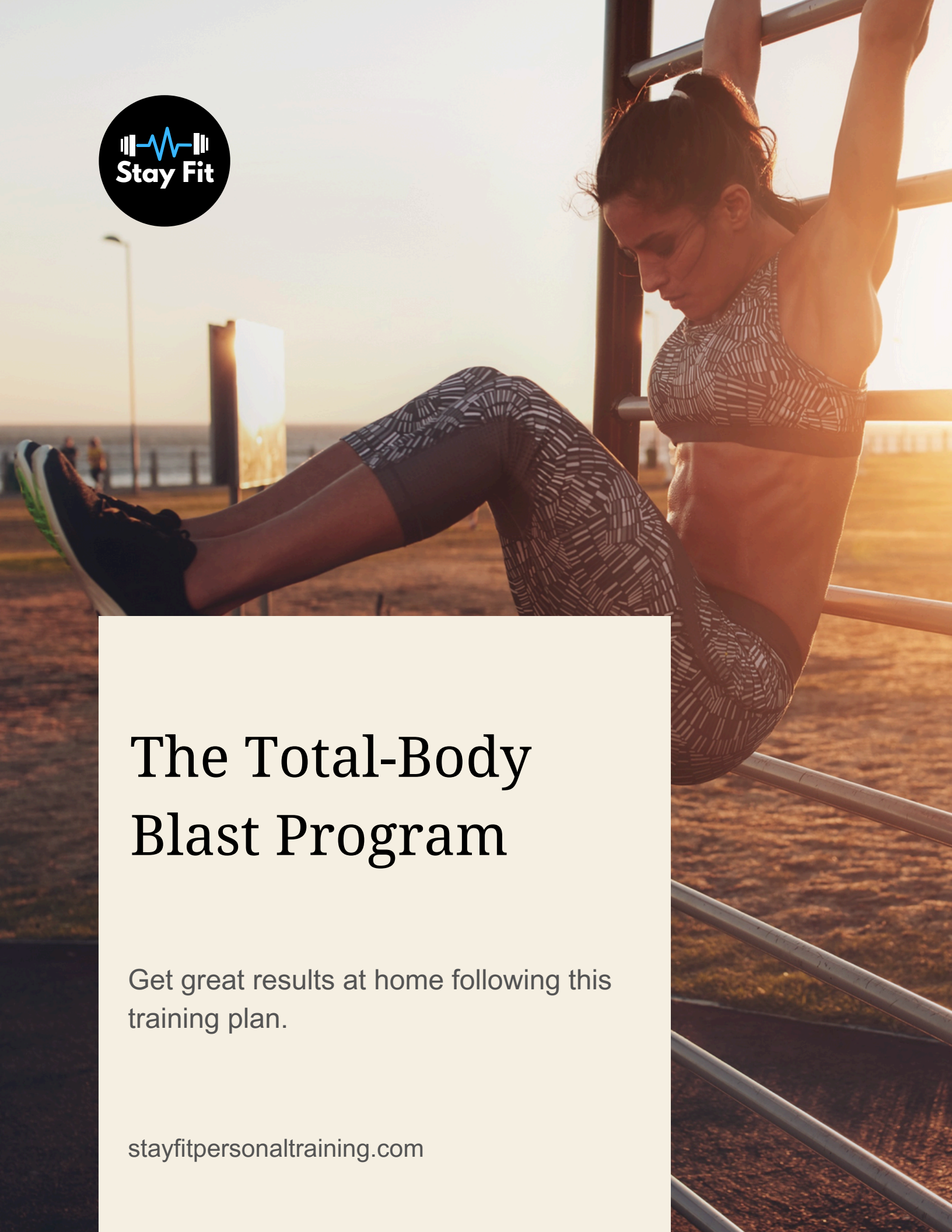


The Total-Body Blast Program

Get great results at home following this training plan.

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Amanda Cooper

Hello!

I’m a Fitness & Nutrition Coach. Passionate about helping clients reach their health goals.

With 25+ years of experience, I create fitness and nutrition plans that get results. Dedicated to making healthy living simple and sustainable.

Let's crush those fitness goals together!

Welcome to The Total-Body Blast Program

This 10-station, 200-rep program burns fat and builds muscle in less than an hour a week. The 20-minute routine requires only one item – a chin-up bar – so you can do it anywhere in your home.

Safety:
All physical activity involves a potential risk of injury. Participants must therefore take all reasonable care during exercise. Participants should seek the advice of their doctor, or equivalent healthcare professional, before beginning any form of exercise, including this plan contained in this program. The exercise movements described herein are safe when performed correctly, with gradual increases in resistance and proper supervision. However, participants must ensure that the equipment and facilities they use are fit for their purpose. You should adhere to the safety guidelines outlined in this program and any required by the equipment manufacturer. I/we take no responsibility for injury to persons or property consequent upon the advice and information included herein. You are forbidden to share this program via any means.

The Moves

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The Moves

Prisoner squats	Stand with your hands behind your head, chest out, elbows back. Sit back at your hips and bend your knees to lower your body as far as you can without losing the natural arch of your spine. Squeeze your glutes and push yourself back to the starting position.
Push-ups	Get into a push-up position with your back and legs straight and your hands beneath your shoulders. Brace your abs and keep your body rigid. Now lower yourself until your chest almost touches the floor. Then push yourself up until your arms are straight.
Jump squat	Stand with your feet shoulder-width apart. Now dip down at your hips and knees and explode up, jumping as high as you can. Try to land softly, then lower yourself and repeat.
Tricep dips	Sit on a chair with your hands next to your hips. Scoot forward with your feet flat on the ground, buttocks off the chair, and straight arms. Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair. Push back up without locking your elbows. Then repeat.
Single leg glute bridge	Lie on the ground with your knees bent so that your feet are flat. Raise one leg off the ground and straighten it; this is the start position. Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the ground. Continue until your hips are in a straight line with your torso. Pause and then return to the start position by lowering your hip to the ground.
Shoulder taps	Start in the plank push-up position, your body in a straight line from toe to shoulders. Bring your right arm off the ground and touch your left shoulder. Pause before returning to the start position. Repeat the same movement for the left arm. (Increase the intensity by placing your feet on the edge of a sofa)
Step-up	Place one foot on a step, box, or chair that's about 60cm off the ground. Push down through your heel to lift your other leg, pause, then return to the start position. Complete all your reps with one leg before switching legs and repeating the movement on the other side.
Pull-up	Hang from the bar with your hands slightly wider than shoulder-width apart. (use an overhand grip for pull-ups and underhand grip chin-up.) Pull your chin up past the bar, then lower your body back down. If that's too hard, do negative chin-ups: Use a secure chair or box to boost your chin over the bar. Then lower your body as slowly as your can. (Don’t have a chin-up bar? Add the reps to another exercise.)
Forward lunge	Start in a standing position and then take a big step forward with one leg. When your front thigh is parallel to the ground, and your back knee is off the ground, hold for 1-second. Then return to the start position and repeat with the other leg.
Diamond push-up	Assume a standard push-up position. Place your hands under your chest until the tips of your index fingers and thumbs are touching. That creates a diamond shape between your hands. Keep your elbows tucked in against your sides as you lower yourself until your chest is about 1inch off the ground, then push back up.

The Plan

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Training Plan

Complete this workout three times a week – Monday, Wednesday, and Friday, for example. Perform the exercises as a circuit, doing one set of each movement for the guided number of repetitions. Do them in the order shown, without resting between exercises. Too easy? Rest 1-minute at the end and repeat the circuit.

Classic 4-min warm-up (2x rounds):
Jumping jacks (30-seconds)
High knee march (30-seconds)
Jumping jacks (30-seconds)
High knee march (30-seconds)

The Workout Circuit
Prisoner squats (30 reps)
Push-ups (30 reps)
Squat jumps (10 reps)
Tricep dips (20 reps)
Single leg glute bridge (10 reps per side)
Shoulder taps (10 reps)
Step-ups (10 reps per side)
Pull-ups or chin-ups (10 reps)
Forward lunges (30 reps)
Diamond push-up (20 reps)