review site where products from other trainers, nutritionists, and anything else fitness related giving a thumbs up or thumbs down before you buy.

[www.LBultimatebootcamp.com](#) - This is an occasional INTENSE bootcamp held at a local park in the Detroit Michigan Downriver Community. It's not for the fainted-hearted, that's for sure. But, it's a great change of pace from your regular routine and will challenge you towards your upper limits of strength, both physical and mental.

Disclaimer

You are required to get a physician's approval before starting this workout program. The information in this book is for educational purposes only. I am not a medical doctor and the workout presented in this book shall not supersede any contraindications from a prior medical condition or injury that you have sustained. The workout presented in this book is not meant to be a substitute for any exercise routine that was prescribed by your physician or an agent of your physician. The workout in this book is designed for healthy adults age 18 and older.

Some exercises in this book can pose inherent risks and you hereby take full responsibility of your own safety and knowing the limits that you can undertake. Make sure that any equipment that you have that is used in the workout presented is well-maintained and safe for use before you begin each workout session.

Before starting the workout presented in this book, you MUST meet with a certified personal trainer in order to learn perfect form for each exercise. Never lift a weight that is more than what you can lift when you are alone, injured or inexperienced.

You should always consult with your physician prior to making any major changes to your diet or exercise and should have a complete physical exam if you are diabetic, have high blood pressure, high cholesterol, overweight or over the age of 30.

If you follow the workout given within this book, you do so out of free will with the understanding that this workout was not specifically made for your individual situation.

If you choose to follow the workout mentioned in this book, and you come upon adverse effects in any way (dizziness, lightheadedness, extreme shortness of breath, etc.) you should cease following the workouts and consult with a physician immediately.

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Table of Contents

Workout Guidelines	6
Equipment Needed	6
Using the Workout Templates	6
Warm-up Routine	7
Lean Body Training Home Bodyweight Fat Loss Workout – Beginner v1.0	7
Workout A Template.....	9
Workout A Intervals	10
Workout B Template.....	11
Workout B Intervals	12
Lean Body Workout Products.....	13
Recommended Diet Books.....	14
Exercise Descriptions.....	15

Workout Guidelines

- You will workout 3 days a week and alternate between workout A and B.
 - For example, you will do workout A on Monday, then do workout B on Wednesday, then do workout A on Friday and then workout B on the next Monday.
- You will continue using the workout for 4 weeks. So you will end up doing each workout 6 times over the course of 4 weeks.
- Do the warm-up routine before each workout.
- After the warm-up, you will do the main workout where the exercises will be completed as trisets.
 - Trisets are where you do one set of one exercise, then with no rest, do one set of a second exercise, and then again with no rest, do one set of a third exercise. Then you will rest for a period of time, and then complete those same 3 exercises again in that same fashion. You will take another rest period and continue this style until you have completed the instructed number of sets.
 - Then you will rest for 60 seconds and then move on to the next triset where you will follow the same format.
 - Your tempo should be very deliberate when doing each exercise. Meaning, you want to do a controlled movement in both the downward part of the exercise and in the upward part. No jerking of the body or bouncing at the bottom. A nice and easy tempo.
- After each main workout, there is an additional Interval workout. Do this workout immediately after the main workout.

Equipment Needed

- Towel (preferably a long sturdy beach towel)
- Chair
- Watch or Clock
- Water

Using the Workout Templates

Do the exercises listed and if you want to keep track of your progress from workout to workout, write in the amount of time you did for each exercise (this is especially important if you're not able to do the exercise for the recommended amount of time and you want to "beat" the time in your next workout), once you have completed the exercises in the triset, in the Time column under the appropriate workout that you did (WO 1 means workout 1, which means it's the first time you are doing this workout).

Warm-up Routine

- Prior to each workout, do the following warm-up.
- Do them in a circuit, meaning, one right after another with no rest and then rest 30 seconds after the last exercise and repeat.
- Do the circuit 3 times.
- For each exercise, do 10 repetitions.
- Exercises:
 - Bodyweight Squat
 - Wall Pushups
 - Knee Taps (10 each side)

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Workout A

- Complete warm-up routine as described.
- Triset #1 – Complete the following exercises one right after the other with no rest:
 - Lying Hip Extension – 30 seconds
 - Incline Pushups – 30 seconds
 - Jumping Jacks – 30 seconds
 - Rest 30 seconds
 - Complete another set of those 3 exercises one right after the other again, take another 30 seconds rest and then complete it one more time.
- Rest 60 seconds after you have completed the above triset, 3 times and then move on to the next triset below.
- Triset #2 – Complete the following exercises one right after the other with no rest:
 - Donkey Kicks – 30 seconds each side
 - Kneeling Plank – 30 seconds
 - Knee Taps – 30 seconds
 - Rest 30 seconds
 - Complete another set of those 3 exercises one right after the other again, take another 30 seconds rest and then complete it one more time.
- Rest 60 seconds after you have completed the above triset, 3 times and then move on to the 4-minute workout explained on page 9.

Workout B

- Complete warm-up routine as described.
- Triset #1 – Complete the following exercises one right after the other with no rest:
 - Wall Hold – 30 seconds
 - Chair Dip – Feet Flat – 30 seconds
 - Half Jumping Jacks – 30 seconds
 - Rest 30 seconds
 - Complete another set of those 3 exercises one right after the other again, take another 30 seconds rest and then complete it one more time.
- Rest 60 seconds after you have completed the above triset, 3 times and then move on to the next triset below.

- Triset #2 – Complete the following exercises one right after the other with no rest:
 - Side Leg Raise – 30 seconds on each side
 - Kneeling Side Plank – 30 seconds on each side
 - Door Towel Rows – 30 seconds
 - Rest 30 seconds
 - Complete another set of those 3 exercises one right after the other again, take another 30 seconds rest and then complete it one more time.
- Rest 60 seconds after you have completed the above triset, 3 times and then move on to the 4-minute workout explained on page 11.

Workout A Template

		WO 1	WO 2	WO 3	WO 4	WO 5	WO 6
		Time	Time	Time	Time	Time	Time
TRISSET #1							
Exercise:	Lying Hip Extension						
Rest:	No rest – go to Incline Pushups						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						
TRISSET #1							
Exercise:	Incline Pushups						
Rest:	No rest – go to Jumping Jacks						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						
TRISSET #1							
Exercise:	Jumping Jacks						
Rest:	30 seconds – then return to Lying Hip Extension						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						
Rest 60 seconds and then complete exercises below as a triset, 3 times							
TRISSET #2							
Exercise:	Donkey Kicks						
Rest:	No rest – go to Kneeling Plank						
	Work Set 1 – 30 seconds each side						
	Work Set 2 – 30 seconds each side						
	Work Set 3 – 30 seconds each side						
TRISSET #2							
Exercise:	Kneeling Plank						
Rest:	No rest – go to Knee Taps						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						
TRISSET #2							
Exercise:	Knee Taps						
Rest:	30 seconds – then return to Donkey Kicks						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						

Workout A Intervals

4 – Minute Workout

1. The exercise that you're going to do is Jumping Jacks.
2. Keep an eye on a clock.
3. You're going to do 20 seconds of Jumping Jacks, and then you're going to rest for 10 seconds.
4. After that 10 seconds is up, you go right back to doing Jumping Jacks for another 20 seconds.
5. Continue doing 20 seconds of Jumping Jacks and 10 seconds of rest until you have done the Jumping Jacks sets 8 times (which would equal 4 minutes).
6. Make sure you're putting a lot of intensity and speed into the Jumping Jacks (but at the same time, making sure you keep perfect form).

Workout B Template

		WO 1	WO 2	WO 3	WO 4	WO 5	WO 6
		Time	Time	Time	Time	Time	Time
TRISSET #1							
Exercise:	Wall Hold						
Rest:	No rest – go to Chair Dip – Feet Flat						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						
Exercise:	Chair Dip – Feet Flat						
Rest:	No rest – go to Half Jumping Jacks						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						
Exercise:	Half Jumping Jacks						
Rest:	30 seconds – then return to Wall Hold						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						
After completing 3 sets from above, Rest 60 seconds and then complete the exercises below as a triset, 3 times							
TRISSET #2							
Exercise:	Side Leg Raise						
Rest:	No rest – go to Kneeling Side Plank						
	Work Set 1 – 30 seconds each side						
	Work Set 2 – 30 seconds each side						
	Work Set 3 – 30 seconds each side						
Exercise:	Kneeling Side Plank						
Rest:	No rest – go to Door Towel Rows						
	Work Set 1 – 30 second each side						
	Work Set 2 – 30 second each side						
	Work Set 3 – 30 second each side						
Exercise:	Door Towel Rows						
Rest:	30 seconds – then return to Side Leg Raise						
	Work Set 1 – 30 seconds						
	Work Set 2 – 30 seconds						
	Work Set 3 – 30 seconds						

Workout B Intervals

4 – Minute Workout

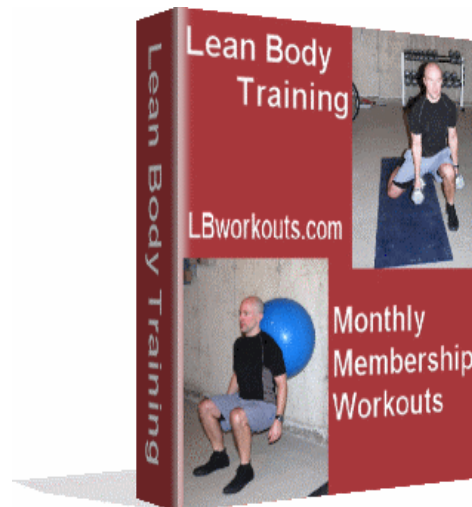
1. The exercise that you're going to do is Knee Taps.
2. Keep an eye on a clock.
3. You're going to do 20 seconds of Knee Taps, and then you're going to rest for 10 seconds.
4. After that 10 seconds is up, you go right back to doing Knee Taps for another 20 seconds.
5. Continue doing 20 seconds of Knee Taps and 10 seconds of rest until you have done the Knee Taps sets 8 times (which would equal 4 minutes).
6. Make sure you're putting a lot of intensity and speed into the Knee Taps (but at the same time, making sure you keep perfect form).

Lean Body Workout Products

Don't forget about the other Lean Body Workout products out there that include:

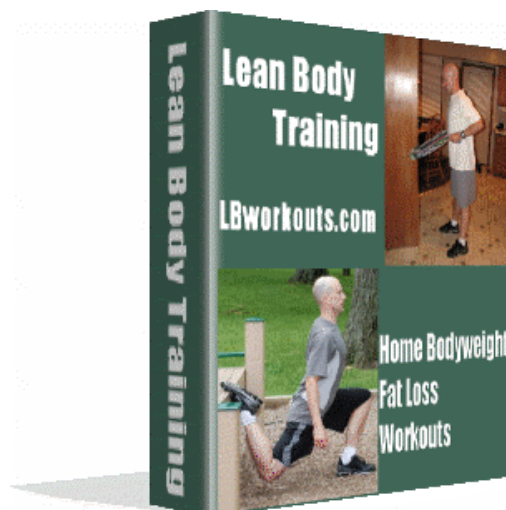
The Lean Body Training Monthly Membership Workouts

Receive a new workout every month sent right to your e-mail inbox! Click the image below or visit www.LBworkouts.com for more information:



The Lean Body Training Home Bodyweight Fat Loss Workouts

You've done the Beginner workouts, now move on to the Intermediate and Advanced workouts! Click the image below or visit www.LBworkouts.com/homebwwov1.html for more information:



Recommended Diet Books

Eat Stop Eat

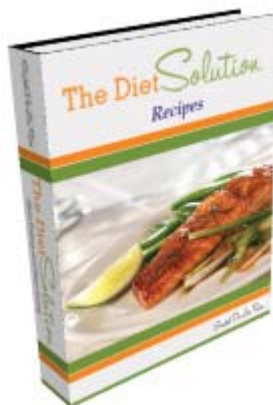
A great book and a great style of eating that is simple and can help you lose weight quickly without all the headaches of counting calories or even being picky about what you eat. See my review by clicking on the image to see how I lost 16 pounds in just 11 weeks:



The Diet Solution Program

One of the things that my clients have complained to me about when I give them diet guidelines and meal plans for them is that it's boring! I will admit, I tend to eat the same foods all the time but I do that because I know they work for fat loss. Many understandably need variety. You can get the same results by adding more variety to your meals as you would if you stuck with the same meals all the time.

The Diet Solution Program is a great book that presents a nutrition plan almost exactly like how I preach to my clients BUT the big difference is that there is much more variety in the meal plans. You can read more here by clicking on the image below:



Disclaimer: There are affiliate links to Eat Stop Eat and The Diet Solution on this page.

Exercise Descriptions

Bodyweight Squat

1. Stand with your feet just greater than shoulder-width apart and your arms straight out in front of you in line with your shoulders.
2. With your abs braced and butt muscles squeezed, start the movement at the hip joint and push your hips backward and “sit back in a chair.” Make your hips go back as far as possible and lower yourself as far as your range of motion will take you.
3. Keep your lower back tensed in a neutral position. Don’t let your lower back round.
4. Pause, then push with your butt muscles, hamstrings, and quadriceps to return to the starting position. Continue the movement for the recommended number of repetitions or time.



Wall Pushups

1. Stand facing a Wall with your feet 2-3 feet away from it.
2. Place your hands shoulder-width apart and at shoulder height.
3. Lower yourself towards the wall.
4. When you reach the wall, push yourself back up by pushing through your chest, shoulders and triceps. Continue the movement for the recommended number of repetitions or time.



Knee Taps

1. Stand with your feet shoulder width apart, and bend your arms at the elbow right in front you of with your upper arms tucked into your sides.
2. Bring your left leg up as quickly as you can, touching your left hand with the top of your left knee.
3. Lower your left leg while at the same time bringing your right leg up and touching your right hand with the top of your right knee.
4. Continue back and forth between legs as quickly as you can and remembering to bring your legs up as high as you can to touch your hands until you have completed the recommended number of repetitions or time.



Lying Hip Extension

1. Lie on your back with your knees bent and feet flat on the floor.
2. Brace your abs, and contract your butt muscles as if you were squeezing something between your cheeks.
3. Lift your hips up by contracting your butt muscles. Don't use your lower back. You should form a straight line from your shoulders to your knees (meaning, the only thing that should be supporting you are your feet and your shoulders).
4. Pause when you reach the top position and keep your abs braced and squeeze the butt muscles.
5. Slowly lower yourself down to the starting position and repeat for the recommended number of repetitions or time.



Incline Pushups

1. Stand facing parallel bars, a chair, a table, or any other object that allows you to be on an incline.
2. Place your hands on the object and make sure your hands are in line with your shoulders.
3. Bend your arms and pull your shoulder blades towards each other and slowly lower yourself towards the object until your elbows are in line with your shoulders; pause for a second and then push back into the starting position using your chest, shoulders and triceps. Continue this movement until you have completed the recommended number of repetitions or time.



Jumping Jacks

1. Stand with your hands down at your side, and feet slightly in closer than hip width apart.
2. Swing your arms out to the sides and up towards each other so that they almost touch each other over your head. At the same time push your legs apart out to the sides.
3. Return to the starting position where your legs are slightly closer than hip width apart and your arms are at your sides.



Donkey Kicks

1. Kneel on your knees and hands and keep your back flat and arms straight from the shoulders to your hands on the floor.
2. Starting with the right side, bring your right leg into your chest as far as you can and then push it out and up behind you as high as you can go, keeping the knee bent as you do it. Focus on using your butt muscles to complete the upward movement.
3. Once you reach the top, pause for a second and then bring your leg back down into your chest.
4. Continue the movement on the right side until you have completed the recommended number of repetitions or time and then follow the same procedure with the left leg.



Kneeling Plank

1. Get down into a regular pushup position with your hands shoulder width apart resting on your hands and the tops of your toes. Make sure that your body is in a straight line and that you are not sagging or raising your hips.
2. Drop your knees straight down on the ground without moving them closer to your stomach.
3. Lean down on both forearms with your hands in front of you. Your upper and lower arms should make an L-shape.
4. Hold this position for the recommended length of time.



Wall Hold

1. Stand in front of a wall (about 2 feet in front of it) and lean against it.
2. Slide down until your knees are at about 90-degree angles and hold for the recommended time. Keep your back straight and do not lean forward or place your hands on your legs while holding the position.



Chair Dip – Feet Flat

1. Hold on to the seat of a sturdy chair behind you, with your knees bent and your feet flat on the floor, as if you were seated in another, invisible chair.
2. Keep your back arched and close to the chair as you slowly lower your body until your upper arms are parallel to the floor.
3. Your upper body should remain straight.
4. Pause at the bottom and then press back up to the starting position.
5. Continue the movement until you have completed the recommended number of repetitions or time.



Half Jumping Jacks

1. Stand with your hands down at your side, and feet slightly in closer than hip width apart.
2. Swing your arms out to the sides and up towards each other but you will only bring them up to shoulder height. At the same time push your legs apart out to the sides.
3. Return to the starting position where your legs are slightly closer than hip width apart and your arms are at your sides. Continue this movement for the recommended number of repetitions or time.



Side Leg Raise

1. Kneel on your knees and hands and keep your back flat and arms straight from the shoulders to your hands on the ground.
2. Starting with the right side, raise your right leg (while keeping the knee bent and your upper body stable) up towards your right side until the leg is parallel to the floor.
3. Pause for a second, then lower the leg back down.
4. Continue doing all the repetitions or time on one side before moving on and completing all the repetitions or time on the left leg.



Kneeling Side Plank

1. Lie on the floor on your right side.
2. Support your bodyweight with your knees and your right elbow with your lower arm pointed straight ahead and your palm on the floor.
3. Keep your body in a straight line so that your body hovers over the floor from your knee up to your right forearm.
4. Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breathe normally.
5. Hold this position for the recommended amount of time and then switch to the left side.



Door Towel Rows

1. Wrap a long towel (like a beach towel) around each side of the door handles on a sturdy inside house door (see picture below for a visual).
2. Step back from the door while holding the towel until your arms are straight out.
3. Lean back from the bar so that your body is in a straight line but at a slight angle.
4. Focusing on using your back muscles, pull yourself towards the door, making sure to pull your shoulder blades together as far as they can go. Keep your arms as close to your body as possible when pulling.
5. Continue pulling until your body is standing straight up.
6. Pause for a moment, and then slowly return to the starting position where your arms are fully extended and your body is at a slight angle.
7. Continue this movement until you have done the recommended number of repetitions or time.

NOTE: Make sure that you have good traction in your footwear to reduce the chances of your feet slipping during the exercise.

