

Results Personal Training
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Suspension Trainer Fat Loss Workouts 1.0

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Suspension Trainer Fat Loss Workouts

Welcome to the Suspension Trainer Fat Loss Workouts (STFLW). If you're short on time and bored of the same old gym routine then you're in need of STFLW 4 week system. The STFLW system is specifically designed to boost your metabolism and increase lean muscle tissue all in less than 30 minutes three days a week.

While there are no shortcuts when it comes to losing fat, this program will put you on the fast track to getting results, by keeping you focused to perform the most effective full body exercises that will amplify fat burning.

A Powerful Fat Burner

Resistance training is the ONLY method of exercise for reshaping your body and burning excess fat. In order to raise your metabolism and burn more fat you must increase and maintain lean muscle tissue. You can achieve this quickly and efficiently through short burst suspension training.

Disclaimer:

These recommendations are not medical guidelines but are for educational purposes only. See your physician (GP) before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 35 years old. Please discuss all exercise and nutritional changes with your physician and/or registered dietician. This manual is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper nutrition & training. All forms of exercise and nutritional modifications pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician (GP).

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician (GP) before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician or a registered dietician before making any behavioural changes.

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4-Week STFLW Guidelines

The 4-Week Workout is comprised of short burst suspension exercises that work multiple muscle groups at the same time for a challenging, effective resistance workout. One of the key components to the workouts are the minimal rest periods which bring an interval type effect on your body, meaning that you are getting a resistance and cardio workout all in one. This high-intensity, short burst circuit will help you get your workout done super-fast, while losing fat and increasing lean muscle.

STFLW are divided into 4 weekly phases.

The Sample Workout Schedule demonstrates how to plan your workouts on alternating days of the week.

“Off Days” can be used for Interval or Results Fitness Camp workouts. Be sure to take at least one entire day off for rest and recovery over the week.

Workout Directions:

* The workouts are made up of giant sets, meaning that you will complete A1, then A2, then A3 and so on until you have completed all the exercises in the set. You will then rest for 2-3 minutes before you repeat this process for a second, third and fourth time

* Rest 10-20 sec between each exercise.

* Be sure to take 3-5 minutes to warm up and cool down

Sample 4 Week Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Fitness Camp	STFLW Phase 1	Fitness Camp	STFLW Phase 1	Fitness Camp	STFLW Phase 1	OFF DAY
Week 2	Fitness Camp	STFLW Phase 2	Fitness Camp	STFLW Phase 2	Fitness Camp	STFLW Phase 2	OFF DAY
Week 3	Fitness Camp	STFLW Phase 3	Fitness Camp	STFLW Phase 3	Fitness Camp	STFLW Phase 3	OFF DAY
Week 4	Fitness Camp	STFLW Phase 4	Fitness Camp	STFLW Phase 4	Fitness Camp	STFLW Phase 4	OFF DAY

Program Overview

Please see the next page for pictures, reps and sets of the workouts

Phase 1

	Exercise
A1	Suspension Squat
A2	Suspension Row
A3	Suspension Alt Reverse Lunge
A4	Suspension Push ups
A5	Suspension Fall out

Phase 2

	Exercise
A1	Suspension Jump Squat
A2	Suspension High Row
A3	Suspension Bulgarian Split Squat
A4	Suspension Atomic Push up
A5	Suspension Hamstring curl
A6	Suspension Y's






Phase 3

	Exercise
A1	Suspension Jumping Lunge
A2	Suspension Underhand Row
A3	Suspension Pistol
A4	Suspension Push up single leg
A5	Suspension Bicep curl
A6	Suspension Tricep Extension

Phase 4

	Exercise
A1	Suspension Jump Squat - Jump Lunge Combo
A2	Suspension Low row
A3	Suspension Jumping Pistols
A4	Suspension Atomic Push up with lateral pike
A5	Suspension Face pulls
A6	Suspension Lateral Jump Lunge (Knee down)



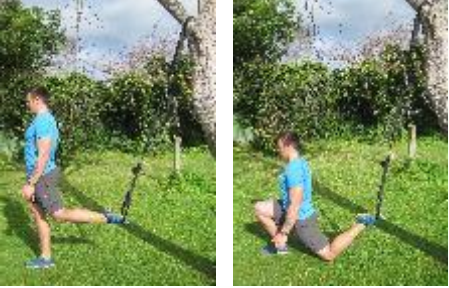

The STFLW Phase 1



Giant Set	Exercise	Picture	Reps/Time	Rest
A1	Squat		25 reps	Minimal
A2	Row		20 reps	Minimal
A3	Reverse Alt Lunge*		24 reps	Minimal
A4	Push up		15 reps	Minimal
A5	Fall out		10 reps	Minimal

Complete as many rounds as you can in 20 minutes.

* 12 on each leg. Note the amount of rounds completed here _____

The STFLW Phase 2





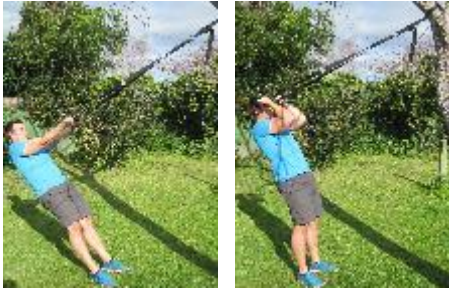
Giant Set	Exercise	Picture	Reps/Time	Rest
A1	Jump Squat		40 sec	20 sec
A2	High Row		40 sec	20 sec
A3	Bulgarian Split Squat*		40 sec	20 sec
A4	Atomic Push up		40 sec	20 sec


A5	Hamstring curls		40 sec	20 sec
A6	Y's		40 sec	2 mins

Notes

1. Complete 3 rounds (approx 22 minutes)
2. * each leg
3. For easy interval timing we suggest purchasing a Gymboss timer or using the App 'Seconds Pro'

The STFLW Phase 3




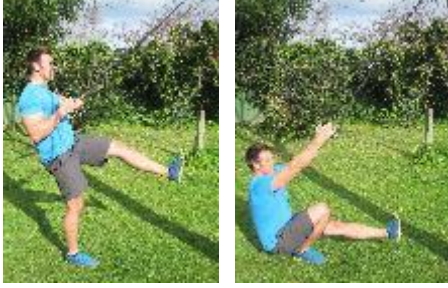
Giant Set	Exercise	Picture	Reps/Time	Rest
A1	Jump alt Lunge		30 reps (total)	minimal
A2	Underhand Row		20 reps	minimal
A3	Pistols*		15 reps	minimal
A4	Push ups (SL)**		15 reps	minimal
A5	Bicep Curl		20 reps	minimal




A6	Tricep Extension		20 reps	minimal
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Notes:

1. Complete as many rounds as you can in 25 minutes
2. * Each leg
3. ** Single leg in the air (alternate each round)

The STFLW Phase 4

Giant Set	Exercise	Picture	Reps/Time	Rest
A1	Jump Squats		45 seconds	15 sec
A2	Jump Lunges		45 seconds	15 sec
A3	Low Row		45 seconds	15 sec
A4	Jumping alt Pistols (jump & land on opposite leg)		45 seconds	15 sec

A5	Atomic Push up with lateral pike		45 seconds	15 sec
A6	Face Pulls		45 seconds	15 sec
A7	Lateral Jump Lunges (Knee down)		45 seconds	45 sec

Notes:

1. Complete 3 rounds in total

And finally:

We recommend you complete these workouts over a four to six week period, training three times per week along with following a healthy eating plan (Results Nourishing Nutritional Plan). This will provide you with great results including weight loss, lean muscle tissue and increased energy and vitality. Any questions about the exercises or program please do not hesitate to get in touch with us at Results Fitness Camp.

All the best on your health and fitness journey.

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