

Lose Fat  
Build Muscle

BRAD  
GOUTHRO  
LIVE LEAN TV

LIVE LEAN  
*AFTERBURN*

# WORKOUT LOG SHEETS

I Live Lean



By Brad Gouthro

## AFTERBURN

### Warm Up

Complete this warm up before every workout. Don't be one of those dummies that think they're too cool for warm ups.

**DO IT!!**

Note: Complete 30 sec of each exercise with no rest. Complete 2 circuits for a total of a 4 minute warm up. Proceed immediately to the workout.

	AFTERBURN WARM UP	Work	Rest	Set #1	Set #2
A1.	Seal Jacks	30 sec	0 sec		
A2.	Squats	30 sec	0 sec		
A3.	Push Ups	30 sec	0 sec		
A4.	Pendulum Lunges	30 sec	0 sec		

### EXERCISE VIDEO DATABASE:

If you're unsure how to properly do any of the exercises in Live Lean Afterburn, be sure to check out the full Exercise Video Database:

[teamlivelean.com/members-home/exercise-video-database/](http://teamlivelean.com/members-home/exercise-video-database/)

CLICK HERE → [ow.ly/yXwMD](http://ow.ly/yXwMD)

**AFTERBURN****Circuit Training Workout # 1**

Note: Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Arnold Presses	12			
A2.	Single Arm Dumbbell Row	8			
A3.	Alternating Dumbbell Forward Lunge	10/leg			
A4.	Plank With Arms On Ball	60 sec			

**Ignite it Up:** Jump Rope 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Barbell Deadlift	10			
B2.	Barbell Flat Bench Press	8			
B3.	Barbell Upright Row	10			
B4.	Hanging Leg Raise	12			

**Ignite it Up:** Jump Squats 45 sec

	<b>Circuit C:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
C1.	Dumbbell Lateral Raise	12			
C2.	Dumbbell Step Ups (one leg at a time)	10/leg			
C3.	Dumbbell Bicep Curl (simultaneously)	8/arm			
C4.	Bicycle Abs	30			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Hop Scotch	20 sec	10 sec		
D2.	Squats	20 sec	10 sec		
D3.	Pushups	20 sec	10 sec		
D4.	Burpees	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Circuit Training Workout # 2**

Note: Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Pendulum Lunges	8/leg			
A2.	Dumbbell Pull Over	10			
A3.	Alternating Dumbbell Flat Bench Chest Press	8/arm			
A4.	Hand Walkouts	45 sec			

**Ignite it Up:** Burpees 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Bentover Barbell Row	12			
B2.	Barbell Push Press	10			
B3.	Barbell Front Squat	8			
B4.	Lying Hip Raises	20			

**Ignite it Up:** Plank 60 sec

	<b>Circuit C:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
C1.	Arnold Punches	20			
C2.	Explosive Push Ups	10			
C3.	Overhead Tricep Extension	12			
C4.	Crunches On Floor	20			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	High Knees Into A Pushup	20 sec	10 sec		
D2.	Around The World Pushup	20 sec	10 sec		
D3.	1 Legged Jump Squat	20 sec	10 sec		
D4.	Burpees	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Circuit Training Workout # 3**

Note: Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Alternating Barbell Lunges	8/leg			
A2.	Chin Ups	10			
A3.	Low Incline Dumbbell Bench Press	12			
A4.	Push Up Into Renegade Row	6/arm			

**Ignite it Up:** Lateral Lunges 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Lumberjack Press	12			
B2.	Alternating Front Raises	10			
B3.	Dumbbell Walking Lunges	10/leg			
B4.	Side Plank	30 sec/side			

**Ignite it Up:** Side To Side Hops 60 sec

	<b>Circuit C:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
C1.	Dumbbell Flat Bench Press	10			
C2.	Barbell Clean & Press	6			
C3.	Tricep Dips	15			
C4.	Superman Hold	30 sec			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Standard Pushup	20 sec	10 sec		
D2.	Close Grip Pushup	20 sec	10 sec		
D3.	Side To Side Pushup	20 sec	10 sec		
D4.	Fingers Pointing Out Wide Grip Pushup	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Circuit Training Workout # 4**

Note: Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Alternating Dumbbell Reverse Lunge	10/leg			
A2.	Wide Grip Pull Ups	10			
A3.	Decline Pushup	15			
A4.	Push-up Position Plank	60 sec			

**Ignite it Up:** Stationary Lunges 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	High Pull	10			
B2.	Single Leg Squat To Bench	10/leg			
B3.	Alternating Overhead Shoulder Press	8			
B4.	Swiss Ball Roll Outs	45 sec			

**Ignite it Up:** Side To Side Hops 60 sec

	<b>Circuit C:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
C1.	Barbell Back Squat	12			
C2.	Alternating Kettlebell (or DB) Swing	15			
C3.	Barbell Bicep Curl	10			
C4.	Bicycle Abs	30 sec			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	High Knees Jump Rope	20 sec	10 sec		
D2.	Jump Rope: 1 leg x 2 leg hop x 1 leg	20 sec	10 sec		
D3.	Double Unders Jump Rope	20 sec	10 sec		
D4.	Alternating Split Squat Jump Rope	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Circuit Training Workout # 5**

Note: Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Barbell Deadlift	8			
A2.	High Pull	10			
A3.	Push Up Into Renegade Row	6/arm			
A4.	Mountain Climbers	60 sec			

**Ignite it Up:** Speed Squats 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Alternating Front Raises	10/arm			
B2.	Dumbbell Step Ups Holding Dumbbell Goblet Style	10			
B3.	Side To Side Pushups	10			
B4.	Hand Walkouts	45 sec			

**Ignite it Up:** Jump Rope 60 sec

	<b>Circuit C:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
C1.	Dumbbell Top-Squat To Calf Raise	12			
C2.	Barbell Front Raise	10			
C3.	Overhead Tricep Extension	12			
C4.	Bicycle Abs	45 sec			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Squat & Press with Medicine Ball	20 sec	10 sec		
D2.	Burpees	20 sec	10 sec		
D3.	Alternating Forward Lunge	20 sec	10 sec		
D4.	Mountain Climbers	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Circuit Training Workout # 6**

Note: Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Barbell Push Press	8			
A2.	Pendulum Lunges	10/leg			
A3.	Bentover Fly	12			
A4.	Hanging Leg Raise	10			

**Ignite it Up:** Burpees 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Chin Ups	10			
B2.	Stationary Lunges on Step	10/leg			
B3.	Explosive Push Ups	10			
B4.	Crunches On Floor	20			

**Ignite it Up:** Jump Squats 60 sec

	<b>Circuit C:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
C1.	Dumbbell Romanian Deadlift	12			
C2.	Dumbbell Lateral Raise	12			
C3.	Dumbbell Bicep Curl (alternating)	10/arm			
C4.	Twisting Crunch On Swiss Ball	20			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Standard Plank	20 sec	10 sec		
D2.	Side Plank	20 sec	10 sec		
D3.	Side Plank (other side)	20 sec	10 sec		
D4.	Straight Arm Plank	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.



**AFTERBURN****Strength Training Circuit Workout # 1**

Note: This is strictly a strength building workout. This weight should be high meaning the reps per set are low. What you see in the "Reps" column is the TOTAL NUMBER OF REPS for the entire circuit. **Select a weight that you can lift with proper form** but is heavy enough so you can't lift anymore than 8 reps. The rep range for each set should be between 5-8 reps. Complete as many sets as it takes to finish all the reps indicated in the "Reps" column. IN THIS CASE THIS "REPS COLUMN" DOES NOT INDICATE THE NUMBER OF REPS PER SET. It's total reps for the entire circuit. It may take you 4 sets, 5 sets, 6 sets, etc to complete all indicated reps for each exercise.

Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	Circuit A:	Reps	Set #1	Set #2	Set #3
A1.	Barbell Deadlift	25			
A2.	Wide Grip Weighted Pull Up	20			
A3.	Low Incline Dumbbell Bench Press	30			
A4.	Barbell Front Squat	25			

**Ignite it Up:** Mountain Climbers 60 sec

	Circuit B:	Reps	Set #1	Set #2	Set #3
B1.	Alternating Dumbbell Reverse Lunge	35/leg			
B2.	Bentover Barbell Row	30			
B3.	Barbell Flat Bench Press	30			
B4.	Narrow Grip Pull Ups	20			

	Tabata Workout Finisher	Work	Rest	Set #1	Set #2
D1.	High Knees Jump Rope	20 sec	10 sec		
D2.	Jump Rope: 1 leg x 2 leg hop x 1 leg	20 sec	10 sec		
D3.	Double Unders Jump Rope	20 sec	10 sec		
D4.	Alternating Split Squat Jump Rope	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Strength Training Circuit Workout # 2**

Note: This is strictly a strength building workout. This weight should be high meaning the reps per set are low. What you see in the "Reps" column is the TOTAL NUMBER OF REPS for the entire circuit. **Select a weight that you can lift with proper form** but is heavy enough so you can't lift anymore than 8 reps. The rep range for each set should be between 5-8 reps. Complete as many sets as it takes to finish all the reps indicated in the "Reps" column. IN THIS CASE THIS "REPS COLUMN" DOES NOT INDICATE THE NUMBER OF REPS PER SET. It's total reps for the entire circuit. It may take you 4 sets, 5 sets, 6 sets, etc to complete all indicated reps for each exercise.

Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	Circuit A:	Reps	Set #1	Set #2	Set #3
A1.	Dumbbell Romanian Deadlift	25			
A2.	Barbell Upright Row	30			
A3.	Barbell Push Press	30			
A4.	Dumbbell Walking Lunges	25			

**Ignite it Up:** Push Ups 35 sec

	Circuit B:	Reps	Set #1	Set #2	Set #3
B1.	Barbell Deadlift	25			
B2.	Barbell Upright Row	35			
B3.	Low Incline Dumbbell Neutral Grip Bench Press	30			
B4.	Arnold Presses	20			

	Tabata Workout Finisher	Work	Rest	Set #1	Set #2
D1.	Side To Side Run	20 sec	10 sec		
D2.	Seal Jack Plyometric Pushup	20 sec	10 sec		
D3.	Mountain Climbers	20 sec	10 sec		
D4.	Running On The Spot	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Strength Training Circuit Workout # 3**

Note: This is strictly a strength building workout. This weight should be high meaning the reps per set are low. What you see in the "Reps" column is the TOTAL NUMBER OF REPS for the entire circuit. **Select a weight that you can lift with proper form** but is heavy enough so you can't lift anymore than 8 reps. The rep range for each set should be between 5-8 reps. Complete as many sets as it takes to finish all the reps indicated in the "Reps" column. IN THIS CASE THIS "REPS COLUMN" DOES NOT INDICATE THE NUMBER OF REPS PER SET. It's total reps for the entire circuit. It may take you 4 sets, 5 sets, 6 sets, etc to complete all indicated reps for each exercise.

Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	Circuit A:	Reps	Set #1	Set #2	Set #3
A1.	Barbell Push Press	25			
A2.	Bentover Barbell Row	30			
A3.	Barbell Back Squat	30			
A4.	High Incline Dumbbell Bench Press	25			

**Ignite it Up:**     Jumping Jacks     2 mins

	Circuit B:	Reps	Set #1	Set #2	Set #3
B1.	Dumbbell Bulgarian Split Squat	30			
B2.	Chin Ups	35			
B3.	Alternating Overhead Shoulder Press	30			
B4.	Alternating Dumbbell Flat Bench Chest Press	25			

	Tabata Workout Finisher	Work	Rest	Set #1	Set #2
D1.	Squat & Medicine Ball Toss Up	20 sec	10 sec		
D2.	Sliding Medicine Ball Pushup	20 sec	10 sec		
D3.	Side To Side Medicine Ball Pushup	20 sec	10 sec		
D4.	Medicine Ball Wood Chops	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Strength Training Circuit Workout # 4**

Note: This is strictly a strength building workout. This weight should be high meaning the reps per set are low. What you see in the "Reps" column is the TOTAL NUMBER OF REPS for the entire circuit. **Select a weight that you can lift with proper form** but is heavy enough so you can't lift anymore than 8 reps. The rep range for each set should be between 5-8 reps. Complete as many sets as it takes to finish all the reps indicated in the "Reps" column. IN THIS CASE THIS "REPS COLUMN" DOES NOT INDICATE THE NUMBER OF REPS PER SET. It's total reps for the entire circuit. It may take you 4 sets, 5 sets, 6 sets, etc to complete all indicated reps for each exercise.

Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Dumbbell Step Ups (one leg at a time)	30/leg			
A2.	Dumbbell Pull Over	25			
A3.	Barbell Stiff-Legged Deadlift	30			
A4.	Low Incline Dumbbell Bench Press	35			

**Ignite it Up:** Burpees 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Dumbbell Walking Lunges	25/leg			
B2.	Barbell Upright Row	35			
B3.	Dumbbell Flat Bench Press	30			
B4.	Barbell Front Squat	30			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Speed Squats	20 sec	10 sec		
D2.	Burpees	20 sec	10 sec		
D3.	Mountain Climbers	20 sec	10 sec		
D4.	High Knees	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Strength Training Circuit Workout # 5**

Note: This is strictly a strength building workout. This weight should be high meaning the reps per set are low. What you see in the "Reps" column is the TOTAL NUMBER OF REPS for the entire circuit. **Select a weight that you can lift with proper form** but is heavy enough so you can't lift anymore than 8 reps. The rep range for each set should be between 5-8 reps. Complete as many sets as it takes to finish all the reps indicated in the "Reps" column. IN THIS CASE THIS "REPS COLUMN" DOES NOT INDICATE THE NUMBER OF REPS PER SET. It's total reps for the entire circuit. It may take you 4 sets, 5 sets, 6 sets, etc to complete all indicated reps for each exercise.

Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	Circuit A:	Reps	Set #1	Set #2	Set #3
A1.	Barbell Deadlift	25			
A2.	Wide Grip Weighted Pull Up	30			
A3.	Dumbbell Flat Bench Press	35			
A4.	Arnold Presses	30			

**Ignite it Up:** Stationary Lunges 60 sec

	Circuit B:	Reps	Set #1	Set #2	Set #3
B1.	Barbell Back Squat	25			
B2.	Barbell Upright Row	35			
B3.	Barbell Push Press	30			
B4.	Barbell Stiff-Legged Deadlift	25			

	Tabata Workout Finisher	Work	Rest	Set #1	Set #2
D1.	Mountain Climbers	20 sec	10 sec		
D2.	Seal Jacks	20 sec	10 sec		
D3.	Jumping Jacks	20 sec	10 sec		
D4.	Floor Jacks	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Strength Training Circuit Workout # 6**

Note: This is strictly a strength building workout. This weight should be high meaning the reps per set are low. What you see in the "Reps" column is the TOTAL NUMBER OF REPS for the entire circuit. **Select a weight that you can lift with proper form** but is heavy enough so you can't lift anymore than 8 reps. The rep range for each set should be between 5-8 reps. Complete as many sets as it takes to finish all the reps indicated in the "Reps" column. IN THIS CASE THIS "REPS COLUMN" DOES NOT INDICATE THE NUMBER OF REPS PER SET. It's total reps for the entire circuit. It may take you 4 sets, 5 sets, 6 sets, etc to complete all indicated reps for each exercise.

Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

	Circuit A:	Reps	Set #1	Set #2	Set #3
A1.	Dumbbell Romanian Deadlift	25			
A2.	Barbell Front Raise	30			
A3.	Barbell Flat Bench Press	35			
A4.	Dumbbell Top-Squat To Calf Raise	30			

**Ignite it Up:**     Jumping Jacks     60 sec

	Circuit B:	Reps	Set #1	Set #2	Set #3
B1.	Barbell Front Squat	25			
B2.	Bentover Barbell Row	35			
B3.	Dumbbell Push Press	30			
B4.	High Pull	25			

	Tabata Workout Finisher	Work	Rest	Set #1	Set #2
D1.	Over/Unders	20 sec	10 sec		
D2.	Plank with a Tap	20 sec	10 sec		
D3.	Reverse Lunge with Knee Up	20 sec	10 sec		
D4.	Side Plank with Reach Under	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Complex Training Circuit Workout # 1**

Note: These workouts consist of **complexes**. There are no breaks between exercises during a complex. You don't even get to drop the barbell or dumbbell between exercises. Therefore, select a weight for your most difficult exercise that you can lift for the prescribed rep count. You will use this weight for the entire complex as the weight won't leave your hands. To be completed in a circuit. Complete A1, A2, A3, and A4 sequentially, no rest between exercises. Rest 120 seconds after the circuit. Repeat 2 more times. Then complete circuit B the same way as indicated.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Barbell Front Squat	5			
A2.	Bentover Barbell Row	5			
A3.	Barbell High Pull	5			
A4.	Barbell Push Press	5			

**Ignite it Up:** Push Ups 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Dumbbell Front Squat	5			
B2.	Dumbbell Push Press	5			
B3.	Alternating Dumbbell Forward Lunge	5/leg			
B4.	Alternating Dumbbell Flat Bench Chest Press	5/arn			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Beginner Burpee (no pushup/standing)	20 sec	10 sec		
D2.	Intermediate Burpee (no pushup, stand)	20 sec	10 sec		
D3.	Standard Burpee (pushup & jump)	20 sec	10 sec		
D4.	Atomic Burpee (push up, high jump)	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Complex Training Circuit Workout # 2**

Note: These workouts consist of **complexes**. There are no breaks between exercises during a complex. You don't even get to drop the barbell or dumbbell between exercises. Therefore, select a weight for your most difficult exercise that you can lift for the prescribed rep count. You will use this weight for the entire complex as the weight won't leave your hands. To be completed in a circuit. Complete A1, A2, A3, and A4 sequentially, no rest between exercises. Rest 120 seconds after the circuit. Repeat 2 more times. Then complete circuit B the same way as indicated.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Dumbbell Romanian Deadlift	5			
A2.	Dumbbell High Pull	5			
A3.	Dumbbell Push Press	5			
A4.	Alternating Dumbbell Reverse Lunge	5			

**Ignite it Up:** Push Ups 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Barbell Stiff-Legged Deadlift	5			
B2.	Barbell Upright Row	5			
B3.	Barbell Push Press	5			
B4.	Barbell Back Squat	5			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	High Knees	20 sec	10 sec		
D2.	Front-To-Back Hops	20 sec	10 sec		
D3.	Jump Squats	20 sec	10 sec		
D4.	Skaters	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.



**AFTERBURN****Complex Training Circuit Workout # 3**

Note: These workouts consist of **complexes**. There are no breaks between exercises during a complex. You don't even get to drop the barbell or dumbbell between exercises. Therefore, select a weight for your most difficult exercise that you can lift for the prescribed rep count. You will use this weight for the entire complex as the weight won't leave your hands. To be completed in a circuit. Complete A1, A2, A3, and A4 sequentially, no rest between exercises. Rest 120 seconds after the circuit. Repeat 2 more times. Then complete circuit B the same way as indicated.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Bentover Barbell Row	6			
A2.	Barbell Hang Clean	6			
A3.	Barbell Front Squat	6			
A4.	Barbell Jump Squat	6			

**Ignite it Up:** Push Ups 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Dumbbell Romanian Deadlift	6			
B2.	Dumbbell Push Press	6			
B3.	Dumbbell Alternating Reverse Lunge	3/leg			
B4.	Dumbbell Front Squat	6			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Jump Rope	20 sec	10 sec		
D2.	Spiderman Pushups	20 sec	10 sec		
D3.	Side To Side Hops	20 sec	10 sec		
D4.	Mountain Climbers	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Complex Training Circuit Workout # 4**

Note: These workouts consist of **complexes**. There are no breaks between exercises during a complex. You don't even get to drop the barbell or dumbbell between exercises. Therefore, select a weight for your most difficult exercise that you can lift for the prescribed rep count. You will use this weight for the entire complex as the weight won't leave your hands. To be completed in a circuit. Complete A1, A2, A3, and A4 sequentially, no rest between exercises. Rest 120 seconds after the circuit. Repeat 2 more times. Then complete circuit B the same way as indicated.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Barbell Stiff-Legged Deadlift	6			
A2.	Barbell High Pull	6			
A3.	Barbell Front Squat	6			
A4.	Barbell Push Press	6			

**Ignite it Up:** Pull Ups 60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Arnold Presses	6			
B2.	Dumbbell Front Squat	6			
B3.	Dumbbell Push Press	6			
B4.	Dumbbell Alternating Forward Lunge	3/leg			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Spiderman Crawl	20 sec	10 sec		
D2.	Burpees	20 sec	10 sec		
D3.	Pushups	20 sec	10 sec		
D4.	Forward Lunges	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Complex Training Circuit Workout # 5**

Note: These workouts consist of **complexes**. There are no breaks between exercises during a complex. You don't even get to drop the barbell or dumbbell between exercises. Therefore, select a weight for your most difficult exercise that you can lift for the prescribed rep count. You will use this weight for the entire complex as the weight won't leave your hands. To be completed in a circuit. Complete A1, A2, A3, and A4 sequentially, no rest between exercises. Rest 120 seconds after the circuit. Repeat 2 more times. Then complete circuit B the same way as indicated.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Barbell Hang Clean	7			
A2.	Barbell Front Squat	7			
A3.	Barbell Upright Row	7			
A4.	Barbell Stiff-Legged Deadlift	7			

**Ignite it Up:**     Jumping Jacks     60 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Dumbbell Front Squat To Calf Raise	7			
B2.	Two Arm Bent Over Dumbbell Row	7			
B3.	Dumbbell Push Press	7			
B4.	Dumbbell Stiff-Legged Deadlift	7			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Standard Skips	20 sec	10 sec		
D2.	High Knee Skips	20 sec	10 sec		
D3.	One Leg Skips	20 sec	10 sec		
D4.	Other Leg One Leg Skips	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

**AFTERBURN****Complex Training Circuit Workout # 6**

Note: These workouts consist of **complexes**. There are no breaks between exercises during a complex. You don't even get to drop the barbell or dumbbell between exercises. Therefore, select a weight for your most difficult exercise that you can lift for the prescribed rep count. You will use this weight for the entire complex as the weight won't leave your hands. To be completed in a circuit. Complete A1, A2, A3, and A4 sequentially, no rest between exercises. Rest 120 seconds after the circuit. Repeat 2 more times. Then complete circuit B the same way as indicated.

	<b>Circuit A:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
A1.	Alternating Barbell Reverse Lunges	8			
A2.	Barbell Push Press	8			
A3.	Bentover Barbell Row	8			
A4.	Barbell Back Squat	8			

**Ignite it Up:** Speed Jump Rope 90 sec

	<b>Circuit B:</b>	<b>Reps</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
B1.	Dumbbell Front Squat	8			
B2.	Two Arm Bent Over Dumbbell Row	8			
B3.	Dumbbell Alternating Forward Lunge	4/leg			
B4.	Dumbbell Stiff-Legged Deadlift	8			

	<b>Tabata Workout Finisher</b>	<b>Work</b>	<b>Rest</b>	<b>Set #1</b>	<b>Set #2</b>
D1.	Jump Lunges	20 sec	10 sec		
D2.	Jump Squats	20 sec	10 sec		
D3.	Burpees	20 sec	10 sec		
D4.	Pushups	20 sec	10 sec		

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat.

## AFTERBURN

### Descending Pyramid Training Circuit Workout # 1

Note: This is a **descending pyramid workout** where you'll be completing sets using a descending number of reps. For example, you'll perform 5 reps with your left leg, then 5 reps with your right leg, then immediately do 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. After the pyramid is complete, you'd get a rest.

	Exercise	Reps	Rest	Set #1	Set #2	Set #3
A1.	Left Leg Forward Lunges	5-4-3-2-1				
A1.	Right Leg Forward Lunges	5-4-3-2-1	45			

Note: Perform 5 reps with your left leg, then 5 reps with your right leg, then immediately 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. Rest 45 seconds after your third set. Then move on to circuit B..

	Exercise	Reps	Rest	Set #1	Set #2
B1.	Hand Walkouts	6-5-4-3-2-1			
B2.	Pushups	6-5-4-3-2-1	45		

Note: Perform 6 reps of Hand Walkouts, then immediately complete 6 pushups, then immediately 5 reps of Hand Walkouts, then immediately 5 reps of pushups, etc. until you finish 1 rep of each. That's one set. Rest 45 sec and repeat one more time, then move on to circuit C..

	Exercise	Reps	Rest	Set #1	Set #2
C1.	DB Deadlift	5-4-3-2-1			
C2.	DB Bicep Curl (simultaneously)	5-4-3-2-1			
C3.	DB Shoulder Press	5-4-3-2-1	45		

Note: Perform 5 reps of deadlifts, then immediately complete 5 bicep curls, then immediately 5 reps of shoulder press, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. Rest 45 sec and repeat one more time, then move on to circuit D..

	Exercise	Reps	Rest	Set #1
D1.	Jump Squats	7-6-5-4-3-2-1		
D2.	Jump Lunges	7-6-5-4-3-2-1		

Note: Perform 7 reps of Jump Squats, then immediately complete 7 Jump Lunges, then immediately 6 reps of Jump Squats, then immediately 6 reps of Jump Lunges, etc. until you finish 1 rep of each. That's one set. You're done!

## AFTERBURN

### Descending Pyramid Training Circuit Workout # 2

Note: This is a **descending pyramid workout** where you'll be completing sets using a descending number of reps. For example, you'll perform 5 reps with your left leg, then 5 reps with your right leg, then immediately do 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. After the pyramid is complete, you'd get a rest.

	Exercise	Reps	Rest	Set #1	Set #2	Set #3
A1.	Left Leg Bulgarian Split Squat	5-4-3-2-1				
A1.	Right Leg Bulgarian Split Squat	5-4-3-2-1	45			

Note: Perform 5 reps with your left leg, then 5 reps with your right leg, then immediately 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. Rest 45 seconds after your third set. Then move on to circuit B..

	Exercise	Reps	Rest	Set #1	Set #2
B1.	Barbell Push Press	6-5-4-3-2-1			
B2.	Mountain Climber (gripping barbell)	6-5-4-3-2-1	45		

Note: Perform 6 reps of Push Presses, then immediately complete 6 mountain climbers while you grip the barbell, then immediately 5 reps of Push Presses, then immediately 5 reps of mountain climbers, etc. until you finish 1 rep of each. That's one set. Rest 45 sec. Repeat one more time. Move to circuit C..

	Exercise	Reps	Rest	Set #1	Set #2
C1.	DB Bicep Curl	5-4-3-2-1			
C2.	DB Shoulder Press	5-4-3-2-1			
C3.	DB Front Squat	5-4-3-2-1	45		

Note: Perform 5 reps of bicep curls, then immediately complete 5 reps of shoulder presses, then immediately 5 reps of front squats, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. Rest 45 sec and repeat one more time, then move on to circuit D..

	Exercise	Reps	Rest	Set #1
D1.	Burpees	5-4-3-2-1		
D2.	Jump Lunges	5-4-3-2-1		

Note: Perform 5 reps of Burpees, then immediately complete 5 Jump Lunges, then immediately 4 reps of burpees, then immediately 4 reps of Jump Lunges, etc. until you finish 1 rep of each. That's one set. You're done!

## AFTERBURN

### Descending Pyramid Training Circuit Workout # 3

Note: This is a **descending pyramid workout** where you'll be completing sets using a descending number of reps. For example, you'll perform 5 reps with your left leg, then 5 reps with your right leg, then immediately do 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. After the pyramid is complete, you'd get a rest.

	Exercise	Reps	Rest	Set #1	Set #2	Set #3
A1.	Left arm incline DB press	5-4-3-2-1				
A1.	Right arm incline DB press	5-4-3-2-1	45			

Note: Perform 5 reps with your left arm, then 5 reps with your right arm, then immediately 4 reps with your left arm, then 4 reps with your right arm, and so on until you finish 1 rep per arm. Rest 45 seconds after your third set. Then move on to circuit B..

	Exercise	Reps	Rest	Set #1	Set #2
B1.	Barbell Deadlift	6-5-4-3-2-1			
B2.	Pushup (gripping barbell)	6-5-4-3-2-1	45		

Note: Perform 6 reps of deadlifts, then immediately complete 6 pushups while you grip the barbell, then immediately 5 reps etc. until you finish 1 rep of each. That's one set. Rest 45 sec. Repeat one more time. Move to circuit C..

	Exercise	Reps	Rest	Set #1	Set #2
C1.	DB Arnold Press	5-4-3-2-1			
C2.	DB Overhead Tricep Extension	5-4-3-2-1			
C3.	DB Front Squat To Calf Raise	5-4-3-2-1	45		

Note: Perform 5 reps of arnold presses, then immediately complete 5 reps of tricep extensions, then immediately 5 reps of front squats to calf raise, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. Rest 45 sec and repeat one more time, then move on to circuit D..

	Exercise	Reps	Rest	Set #1
D1.	Jump Squats	5-4-3-2-1		
D2.	Knee Ins	5-4-3-2-1		

Note: Perform 5 reps of jump squats, then immediately complete 5 knee ins, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. You're done!

## AFTERBURN

### Descending Pyramid Training Circuit Workout # 4

Note: This is a **descending pyramid workout** where you'll be completing sets using a descending number of reps. For example, you'll perform 5 reps with your left leg, then 5 reps with your right leg, then immediately do 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. After the pyramid is complete, you'd get a rest.

	Exercise	Reps	Rest	Set #1	Set #2	Set #3
A1.	Left arm DB Shoulder Press	5-4-3-2-1				
A1.	Right arm DB Shoulder Press	5-4-3-2-1	45			

Note: Perform 5 reps with your left arm, then 5 reps with your right arm, then immediately 4 reps with your left arm, then 4 reps with your right arm, and so on until you finish 1 rep per arm. Rest 45 seconds after your third set. Then move on to circuit B..

	Exercise	Reps	Rest	Set #1	Set #2
B1.	Barbell Clean & Press	6-5-4-3-2-1			
B2.	Plank Knee To Elbow (grip barbell)	6-5-4-3-2-1	45		

Note: Perform 6 reps of barbell clean and press, then immediately complete 6 plank knee to elbows while you grip the barbell, then immediately 5 reps etc. until you finish 1 rep of each. That's one set. Rest 45 sec. Repeat one more time. Move to circuit C..

	Exercise	Reps	Rest	Set #1	Set #2
C1.	DB Lateral Raise	5-4-3-2-1			
C2.	DB Renegade Row	5-4-3-2-1			
C3.	DB Front Raise	5-4-3-2-1	45		

Note: Perform 5 reps of lateral raises, then immediately complete 5 reps of renegade rows, then immediately 5 reps of front raises, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. Rest 45 sec and repeat one more time, then move on to circuit D..

	Exercise	Reps	Rest	Set #1
D1.	Jump Squats	5-4-3-2-1		
D2.	Jump Lunges	5-4-3-2-1		

Note: Perform 5 reps of jump squats, then immediately complete 5 jump lunges, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. You're done!



## AFTERBURN

### Descending Pyramid Training Circuit Workout # 5

Note: This is a **descending pyramid workout** where you'll be completing sets using a descending number of reps. For example, you'll perform 5 reps with your left leg, then 5 reps with your right leg, then immediately do 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. After the pyramid is complete, you'd get a rest.

	Exercise	Reps	Rest	Set #1	Set #2	Set #3
A1.	Left arm DB Front Raise	5-4-3-2-1				
A1.	Right arm DB Front Raise	5-4-3-2-1	45			

Note: Perform 5 reps with your left arm, then 5 reps with your right arm, then immediately 4 reps with your left arm, then 4 reps with your right arm, and so on until you finish 1 rep per arm. Rest 45 seconds after your third set. Then move on to circuit B..

	Exercise	Reps	Rest	Set #1	Set #2
B1.	Barbell Bent Over Row	6-5-4-3-2-1			
B2.	Mountain Climbers (grip barbell)	6-5-4-3-2-1	45		

Note: Perform 6 reps of barbell bent over row, then immediately complete 6 mountain climbers while you grip the barbell, then immediately 5 reps etc. until you finish 1 rep of each. That's one set. Rest 45 sec. Repeat one more time. Move to circuit C..

	Exercise	Reps	Rest	Set #1	Set #2
C1.	DB Push Press	5-4-3-2-1			
C2.	DB Deadlift	5-4-3-2-1			
C3.	DB Front Squat	5-4-3-2-1	45		

Note: Perform 5 reps of push presses, then immediately complete 5 reps of deadlifts, then immediately 5 reps of front squats, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. Rest 45 sec and repeat one more time, then move on to circuit D..

	Exercise	Reps	Rest	Set #1
D1.	Pushups	5-4-3-2-1		
D2.	Burpees	5-4-3-2-1		

Note: Perform 5 reps of pushups, then immediately complete 5 burpees, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. You're done!

## AFTERBURN

### Descending Pyramid Training Circuit Workout # 6

Note: This is a **descending pyramid workout** where you'll be completing sets using a descending number of reps. For example, you'll perform 5 reps with your left leg, then 5 reps with your right leg, then immediately do 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. After the pyramid is complete, you'd get a rest.

	Exercise	Reps	Rest	Set #1	Set #2	Set #3
A1.	Left Leg Stationary Lunge	5-4-3-2-1				
A1.	Right Leg Stationary Lunge	5-4-3-2-1	45			

Note: Perform 5 reps with your left leg, then 5 reps with your right leg, then immediately 4 reps with your left leg, then 4 reps with your right leg, and so on until you finish 1 rep per leg. Rest 45 seconds after your third set. Then move on to circuit B..

	Exercise	Reps	Rest	Set #1	Set #2
B1.	Explosive Pushups	6-5-4-3-2-1			
B2.	Spiderman Pushups	6-5-4-3-2-1	45		

Note: Perform 6 reps of pushups, then immediately complete 6 spiderman pushups, then immediately 5 reps etc. until you finish 1 rep of each. That's one set. Rest 45 sec. Repeat one more time. Move to circuit C..

	Exercise	Reps	Rest	Set #1	Set #2
C1.	BB Push Press	5-4-3-2-1			
C2.	BB Mountain Climbers (grip BB)	5-4-3-2-1			
C3.	BB Deadlift	5-4-3-2-1	45		

Note: Perform 5 reps of push presses, then immediately complete 5 reps of mountain climbers gripping barbell, then immediately 5 reps of deadlifts, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. Rest 45 sec and repeat one more time, then move on to circuit D..

	Exercise	Reps	Rest	Set #1
D1.	Burpees	5-4-3-2-1		
D2.	Reverse Lunge/leg	5-4-3-2-1		

Note: Perform 5 reps of burpees, then immediately complete 5 reverse lunges/leg, then immediately 4 reps, etc. until you finish 1 rep of each. That's one set. You're done!

## **AFTERBURN**

### **HIIT Cardio - Overview**

HIIT require strong bursts of intensity where your heart rate approaches 75-85% of its maximum heart rate (MHR) for a brief period of time (interval).

After the high intensity interval is completed, you reduce the intensity to allow your heart rate to drop back to 50-60% of MHR.

To calculate your max heart rate use the following formula:

$$\text{MHR} = 220 - \text{Age}$$

For example, if you were 30 years old your MHR would be calculated as follows:

$$\text{Max Heart Rate} = 220 - 30 = 190 \text{ Beats Per Minute (BPM)}$$

To calculate the high intensity interval portion (80% of your MHR) use the following formula:

$$\begin{aligned} &\text{MHR} \times 80\% \\ \text{High intensity interval portion} &= 190 \times .80 = 152 \text{ Beats Per Minute} \end{aligned}$$

To calculate the low intensity interval portion (60% of your MHR) use the following formula:

$$\begin{aligned} &\text{MHR} \times 60\% \\ \text{Low intensity interval portion} &= 190 \times .60 = 114 \text{ Beats Per Minute} \end{aligned}$$

Therefore for the high intensity interval portion of the cardio training you need to increase the intensity.

This can be done by increasing the speed, incline, etc. until you're maintaining a heart rate around 152 BPM for the allotted interval period. You should be winded and have a hard time carrying a conversation during this interval.

Once the interval is completed you would decrease the speed, incline, etc. to allow your heart rate to drop to 114 BPM.

Once the interval is completed you go back to the high intensity interval and repeat for a specified amount of intervals.

## ***AFTERBURN***

### **HIIT Cardio - Overview**

The higher your cardio fitness level the quicker your HR will drop during recovery intervals. This is a great way to measure your cardio improvement progress as you continue with this training.

For example, for your first few HIIT cardio sessions, it may take you 3 minutes to bring your HR back down to 60% of MHR. As you progress and increase your cardio fitness levels it will eventually take you 2 minutes to properly recover and then 1 minute.

Most cardio equipment has a heart rate monitor built in to the handgrips. If your equipment does not include this built in feature you can buy a HR monitor watch. This watch will show you exactly where your heart rate is so you can properly stay within the proper HR zone and increase/decrease intensity as needed.

**AFTERBURN****HIIT Cardio – “Sprints” (Beginner)**

For a beginner HIIT “sprinting” program, start with 30 sec of higher intensity work (could be a run or just a jog). It depends on your fitness level.

Find out what intensity elevates your HR to 75-85% of your MHR and stick with it.

If 10 intervals is too difficult. Start with 5 and build your way up to 10.

Take as long of a rest period as possible to allow your HR to reach 65% of MHR.

**Start with a 4 min warm up then move into interval 1.**

**After interval 10, allow for a 4 min cool down.**

Interval	Work	Rest
1	30	60-90+
2	30	60-90+
3	30	60-90+
4	30	60-90+
5	30	60-90+
6	30	60-90+
7	30	60-90+
8	30	60-90+
9	30	60-90+
10	30	60-90+

## **AFTERBURN**

### **HIIT Cardio – “Sprints”**

For a more advanced HIIT “sprinting” program, start with 60 sec of higher intensity all-out sprinting followed by 60 sec of active rest.

This follows a work-to-rest ratio of 1:1.

**Start with a 4 min warm up then move into interval 1.**  
**After interval 10, allow for a 4 min cool down.**

Interval	Work	Rest
1	60	60
2	60	60
3	60	60
4	60	60
5	60	60
6	60	60
7	60	60
8	60	60
9	60	60
10	60	60