



Table of Contents

Disclaimer.....	3
Introduction.....	4
Guidelines.....	5
Warm Up/Stretching.....	7
Day 1-2.....	8
Day 3-4.....	9
Day 5-6.....	10
Day 7-8.....	11
Day 9-10.....	12
Day 11-12.....	13
Exercise Variations.....	14
Exercise Descriptions.....	15
Final Words.....	32
About The Author.....	33

Disclaimer



Read this information very carefully before you perform any of the exercises in
The Bodyweight Holiday System.

The information provided in **The Bodyweight Holiday System** 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 **The Bodyweight Holiday System** to decrease your risk of injuries. If you are new to exercise, start slow and follow the beginner variations to avoid injuries and overtraining.



Introduction

Dear Friend,

Here's your Christmas Gift that I promised you. Before you go on any further, you need to stop and make a decision. If you are not prepared to make this decision, then I want you to throw away this program, because it won't do you any good just laying around there on your desktop.

What the decision is?

Take action on every single step in this report. It's as easy as that.

Follow all the guidelines and make sure to "break a sweat" each of these following 12 days and I promise you - you'll face Christmas Eve with a way better feeling than you did last year.

This program will not only burn calories and build muscles, it will also reduce stress and release more "happy hormones", which means you'll be in a better mood throughout these 12 days!

Enough with the talking, let's break your first sweat. Are you ready?

Guidelines



Alright, this is how we'll do it.

Every single workout in this program will take you 10-15 minutes to perform. However, I do recommend you to add a few minutes to proper warm-up and stretching. More about that a little later in this report.

So how is the program created?

- As mentioned on the website, it is a bodyweight program that only requires some type of pullup bar. This means that all of the exercises in this program will be done with only your own bodyweight.
- The workouts consists of x amount different exercises that are performed in circuits. What this means is that after performing one exercise, you move on to next one without any rest in between, and then continue this motion until you have completed all the 6 exercises.

After completion of one circuit, you'll rest for the prescribed number of seconds for that workout.

- Instead of counting reps you'll follow a prescribed number of seconds. So get a stopwatch of some kind that will help you monitor the time.

So it may look like this:

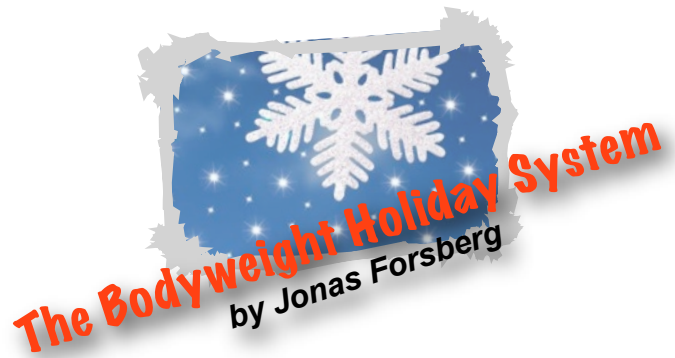
=> Bodyweight Squat
=> Pushup
=> Forward Lunge
=> Jumping Jacks
=> Pullup
=> Plank

Work: 25 sec

Rest after circuit: 40 sec

Amount of circuits: 4

Total Time: 12 min



Guidelines

What's worth mentioning is that if one of the workouts one of the days are impossible to perform then decrease the work time and add in some rest in between the circuits.

In the chapter **Exercise Variations** I'll also give some guidelines and easier variations to some of the exercises if you aren't able to perform the regular versions.

But please, don't give up too easy just because you're getting tired and actually feel those sweat drops streaming down your forehead.

As mentioned in the disclaimer part, if you feel nausea, shortness of breath, lightheadedness, headache, or any abnormal symptoms, then stop the workout and contact your doctor for advice.



WarmUp/Stretching

Warm Up

Perform this following circuit before every workout. It will take you about 1-2 extra minutes and it will help you increase the blood flow and core temperature.

- => 20 x Jumping Jacks
- => 20 x Mountain Climbers
- => 10 x Pushups
- => 10 x Squats

If you feel this isn't enough, then either do another circuit or add in some High Knee Runs.

Stretching

Perform these following exercises after each workout. Hold each position for 20-30 sec and then switch side/or exercise. Repeat for desired number of times.

- => Hamstring/Psoas
- => Side Laying Quad
- => Single Leg Straddle
- => Cobra
- => Chest
- => Shoulder



Day 1

- => Jumping Jacks
- => Squats
- => Regular Pushups
- => Lunge
- => Plank

Work: 30 sec
Rest after circuit: 40 sec
Nr. of circuits: 4
Total time: 12 min

Comments

If the regular pushup is too difficult, perform a pushup with your upper body elevated, also called “incline pushup.” I’d rather see you do that version rather than pushups on the knees. Start with incline pushups (hands on a chair or bench) and then progress towards the regular pushup.

Day 2

- => High Knee Run
- => T-Pushup
- => Step Ups
- => Chinup
- => Single Leg RDL
- => Superman

Work: 30 sec
Rest after circuit: 60 sec
Nr. of circuits: 4
Total time: 15 min

Comments

If chinups are too difficult, ask for a buddy to help you on your way up and then lower yourself as slowly as you can without assistance. You may also tie a rubber band (a.k.a resistance bands) around the bar to get assistance. I’ll show you how to do that in the section “Exercise Descriptions.”



Day 3

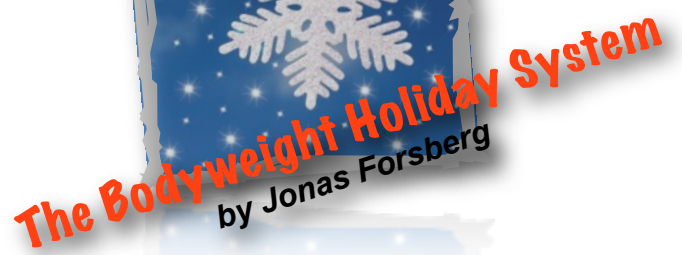
- => Mountain Climbers
- => Squat
- => Jumping Jacks
- => Walking Pushup
- => Side Plank

Work: 20 sec
Rest after circuit: 60 sec
Nr. of circuits: 4
Total time: 10 min

Day 4

- => Single Leg Squat
- => Decline Pushup
- => High Knee Run
- => Bridge
- => Pullup
- => Hanging Leg Raises

Work: 25 sec
Rest after circuit: 50 sec
Nr. of circuits: 4
Total time: 12.5 min



Day 5

- => Wide Mountain Climbers
- => High Knee Run
- => Bridge
- => Burpees
- => Jumping Jacks
- => Chinups

Work: 30 sec
Rest after circuit: 60 sec
Nr. of circuits: 4
Total time: 15 min

Day 6

- => Jumping Jacks
- => Lunge
- => Pushup
- => Squat Jump
- => Plank

Work: 20 sec
Rest after circuit: 60 sec
Nr. of circuits: 4
Total time: 10 min



Day 7

- => High Knee Run
- => Squat
- => Pushup Scorpion
- => Single Leg RDL
- => Chinup
- => Superman

Work: 30 sec
Rest after circuit: 60 sec
Nr. of circuits: 4
Total time: 15 min

Day 8

- => Step Ups
- => Wide Mountain Climbers
- => T-pushup
- => Bridge
- => Jumping Jacks

Work: 25 sec
Rest after circuit: 50 sec
Nr. of circuits: 4
Total time: 11 min



Day 9

- => Squat
- => Decline Pushup
- => High Knee Run
- => Burpees
- => Side Plank

Work: 30 sec
Rest after circuit: 60 sec
Nr. of circuits: 4
Total time: 13 min

Day 10

- => Jumping Jacks
- => Lunge
- => Walking Pushup
- => V-Up
- => Pullup

Work: 45 sec
Rest after circuit: 45 sec
Nr. of circuits: 3
Total time: 13.5 min



Day 11

- => High Knee Run
- => Advanced Burpees
- => Jumping Jacks
- => Mountain Climbers

Work: 30 sec
Rest after circuit: 60 sec
Nr. of circuits: 4
Total time: 11 min

Day 12

- => Single Leg Squat
- => Pushup Scorpion
- => Single Leg RDL
- => Chinup
- => Squat Jump
- => Plank

Work: 30 sec
Rest after circuit: 40 sec
Nr. of circuits: 4
Total time: 14 min



Exercise Variations

Depending on your current exercise level, some of the exercises may be too difficult or too easy, so check below to see which exercise you could change to fit your unique needs.

Easier Version

Exercise

Harder Version

Incline Pushup

As mentioned after Day 1, go for the Incline Pushup instead of a kneeling version.

Place your hands on either the edge of your bed, a bench, or something similar.

<--- Pushup --->

Decline Pushup

The opposite to the Incline Pushup.

Put your lower body in an elevated position.

Assisted Pullup

Ask a buddy to help you up and then lower yourself down slowly. You may also tie a rubber band (a.k.a. resistance band) around the bar.

See "Exercise Descriptions for more information.

NOTE: If you are only able to perform pullups for 15 sec when you are supposed to do it for 25 sec, don't let go of the bar, hang on to it for the last few seconds!

<--- Pullup --->

Resisted Pullup

The whole idea with this program is that it is a bodyweight program, but if you are able to perform more than 10 pullups in a row, than you might consider adding resistance to the exercise.

This can be done with a resist vest or a heavy back pack.

The other version is to do the one hand pullup. It's up to you, choose what works best for you.

Chair Squat

If the Squat is too difficult, use a chair as help.

What you'll do is to lower your body until your buttocks touches the chair, and then you go back up!

<--- Squat --->

Single Leg Squat

This one is a lot more challenging since you put all your weight on just one leg instead of both legs as you do during the regular squat.



Exercise Descriptions

In this section I'll go over all the exercises that are included in this program. To make it easier for you, I have them divided into the following sections:

- => Warm-Up
- => Stretching
- => Upper Body
- => Lower Body
- => Core
- => Conditioning

Every exercise includes detailed descriptions and pictures.

Warm-Up

Jumping Jacks

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.





Warm-Up

Mountain Climbers

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.



Pushups

Step 1: Lie face down on the floor with your palms down, 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 extending at the elbows and pushing the body up.



Note: Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting your abdominal and back muscles. Never fully lock your elbows at the start position and avoid hyperextending your lower back



Warm- Up

Squats

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.

Note: If you want to make the exercise more challenging, hold your arms at your sides or behind your head. Do not allow your knees to go past your toes while you are performing this exercise.



Stretching

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.



Stretching

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: Hold the position for 20-30 seconds.

Step 4: Flip on your other side and repeat the movement.

Note: Keep your lower back straight and your abdominals tight to avoid hyperextending your back during the stretch.



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.



Stretching

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.



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.



Stretching

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: Hold the position for 20-30 seconds.

Step 5: 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).



Upper Body

Pushup

Step 1: Lie face down on the floor with your palms down, 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 extending at the elbows and pushing the body up.

Note: Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting your abdominal and back muscles. Never fully lock your elbows at the start position and avoid hyperextending your lower back.



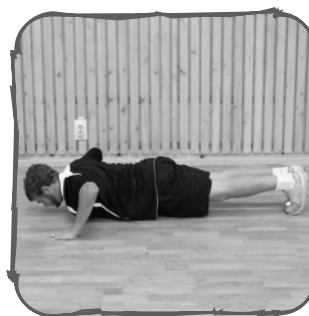
Tip:

Vary your pushups by changing your hand position. For one workout, keep them shoulder width apart, and for another, keep them even more narrow or wider than shoulder width.

T - Pushup

Start by completing a normal pushup and then at the top of the second pushup pick your hand up off the ground and rotate your upper body so that your hand is above your head.

Proceed to complete this same movement with the other arm. Then return to a normal pushup. Complete this movement for the desired number of repetitions.



Upper Body

Decline Pushup

You perform this exercise just like a regular push up, but you put your feet a little higher than the rest of your body. Put your feet on a bench or a staircase. This exercise is tougher than a regular pushup.



Incline Pushup

This exercise is the easiest version of the regular pushup. Instead of putting your feet on a bench, put your hands on a bench instead. Perform the exercise like a regular push up.



Walking Pushup

For this exercise you simply walk your hands and feet forward as you perform one push up. This creates an uneven handstand (the point of the exercise).

To put your feet outside of the equation, put your feet on a towel. This forces you to drag your body using your arms. Decide whether or not you want to perform an actual push-up in between each step. Use your imagination!



Upper Body

Pushup Scorpion

Step 1: Get into a pushup position with your feet on a bench.

Step 2: Perform one pushup and raise your body to straight arms.

Step 3: Raise your right knee towards your left shoulder as you rotate your hips up and to the left as far as you can.

Step 4: Reverse the direction and rotate your hips up and to the right. Try to touch your right foot to the back of your left shoulder. You will not physically be able to do this. This is considered one rep.

Step 5: Continue for the prescribed number of repetitions and then repeat on the other leg.



Chinup

Step 1: Position your hands shoulder-width apart to slightly narrower than shoulder-width apart with an underhand grip (**palms facing towards your body**).

Step 2: Hang with your arms fully extended and elbows forward. Your feet may be crossed with knees bent.

Step 3: Pull your body up until the bar is below chin level.

Step 4: Return to start position.

Note: Remember to keep the movement controlled with the body stable to minimize momentum and body sway. If the bar is too high, it is advisable to use a step to ensure proper hand placement as well as safety.



Upper Body

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.

Note: Remember to keep the movement controlled with your body stable to minimize momentum and body sway. If the bar is too high, it is advisable to use a step to ensure proper hand placement as well as safety.



Lower Body

Squats

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.



Tip:

Vary your squats by changing your arm position. Examples are to place them:

- Behind your head (Prisoner Squat),
- Straight out to your sides (T-Squat)
- Overhead (Y-Squat)

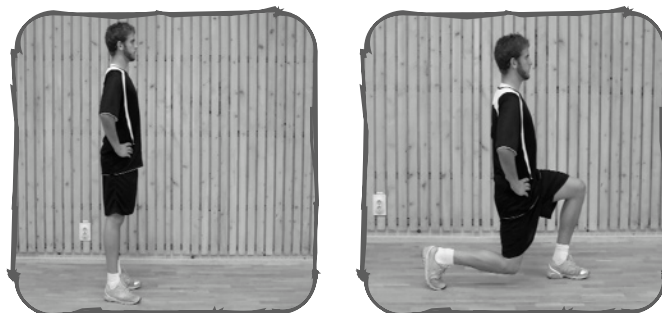
Lunges

Step 1: Start by standing with your feet shoulder-width apart and your hands on your hip.

Step 2: Step forward with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee. Maintain your upright posture throughout the movement.

Step 3: Return to the starting position and repeat the exercise.

Step 4: Once you have complete the number of repetitions necessary, switch legs and repeat the exercise lunging with the other leg.



Tip:

Vary your lunges by taking a step backwards instead of forward.

Instead of taking a step back, you may also perform “walking lunges.”

Lower Body

Step Ups

Step 1: Stand facing a box that is at least knee high.

Step 2: Place your left foot on top of the box.

Step 3: Using the foot that is on the box, raise your body onto the box until the left leg is extended lower than at start position.

Step 4: Repeat the exercise, leading with the other leg.

Challenge yourself by using benches with different heights. This exercise becomes more challenging as the height of the bench increases.



Single Leg RDL

Step 1: Stand with your feet hip-width apart and your knees slightly bent at 20°.

Step 2: Lift your left foot off the ground by flexing at the knee (foot should be behind you).

Step 3: Bending at the hips, lower your hands to approximately shin height. Keep knees bent at 20° throughout movement.

Step 4: Return to the start position.

Step 5: Complete recommended repetitions and switch legs.

Remember to keep back straight. Movement should occur at the hip. To facilitate this, shift glutes back as if you were going to sit down. Your knees should not extend past your toes or deviate laterally or medially. Keep your abdominals tight throughout the exercise by drawing your stomach in toward your spine.





Lower Body

Single Leg Squat

Step 1: Stand with your feet hip-width apart and your knees slightly bent and toes pointing forward.

Step 2: Lift one foot a few inches off the ground and extend your leg forward.

Step 3: Extend your arms forward at shoulder level. If you feel strong enough, hold a dumbbell at chest level.

Step 4: Lower your body by flexing your hips and knees. You can flex your upper body at the hips slightly ($\sim 5^\circ$) during movement. Be sure to “sit back” so that your knees don’t go past your toes.

Step 5: Once your thigh is slightly above parallel (as shown) return to start position.



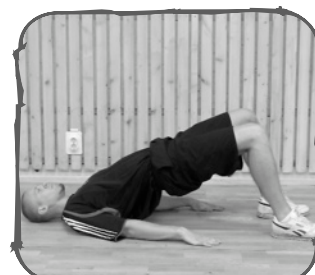
Bridge

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.



Tip:

Vary by doing it with only one leg, or with legs elevated (on a bench, for example)

Core

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.



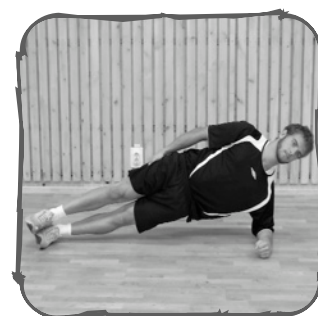
Side Plank

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.



Hanging Leg Raises

Step 1: Grab onto the bar and hang from the bar with your arms straight.

Step 2: Bring your knees up with your hip flexed at approximately 90°.

Step 3: Keeping your back firmly pressed against back support, slowly lower your legs.

Step 4: Return to start position.

Note: Remember to keep your head and back in a neutral position. Keep your stomach tight (naval drawn in towards spine) throughout the entire movement.



Core

Superman

Step 1: Lie face down on the floor with your arms extended over your head. You may place a rolled towel under your forehead to clear your face from the floor.

Step 2: Raise your arms and legs 4-8 inches off the floor.

Step 3: Lower down and repeat the exercise.

Note: Remember to keep your head and back in a neutral position. Your shoulders and hips should remain square throughout the movement.



V-Up

Step 1: Lie your back onto the floor or a bench with your legs up towards the ceiling and your arms extended to the sides. Your head should be in a neutral position with a space between your chin and your chest.

Step 2: Leading with your chin and chest towards the ceiling, contract your abdominal muscles and raise your shoulders off the floor or bench. Attempt to touch your hands to your feet.

Step 3: Return to start position.





Conditioning

High Knee Run

Step 1: Stand in place with your feet hip-width apart.

Step 2: Drive your knee up towards your chest and quickly place the foot back on the ground.

Step 3: Drive your other knee up in a moderate to fast jog with minimal ground contact.



Mountain Climbers

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.



Wide Mountain Climbers

Simply change the foot position. Instead of alternating your legs straight up, alternate them wide, placing your feet outside your hands instead of inside your hands.



Conditioning

Jumping Jacks

- 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.



Burpees

- Step 1:** From a standing position, jump down into a pushup position.
- Step 2:** From that starting position, bend at the hip and position yourself in almost a sitting position.
- Step 3:** Stand up while you are in the same motion and jump explosively straight up in the air.
- Step 4:** Repeat the exercise for the required number of repetitions.

NOTE: The Advanced Burpees includes one full pushup at the bottom of the motion, that's the only difference.





Final Words

There you have it - 12 days of fitness for you to take action on right now.

Be sure to check your email everyday since you will be getting one for each of these 12 days, and in where I also will be including **1 unique nutrition tip every single day!**

Follow the guidelines and the info in “Exercise Variations” and you’re all set to go. No matter what your current exercise level is, this 12 day program can still be used by both beginners and advanced trainees.

Don’t just have this program on your desktop. All I ask for is 10-15 min of exercise per day, and I promise you, by following all of the guidelines, you will see results during these 12 days! That ain’t too much to ask for, is it?

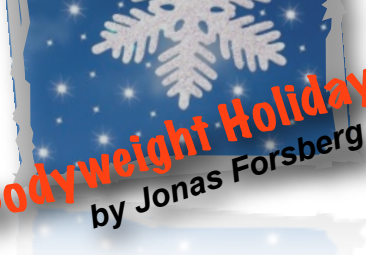
If you have any questions, feel free to contact me at jonas@theswedishtrainer.com and I’ll get back to you within 24-48 hours!

Alright, enough with the talking. Good luck and be safe!

Your friend and coach,



Jonas Forsberg
Author of Burn Fat at Home



The Bodyweight Holiday System
by Jonas Forsberg

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 www.burnfatathome.blogspot.com

