

Workout Muse Presents "The Ultimate Holiday Survival Guide"



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The Ultimate Holiday Survival Guide

5-Minute Total Body Fat Burning Workouts For The Holidays

Quick And Simple Body Weight Workouts That You Can Do ANYWHERE!

BJ Gaddour, CSCS and Topher Farrell

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How To Build 5-Minute Total Body Fat Burning Workouts For The Holidays

By BJ Gaddour, CSCS, YFS
www.WorkoutMuse.com

In the past, the cornerstone of most resistance training workouts has been performing exercises in a straight set format. Essentially, this means you perform a certain number of reps for a given exercise or you perform as many reps as possible for a given exercise and then you rest anywhere from 30 seconds to five minutes based on your training goals before repeating this set a certain number of times based on your goals. For more of a fat loss and lean muscle gain emphasis shorter rest periods are ideal. For more of a strength or power emphasis, longer rest periods are prescribed.

So, what’s the problem with this format? Well, though straight sets are extremely easy to comprehend for people new to fitness, they are also an extremely inefficient way to order your exercises. In most commercial gyms you’ll typically see someone perform three sets of 10 reps for let’s say the bench press. They pump out 10 reps, go to the water fountain, talk with some buddies, watch a couple of highlights on ESPN, and then gingerly walk back to the bench area to hit up their second set. In general, most people, guys in particular, tend to take about 3-5 minutes between sets. In the case of three sets of 10 on the bench that means it would take up to 15 minutes to complete only one movement pattern (a horizontal push). That means you’d need at least an hour to perform four different exercises!

A much more effective and time-efficient approach to ordering your exercises is utilizing the alternating set format. Here you’ll perform one exercise, rest for a short period of time, then perform another non-competing exercise, rest for a short period of time, and so forth. Alternating sets allow you to work different areas of your body when you would otherwise be resting with the straight set format. Plus, by working another area of your body with a non-competing exercise you allow your body to recover from the previous exercise(s). The result is improved training economy and density: more work accomplished in less time, the cornerstone of any sound fat loss program. There are several ways to perform alternating sets outlined below:

- 1.) Supersets: Alternate between two different non-competing exercises (e.g. upper body and lower body such as push-ups and lunges)
- 2.) Trisets: Alternate between three different exercises (e.g. push, pull, and lower body such as push-ups, rows, and lunges)
- 3.) Circuits: Alternate between four or more different exercises

Though supersets and trisets are excellent alternating set options, I believe circuit training is by far the best option time and time again. To demonstrate why, let’s examine my favorite circuit training template using timed set intervals:

The 50-10 Five Exercise Circuit: You will alternate between 50 seconds of work and 10 seconds of rest for all five exercises in the following 5-minute circuit:

Exercise#1- Squats

Exercise#2- Dips

Exercise#3- Single-Leg Hip Extensions

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Exercise#4- Pull-ups

Exercise#5- Leg Raises

Perform this circuit up to four times for a 20-minute total body fat burning workout.

Basically, in the same 15 minutes that it took to get in three sets on the bench you could have gotten in three sets of five different exercise for a staggering total of 15 work sets! Plus, the intensity on each exercise will be just as high as in the straight set format because in this five exercise circuit you will have full recovery with over four minutes before you return to any given exercise (just as you did with the straight set format described earlier).

To recap, the key to creating the optimal hormonal environment for fat loss is to perform each exercise with maximal intensity while separated by brief rest periods in order to accumulate a high volume of total body work in the shortest amount of time possible. Circuit training provides for the best of both worlds and is thus simply unmatched for simultaneously maximizing fat loss and lean muscle gain. Use the following template I use with my many boot camp clients for some killer, yet simple fat loss circuits:

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

So follow this really simple template for some killer fat loss workouts that can be completed anywhere in 20 minutes or less.

To make your fat burning efforts even easier, please use the following 10 done-for-you circuit training workouts with companion videos to guide you into the best shape of your life this holiday season ;)

Now it's time to crank it!

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5-Minute Total Body Fat Burning Workout#1- Body Weight

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

*switch sides half-way unless alternating or performing an even number of multiple sets

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	Hip Extensions
2	Push	Push-ups
3	Single-Leg	Lunges
4	Pull	Rows
5	Core	Front Pillar Hold

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=wBL0YxgD37I>

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5-Minute Total Body Fat Burning Workout#2- Body Weight

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

*switch sides half-way unless alternating or performing an even number of multiple sets

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	Squats
2	Push	Dips
3	Single-Leg	Single-Leg Hip Extensions
4	Pull	Pull-ups
5	Core	Side Pillar Hold

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=LZsSScRUnSU>

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5-Minute Total Body Fat Burning Workout#3- Dumbbells

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

*switch sides half-way unless alternating or performing an even number of multiple sets

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	DB RDL
2	Push	DB T-Push-ups
3	Single-Leg	DB Rear Foot Elevated Lunges
4	Pull	DB Push-up Rows
5	Core	DB Diagonal Overhead Chip

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=4ZFa5yUxfd8>

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5-Minute Total Body Fat Burning Workout#4- Dumbbells

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

**switch sides half-way unless alternating or performing an even number of multiple sets*

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	DB Braced Core Squat
2	Push	DB Alternating Split Stance Shoulder Press
3	Single-Leg	DB Single-Leg Good Mornings
4	Pull	DB Alternating Split Stance Curl
5	Core	DB Reach and Rotate Side Pillar

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=GpfVlh8oxNs>

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5-Minute Total Body Fat Burning Workout#5- Kettlebells

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

*switch sides half-way unless alternating or performing an even number of multiple sets

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	KB Swings
2	Push	Dynamic Back Pillar + 1-Arm KB Chest Press
3	Single-Leg	KB Step-ups
4	Pull	KB Alternating Rows
5	Core	KB Alternating Rotating Extensions

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=PDElcnYCoV4>

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5-Minute Total Body Fat Burning Workout#6- Kettlebells

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

*switch sides half-way unless alternating or performing an even number of multiple sets

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	1-Arm Overhead Squat
2	Push	KB Single-Leg Shoulder Presses
3	Single-Leg	KB Alternating RDLs
4	Pull	KB Single-Leg Bicep Curls
5	Core	KB Side Bends

Click the link below to view a complete done-for-you workout video demo @

http://www.youtube.com/watch?v=YLOdyNH_hJw

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5-Minute Total Body Fat Burning Workout#7- Bands

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

*switch sides half-way unless alternating or performing an even number of multiple sets

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	Band Deadlifts
2	Push	Band Alt. Speed Punches
3	Single-Leg	X-Band Single-Leg Squats
4	Pull	Band Alt. Speed Rows
5	Core	Band Wood Chops

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=HDoPjz2Q-YE>

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5-Minute Total Body Fat Burning Workout#8- Bands

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

**switch sides half-way unless alternating or performing an even number of multiple sets*

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	Band Front Squats
2	Push	Free Band Shoulder Presses
3	Single-Leg	X-Band Single-Leg RDLs
4	Pull	Free Band Bicep Curls
5	Core	Band T-Stabilizations

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=VWAirOao9tY>

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5-Minute Total Body Fat Burning Workout#9- Med Ball (MB)

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

**switch sides half-way unless alternating or performing an even number of multiple sets*

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	MB Sumo Deadlifts
2	Push	Lying MB Chest Passes
3	Single-Leg	MB Alternating Lunge + Twist
4	Pull	MB Alternating Rows
5	Core	MB Upper Body Twists

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=uF8DuFD-dUU>

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5-Minute Total Body Fat Burning Workout#10- Med Ball

- You will alternate between 50 s of work (max reps or max hold) and a 10 s rest and transition for each exercise in the following 5-minute circuit

- Perform this 5-minute circuit 1-4x for a 5-20 minute total body workout based on your schedule (20 minutes for optimal results!)

Exercise#1- Double-Leg

Exercise#2- Push

Exercise#3- Single-Leg

Exercise#4- Pull

Exercise#5- Core

*switch sides half-way unless alternating or performing an even number of multiple sets

Exercise#	Exercise Category	Exercise Variation
1	Double-Leg	MB Back Squats
2	Push	MB Kneeling Shoulder Passes
3	Single-Leg	MB Single-Leg Hip Extensions
4	Pull	MB Alternating Bicep Curls
5	Core	MB Leg Raises

Click the link below to view a complete done-for-you workout video demo @

<http://www.youtube.com/watch?v=2agmXH41g6Y>

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BONUS ARTICLE!

Quick Fit Tips To Keep Your Body Fat-Free For The Holidays

By BJ Gaddour, CSCS

www.WorkoutMuse.com

We all know how busy the holidays can be. However, do not let yourself get caught in the trap of not working out to make more time for holiday errands or events. It is a big mistake to risk losing the lean muscle mass and strength that you have worked so hard to build and maintain. Why you ask? Losses in lean muscle mass will lower your resting metabolic rate, which accounts for the vast majority (about 60-75%) of your total daily calorie burning. This means that everyday you will be burning less and less calories which will put you at a much greater risk of putting on ugly, unwanted body fat during the holidays. Plus, losing strength will mean that the next time you start to work out your performance will be sub par and you'll get smacked in the face with that ugly word that no one ever wants to encounter when it comes to their training: regression! Furthermore, there are many clever ways to maintain or increase the number of calories you burn per day, both from exercise and from your normal daily activities, to stay fat-free this holiday season. Use the strategies below to maintain and/or increase your current amount of lean muscle mass and maximize your daily calorie burn to best protect yourself against the deadly holiday bloat!

1.) Perform at least one intense strength training session per week

Studies show that only a single strength training workout per week during times when you cannot train as frequently as you normally do is an effective way to maintain your current levels of strength and lean muscle mass. So, to best maintain your strength and lean muscle mass, shoot for **at least** one good strength training workout per week to stay buff during the holidays and to prevent unwanted regressions in fitness. To best prevent weight gain, aim for three total body strength workouts per week. To maximize fat burning, perform three total body strength workouts per week and also perform three cardio interval workouts per week on non strength-training days.

2.) Hit Your Totals

Your body is a moron. In other words, it cannot differentiate between 100 push-ups performed in a row versus 100 total push-ups performed in a day. When you honestly cannot find a five to 20-minute time slot to complete an effective total body workout, look for hidden chunks of time during the day to get in a certain number of daily repetitions for a certain number of exercises that work your entire body. Got a free moment from now until you need to take the turkey out of the oven? Then, bang out 10 push-ups, 10 rows, and 20 squats. Using this method throughout the day will lead to big numbers by the end of the day that will burn the same amount of calories in addition to creating similar muscle building effects as if you did all of the exercises at once during a single workout.

It is important to note that this “Hit Your Totals” routine is merely a back-up option to the ideal 20-minute interval training workouts which are scientifically proven to burn nine times more fat than ordinary exercise (see my article *How to Build 5-Minute Total Body Fat Burning Workouts for the Holidays* for more info). Short rest periods between exercises create the optimal hormonal environment for rapid fat loss and lean muscle gain, where as so the long rest periods (full recovery) between movements do not. However, it comes down to effective (“Hit

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Your Totals”) versus optimal (50-10 Total Body Circuit Interval Training Workouts), so be sure to at least be effective this holiday season!

Make sure to pick multi-joint, compound movements that hit as much of your body’s major muscle groups in the shortest amount of time possible (e.g. squats, deadlifts, lunges, push-ups, rows, etc.). Use the plan below as guide to build your own “Hit Your Totals” workout. Adjust the repetition ranges accordingly based on your current strength levels. The only thing you need is your body weight and adjustable dumbbells and/or resistance bands. Perform this plan up to three times per week, resting a day between workouts. Make sure to alternate between Plan A and Plan B for more variety. You can either hit your total by doing one exercise first (e.g. perform push-ups rest-pausing as needed until you get 100 total), or by simply employ circuit style training (e.g. 20 squats, 10 push-ups, 10 rows, repeat 10x throughout the day to hit your totals).

The Hit Your Total Workout For The Holidays

Plan A-

1. Body weight Squats or Hip Extensions: 100-200 total
2. Push-ups: 50-100 total
3. DB/Band Rows: 50-100 total

Plan B-

1. Body weight Lunges or Single-Leg Hip Extensions: 50-100/total per leg
2. Off Chair/Couch Dips: 50-100 total
3. DB/Band Curls: 50-100 total (feel free to swap pull-ups or pull-downs here if you have access to the equipment)

3.) Rage Against The Machines

Machines have made us an incredibly out of shape and overweight society. This holiday season make it a point to not use them! Now I don’t mean to say that you cannot drive to the mall during the holidays. However, when you get to the mall, try to park further away so you can do more walking to get inside. Avoid using elevators and escalators and opt for the stairs; all those steps truly do add up. Instead of having your naughty kids carry the bags, burn more calories by carrying the bags yourself (sorry, that was the former naughty kid in me raging, ha ha). Stay on your feet as much as possible and resist the temptation to let a robot or machine do the work for you.

4.) Engage in more outdoor holiday activities

I have been in some pretty incredible snowball fights in my day. Though I was always having a blast while pelting my friends behind cleverly built igloos, I was never aware of how exhausting a good snowball fight can truly be until I came indoors afterwards. My snow suit was soaked with sweat and I had spent the last 30 minutes or so in total fight or flight mode. Talk about an awesome way to burn calories without even thinking about it! Get outdoors this holidays season and throw around the pigskin or have your very own “Ice Bowl.” Once again, all these calories here and there truly do add up and could make a difference between you fitting in your pants or ripping your pants by the time the clock strikes midnight this New Year!

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