

THE
DAD
BO
D
WORKOUT

21 Day Challenge



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This program is not specifically tailored to suit any injuries, pre existing health conditions, or any other health complication that can become aggravated due to low, moderate, and even high intensity physical exercise.

Should you happen to be someone with such problems, please do consult with or seek the help of a GP or other health professional.

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Although specific exercises are given, individuals taking part in this program should not rely exclusively on the workouts and information provided for their personal health needs as it is just a set of “guidelines” intended for a broad spectrum of participants. If you have any specific medical questions, those should be presented to your own health care professional.

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WELCOME !



Welcome aboard Dad!

You've just decided to start your journey with the Dad Bod Community and I want to first and foremost say "THANK YOU" for trusting myself and all the other dads here that will help to push you through.

When I started this project, there was only one word that came to mind.

REDEFINE.

First, redefine "The Dad Bod".

Somehow, social media had managed to disgrace the idea of what a "dad bod" is.

The actor being portrayed as "dad" looked soft and out of shape. But most important, after quick research just to confirm my suspicion, the guy is not even a dad!

But it was too late. All over the world, this image for the "dad bod" was not only embraced and accepted...it was celebrated.

I don't know about you, but when I hear the word "DAD", I think.... **Leader. Protector. Provider. Strength. Courage. Role Model**

I also think...**HERO! Every dad is their kid's first super hero!** And every super hero is more or less in shape. Therefore, the first Dad Bod redefine is...

Dad has to be "in shape".

But what does "being in shape" truly mean, **especially when it comes to dad?**

That brought about **REDEFINE #2**...which was a much more difficult task.

In the world of exercise and fitness, being in shape for guys is traditionally all about "six pack abs", having "shredded muscles", or building a "beach body".

But the more the average dad tries to attain these goals, the more time they waste at the gym, away from their family, and performing exercises that are not practical or leave dad with useless strength achievements.

Being in shape for dad needs to be more about all around performance improvement, rather than impractical aesthetic goals.

They need to develop a perfect blend of strength, speed, power, agility, balance, and endurance. The things dads actually need to be active with their kids, complete with a revolutionary, tangible, and practical way to measure that progress.

Therefore, Dad Bod redefine #2 is... ***A one of a kind workout, with a non traditional measuring bar of success***, where any dad can see their progress and know exactly how to get to the next level.

And so this is it...

As we start this journey together, I thank you for trusting The Dad Bod Community with your health, and also with creating a stronger and more physically active relationship with your child and family.

This is not just another workout. It is a defining movement.



ABOUT ME



My name is Brian and my journey with the body, fitness, and all things health started when I became a Doctor of Chiropractic in 2007.

I graduated from San Francisco State University with my Bachelor of Science in Kinesiology. My emphasis was Human Movement, and that was the starting point for the work I love to do now!

I followed up my degree with receiving my Doctor of Chiropractic from world renowned Life Chiropractic College West. And since graduating, I've combined my studies to enhance the chiropractic care my team and I provide at the offices I've opened in Singapore and Malaysia.

In addition to running my practices, it's also become my life mission to have a positive impact in the lives of fathers everywhere by redefining the concept of "The Dad Bod".

Although social media has popularised the idea of a "dad bod" being soft and "out of shape", there's a large number of fathers I know who completely reject this notion.

It isn't that they want "six pack abs" or even a "beach body", but they realise the impact their health, fitness, and daily habits have when it comes to being a positive role model for their kids.

And so this year, I put together an entirely new system based on various workouts that are already out there.

What started as an individual project became a 3x/week bootcamp. I had one friend join, then another, and another, and even friends of friends.

Everyone was loving the workouts, but more importantly, they were loving the community and the results that weren't based on traditional measures like muscle gain, fat loss, or a slimmer waist.

It became about individual progress and breakthroughs in movements they could never do before.

People were getting tangibly stronger, faster, more coordinated, better conditioned ...and even though it wasn't the point, they were definitely building muscle and losing fat.

And it took less than 2% of our time each week! So we weren't spending hours working out...in fact, the total time each week was less than 2 hours!

Well with all the positive results and change, I decided it was time to share this with everyone.

And soon enough, as people see and hear personal breakthroughs of dads everywhere, it won't be long before The Dad Bod Workout Community is responsible for the new image of The Dad Bod!

When I was young, I knew my life would be all about movement. Now that I'm Dad, it's about sharing how I love to move, with dads everywhere! I can't wait to guide you through your own personal Dad Bod Transformation!



THE WORKOUTS



WHAT YOU WILL BE DOING:

Over the next 21 days, you will be performing:

- 2 Dad Bod Pre Tests
- 2 Dad Bod Post Tests.
- 1 Final Dad Bod Physical Challenge.
- 3 Dad Bod WODs (Workout Of The Day) every week.
- Off Days will have specific Light Active Recovery exercises or instruction to fully rest.

As I've stressed before, these workouts are not designed to get you ripped or buff.

These workouts are balanced and will exercise every muscle in your body.

They give your entire body the most effective workout possible. Most important, as a dad, they give you the physical ability to do everything. You can't be too "buff" and not have the flexibility you need to play on a jungle gym. You also need the required "dad strength" to lift, carry, swing, and take your child wherever they want you to take them.

That's how I designed my program, to get you in the kind of Dad Bod shape necessary to be more active with your kids.

I also mentioned earlier, these workouts require minimal to no equipment whatsoever. If there are exercises you need assistance with, an exercise band or suspension trainer is recommended.

Here are some of the areas of fitness we are going to target:

- Resistance Training
- Plyometric Training
- Circuit Training
- And Cardiovascular Conditioning

Best of all, you're going to notice that even with how effective these workouts are, they will require you to dedicate **ONLY 1%** of your entire week! ***That's only 100 minutes!***

Dad Bod WODs are all about maximal effective dose in the most minimal of time.

Of course, that's just the workouts.

Just like your kids, you're going to have homework... very minimal homework, on your off days. But trust me, once you're in Dad Bod Shape, you won't have to do any more homework other than your weekly workouts.



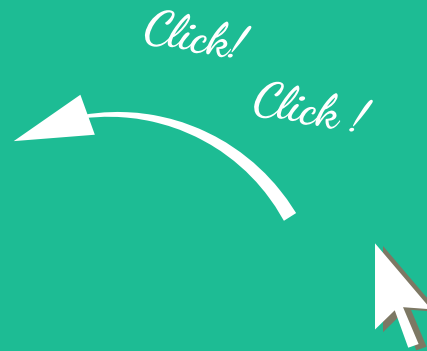
Join our private community!



VERY IMPORTANT! VERY IMPORTANT!

Before you read on any further, please log on and join our facebook community.

I've attached a link here to make this as easy as possible.



The reason I encourage you to do this is simple:

Any question or confusion that may arise during the next 21 days, can and will be addressed in the group.

Below this there are instructions on exactly how to complete this challenge.

Yet, some of you that are new to fitness and exercise may still be confused.

To avoid that, I created this group that can answer any and all questions.

Additionally, myself and the other dads that have joined are also here to offer you support.

It'll be great for us to see your progress as well as for us to share our as well.

So quickly join and then come right back to finish reading about the challenge!

WHAT YOU WILL NEED FOR YOUR DAD BOD WORKOUTS:



Timer or iPhone *



Water Bottle



Towel



Pull Up Bar



Jump Rope



Suspension Trainer (optional)



Resistance Band (optional)

* On my iPhone, I use the Gym Boss Interval Timer. There are others out there, but this has been an industry standard for years, it's super easy to use, and it's free!

HOW TO DO THE WORKOUTS:

- Each workout consists of 3 rounds
- Within each round, there will be 2 circuits.
- Each circuit is made up of 5 Dad Bod exercises that will be repeated two (2) times to complete each round.
- Each exercise will be performed for the specified period of time. It is important to note that there is no set number of repetitions. Try to complete as many repetitions as possible within the time allowed.
- After each exercise, there will also be a specified period of rest.
- Complete 2 full circuits to complete 1 round.
- Complete 3 full rounds to complete your Dad Bod WOD.

ACTIVE WARM UP	(5-10 minutes)
ROUND 1	10 minutes
PAUSE	2 minutes
ROUND 2	10 minutes
PAUSE	2 minutes
ROUND 3	10 minutes
COOL DOWN	5 minutes

ACTIVE WARM UP EXERCISES:

Arm Circles



Child Pose to Plank



Downward Dog to Plank



Fold and Lift



Half Squat



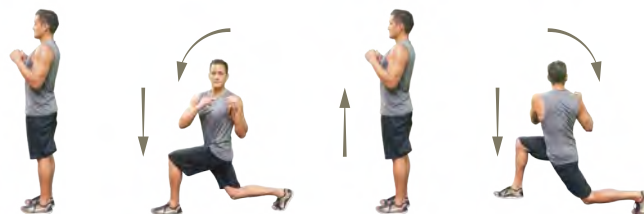
Half Squat Jump



Leg Kicks



Semi Lunge Twist



Side to Side Jump



Sideways Reach



Shoulder Rotation



COOL DOWN EXERCISES:

Childs Pose



DownWard dog



Upward Dog



Bent Knee Lunge Stretch



Shoulder Stretch



Quad Stretch



Forward Fold



Day 1 Challenge



To help you see just how effective this purposeful training can be, you have a few challenges at specific check points to measure the progress you have made.

And so of course, it starts **before** the workout begins!

Don't worry, you don't need much. Just yourself, your kid, and your timer.

Here is Dad Bod Challenge #1:

DAD BOD PUSH UP CHALLENGE

Nothing says strength like a strong upper body, and the chest is like the gluteus maximus of the upper body. Our strength, power, and explosion all come from here.

Want to lift and carry your kids with ease?

A strong chest will be your foundation.

Feel like you're missing strength and power on your upper body days?

Your chest will be the muscle you can rely on.

So week 1 will be geared towards overall strength, but we want you to know how effective our program is by doing a quick and easy (maybe?) challenge.

DIRECTIONS:

You have 45 seconds to perform as many push ups, chest touching the ground, with your child on your back.

Set up your camera, record your footage, and at the end of the week, you'll be doing this again to measure your progress!

Be sure to share/post your video in the group so we can see exactly where you're at!

GO!

Day 1 Challenge



WEEK 1 WORKOUTS



Week 1 is all about building the foundation for your Dad Bod.

Just like a child learns to crawl before walking, we are going to train you with the most basic movements to begin with.

But trust me, getting your foundation right is the difference between getting injured or getting in shape.

You will also notice that for everyday, I have provided two (2) timing options for you to choose from.

If you're a beginner, choose *"Beginner Dad Timing."*

If you've been working out already and feel up to the challenge, choose *"Advanced Dad Timing."*

Your workout is only going to be as challenging as you decide to make it.

Push yourself to your limit, but remember, *getting in shape is a process, not an event.*

I will guarantee you this...

If you're staying true to yourself and pushing like your family depended on it, in the first 7 days you're going to be feeling a major difference.





*Beginner Dad Timing:
30 seconds on, 30 seconds off*

*Fit Dad Timing:
40 seconds on, 20 seconds off*

EXERCISES:

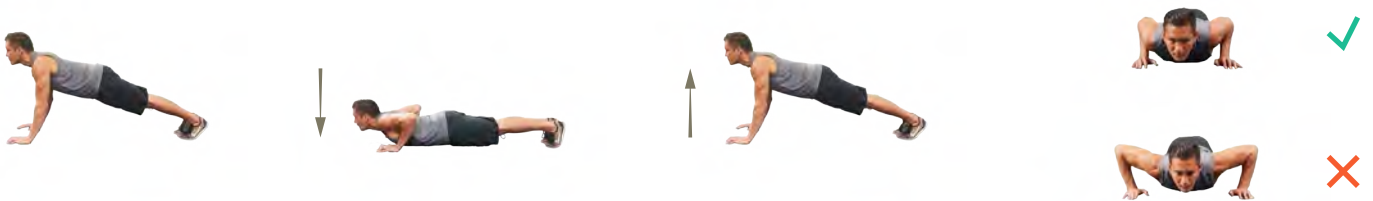
Body Weight Squats



Plyometric Lunge



Push Up



Burpees



Plyometric Jump Squat



DAY 2:



LIGHT ACTIVE RECOVERY

*Beginner Dad Timing:
15-20 minutes*

*Fit Dad Timing:
30-40 minutes*

RECOMMENDED FREE MOVEMENT:

Light Jog

Swimming

Cycling





*Beginner Dad Timing:
30 seconds on, 30 seconds off*

*Fit Dad Timing:
40 seconds on, 20 seconds off*

EXERCISES:

Plyometric (clapping) Push Up
(modification – Push Up with Alternating Shoulder Tap)



Mountain Climbers



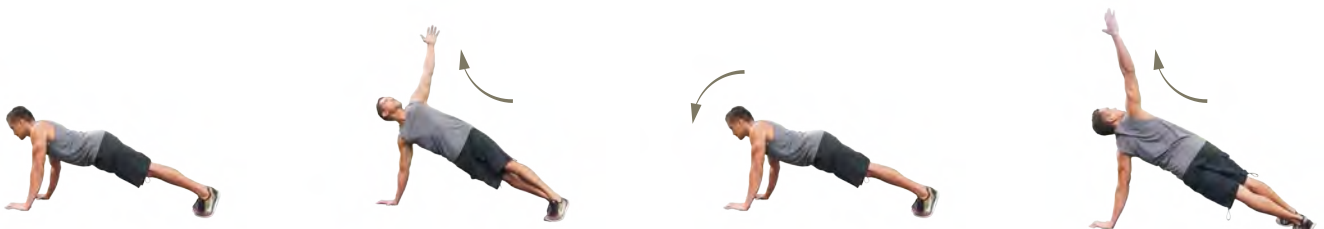
Triceps Dip



Incline Push Up



Plank Twist



DAY 4:



LIGHT ACTIVE RECOVERY

Beginner Dad Timing:

10 Rounds

30 seconds on, 30 seconds off

Fit Dad Timing:

5 Rounds

30 seconds on, 30 seconds off

EXERCISE RECOMMENDED:

Jump Rope





*Beginner Dad Timing:
30 seconds on, 30 seconds off*

*Fit Dad Timing:
40 seconds on, 20 seconds off*

EXERCISES:

Hindu Push Up



Pull Up

(modifications — Assisted Pull Up w/ Resistance Band, or Suspension Trainer Inverted Rows)



Scapular Push



Chin Up



Toe To Bar

(modification → Hanging Knee Raises)



DAY 6:

OFF DAY

*Beginner Dad Timing:
REST!*

*Fit Dad Timing:
REST!*

RECOMMENDED REST:

Power Nap

Foot or Body Massage

DAY 7:



LIGHT ACTIVE RECOVERY

*Beginner Dad Timing:
10 Rounds 30 seconds on*

*Fit Dad Timing:
15 Rounds 40 seconds on*

EXERCISE RECOMMENDED:

70% effort run

Set your timer to the appropriate timing for your Dad Fit level

Press start and proceed to run at 70% of your maximal effort

When timer ends, stop running

Walk back to your starting position

Immediately press start and begin next round

Workout Checkpoint



Congratulations Dad! You've just completed your first week of Dad Bod WOD's!

Well, it's not time to celebrate just yet.

It's time to get your kid, your timer, and your camera once again!

You're on the clock!

DIRECTIONS:

You have 45 seconds to perform as many push ups, chest touching the ground, with your child on your back.

Set up your camera and timer again, get your kid ready, and PUSH!

Be sure to share/post your video in the group so we can see how far you've progressed since the beginning of the challenge!

GO!

Day 8 Challenge



Now that you've seen how we can build strength through an effective purposeful workout in just 7 days, now its time to show you how we can build agility and power!

Are you ready for the next challenge?

Here is Dad Bod Challenge #2:

DAD BOD BURPEE CHALLENGE

The burpee is the ultimate full body workout in terms of power, agility, and endurance!

Mention the word "BURPEE" and most exercise enthusiasts shudder.

Well we've got an amazing challenge to tackle for you...and your kid!

So here it is...

DIRECTIONS:

You have 45 seconds...

Perform a traditional "burpee", but when you come up to standing position, lift your child overhead.
(reference photo for clarification.)

Set up your camera to record your performance and revisit this challenge again at the end of the week!

GO!

Day 8 Challenge



WEEK 2 WORKOUTS



Congratulations on getting through the first week of your DAD BOD WODs!

We're just in the thick of things, which is a perfect time to change the focus of our workouts.

Timings and style of workout will stay the same, but our emphasis is now going to be away from simple movements and foundational strength.

It's time to show 'em who's boss! We're gonna shift into high gear and focus on speed, explosion, power and endurance.

Hope you're excited!





*Beginner Dad Timing:
30 seconds on, 30 seconds off*

*Fit Dad Timing:
40 seconds on, 20 seconds off*

EXERCISES:

Burpees



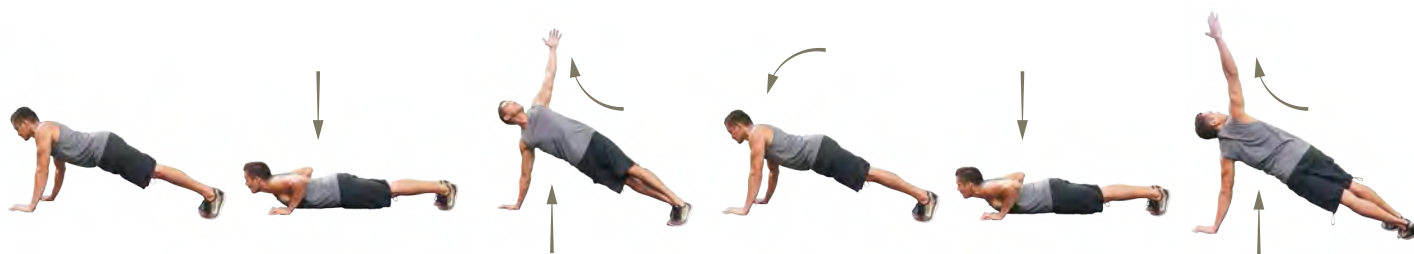
Plyo Push Up (clapping)



Alternating Plyometric Lunge



Push Up And Twist



Split Squat Box Jump



DAY 9:



LIGHT ACTIVE RECOVERY

Beginner Dad Timing:

10 Rounds

30 seconds on, 30 seconds off

Fit Dad Timing:

15 Rounds

40 seconds on, 20 seconds off

EXERCISE RECOMMENDED:

Jump Rope





*Beginner Dad Timing:
30 seconds on, 30 seconds off*

*Fit Dad Timing:
40 seconds on, 20 seconds off*

EXERCISES:

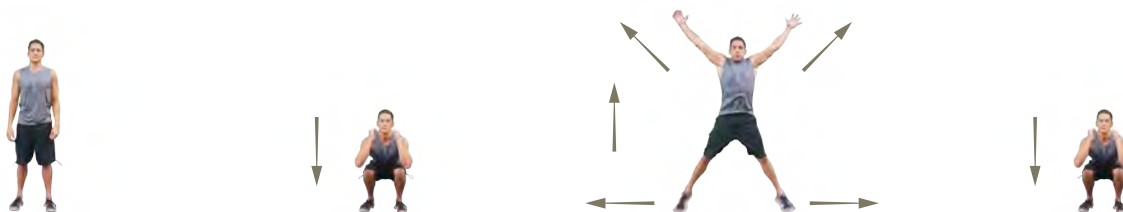
Toe Tappers



Mountain Climbers



Star Jumps



Jump Rope



High Knee Kicks/Run





*Beginner Dad Timing:
25 - 30 minutes*

*Fit Dad Timing:
35 - 45 minutes*

EXERCISE RECOMMENDED:

Light Jog

Swimming

Cycling



*Beginner Dad Timing:
complete all rounds*

*Fit Dad Timing:
Complete Full Progression,
then work back up **

Progression is a combination of three (3) exercises, all performed in succession without any breaks.

Round 1 will start with 10 repetitions of each exercise.

Once you have competed 10 repetitions of each exercise, you will progress to round 2.

In round 2, you will perform all three (3) exercise again, with one less repetition, meaning 9.

Each round will progressively get lower in value until you reach zero (0).

* You will work down to zero (0), then work back up 1-10 for 10 more rounds.

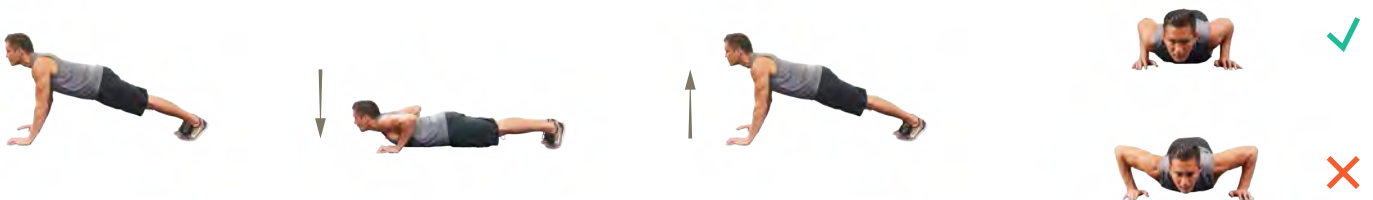
EXERCISE RECOMMENDED:

Pull Up

(modifications — Assisted Pull Up w/ Resistance Band, or Suspension Trainer Inverted Rows)



Push Up



Toe To Bar

(modification → Hanging Knee Raises)



DAY 13:

OFF DAY

*Beginner Dad Timing:
REST!*

*Fit Dad Timing:
REST!*

RECOMMENDED REST:

Massage

DAY 14:    

PLYO / PUMP

*Beginner Dad Timing:
30 seconds on, 30 seconds off*

*Fit Dad Timing:
40 seconds on, 20 seconds off*

EXERCISES:

75% run in place

Jump Rope For Time

Workout Checkpoint



Awesome work, Dad! You're 2 weeks in and I know you're feeling pumped and proud from what you've achieved so far.

But...

Just like week 1, don't celebrate too soon!

We want to see how the workout has helped you.

Go get your kid, your timer, and your camera.

We need 45 seconds of Dad Bod Strength!

DIRECTIONS:

You have 45 seconds...

Perform a traditional "burpee", but when you come up to standing position, lift your child overhead.
(reference photo for clarification.)

Get your camera and your kid in position and get moving!

GO!

WEEK 3 WORKOUTS



You're in the home stretch! Final week, and this is where we start prepping you for the final challenge.

Hope you didn't forget, but on day 21, there's final DAD BOD PHYSICAL CHALLENGE waiting just for you!

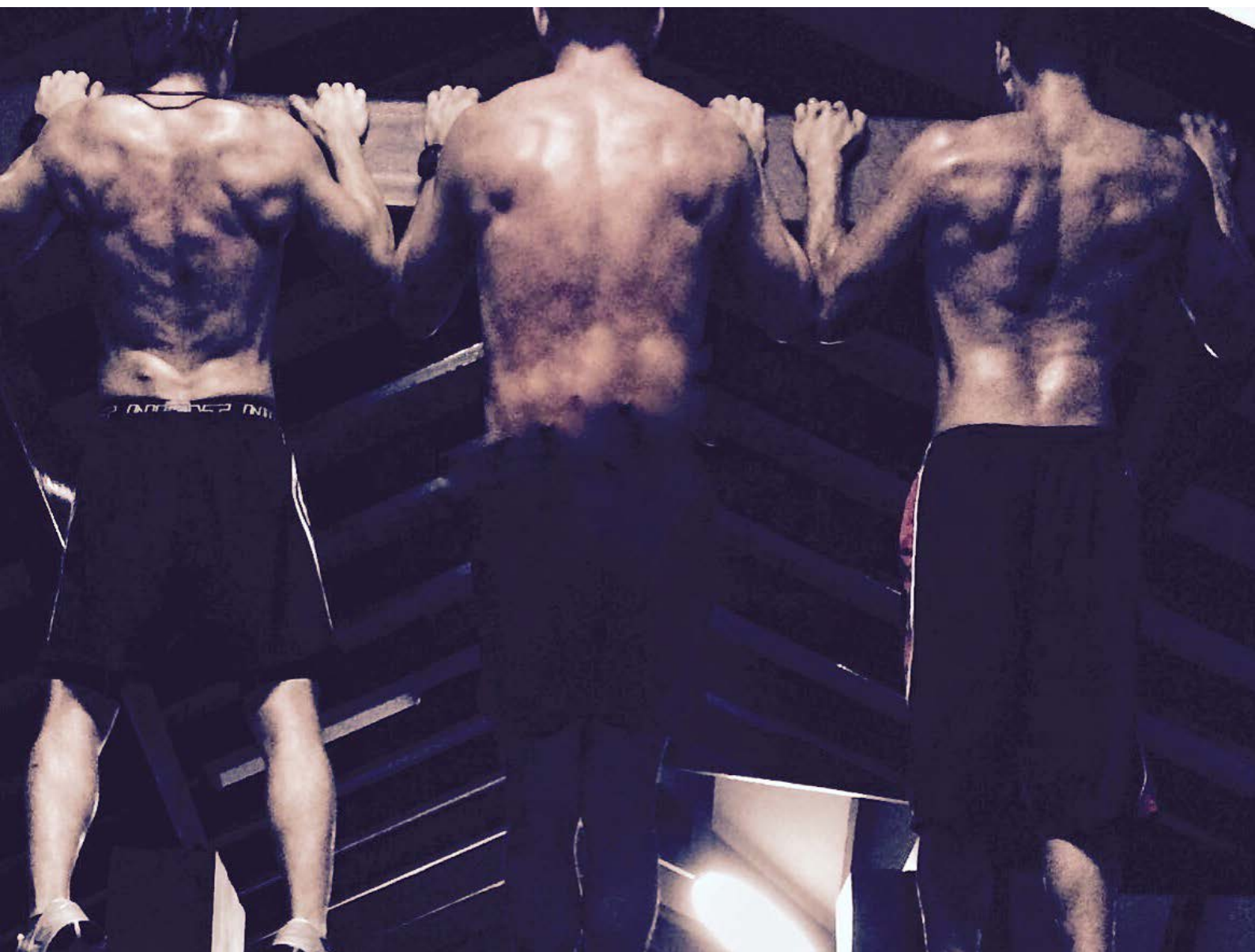
So to make sure you're ready...

WORKOUT ALERT! WORKOUT ALERT! WORKOUT ALERT! WORKOUT ALERT!

All Timings Change For Beginner And Fit Dads!

Beginner Dad Timing: 40 seconds on, 20 seconds off

Fit Dad Timing: 45 seconds on, 15 seconds off





*Beginner Dad Timing:
40 seconds on, 20 seconds off*

*Fit Dad Timing:
45 seconds on, 15 seconds off*

EXERCISES:

Split Squat Jump (touch the ground)



Plyo Lunge



Plank Builder



Side Lung



Single Leg Bridge



*Beginner Dad Timing:
30 minutes*

*Fit Dad Timing:
30 minutes*

EXERCISE RECOMMENDED:

Light Jog

Swimming

Cycling



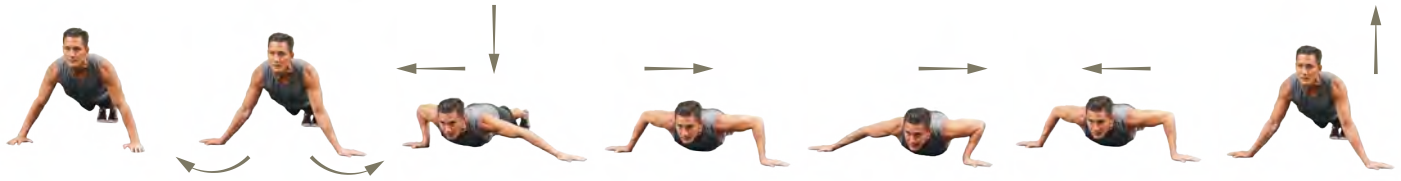


*Beginner Dad Timing:
40 seconds on, 20 seconds off*

*Fit Dad Timing:
45 seconds on, 15 seconds off*

EXERCISES:

Type Writer Push Ups



Hindu Push Up



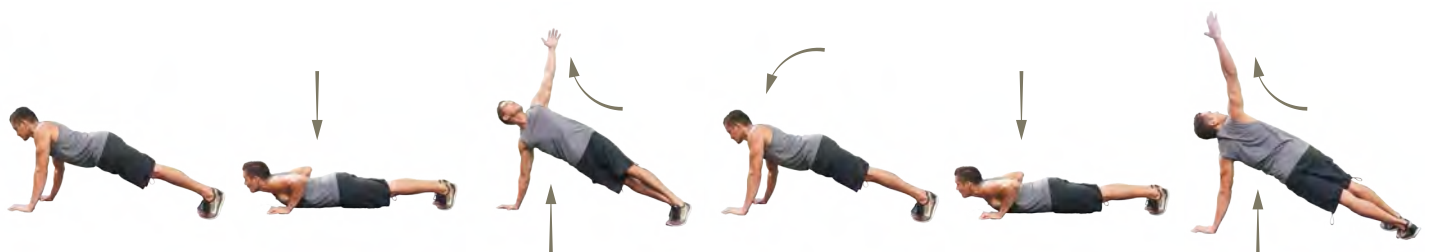
Mountain Climbers



Plyometric Plank Forearm to Hands



Push Up And Twist



*Beginner Dad Timing:
30 minutes*

*Fit Dad Timing:
30 minutes*

EXERCISE RECOMMENDED:

Active warm up and stretches

Cool Down Stretches



Beginner Dad Timing:
40 seconds on, 20 seconds off

Fit Dad Timing:
45 seconds on, 15 seconds off

EXERCISES:

Scapular Push



Pull Up

(modification - Pull Up with Resistance Band)

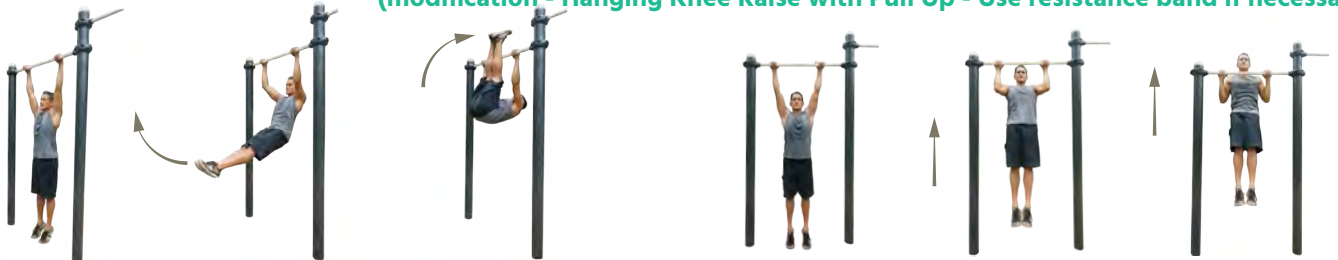


Plyometric Alternating Lunge



1 Toe To Bar, 1 Pull Up Combo

(modification - Hanging Knee Raise with Pull Up - Use resistance band if necessary)



Burpee - Pull Up Combo



*Beginner Dad Timing:
REST!*

*Fit Dad Timing:
REST!*

*Rest and prepare for
Dad Bod Physical Challenge
on Day 21!*



Day: 21

The Ultimate Dad Bod Shape Test



Congratulations Dad! You've worked hard to get to this point and I hope the previous 2 check point challenges have shown you just how effective this style of workout can be in such a minimal amount of time.

But, there was a bigger purpose to all of this...

You've done the fun challenges to see your progress, and now is the final challenge to see exactly what kind of shape you're in!

Remember, being in shape is not about what you look like. Being in shape is having the ability to perform as many physical activities as you'd like, when you'd like to do them, without limitations, pain, or any restrictions.

More important, as a dad, you know how critically this translates into being or becoming that positive role model for your kid.

So without further adieu, it's time to introduce you to the Ultimate Dad Bod Shape Test!

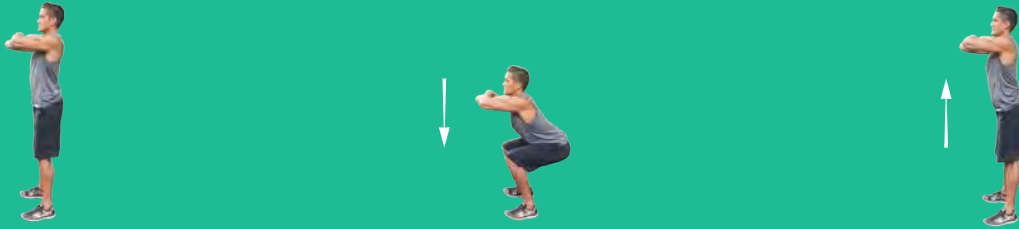
INSTRUCTIONS:

- You will have 4 separate exercises to complete.
- Each exercise takes only 1 minute.
- Within that time, you are to complete as many repetitions as you can perform.
- When your timer sounds, record the number of repetitions completed.
- Each exercise challenge should be done with a 2 minute break in between.
- Be sure to video each exercise separately so we can be sure of the number of reps completed.

Exercises:



Body Weight Squat



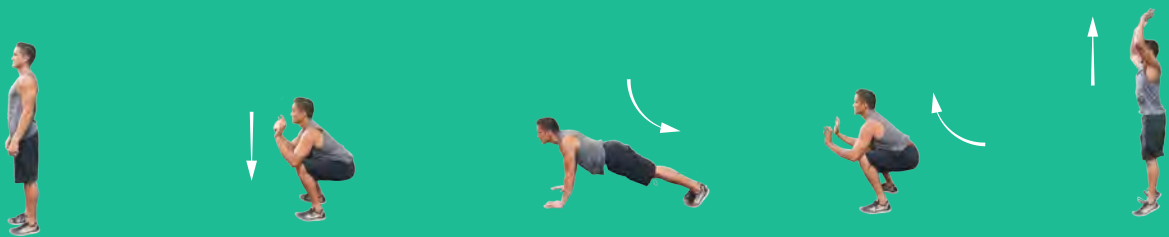
<30 = FAIL 30-39 = FATHER FIGURE 40-49 = FIT DAD 50-59 = ROLE MODEL 60+ = SUPER HERO

Push Up



<20 = FAIL 20-29 = FATHER FIGURE 30-39 = FIT DAD 40-49 = ROLE MODEL 50+ = SUPER HERO

Burpee



<20 = FAIL 20-29 = FATHER FIGURE 30-39 = FIT DAD 40-49 = ROLE MODEL 50+ = SUPER HERO

Pull Up



<5 = FAIL 5-9 = FATHER FIGURE 10-19 = FIT DAD 20-29 = ROLE MODEL 30+ = SUPER HERO

TESTIMONIAL DAD

Jay Hearn



How have you benefited from your workouts?

The benefits from The Dad Bod Workouts has been immense for me. I'm a single dad at the moment and I have access to my Daughter every other weekend. Every other Friday night pick up through to Monday school drop off, my energy levels need to be in peak condition to give my little girl the best weekends she can ever wish for. To maintain this, I know fitness and stamina is a definite requirement. On a personal physical level, I was also keen to optimise my body by burning the fat and intensifying muscle growth. I can happily say, it's in full progress.

What does this training make possible for you and your Daughter ?

The training itself is developing my strength and flexibility to play with my daughter like I couldn't before, in the pool, the playground and even out and about when we are scooting or cycling. She sure tests my responsiveness at times and I honestly believe my Dad Bod training has improved my awareness, co-ordination and strength to handle the challenges she toys with ! haha

What has been the best part of the workouts for you?

The best part of the workouts for me is when everyone in the team arrives on time and the positive energy is in the air. We all push hard, despite the early start and come the end of a decent work out, we are all feeling achieved. I'm a fan of working out with the rope, Bosu ball, kettles and sand bag. Squats have developed me more than I thought possible. I definitely believe squats are the most underrated exercise on this planet !!! But it's got to be said, you cannot beat a good tight knitted team. Camaraderie is key.

What was life like before the work outs ?

Related to previous answer in a negative sense really. No commitment. No clear goal. No encouragement within my current environment. Only a push to do what I wasn't interested in. To be someone I wasn't. My weight hasn't changed as such. I'm 6ft 1 (186cm) and on the edge of 90kg. I've reached 95 in the past but that was not for long. I now hold a consistent weight but my body fat content to muscle ratio has changed a great deal. Trousers are a little loose and shirts a little tighter, sleeves a little shorter. It's a great place to be and it gives me a great deal of confidence as I rebuild my new life with my daughter.

How has it been different from other workouts you've done In the past?

I've had some great experiences at gyms and some bad. But what this really comes down to is your personal commitment, your goals, your diet, self motivation and a bunch of people around you that believe in you and themselves. That's the difference. Train in a pack, train like Wolves emerge like Lions. Male and Female. Encourage each other pre and post workout. Have a trainer that makes you know what's happening and selfless in the sense he/she wants to help you achieve your goals through mixing up the sessions.



EXERCISE GLOSSARY



- BODYWEIGHT SQUATS
- PLYOMETRIC LUNGE
- PUSH UP
- BURPEES
- PLYOMETRIC JUMP SQUAT
- CLAP PUSH UP / PLYOMETRIC PUSH UP
- MOUNTAIN CLIMBERS
- TRICEP DIPS
- INCLINE PUSH UPS
- PLANK TWIST
- PUSH UP WITH ALTERNATING SHOULDER TAP
- HINDU PUSH UP
- PULL UP
- SCAPULAR PUSH
- CHIN UP
- HANGING LEG RAISES
- RESISTANCE BAND PULL UP
- HANGING KNEE RAISES
- INVERTED ROWS (SUSPENSION TRAINER)
- PUSH UP AND TWIST
- SPLIT SQUAT BOX JUMP
- TOE TAPPERS
- STAR JUMPS
- HIGH KNEE RUN
- PLANK BUILDER
- SIDEWAYS LUNGE
- SINGLE LEG BRIDGE
- TYPEWRITER PUSH UPS



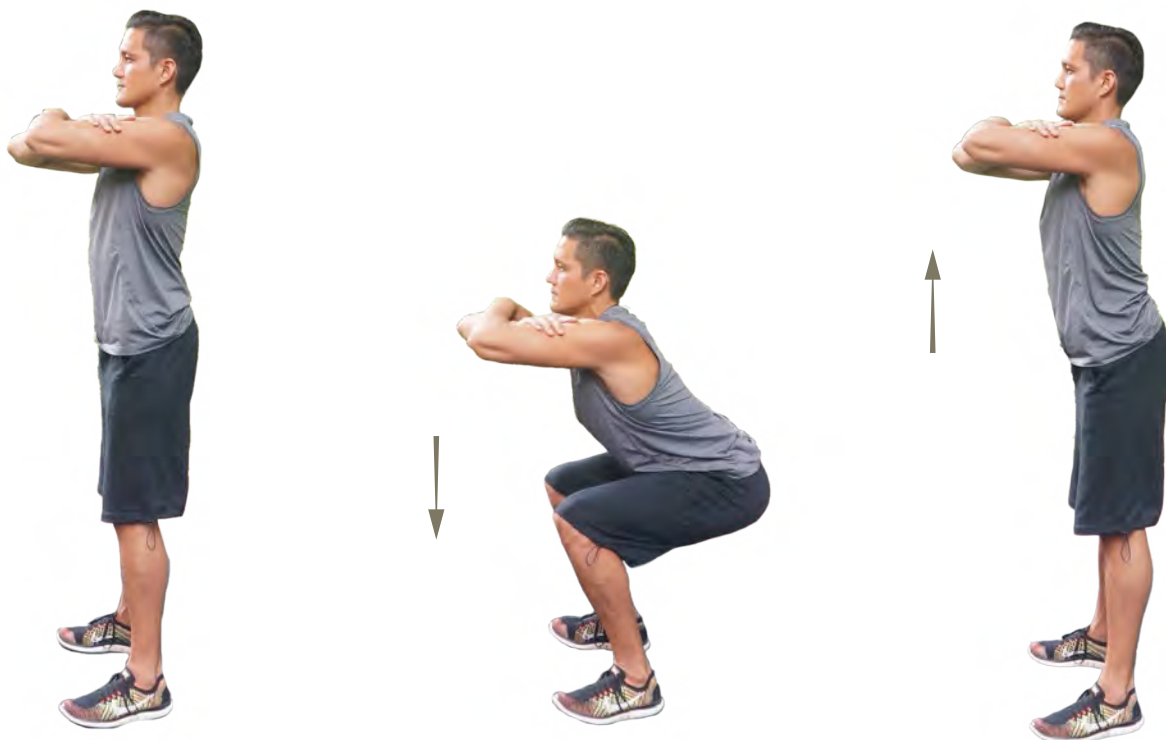
BODYWEIGHT SQUATS

Primary Muscles: Glutes and Quads

Secondary Muscles: Erector Spinae, Transverse Abdominus, Abductors, Adductors, Soleus, Gastrocnemius, Hamstrings

Equipment Needed: NONE

1. Start in standing position with feet shoulder width apart.
2. Start to bend at the hips and knees as torso is lowered towards the ground.
3. The knees should remain behind the toes at all times.
4. When your legs are parallel with the ground (approx.. 90 degrees) press through the heels and return your body to the standing position.
5. Repeat steps 2-4.



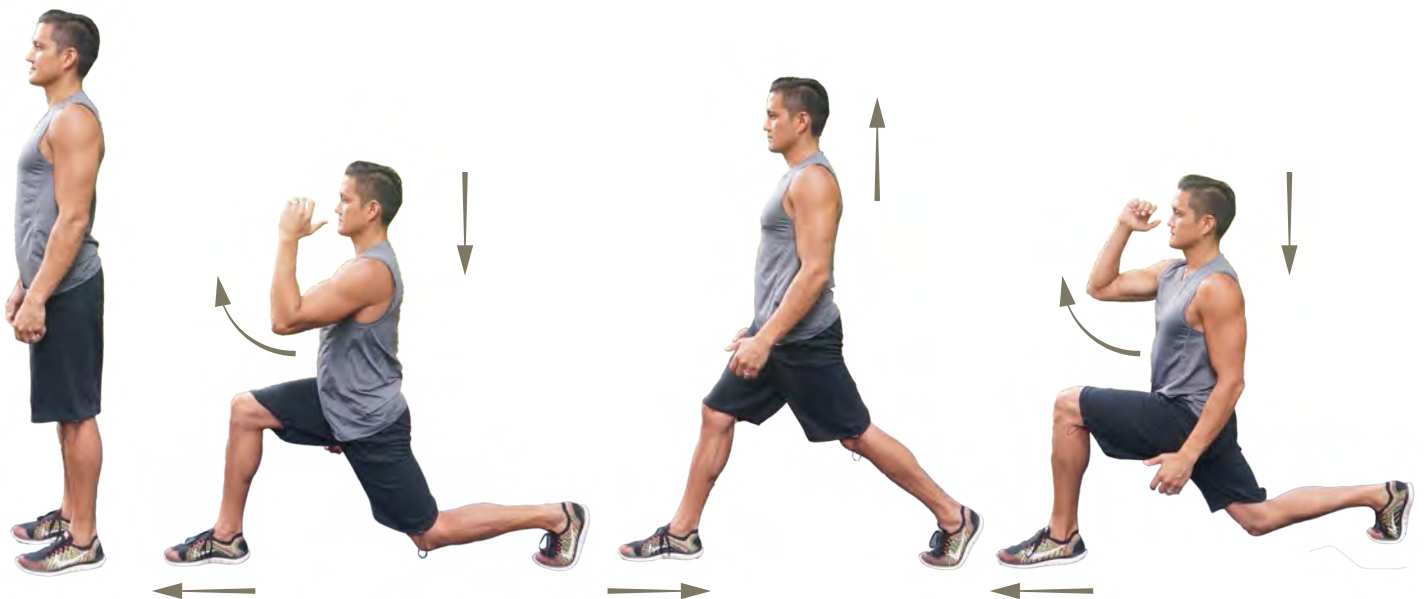
PLYOMETRIC LUNGE

Primary Muscles: Glutes and Quads

Secondary Muscles: Erector Spinae, Transverse Abdominus, Abductors, Adductors, Soleus, Gastrocnemius, Hamstrings

Equipment Needed: NONE

1. Stand upright with your feet approx. shoulder width apart.
2. Place your hands on hips, and keep your back as straight as possible.
3. Engage your core, and hop 1 leg forward and leg back.
4. As you land, lower your hips and bend your knees until they both form a 90 degree angle.
5. Your front knee should not extend over your toes, while your back knee should not touch the ground.
6. As you come up, jump and switch your legs.
7. Repeat steps 3-6.



PUSH UP

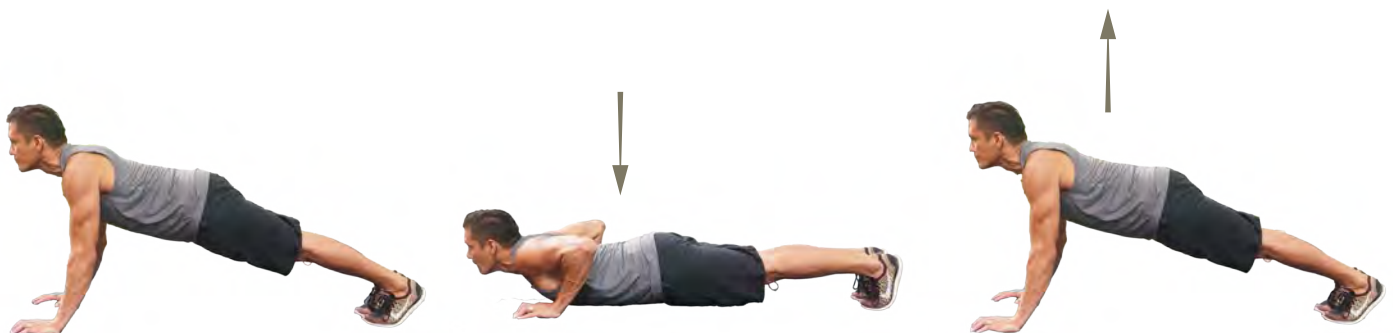
Primary Muscles: Pecs, Anterior Delts

Secondary Muscles: Pec Minor, Triceps

Equipment Needed: NONE



1. Place your hands on the ground directly below your shoulders.
2. Your elbows should stay close to the body at all times to prevent shoulder strain and injury.
3. Straighten your body behind you, keeping your feet as close together as possible.
4. Tighten your body from head to toe.
5. Slowly lower your torso leading with your chest, moving your entire body in one line, elbows close to the body.
6. Keep your chin in one line with the spine, or looking up.
7. When your chest touches the ground, push through your hands and return to the starting position.
8. Repeat steps 4-7.



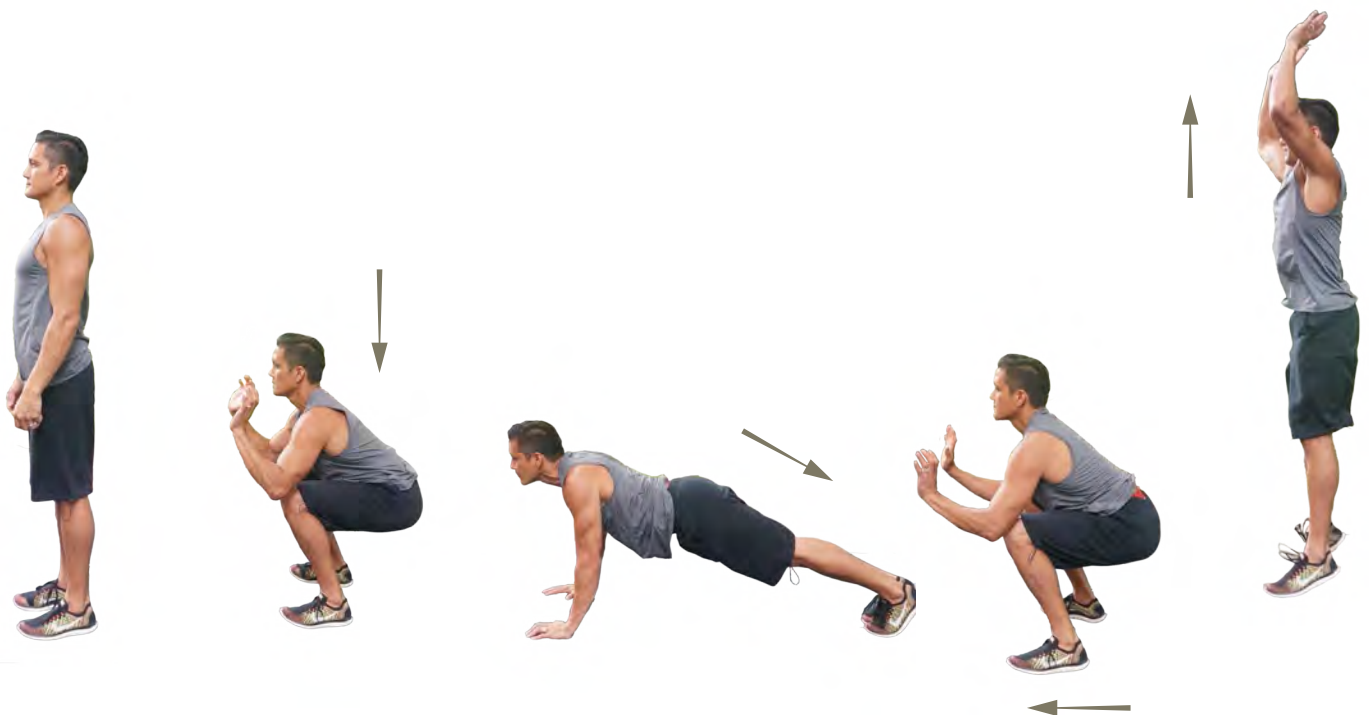
BURPEES

Primary Muscles: Glutes, Quads, Pecs, and Deltoids

Secondary Muscles: Rectus Abdominus, Erector Spinae, Transverse Abdominus, Soleus, Gastrocnemius, Hamstrings, Triceps

Equipment Needed: NONE

1. Begin in standing position, feet shoulder width apart.
2. Perform a squat and place your hands on the ground.
3. Jump your feet back into a push up/plank position but keeping your arms extended.
4. Jump back into a squat position.
5. Jump up in the air from the squat position.
6. Repeat steps 2-5.



PLYOMETRIC JUMP SQUAT

Primary Muscles: Glutes and Quads

Secondary Muscles: Erector Spinae, Transverse Abdominus, Abductors, Adductors, Soleus, Gastrocnemius, Hamstrings

Equipment Needed: NONE

1. Start in the standing position with your feet together.
2. Hop your feet wider than shoulder distance apart.
3. Begin to squat until your fingertips touch the ground.
4. Jump back into starting position, feet together.
5. Repeat steps 2-4.



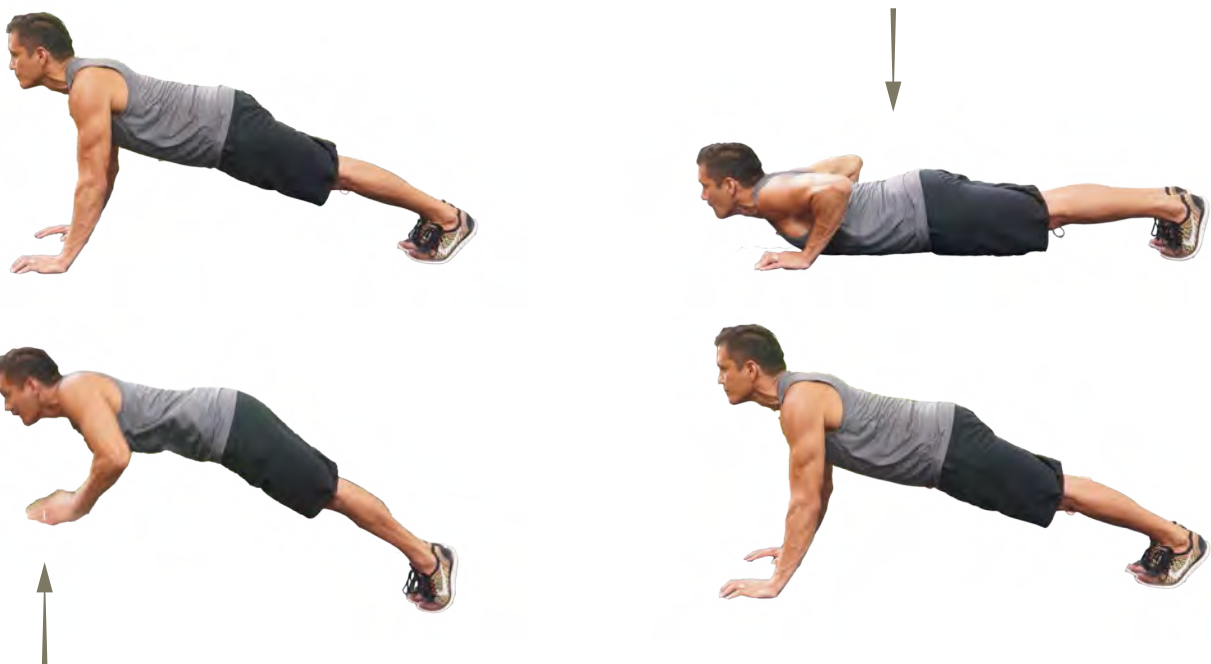
CLAP PUSH UP/PLYOMETRIC PUSH UP

Primary Muscles: Pecs, Anterior Delts

Secondary Muscles: Pec Minor, Triceps, Rectus Abdominus, Erector Spinae, Transverse Abdominus

Equipment Needed: NONE

1. Place your hands on the ground directly below your shoulders.
2. Your elbows should stay close to the body at all times to prevent shoulder strain and injury.
3. Straighten your body behind you, keeping your feet as close together as possible.
4. Tighten your body from head to toe.
5. Slowly lower your torso leading with your chest, moving your entire body in one line, elbows close to the body.
6. Keep your chin in one line with the spine, or looking up.
7. When your chest touches the ground, push as hard as you can.
8. As you reach the top position, take your hands off the ground, clap them together, and return to start position.
9. Repeat steps 4-8.



MOUNTAIN CLIMBERS

Primary Muscles: Rectus Abdominus, Erector Spinae, Transverse Abdominus, Hip Flexors, Gastrocnemius, Soleus

Secondary Muscles: Pectoralis, Deltoids, Triceps

Equipment Needed: NONE

1. Begin in push up position with arms extended.
2. Keep the body engaged and in line from head to toe.
3. Make sure to contract the abdomen at all times.
4. Bring one knee in towards your chest as far as it can go. Do not touch your front foot to the ground.
5. Don't lift your hips to make the movement easier, keep the body in one line.
6. Simultaneously switch your legs, bringing the opposite leg forward while the front leg goes back.
7. Repeat steps 4-6 contracting the abdomen at all times.



TRICEP DIPS

Primary Muscles: Triceps

Secondary Muscles: Deltoids and Pectoralis

Equipment Needed: Dip Bars, Chair, Bench, or Elevated Surface

1. Place hands shoulder width apart on a dip bar, stable chair or bench.
2. Slowly elevate your hips and move your torso away from the chair, keeping your hands in the same place.
3. Keep your elbows in at all times to prevent injury or strain.
4. Slowly lower your torso and hips towards the ground by bending at the elbow.
5. When your elbows reach 90 degrees, push through your hands and extend the arms to return to the start position.
6. Repeat steps 2-5.



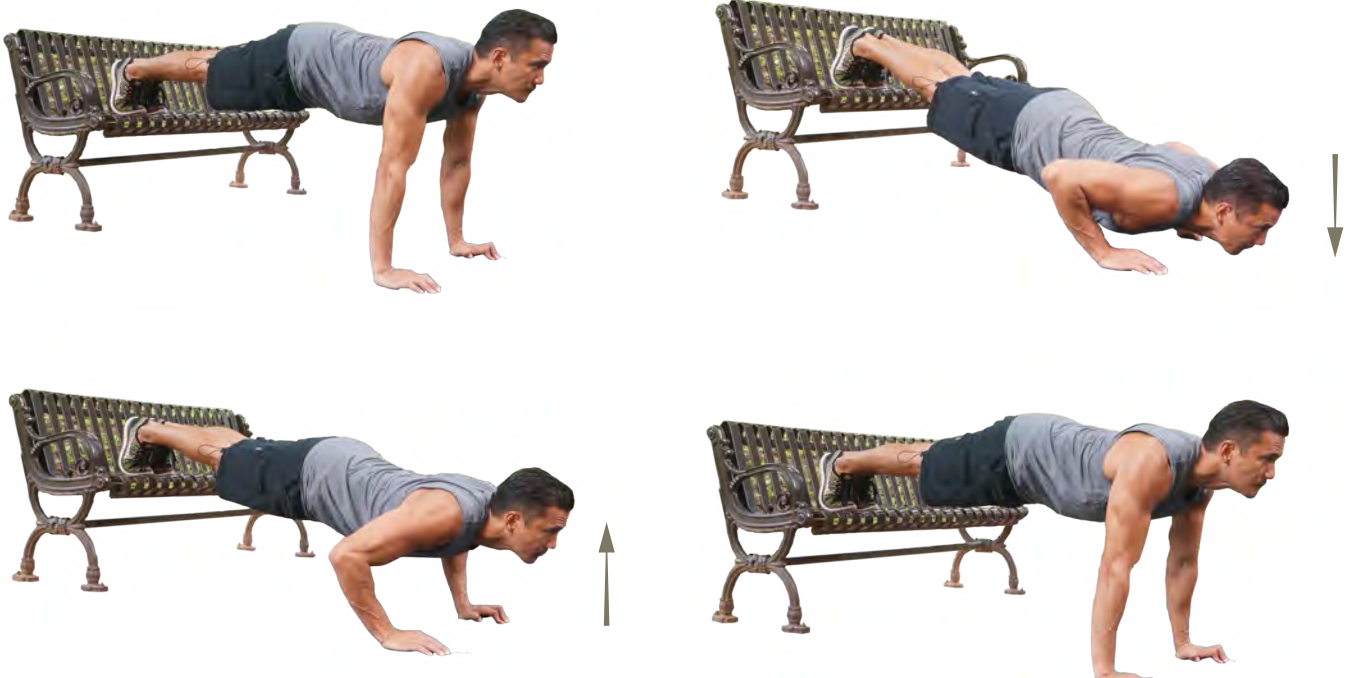
INCLINE PUSH UPS

Primary Muscles: Pecs, Anterior Delts

Secondary Muscles: Pec Minor, Triceps, Rectus Abdominus, Erector Spinae, Transverse Abdominus

Equipment Needed: Chair, Bench, or Elevated Surface

1. Start by placing your feet on a chair, bench, or elevated surface.
2. Bring your body into a push up position.
3. Engage your abdomen and tighten your body in one line.
4. Keep the elbows close to your body to prevent injury or strain.
5. Slowly lower your chest towards the ground keeping your body in one line.
6. When your chest touches the ground, return to the start position
7. Repeat steps 3-6.



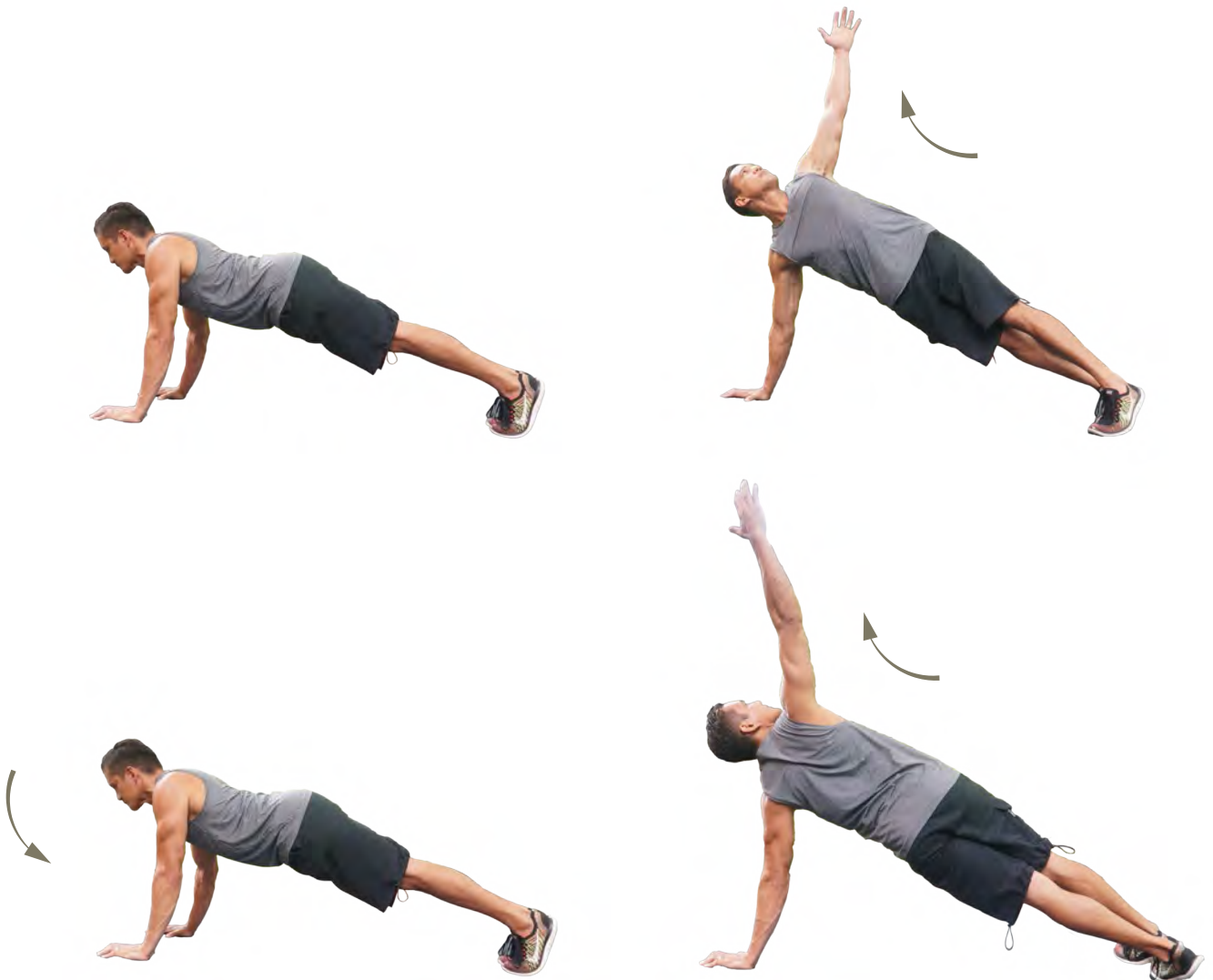
PLANK TWIST

Primary Muscles: Rectus Abdominus, External Obliques, Rotator Cuff

Secondary Muscles: Transverse Abdominus, Serratus Anterior, Pectoralis, Deltoids

Equipment Needed: NONE

1. Start with your body in the push up position.
2. Slowly remove one hand from the ground, tighten and engage the rest of your body, rebalance weight into supporting hand, legs, and feet.
3. Use the supporting hand to twist your body into a "T-Position".
4. Return to the starting position.
5. Now switch hands.
6. Repeat steps 2-5.



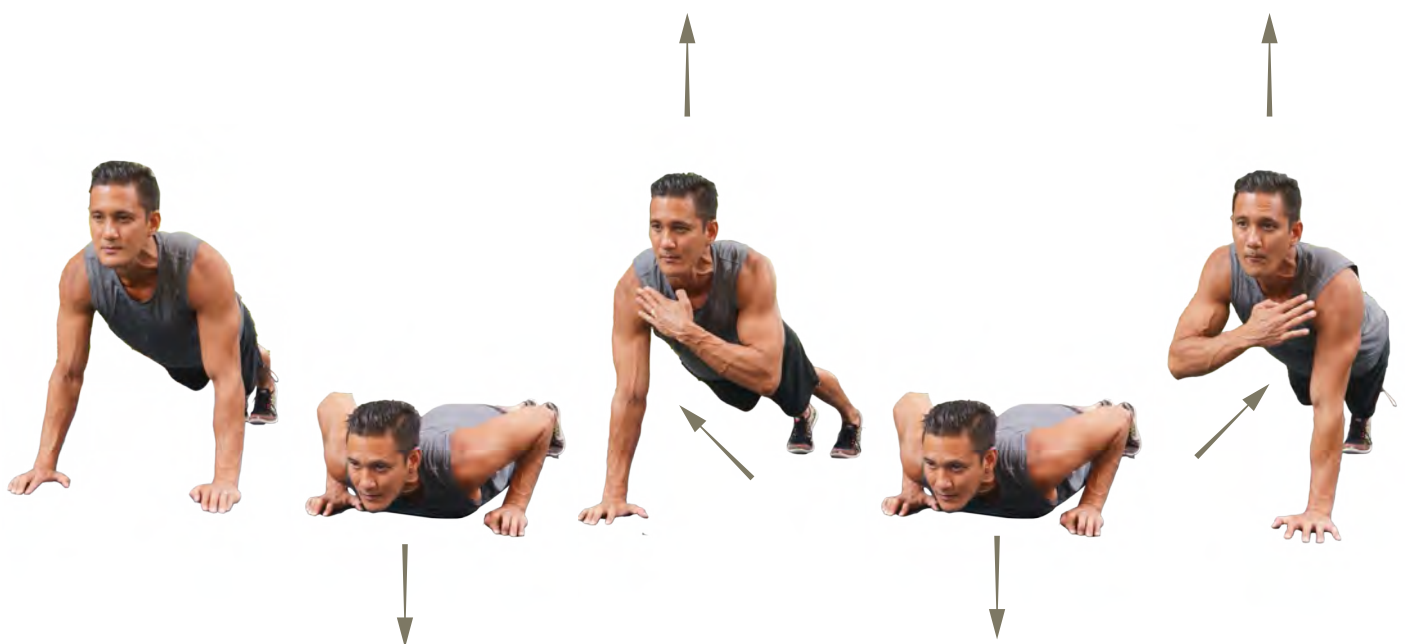
PUSH UP WITH ALTERNATING SHOULDER TAP

Primary Muscles: Pecs, Anterior Delts

Secondary Muscles: Pec Minor, Triceps, Rectus Abdominus, Erector Spinae, Transverse Abdominus

Equipment Needed: NONE

1. Begin in push up position.
2. Engage and keep body in one line.
3. Slowly lower your torso to the ground, leading with your chest.
4. Keep elbows close to your body to avoid injury or strain.
5. Touch the ground with your chest and as you come back up to the start position, remove one hand and touch the opposite shoulder.
6. Repeat steps 2-5 making sure to switch hands.



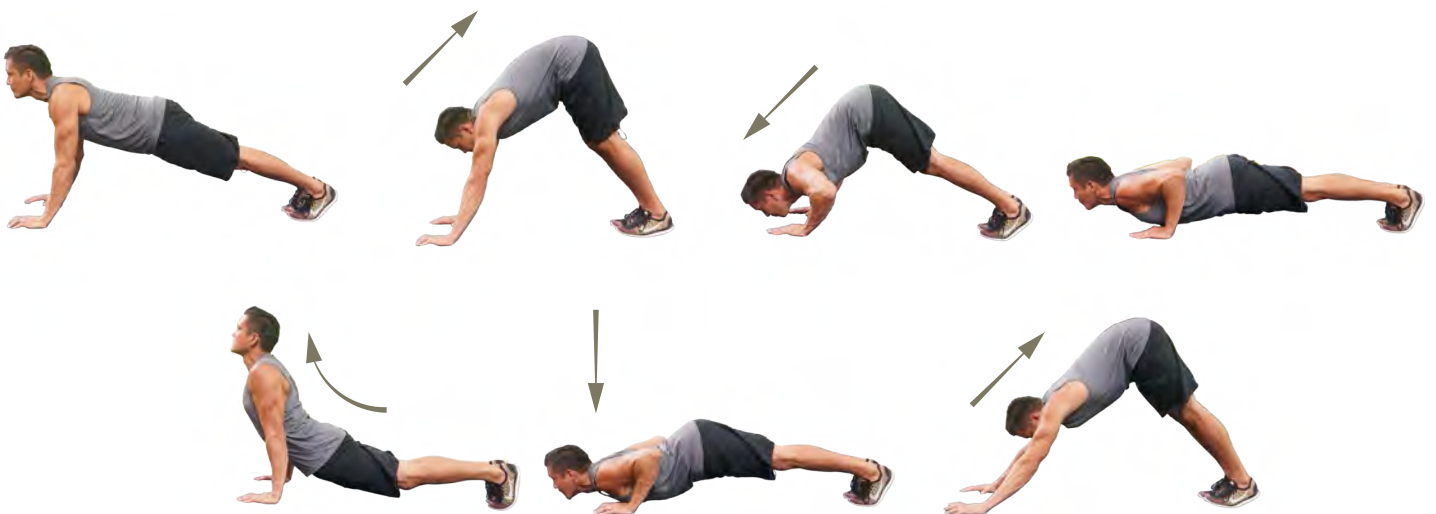
HINDU PUSH UP

Primary Muscles: Deltoids, Triceps

Secondary Muscles: Pectoralis, Latissimus Dorsi, Rotator Cuff

Equipment Needed: NONE

1. Start with your body in a push up position.
2. Walk your hands back and elevate your hips until your body forms an upside down letter "V".
3. Slowly bend your arms and glide the body forward lowering your chest towards the ground.
4. Your elbows should stay as close to the body as possible and you should be squeezing your back and shoulder blade muscles for controlled movement.
5. When your chest touches the ground, arch your back and lift your head into the air.
6. Allow your hips to touch the ground.
7. Push and contract through your chest and back muscles.
8. Reverse the movement and return to the starting position, making the upside down letter "V" once again.
9. Repeat steps 3-8.



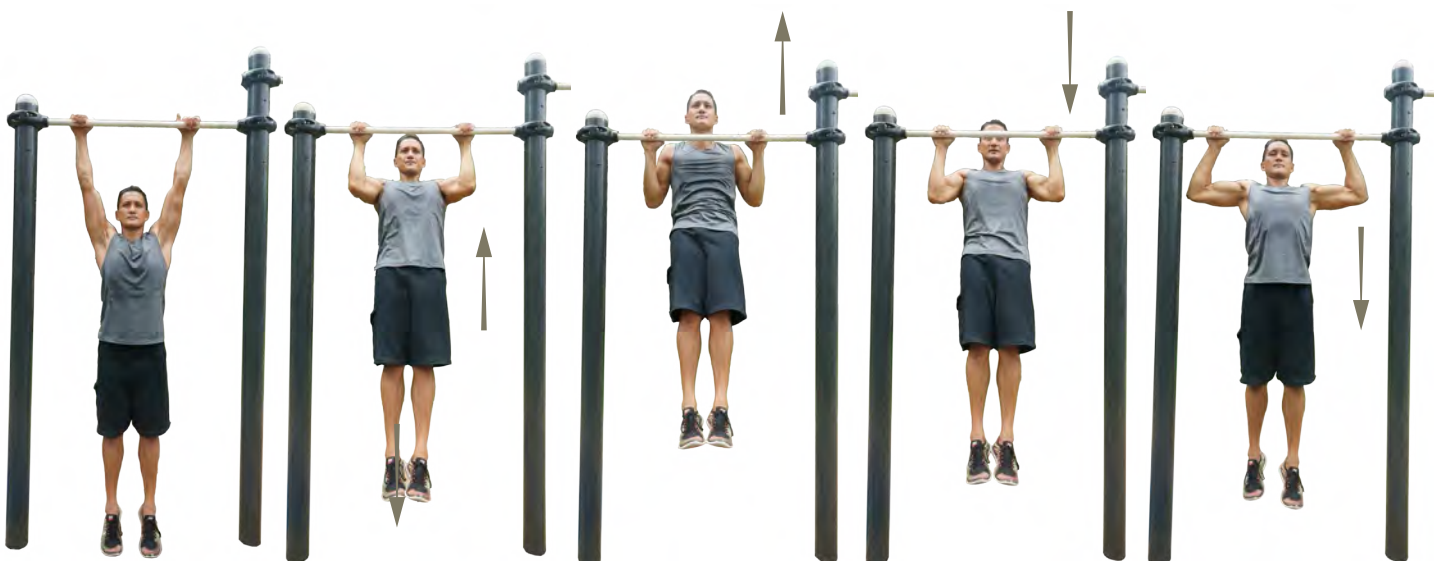
PULL UP

Primary Muscles: Latissimus Dorsi, Brachialis, Brachioradialis

Secondary Muscles: Biceps Brachii, Rotator Cuff, Abdominal Muscles

Equipment Needed: Pull Up Bar

1. Begin with overhand grip to grasp the pull up bar with arms just wider than shoulder distance apart.
2. Keep the body engaged, the abdomen tight, and the feet hanging towards the ground.
3. Start to pull, keeping the elbows close to the body to avoid injury or strain.
4. Elevate the torso upwards, bringing your chin just over the bar.
5. Reverse the movement, slowly lowering your torso downwards, elbows close to the body.
6. Repeat steps 2-5.



SCAPULAR PUSH

Primary Muscles: Rhomboids, Rotator Cuff, Deltoid, Pectoralis

Secondary Muscles: Triceps, Rectus Abdominus, Erector Spinae, Transverse Abdominus

Equipment Needed: NONE

1. Start in push up position, elbows close to the body, engaging the entire body from head to toe.
2. Slowly lower your chest, squeezing your shoulder blades and back muscles.
3. When you have completed the squeeze, quickly push back into the starting position.
4. Repeat steps 2-3.



CHIN UP

Primary Muscles: Latissimus Dorsi, Brachialis, Brachioradialis

Secondary Muscles: Biceps Brachii, Rotator Cuff, Abdominal Muscles

Equipment Needed: Pull Up Bar

1. Begin with underhand grip to grasp the pull up bar with arms just wider than shoulder distance apart.
2. Keep the body engaged, the abdomen tight, and the feet hanging towards the ground.
3. Start to pull, keeping the elbows close to the body to avoid injury or strain.
4. Elevate the torso upwards, bringing your chin just over the bar.
5. Reverse the movement, slowly lowering your torso downwards, elbows close to the body.
6. Repeat steps 2-5.



TOE TO BAR

Primary Muscles: Rectus Abdominus, Transverse Abdominus, Latissimus Dorsi

Secondary Muscles: Brachialis, Brachioradialis, Rotator Cuff, Erector Spinae

Equipment Needed: Pull Up Bar

1. Begin with arms extended overhead and clutching the bar.
2. Start to elevate your feet, keeping your legs straight and not bending at the knees.
3. As your feet approach hip level, begin to elevate your hips and continue to bring your feet overhead towards the bar.
4. Tap the bar with your toes.
5. Slowly bring your legs back down to the starting position.
6. Repeat steps 2-5.



RESISTANCE BAND PULL UP

Primary Muscles: Latissimus Dorsi, Brachialis, Brachioradialis

Secondary Muscles: Biceps Brachii, Rotator Cuff, Abdominal Muscles

Equipment Needed: Pull Up Bar and Resistance Band

1. Begin by looping resistance band over the pull up bar, and back through the band itself.
2. Place 1 knee/foot into the resistance band.
3. Overhand grip to grasp the pull up bar with arms just wider than shoulder distance apart.
4. Keep the body engaged, the abdomen tight and foot/knee inside resistance band.
5. Start to pull, keeping the elbows close to the body to avoid injury or strain.
6. Elevate the torso upwards, bringing your chin just over the bar.
7. Reverse the movement, slowly lowering your torso downwards, elbows close to the body.
8. Repeat steps 4-7.



HANGING KNEE RAISES

Primary Muscles: Rectus Abdominus, Transverse Abdominus, Latissimus Dorsi

Secondary Muscles: Brachialis, Brachioradialis, Rotator Cuff, Erector Spinae

Equipment Needed: Pull Up Bar

1. Begin by placing overhand grip on pull up bar, arms slightly wider than shoulder distance apart.
2. Keep your body in one line by engaging muscles from head to toe.
3. Slowly raise your knees until they are parallel with the floor by bending at the hips.
4. Keep your upper body still and slowly lower your knees back to the start position.
5. Repeat steps 2-4.



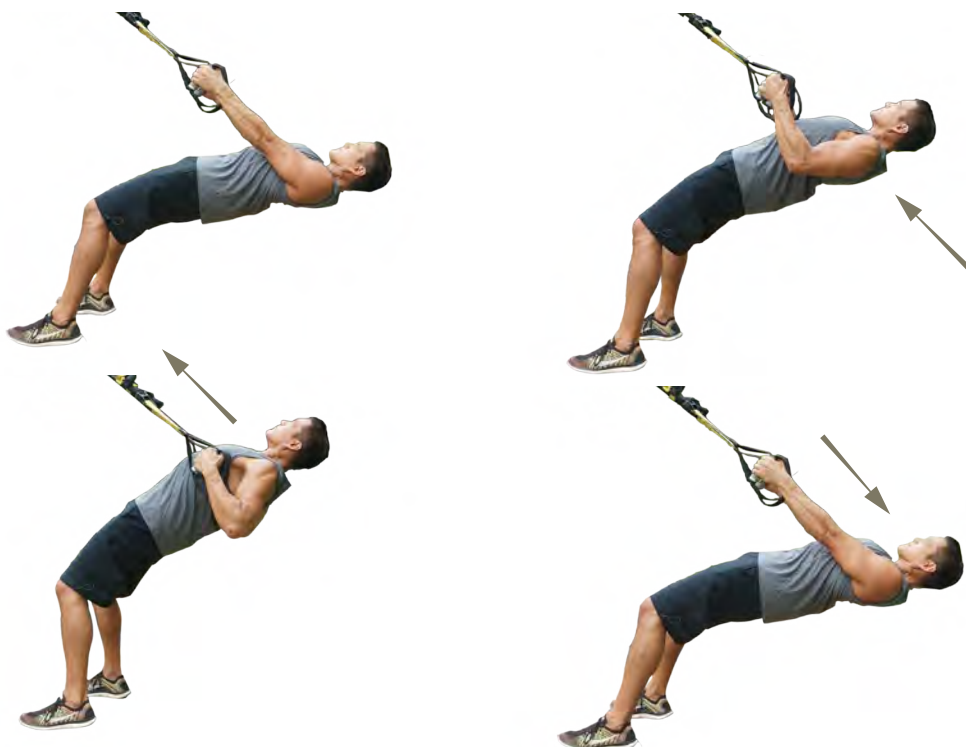
INVERTED ROWS (SUSPENSION TRAINER)

Primary Muscles: Latissimus Dorsi, Brachialis, Brachioradialis

Secondary Muscles: Biceps Brachii, Rotator Cuff, Abdominal Muscles

Equipment Needed: Suspension Trainer and Pull Up Bar

1. Grasp suspension trainer and lower your towards the ground facing the upwards.
2. Keep your body engaged and in one line, tensing the muscles from your head to your toes.
3. Your starting position should be 30-45 degrees from the floor.
4. Begin with your palms facing downwards and slowly start to pull your body up, keeping your elbows close to the body to avoid injury or strain.
5. As you pull upwards, keeping the elbows close, begin to turn your palms inwards until they're facing each other.
6. End the movement when your arms are touching your torso.
7. Slowly lower yourself back into starting position, maintaining and engaged alignment, one straight line from head to toe.
8. Repeat steps 2-7.



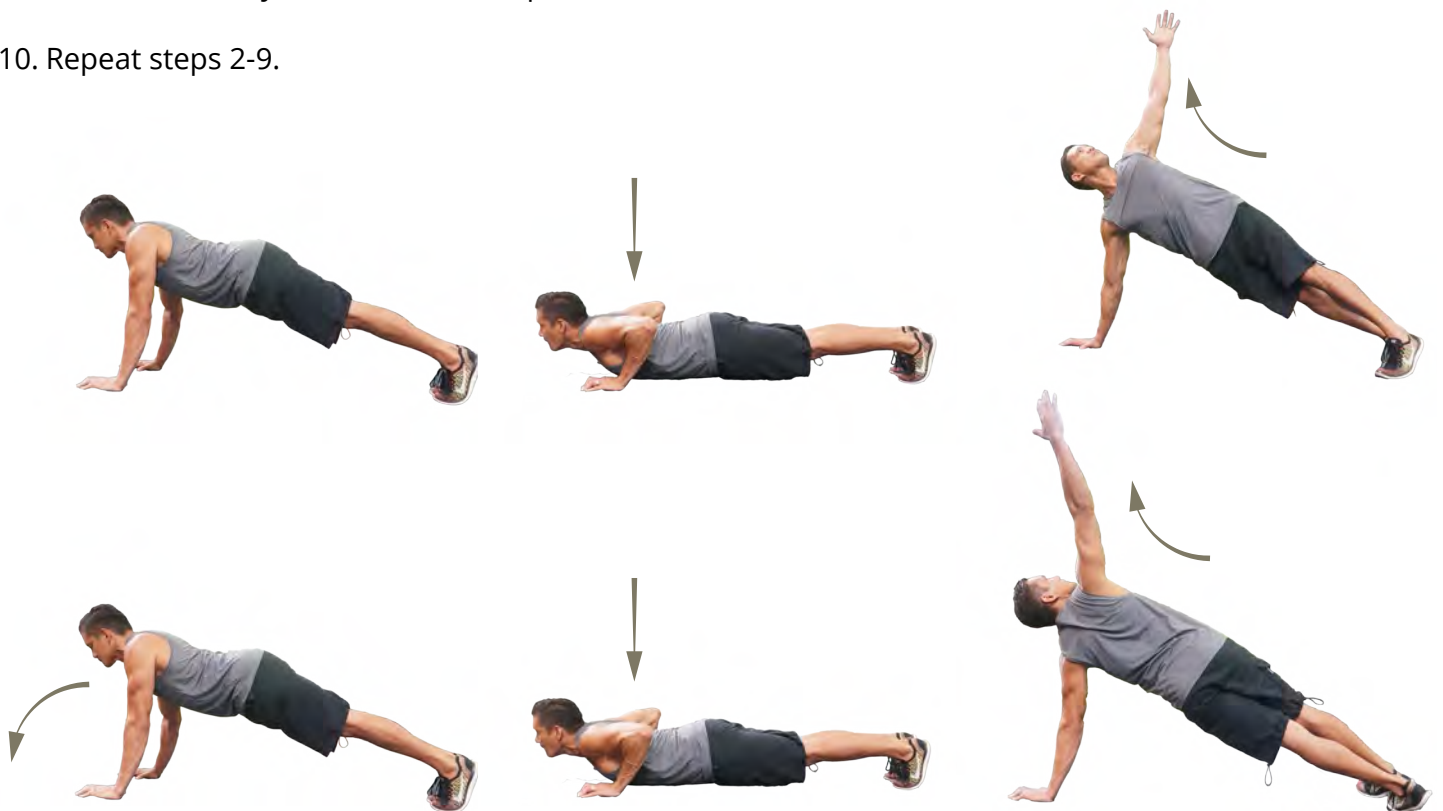
PUSH UP AND TWIST

Primary Muscles: Pecs and Delts, Rotator Cuff

Secondary Muscles: Rectus Abdominus, transverse Abdominus, External Obliques, Erector Spinae

Equipment Needed: NONE

1. Begin in push up position.
2. Engage and keep body in one line.
3. Slowly lower your torso to the ground, leading with your chest.
4. Keep elbows close to your body to avoid injury or strain.
5. Touch the ground with your chest and as you come back up to the start position, begin to lift one arm off the ground.
6. Transfer weight into the supporting hand, keeping the body engaged from head to toe.
7. Start to twist your spine into a "T-position" with your unsupported hand in the air.
8. Slowly twist back into the start position, and begin the next push up.
9. This time when you start to come up, switch hands.
10. Repeat steps 2-9.



SPLIT SQUAT BOX JUMP

Primary Muscles: Glutes and Quads

Secondary Muscles: Erector Spinae, Transverse Abdominus, Abductors, Adductors, Soleus, Gastrocnemius, Hamstrings

Equipment Needed: Chair, Bench, or Elevated Flat Surface

1. Start in the standing position with your feet together.
2. Hop your feet wider than shoulder distance apart.
3. Begin to squat until your fingertips touch the ground.
4. From this bottom position, jump out of the squat and onto the bench.
5. Stand upright and then step down to start position.
6. Repeat steps 1-5.



TOE TAPPERS

Primary Muscles: Tibialis Anterior

Secondary Muscles: Gastrocnemius, Soleus

Equipment Needed: Stair, Small Elevated Surface

1. Begin in a standing position, feet shoulder width apart.
2. Find a stair or similar small elevated surface.
3. Lift one foot off the ground and onto the stair.
4. Rapidly switch the movement from one foot to the other.
5. Repeat steps 3-4.



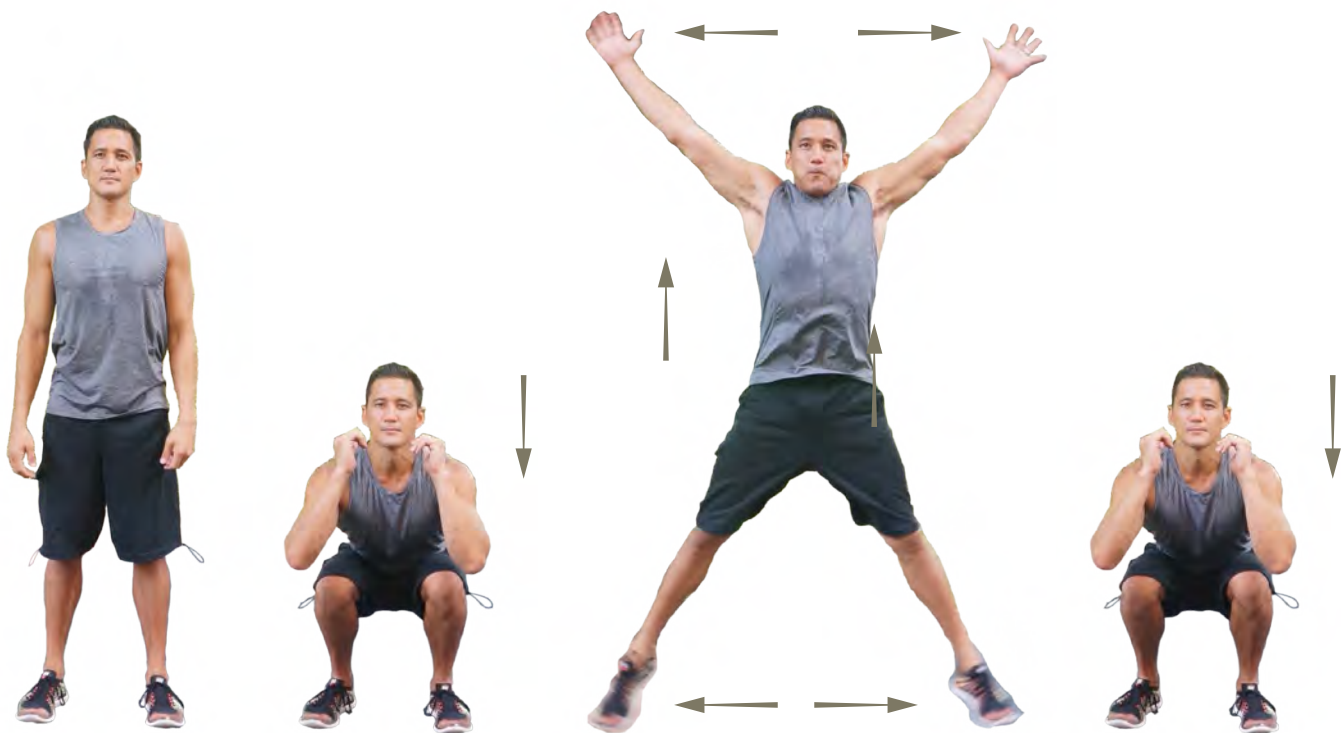
STAR JUMPS

Primary Muscles: Glutes and Quads

Secondary Muscles: Erector Spinae, Transverse Abdominus, Abductors, Adductors, Soleus, Gastrocnemius, Hamstrings

Equipment Needed: NONE

1. Begin by standing upright, knees slightly bent and feet shoulder width apart.
2. Bend your knees into a squat and jump vertically as high as you can.
3. Fully extend your arms and legs to your sides while in mid-air. They should point approx. 45 degree outwards.
4. As you start to descend, bring your arms and legs inwards landing softly with the knees slightly bent.
5. Repeat steps 2-4.



HIGH KNEE RUN

Primary Muscles: Glutes and Quads

Secondary Muscles: Erector Spinae, Transverse Abdominus, Abductors, Adductors, Soleus, Gastrocnemius, Hamstrings

Equipment Needed: NONE

1. Begin by standing upright, knees slightly bent, feet shoulder width apart.
2. Start jogging in place bringing the knee to hip level.
3. Progressively go faster, elevating the knee higher than the level of the hip.
4. Make sure to contract the abdomen and keep the torso engaged for the maximum effective movement.
5. Rapidly alternate lifting of the knees.



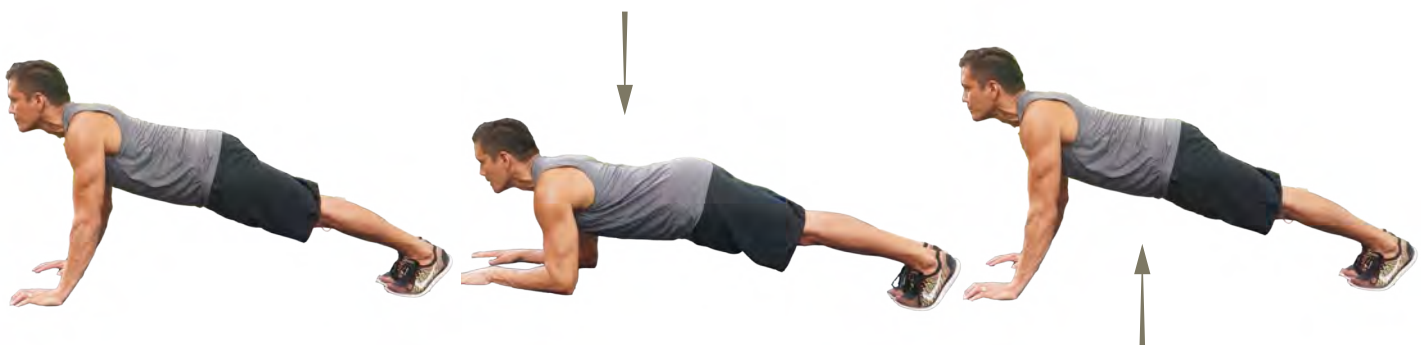
PLANK BUILDER

Primary Muscles: Rectus Abdominus, Transverse Abdominus, External Obliques, Erector Spinae

Secondary Muscles: Pectoralis, Deltoids, Triceps, Glutes, Hamstrings

Equipment Needed: NONE

1. Begin with your body in a push up position.
2. Maintain an engaged body from head to toe, pushing into your hands, contracting and pulling up through the abdomen, and pushing down through the heels.
3. Keep your elbows close to the body at all times to prevent injury or strain.
4. Lower your body into plank position by lifting up one hand and moving down to your forearm and elbow.
5. Repeat movement on the opposite side. Make sure to maintain tension at all times.
6. From a plank position, move back into push up position one arm at a time.
7. Repeat steps 2-6.



SIDEWAYS LUNGE

Primary Muscles: Glutes and Quads

Secondary Muscles: Hamstrings, Abductors, Adductors, Erector Spinae, Gastrocnemius, Soleus

Equipment Needed: NONE

1. Begin with body in upright position.
2. Keeping the body facing forward, take a large step to one side and allow your body to lower towards the floor on that side.
3. Make sure to maintain an upright posture throughout your spine, torso engaged at all times.
4. Lower your body until your leg reaches 90 degrees and slowly push yourself back to the starting position.
5. Repeat on the opposite side.
6. Repeat steps 2-5.



SINGLE LEG BRIDGE

Primary Muscles: Gluteus Maximus

Secondary Muscles: Hamstrings, Rectus Abdominus

Equipment Needed: NONE

1. Lie on your back with your hands by your side, knees bent and feet flat on the floor.
2. Be sure to have your feet underneath your knees.
3. Tighten your abdominal and gluteal muscles and raise your hips up to an elevated position.
4. Maintain tension through your core and slowly raise one leg into the air making sure your hips do not sag or drop.
5. Try to maintain a straight line through your torso and the leg that is in the air.
6. With the other leg that is still flat on the floor, slowly lower your hips back towards the ground but make sure not to touch the ground.
7. Quickly elevate your hips back into the air.
8. Continue until the round is complete.



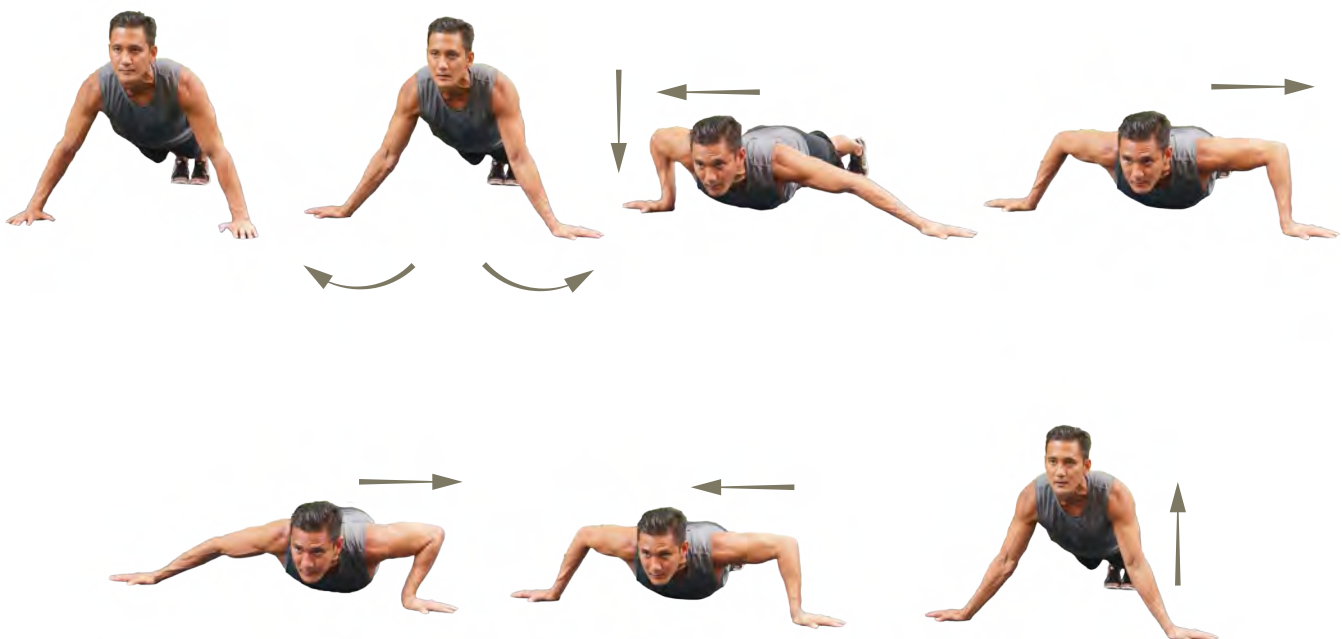
TYPEWRITER PUSH UPS

Primary Muscles: Pectoralis, Deltoids

Secondary Muscles: Rotator Cuff, Pec Minor, Triceps

Equipment Needed: NONE

1. Begin in push up position.
2. Turn fingers outwards and move hands minimum 1 foot away from the body.
3. Maintain tension from head to toe and slowly lower your torso towards one of your hands.
4. Be sure not to come into contact with the ground, hold your torso in place, and move from hand towards the other.
5. Keeping your torso near the ground, return to the midline and push yourself back up to the start position.
6. Repeat steps 3-5.



THE DAD BOY
WORKOUT

