

# **Blast 7Lbs In 7 Days – 7 Fat Burning Workouts**

Ok so prior to any exercise programme you should consult your GP. I am sure that he or she will be delighted that you are being proactive with your health, but I would consult them first if you are in any doubt.

Before any session that I coach, this is the exact warm up I use for at least 7 minutes. [CLICK HERE](#). You should most definitely do this too.

After each session this is the exact stretching protocol that I use. [CLICK HERE](#). I normally spend at least 7 minutes doing this. I strongly recommend you do this. I will not only help you recover but will also aid the passage of toxins through the detox pathway and out of the body.

If you are not sure of the exercises you can check the video library at the end of this document or head to my YouTube Channel [FAFITNESSBLAST](#).

## **SESSION 1**

Warm Up – Complete 10 repetitions of each exercise

- Set Gymboss or stopwatch to 30:30
- Complete 30 seconds work on exercise 1, then rest for 30 seconds
- Work through from 1-10, then straight back through from 10-1
- Next pair exercises and complete 30 seconds work on each back to back, followed by 30 seconds rest
- 1&2 then rest, 3&4 rest etc

1. Hip Bridge
2. Press Ups
3. Squats
4. Plank
5. Split Squat
6. Plank Rows
7. High Knee Sprints
8. Oblique Slides
9. Knee To Elbow Touches
10. Reverse Knee Tucks

### **FINISHER (3 minutes)**

- 20:10 squats : squat hold x 6
- Complete 20 seconds of squats
  - Then 10 seconds in the squat hold position
  - Repeat 6 times with no rest

## SESSION 2

Warm Up – Complete 10 repetitions of each exercise

- Set Gymboss to 20:10
- Complete 20 seconds work, followed by 10 seconds rest on exercise A then exercise B
- Repeat each pairing 4 times
- Rest for between 40 to 70 seconds before moving onto the next pairing

- A. OUTSIDE THE HAND MOUNTAIN CLIMBERS
- B. HIP UPS

- A. DOUBLE STOP SQUAT (squat pauses)
- B. SIDE PLANK

- A. Hip bridge & reach
- B. High knee sprints

- A. Skaters
- B. Mountain climbers

- A. Swoops
- B. Reverse Lunges

- A. Plank leg walk outs
- B. Hyper extensions

### **FINISHER (4 minutes)**

20:10 High Knee Sprints :

Press Ups

- Complete 20 seconds of high knee sprints
- Rest for 10 seconds
- Complete 20 seconds of Press Ups
- Rest for 10 seconds
- Repeat pairing 4 times

### SESSION 3

Warm Up – Complete 10 repetitions of each exercise

- Set Gymboss to 20:10
- Complete 20 seconds work on exercise A, rest for 10 seconds, then 20 seconds work on exercise B, rest for 10 seconds, then 20 seconds work on exercise C and rest for 10 seconds
- Repeat each mini circuit 4 times
- Rest for 1-2 minutes between each mini-circuit (depending upon group level)

- A. Skaters
- B. Mountain climbers
- C. Squats

- A. Tube Walks
- B. Plank
- C. High Knees

- A. Reverse Lunges
- B. Knee To Elbow Touches
- C. Reverse Knee Tucks

- A. PLANK ROWS
- B. Split squat
- C. Oblique slides

- A. HIP BRIDGE
- B. SQUAT THRUSTS
- C. Side plank

**FINISHER (2 minutes)**  
20:20 Warrior squat : Squat thrust

- Complete 20 seconds of Warrior Squats
- Complete 20 seconds of Squat Thrusts
- Repeat 3 times
- No rest

## SESSION 4 - PYRAMID

Warm Up – Complete 10 repetitions of each exercise

- Set Gymboss to 30:30
- Complete 30 seconds of exercise A, then rest for 30 seconds
- Complete 30 seconds of exercise A, followed by 30 seconds of exercise B, rest for 30 seconds
- Keep adding in one exercise until completing 30 seconds on all exercises A through to F
- Next start removing the exercises one at a time, starting with A
- Finishing with F

- A. Bent over Band rows
- B. Mountain climbers
- C. Skaters
- D. Hip Bridge
- E. Swoops
- F. High Knees sprints

### **FINISHER (3 minutes)**

7<sup>th</sup> Heaven - Split squat : Knee to elbow touch

- Complete one Split Squat on each leg
- Complete 1 knee to elbow touch each side
- Next of two on each side, then 3 of each
- Work up to 7 then back down

## SESSION 5

Warm Up – Complete 10 repetitions of each exercise

- Set Gymboss to 30:30
- Complete 30 seconds of Exercise A, then rest for 30s , then complete 30 seconds of Exercise B. Then rest for 30s and on to exercise C, rest for 30s and then next exercise which is D.
- Repeat the circuit twice with no rest between rounds
- Rest for 30-60seconds between each circuit

- A. Mountain climbers
- B. Hyper extensions
- C. Press ups
- D. Plank

- A. Squat thrusts
- B. Heel touches
- C. lunges
- D. Plank leg walk outs (one step to each side)

- A. Split Squats
- B. Plank walk outs with hands
- C. Resisted band running
- D. Hip Bridge

### **FINISHER (4 minutes)**

20:10 squats : squat hold x 8

- Complete 20 seconds of squats
- Then 10 seconds in the squat hold position
- Repeat 8 times with no rest
- For advanced group replace squat hold with

## **SESSION 6**

Warm Up – Complete 10 repetitions of each exercise

- Set Gymboss to 30:30
- Complete 30 seconds of Exercise A, then rest for 30s , then complete 30 seconds of Exercise B. Then rest for 30s and on to exercise C, rest for 30s and then next exercise which is D.
- Repeat the circuit twice with no rest between rounds
- Rest for 30-60seconds between each circuit

- A. Squat to Lunge
- B. Renegade row
- C. Dorsal raises
- D. Single Leg reaches

- A. Hyperextensions
- B. Plank with arm reach to water bottle
- C. Skaters
- D. Pike Press ups

- A. reverse lunges
- B. high knee sprints
- C. down and ups
- D. Hip Bridge

### **Finisher (4 minutes)**

30:30 Down and Ups : Reverse Knee Tucks

- Complete 30 seconds of down and ups then 30s reverse knee tucks
- Repeat 4 times

## SESSION 7 - PYRAMID

Warm Up – Complete 10 repetitions of each exercise

- Set Gymboss to 30:30
- Complete 30 seconds of exercise 1, then rest for 30 seconds
- Next complete 30 seconds of exercise 1, followed immediately by 30 seconds of exercise 2, then rest for 30 seconds
- Keep adding 1 exercise each time until working through from 1-7, then rest for 30 seconds
- Next start removing the exercises one at a time, resting for 30 seconds between each round, finishing with just exercise 7

1. Reverse Lunges
2. Reverse Knee Tucks
3. Mountain Climbers
4. Hip Ups
5. Swoops
6. Oblique Slides
7. High Knee Sprints

### **FINISHER (4 minutes)**

Pairs

- holds the plank for 15s then completes 10 lunges, 10 squats, 10 swapovers
- No rest
- Continue working for 4 minutes

## Blast Training Video Library

	Exercise Name	Hyperlink
1	Band Resisted Running	<a href="http://youtu.be/QC1dyKwlill">http://youtu.be/QC1dyKwlill</a>
2	Band Rotation Hold	<a href="http://youtu.be/cpU5tI53dik">http://youtu.be/cpU5tI53dik</a>
3	Band Rotations	<a href="http://youtu.be/w7oE9KcKnqY">http://youtu.be/w7oE9KcKnqY</a>
4	Band Row Hold	<a href="http://youtu.be/DldyWLPKSoA">http://youtu.be/DldyWLPKSoA</a>
5	Band Rows	<a href="http://youtu.be/-vBDT31cVIk">http://youtu.be/-vBDT31cVIk</a>
6	Dorsal Raise	<a href="http://youtu.be/YmIEAGGFGNA">http://youtu.be/YmIEAGGFGNA</a>
7	Down & Ups	<a href="http://youtu.be/p6whsam_UPs">http://youtu.be/p6whsam_UPs</a>
8	Down and Up Plank	<a href="http://www.youtube.com/watch?v=CTIcwGoTeMw&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=CTIcwGoTeMw&amp;feature=youtube_gdata</a>
9	Down and Up Plank	<a href="http://youtu.be/YMEUuzb8EQo">http://youtu.be/YMEUuzb8EQo</a>
10	Duck and Weave	<a href="http://youtu.be/xSEP6QXb5_Q">http://youtu.be/xSEP6QXb5_Q</a>
11	Elbow Press Ups	<a href="http://youtu.be/ooua-3ZPYSI">http://youtu.be/ooua-3ZPYSI</a>
12	Forward Lunge	<a href="http://youtu.be/1o705Shw6Ss">http://youtu.be/1o705Shw6Ss</a>
13	Forward to Reverse Lunge	<a href="http://youtu.be/kdpTD4mwIfg">http://youtu.be/kdpTD4mwIfg</a>
14	Half Man Maker	<a href="http://www.youtube.com/watch?v=7EcvOswcvPg&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=7EcvOswcvPg&amp;feature=youtube_gdata</a>
15	Heel Touches	<a href="http://www.youtube.com/watch?v=y-StqwGXCek&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=y-StqwGXCek&amp;feature=youtube_gdata</a>
16	High Knee Skips	<a href="http://youtu.be/19UQWXQlq3g">http://youtu.be/19UQWXQlq3g</a>
17	High Knee Sprints	<a href="http://youtu.be/AW50L1zsCIY">http://youtu.be/AW50L1zsCIY</a>
18	Hip Bridge & Hip Ups	<a href="http://youtu.be/W3gcPjor5eg">http://youtu.be/W3gcPjor5eg</a>
19	Hip Bridge and Reach	<a href="http://youtu.be/8-Y4kmW5ZDI">http://youtu.be/8-Y4kmW5ZDI</a>
20	Hip Marching	<a href="http://youtu.be/cM96vLgMkxE">http://youtu.be/cM96vLgMkxE</a>
21	Hyper Extensions	<a href="http://youtu.be/VD7Y674_KvI">http://youtu.be/VD7Y674_KvI</a>
22	Inch worm	<a href="http://www.youtube.com/watch?v=9dbVGeafXto&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=9dbVGeafXto&amp;feature=youtube_gdata</a>
23	Jump Squat	<a href="http://youtu.be/qpgWzRiAe6E">http://youtu.be/qpgWzRiAe6E</a>
24	Knee To Elbow Touches	<a href="http://www.youtube.com/watch?v=75uqrS-CUYg&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=75uqrS-CUYg&amp;feature=youtube_gdata</a>
25	Lateral Bounds	<a href="http://youtu.be/HhL5Ddvv-JM">http://youtu.be/HhL5Ddvv-JM</a>
26	Lateral Lunge to Squat Thrust	<a href="http://youtu.be/0o0Iw4yo1wY">http://youtu.be/0o0Iw4yo1wY</a>
27	Lunge Hold	<a href="http://youtu.be/dTn6dCvW_g8">http://youtu.be/dTn6dCvW_g8</a>
28	Mountain Climbers	<a href="http://www.youtube.com/watch?v=cRRGYDdnkt8&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=cRRGYDdnkt8&amp;feature=youtube_gdata</a>
29	Oblique Slides	<a href="http://youtu.be/xWk0YeaibuU">http://youtu.be/xWk0YeaibuU</a>
30	Outside The Hand Mountain Climber	<a href="http://youtu.be/bcpfwz7gxYA">http://youtu.be/bcpfwz7gxYA</a>
31	Over Head Squats	<a href="http://youtu.be/maT-LT2jdGE">http://youtu.be/maT-LT2jdGE</a>

32	Pike Press Ups	<a href="http://www.youtube.com/watch?v=Fgyb831Kqgc&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=Fgyb831Kqgc&amp;feature=youtube_gdata</a>
33	Plank	<a href="http://youtu.be/JebS-aK-wjg">http://youtu.be/JebS-aK-wjg</a>
34	Plank Hand Walk Outs	<a href="http://www.youtube.com/watch?v=xl6QxpGZY9A&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=xl6QxpGZY9A&amp;feature=youtube_gdata</a>
35	Plank Leg Walk Outs	<a href="http://youtu.be/ZAU5Txfh1MA">http://youtu.be/ZAU5Txfh1MA</a>
36	Plank Reaches	<a href="http://www.youtube.com/watch?v=DvTzp2C8Qdw&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=DvTzp2C8Qdw&amp;feature=youtube_gdata</a>
37	Plank Rows	<a href="http://youtu.be/DJvIkSLiwXE">http://youtu.be/DJvIkSLiwXE</a>
38	Plank Shuffles	<a href="http://www.youtube.com/watch?v= UXR E7V8nQI&amp;feature=youtube_gdata">http://www.youtube.com/watch?v= UXR E7V8nQI&amp;feature=youtube_gdata</a>
39	Plank with Hip Extension	<a href="http://www.youtube.com/watch?v=U7wq1EdjBUY&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=U7wq1EdjBUY&amp;feature=youtube_gdata</a>
40	Press Up	<a href="http://youtu.be/jGRWTVN_YJA">http://youtu.be/jGRWTVN_YJA</a>
41	Press Up Holds	<a href="http://www.youtube.com/watch?v=i-YMvgmaSA&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=i-YMvgmaSA&amp;feature=youtube_gdata</a>
42	Press Up Walk	<a href="http://youtu.be/33dVNzwxVP4">http://youtu.be/33dVNzwxVP4</a>
43	Rachel on Her First BLAST Fitness Camp	<a href="http://youtu.be/reIPDQedURQ">http://youtu.be/reIPDQedURQ</a>
44	Reverse Knee Tuck	<a href="http://youtu.be/vjf1vMIFHpA">http://youtu.be/vjf1vMIFHpA</a>
45	Rolling Plank	<a href="http://www.youtube.com/watch?v=haQbLcWzml8&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=haQbLcWzml8&amp;feature=youtube_gdata</a>
46	Russian Twists	<a href="http://youtu.be/hHI0rGliQ_0">http://youtu.be/hHI0rGliQ_0</a>
47	Scorpion Kick	<a href="http://youtu.be/vtSKVZ5SjyI">http://youtu.be/vtSKVZ5SjyI</a>
48	Side Plank	<a href="http://www.youtube.com/watch?v=2j_cL54_jZE&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=2j_cL54_jZE&amp;feature=youtube_gdata</a>
49	Single Leg Hip Bridge & Hip Ups	<a href="http://www.youtube.com/watch?v=VTqp95SyIIY&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=VTqp95SyIIY&amp;feature=youtube_gdata</a>
50	Speed Squat	<a href="http://youtu.be/OHy-0VlhID0">http://youtu.be/OHy-0VlhID0</a>
51	Spiderman's	<a href="http://www.youtube.com/watch?v=lnqs14YQyfU&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=lnqs14YQyfU&amp;feature=youtube_gdata</a>
52	Sprinter Squats	<a href="http://youtu.be/CQPwOckouYg">http://youtu.be/CQPwOckouYg</a>
53	Squat Hold	<a href="http://youtu.be/8mq9CgO2vcw">http://youtu.be/8mq9CgO2vcw</a>
54	Squat Pauses	<a href="http://youtu.be/LtIYbvtSP00">http://youtu.be/LtIYbvtSP00</a>
55	Squat Thrusts	<a href="http://www.youtube.com/watch?v=CiBEbcWFRbw&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=CiBEbcWFRbw&amp;feature=youtube_gdata</a>
56	Staggered Stance Press Up	<a href="http://youtu.be/d5fkZlPYVGI">http://youtu.be/d5fkZlPYVGI</a>
57	Swoops	<a href="http://www.youtube.com/watch?v=rFQ8mBPDnSg&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=rFQ8mBPDnSg&amp;feature=youtube_gdata</a>
58	T Rolls	<a href="http://youtu.be/Qu_0GAi95I4">http://youtu.be/Qu_0GAi95I4</a>
59	The Band Bent Over Row	<a href="http://youtu.be/HldTHDyVXUE">http://youtu.be/HldTHDyVXUE</a>
60	The Burpee	<a href="http://youtu.be/YRHAYtgGHO0">http://youtu.be/YRHAYtgGHO0</a>
61	The Jumping Jack	<a href="http://youtu.be/1-q4rhRwBPc">http://youtu.be/1-q4rhRwBPc</a>

62	The Left and Right React	<a href="http://youtu.be/GYDtNQGnJts">http://youtu.be/GYDtNQGnJts</a>
63	The PushPee	<a href="http://youtu.be/13-u5Uu2C3w">http://youtu.be/13-u5Uu2C3w</a>
64	The Reverse Lunge	<a href="http://youtu.be/8XD91mQBk k">http://youtu.be/8XD91mQBk k</a>
65	The SAQ In and Out	<a href="http://youtu.be/TT2EBccFRhM">http://youtu.be/TT2EBccFRhM</a>
66	The Single Leg Reach	<a href="http://youtu.be/rj7LpyfTZJA">http://youtu.be/rj7LpyfTZJA</a>
67	The Skater	<a href="http://youtu.be/yUKAupLScG4">http://youtu.be/yUKAupLScG4</a>
68	The Split Squat	<a href="http://youtu.be/PK0ZTzAPm3Y">http://youtu.be/PK0ZTzAPm3Y</a>
69	The Squat and Jump Squat	<a href="http://youtu.be/KjB3ILl4MtU">http://youtu.be/KjB3ILl4MtU</a>
70	The Swap Over Lunge	<a href="http://youtu.be/XcQrUlwJUVE">http://youtu.be/XcQrUlwJUVE</a>
71	The Tube Walk	<a href="http://youtu.be/XweESKR2g_E">http://youtu.be/XweESKR2g_E</a>
72	The Warrior Squat	<a href="http://youtu.be/rWSjLuBpazw">http://youtu.be/rWSjLuBpazw</a>
73	Triple Jump	<a href="http://youtu.be/X lo3Y26VX0">http://youtu.be/X lo3Y26VX0</a>
74	Walking Lunges	<a href="http://youtu.be/oYSmJ0Y6un4">http://youtu.be/oYSmJ0Y6un4</a>
75	X-Body Mountain Climbers	<a href="http://youtu.be/eoiSGfiCxo8">http://youtu.be/eoiSGfiCxo8</a>

#### EXTRA's

The 4 Dot Drill	<a href="http://www.youtube.com/watch?v=BFfe5WBlimbQ">http://www.youtube.com/watch?v=BFfe5WBlimbQ</a>
The Lateral Shuffle	<a href="http://www.youtube.com/watch?v=RwDG-noVPio">http://www.youtube.com/watch?v=RwDG-noVPio</a>
Figure of 8's	<a href="http://www.youtube.com/watch?v=-egMyPnjIm4">http://www.youtube.com/watch?v=-egMyPnjIm4</a>
Jump Squat With Stick Landing	<a href="http://www.youtube.com/watch?v=9y-UbDWZ2dl">http://www.youtube.com/watch?v=9y-UbDWZ2dl</a>
Single Leg Squats	<a href="http://www.youtube.com/watch?v=55038UJUBJs">http://www.youtube.com/watch?v=55038UJUBJs</a>
Band Punching	<a href="http://www.youtube.com/watch?v=gf1d6XmD7zo">http://www.youtube.com/watch?v=gf1d6XmD7zo</a>
Dumbbell Woodchop	<a href="http://www.youtube.com/watch?v=0bhyuSNV6Xk">http://www.youtube.com/watch?v=0bhyuSNV6Xk</a>
Stability Ball Hamstring Curl	<a href="http://www.youtube.com/watch?v=8Lmh5jHHEM0">http://www.youtube.com/watch?v=8Lmh5jHHEM0</a>
Stability Ball Knee Tuck	<a href="http://www.youtube.com/watch?v=EzGQ60aOp8c">http://www.youtube.com/watch?v=EzGQ60aOp8c</a>
Stability Ball X	
body mountain climber	<a href="http://www.youtube.com/watch?v=mxhlZC_NapM">http://www.youtube.com/watch?v=mxhlZC_NapM</a>
Burpee Jacks	<a href="http://www.youtube.com/watch?v=phyy-gbu9u0">http://www.youtube.com/watch?v=phyy-gbu9u0</a>
Forward & Back Ward Jumps	<a href="http://www.youtube.com/watch?v=FVrTGs_8nIM">http://www.youtube.com/watch?v=FVrTGs_8nIM</a>
Triple Jumps	<a href="http://www.youtube.com/watch?v=24QAypJAB-w">http://www.youtube.com/watch?v=24QAypJAB-w</a>