

# BodyWeightBlast

Your Body is Your Equipment as we BLAST the Fat.

## Tracking Sheets

Print up and use the following sheets to track your comments throughout your workouts. Track where you modified, intensified, and any other comments on how you did. Watch for progressions :) You'll get stronger each time you press play & rock your workout! Be proud of it!

\*Remember to start each workout with a warm-up and finish with a cool-down stretch.

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*Disclaimer: You are responsible for exercising within your limits and assume all risk of injury to your person or property. To the extent permitted by law, OnlineFitness-Pro.com, Ro Little Fitness, Ronit (Ro) Little and its affiliate disclaim any and all liability in connection with the exercises in online videos and any instructions or advice provided.*

*Consult your medical professional before attempting the exercises in the videos and follow his or her advice.*

*Do not attempt the exercises in the videos if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back or neck) problems or injury. If you feel you are exercising beyond your current abilities, or if you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately.*

# Strength

No weights are needed to work on our strength in this program - and especially in this workout!  
Your body is all the equipment you need!

	Date:	Date:	Date:	Date:	Date:	Date:
Round 1: Circuit these 3 moves for 12 reps, then 10 reps, then 8 reps. Take rest as needed between.						
Squat						
Push Ups						
Triceps Dips						
Round 2: Circuit these 3 moves for 12 reps, then 10 reps, then 8 reps. Take rest as needed between.						
Lunges						
Plank Reach						
Sit Ups						
Workout Comments:						

\* Be sure to do a warm up before and cool down after your workout.

See the full video here: <https://vimeo.com/498185740/6b0ac917a0>

# Power

Power = EXPLOSIVE movements! There are only 6 moves in this workout  
... but each is here to help you build the power ... and explode it!

	Date:	Date:	Date:	Date:	Date:	Date:
Circuit these moves 3 times: Set one: 60 seconds work - 60 seconds rest Set two: 45 seconds work - 30 seconds rest Set three: 30 seconds work - 15 seconds rest						
Power Knees						
Squat, squat Jump!						
Mountain Climbers						
Burpees						

Power Push-Ups						
Lunge, plyo lunge						
Workout Comments:						

*\* Be sure to do a warm up before and cool down after your workout.*

See the full video here: <https://vimeo.com/499383992/2dde572095>

# Balance

This workout will challenge you in a whole different way. This is about feeling the WOBBLER. Challenging your balance in all different directions. Up the challenge? Close your eyes!

	Date:	Date:	Date:	Date:	Date:	Date:
Directional Lunges: Perform on single leg ... 30-60 seconds each. Challenge your balance by trying it with your eyes closed!						
Reverse Lunges Side Lunges Back to Side						
Front Lunges 3 way Lunges						
Clock Lunges						

Playing with Pillars ... 60 seconds each. Add in the eyes closed challenge when you're ready

Push & Lift						
Dip & Reach						
Balance Crunch						
Balance & Pull						
Workout Comments:						

*\* Be sure to do a warm up before and cool down after your workout.*

See the full video here: <https://vimeo.com/499024958/005c2b3332>

# Core on the Floor

Building core strength - hangin out on the floor.

	Date:	Date:	Date:	Date:	Date:	Date:
Circuit these 6 moves 3 times through. Timing = 40 seconds of work to 20 seconds of rest.						
Double Leg Extension						

Heel Reaches						
Plank Jack Taps						
Flutter Kicks						
Crunch & Punch						
Side Plank Openers						

Workout Comments:

*\* Be sure to do a warm up before and cool down after your workout.*

See the full video here: <https://vimeo.com/498733050/a75fadbd13>

# Agility

Agility = playing with speed and quick direction changes.

Get ready to think like an athlete. Get ready to train like an athlete. Get ready to burn massive calories!!

	Date:	Date:	Date:	Date:	Date:	Date:
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Circuit these 6 moves 3 times through.

Timing: Set ONE = 60 secs work: 60 secs rest | Set TWO = 40 secs work: 20 secs rest | Set THREE = 30 secs work: 15 secs rest

Quick Feet						
180 Squat Jacks						
Beast to Kick Through						
Jump Over Hurdles						
3 way Mountain Climbers						
Side Reach & Jump						

Workout Comments:

*\* Be sure to do a warm up before and cool down after your workout.*

See the full video here: <https://vimeo.com/499078590/7891d53db2>

# Cardio Core

Fat blatin' cardio - all focused on the core! What could be better than that? Time to WORK!

	Date:	Date:	Date:	Date:	Date:	Date:
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SuperSet (alternate) 2 exercises for 2 sets.

Set ONE = 45 secs work: 45 secs rest | Set TWO = 30 secs work: 15 secs rest. Then move to the next 2 exercises.

SUPERSET ONE: Shuffle Heisman						
VPlank						
SUPERSET TWO: Torso Twist						
Beast to Plank						
SUPERSET THREE: Twist & Pull						
Sumo Jab Ups						
SUPERSET FOUR: Climbing Burpee						
Hip Dips						

Workout Comments:

*\* Be sure to do a warm up before and cool down after your workout.*

See the full video here: <https://vimeo.com/499405505/c03a995c51>



# Endurance

Endurance = Just Keep GOING! Modify if you need. Slow down if you need. But do not ever give up on yourself. Just. Keep. Going.  
 We're challenging and training endurance in this workout today - and it is EPIC!

	Date:	Date:	Date:	Date:	Date:	Date:
Round ONE - 3 sets of work. Timing: Set ONE = 30 secs work, 30 rest, 1 time. Set TWO = 30 secs work, 0 rest, 1 time. Set THREE = 30 secs work, 0 rest, 2 times						
Squat to Lunge						
High-Low Plank						
Jumping Jacks						
Round TWO - 3 sets of work. Timing: Set ONE = 30 secs work, 30 rest, 1 time. Set TWO = 30 secs work, 0 rest, 1 time. Set THREE = 30 secs work, 0 rest, 2 times						
Squat Walk & Reach						
Beast Kick Throughs						
High Knees						
Workout Comments:						

*\* Be sure to do a warm up before and cool down after your workout.*

See the full video here: <https://vimeo.com/499853116/d5e6d4a5b2>