



DISCLAIMER

Read this information very carefully before you perform any of the exercises in [Burn Fat at Home: Sample Program](#).

The information provided in [Burn Fat at Home: Sample Program](#) is for educational purposes only and is in no way meant to be a substitute for medical advice. To reduce the risk in your case, consult a physician or other health professional for approval before you perform any of the exercises in this guide.

This exercise guide is developed for people who do not have any medical conditions. If you have a medical condition and/or take medication, obtain your doctor's approval before performing any of the exercises described in this guide. The statements within this guide are not for the purpose of diagnosing, treating, or curing diseases. The author contends that the information presented in this guide is designed to improve health and is believed to be accurate based on the best judgment available to the author.

This guide is suitable for individuals over the age of 15 and whom a medical professional has deemed healthy. Consult a medical professional if you have any doubt about your health status. A physical examination by a medical professional is required before performing any of the exercises in this guide if you are over the age of 30, have been diagnosed with a health condition, are new to exercise, or have a sedentary lifestyle.

Some of the exercises included in this guide are very challenging. It is imperative that you **KNOW YOUR LIMIT**. Do not push yourself to a degree that jeopardizes your health. Make sure you have approval from a medical professional before performing any of the exercises in this guide. **If while performing any of the exercises in this guide you experience nausea, shortness of breath, lightheadedness, headache, or any abnormal symptoms, stop the exercise and contact your doctor for advice.**

A warm-up and cool-down period is essential for any workout program. Make sure to follow the guidelines presented in [Burn Fat at Home: Sample Program](#) to decrease your risk of injuries. If you are new to exercise, start slow and follow the beginner variations to avoid injuries and overtraining.

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CHAPTER 1

A FEW WORDS

Dear Friend,

Thank you for accepting this gift. In **Burn Fat at Home: Sample Program**, you will see that there is one workout for every level of experience.

- If you are a complete beginner, aim for the Beginner Circuit
- If you have a few months of experience, aim for Intermediate Circuit
- If you have several months (even years) of experience, then Advanced Circuit should be your melody.

In order to perform the program, you need a pair of adjustable dumbbells, a set of resistance bands, and some type of chin-up bar.

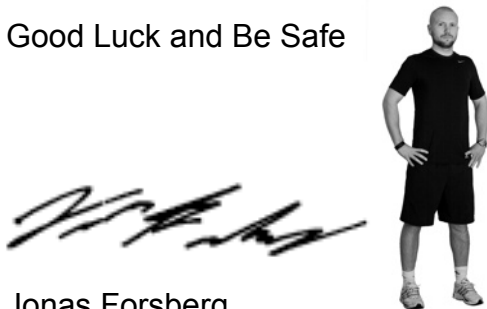
I also share with you some of the most important nutrition tips to stay lean and healthy, and a very powerful quote you definitely need to read and take action on!

Before I let you get going with the workouts, I just want to say that **you are FREE to share this report with anyone you think would benefit from it.**

Give it away to friends, colleagues, family — you name it. Put it up there on your blog, give it away in your newsletter.

The only thing I ask for in return is that you keep the program unchanged at all times, meaning you can't change the information or links within it. Just give it away exactly as it is created!

Good Luck and Be Safe



Jonas Forsberg
Author of BurnFatAtHome.com

CHAPTER 2

WARM-UP/STRETCHING

Warm-up

Always start with the following warm-up circuit (do as many circuits you need to get warm):

1. Jumping Jacks (20 reps)



Instructions

- Step 1:** Start with your legs side by side and your arms by your side.
Step 2: In one motion, jump and spread your legs out to the side while raising your arms out and up over your head in a "V."
Step 3: Land in this position and then return to the starting position and repeat the exercise.

2. Mountain Climbers (20 reps)



Instructions

- Step 1:** Start by getting on your hands and feet in a prone position.
Step 2: Keeping your body parallel to ground, drive your knees up towards your chest alternate back and forth.
Step 3: Repeat this movement for the required number of seconds.

3. Squats (10 reps)



Instructions

- Step 1:** Place your feet shoulder-width apart and hold your arms out in front of you.
Step 2: Proceed to squat down like you are going to sit in a chair. Your upper body will lean forward slightly and your hips will shift backwards while going down.
Step 3: Repeat the movement according to your required repetitions.

4. Pushups (10 reps)



Instructions

- Step 1:** Lie face down on the floor and place your hands slightly wider than shoulder-width apart and your feet at hip-width apart (your toes on the floor).
Step 2: Extend your elbows and raise your body off the floor.
Step 3: Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
Step 4: Return to the start position by extending at the elbows and pushing the body up.

Stretching

Perform these stretching exercises after each completed workout. Aim to hold each position for 20-30 sec and repeat for the desired number of times.

1. Hamstring/Psoas



Step 1: Start in the same position as in the previous stretch, but position your feet a little closer to your body to create a 90-degree angle in your knee.

Step 2: Using your arms and legs, bend your upper body forward, placing a hand just underneath your leg and outside of the foot. Hold for a 20-30 second stretch and then switch legs.

2. Side Laying Quad



Step 1: Lie on your left side.

Step 2: Bend your right leg and pull your heel toward your buttocks until you feel a stretch in your front thigh.

Step 3: Flip over on your other side and repeat the movement.

3. Single Leg Straddle



Step 1: Sit with your upper body upright and your legs spread as far apart as possible.

Step 2: Reach your left arm across your body and grab your right foot. You should feel the stretch in your hamstring, groin, and your back.

Step 3: Hold the position for 20-30 seconds and then repeat on the other side.

4. Cobra



Step 1: Lie flat on your stomach with your arms bent at your sides.

Step 2: Pushup with your hands while keeping your hips flat on the floor. Your back should be in a hyperextended position.

Step 3: Hold the position for 20-30 seconds and repeat. You should feel the stretch in your abdominal muscles and lower back.

5. Chest



Step 1: Standing with your legs hip-width apart, outstretch your arm against a wall or doorway and lean forward with the shoulder of the outstretched arm. You should feel a stretch in your chest when you lean forward.

Step 2: Hold the position for the recommended number of seconds.

Step 3: Repeat the stretch with the other arm.

6. Shoulder



Step 1: Sit or stand in an upright position with your legs hip-width apart.

Step 2: Move your right arm across your chest toward your left shoulder.

Step 3: Bend your left arm to hold your right arm in the stretch. You should feel a stretch in the back of your shoulder.

Step 4: Switch arms and repeat the stretch. While pulling your arm, be sure that your forearm remains perpendicular to the floor (your fingers should be pointing upward).

CHAPTER 3

WORKOUT GUIDELINES

Before starting any of these workouts, read through the disclaimer part thoroughly.

- Perform the exercises as circuits. Meaning, after you have completed one exercise, rest for the described number of seconds, and then move over to the next exercise. Follow this pattern until you have completed all the exercises. That is one circuit.
- Always focus on technique rather than heavy weights.
- When it comes to tempo, try to follow a 2-0-1 type of tempo. That means, 2 sec to lower - no pause at the bottom - 1 sec to explode back up.
- Use a weight that allows you to perform one extra rep (in theory), meaning you should not go to failure. However, if your technique is good, then don't be afraid to use heavy weights.

CHAPTER 4

BEGINNER CIRCUIT

1. Bodyweight Squat



Step 1: Place your feet shoulder-width apart and hold your arms out in front of you.

Step 2: Proceed to squat down like you are going to sit in a chair. Your upper body will lean forward slightly and your hips will shift backwards while going down.

Step 3: Repeat the movement according to your required repetitions.

2. Bridge



Step 1: Lie on your back with your knees bent and your feet flat on the floor.

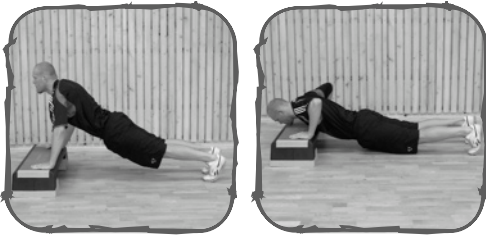
Step 2: Press your heels into the ground so that your hips come up off the ground.

Step 3: Hold this position for a few seconds and then return to the starting position.

Step 4: Repeat the exercise for the required number of repetitions. To make it more challenging, place your arms on your chest.

3. Incline Pushup

(if too easy, do regular Pushups)



Step 1: Lie face down on the floor with your palms down (placed in an elevated position), and your fingers pointing straight ahead and aligned at the breast line.

Step 2: Place your hands slightly wider than shoulder-width apart and your feet at hip-width apart (your toes on the floor).

Step 3: Extend your elbows and raise your body off the floor.

Step 4: Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.

Step 5: Return to the start position by pushing the body back up.

4. DB Row



Note: Remember to keep back and head straight. Hyperextension, flexion, or trunk rotation may cause injury.

Step 1: Stand with your feet hip-width and your knees slightly bent.

Step 2: Bend at the hip with your back straight and your knees bent. Take one hand and place it on stationary object that is approximately waist height to support upper body.

Step 3: Hold a dumbbell in the other hand with a neutral grip and let your arm hang straight down perpendicular to floor.

Step 4: Keeping your elbows close to your body, pull the dumbbell up to your body and squeeze your shoulder blades together at the top of the movement.

Step 5: Return to start position.

5. DB Shoulder Press



Step 1: Position the weight plates at ear level with an overhand grip (palms facing forward).

Step 2: Press your hands above your head, keeping wrists over the elbows and arms moving parallel to body at all times.

Step 3: Return to start position. Avoid locking your shoulders.

6. Plank



Step 1: Start by placing your forearms on the ground and forming a plank with your forearms and feet.

Step 2: Hold this position, keeping your body parallel to the ground for the required amount of time. Make sure to strain your whole core, legs, and buttocks. Only do this for as long as you are able to keep your body in a straight position.

Instructions

Work/rest: 20/20 sec

Circuits: 2

Rest after completed circuit: 60 sec

Total Time: 9 min

CHAPTER 5

INTERMEDIATE CIRCUIT

1. DB Squat



For this exercise you add a pair of dumbbells to your squat to add some resistance. You can choose to hold the dumbbells at your sides, or hold them in a shoulder press starting position. Perform this exercise like a regular squat.

2. DB RDL



Step 1: Start by holding dumbbells at your side.
Step 2: Keeping your back flat and your legs straight, lean forward. Think of trying to push your hips straight back behind you but not down.
Step 3: Return to the starting position, keeping your back flat.
Step 4: Repeat the exercise for the required number of repetitions.

3. Pushup



Follow the same instructions as with the Incline Pushup, except that you keep your whole body on the floor.

4. DB Row



Step 1: Stand with your feet hip-width and your knees slightly bent.
Step 2: Bend at the hip with your back straight and your knees bent. Take one hand and place it on stationary object that is approximately waist height to support upper body.
Step 3: Hold a dumbbell in the other hand with a neutral grip and let your arm hang straight down perpendicular to floor.
Step 4: Keeping your elbows close to your body, pull the dumbbell up to your body and squeeze your shoulder blades together at the top of the movement.
Step 5: Return to start position.

5. DB Shoulder Press



Step 1: Position the weight plates at ear level with an overhand grip (palms facing forward).
Step 2: Press your hands above your head, keeping wrists over the elbows and arms moving parallel to body at all times.
Step 3: Return to start position. Avoid locking your shoulders.

6. Assisted Pullup



Step 1: Start by placing your knee in the resistance band and your hands on the bar.

Step 2: With your legs bent, pull yourself up until your chest reaches the bar. Return to the starting position and repeat for the desired repetitions.

7. Side Plank



Step 1: Lie on one side.

Step 2: Raise your body using one forearm and support it in this raised position for the required amount of time.

Step 3: Lower your body and repeat the exercise on the other side.

Note: Remember to keep your head, neck and body in a straight line.

Instructions

Work/rest: 20/10 sec

Circuits: 3

Rest after completed circuit: 45 sec

Total Time: 12 min

CHAPTER 6

ADVANCED CIRCUIT

1. DB Squat and Press



- Step 1:** Start by holding dumbbells at shoulder level.
- Step 2:** Proceed into a squat and when you start to stand up, push the dumbbells overhead until fully extended.
- Step 3:** Bring the dumbbells back down and go into a squat.
- Step 4:** Return to the starting position.

2. DB Pushup and Row



- Step 1:** Start by placing dumbbells onto the ground and getting into a pushup position holding onto the dumbbells.
- Step 2:** Proceed into a pushup and then extend your arms into a completed pushup.
- Step 3:** Then row one dumbbell up to chest level and return to the ground.
- Step 4:** Repeat the exercise using the other arm. This is considered one repetition.

3. DB Swing



- Step 1:** Hold one dumbbell between your legs and position your body in a bent-over stance with your back flat.
- Step 2:** Swing the dumbbell backwards and then forcefully swing the dumbbell forward to chest level.
- Step 3:** Keep your arm straight and forcefully extend your hips, knees, and ankles.

4. Pullup



- Step 1:** Position your hands wider than shoulder-width apart with an overhand grip (**palms facing forward, away from your body**).
- Step 2:** Hang with arms fully extended and elbows facing away from body. You feet may be crossed with your knees bent.
- Step 3:** Pull your body up until the bar is below chin level.
- Step 4:** Return to start position.

5. RB Wood Chop



Step 1: Start by standing parallel to the resistance band or cable.

Step 2: Hang onto the handle in front of your body, but up above your head and over the shoulder.

Step 3: Keeping your arms semi-straight, rotate your body down and away from the band.

Step 4: Keeping your feet planted, twist from your trunk or core.

Step 5: Return to the starting point and repeat the exercise according to the required repetitions.

Step 6: Repeat with the other side. *Note: Remember to keep your arms semi-straight throughout the movement.*

Instructions

Work/rest: 30/0 sec

Circuits: 4

Rest after completed circuit: 30 sec

Total Time: 12 min

CHAP 7

NOTES ABOUT THE CIRCUITS

These workouts are all sample workouts from the original Burn Fat at Home Program. In order to progress and keep seeing results, you need the actual program.

It's important to be aware of the fact that if you are a beginner and you do the beginner circuit, you are not ready to move on to the Intermediate Level right afterwards. Do not go through the Intermediate or Advanced circuit if you are a beginner. If you do so, you do it at your own risk!

Alright, let's move on over to the nutrition tips.

CHAP 8

NUTRITION TIPS

Here are some of the tips from **Nutrition for Life**, created by Dr. Jonathan Amdur, a well-reputable, certified nutritionist from New York.

Dr. Amdur's average client loses 12-15 lbs in 8 weeks, so he nows what he is talking about! Worth mentioning, that is only through nutrition, so if you combine it with the Burn Fat at Home program, expect to lose more!

Note, these are some of the tips he recommends, to get the whole list, check out the original Burn Fat at Home program.

Tips

- Eat small meals frequently throughout the day instead of large meals a few times a day. Try to eat every 2-3 hours.
- Eat a minimum of 2 salads a day with small amounts of dressing or those suggested.
- Drink plenty of water throughout the whole day. Avoid beverages such as sodas, juice, energy drinks. Water and tea is recommended as fluids.
- Aim to eat as many whole food sources as possible. With that being said, avoid processed and even modified carbohydrates, such as pasta, rice, bread, granola bars, etc. Think organic and think color. Food that is not being eaten in its original form should be kept at a low level.
- Eat lots of lean protein sources, such as egg, chicken breast, turkey, cottage cheese, low fat cheese, tuna, lean cuts of beef.
- Make sure to eat enough "good fat". Examples are nuts, seeds, avocados, olive oil, whole eggs, and fatty fishes.
- Pre and post workout meals are necessary and important for muscle building and weight-loss.
- Always have half a protein drink as your last meal just before you go to bed. Avoid adding carbohydrates to it, just go with an old school protein shake with powder and water. Sure, it may not taste delicious, but it serves some very important purposes if your goal is fat loss.

For more information and a deeper explanation, grab a copy of [Burn Fat at Home](#) and get Dr. Amdur's Nutrition for Life without additional charge!

CHAP 9 THE QUOTE

“Champions aren’t made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision.”

- Muhammad Ali

This quote definitely shows the importance of mental strength and commitment. Even if you have an exercise and a nutrition plan, without commitment and a desire to succeed, you won’t get that end result.

So before you go on any further, ask yourself what your reason for starting a workout program is?

Whether it’s for fat loss or maintaining your weight, remind yourself often why you are doing it, and you will have a WAY higher chance on succeeding with your plan.

Trust me on this one. Write down your reasons and really ask yourself “why?”. When you are able to answer that question, write it down and keep that note with you everywhere.

Check it several times a day to make sure you are on the right track!

Good luck!

CHAP 10 ABOUT THE AUTHOR

Jonas Forsberg is a Swedish Fitness Professional who helps people lose fat quickly and get more free time doing the things they love.

Jonas is the author of **Burn Fat at Home** - a workout program that shreds ugly belly fat and build sexy muscles in as little as 12 min per workout.

For more information on how you can Burn Fat at Home, visit www.BurnFatAtHome.com or the official Burn Fat at Home Blog at <http://burnfatathome.blogspot.com>

