

7

WEEKS TO

**GETTING
RIPPED**

Hi, this is Brett, the author of *7 Weeks Getting Ripped*, and I hope you enjoy this preview of the book.

This sample PDF features over 50 pages of info from the book to give you an overview of what you'll find in *7 Weeks to Getting Ripped*.

Share this PDF with any of your friends or family looking for an exciting challenge or interested in developing some fantastic core strength & improving their athletic ability.

Jason Warner and I created this program over the course of several years of testing and challenging each other during our lunchtime workouts in Scottsdale, AZ. Our friendship goes back much farther than that and fitness has always played a big role in our continued endeavors. We've since written several books together including *Ultimate Jump Rope Workouts*, *7 Weeks to 10 Pounds of Muscle*, with many others on the way.

The original name for our program was "The Scottsdale Workout" and when I first pitched this book to my good friends at Ulysses Press the title was something like *Push, Pull & Sit to Fitness* or something like that... I'm glad we went with *Getting Ripped*.

This program is designed to develop total body strength & fitness and can be used year-round in conjunction with sports-specific training (marathons, triathlons, conditioning for baseball, football, basketball... etc.) to develop speed, strength, flexibility and making staying fit fun. Whether you are new to fitness or just getting back involved, the functional cross-training (FXT) programs and exercises in *Getting Ripped* are suitable for anyone at any fitness level.

If you have any questions, comments, or are interested in checking out some of the other free programs, contact me at 7weekstofitness.com.

Thanks!
~b

7
WEEKS TO

GETTING RIPPED

BRETT STEWART

**THE ULTIMATE
WEIGHT-FREE,
GYM-FREE
TRAINING PROGRAM**



Ulysses Press

This book is dedicated to Dean Karnazes, Timothy Ferriss and Steve Jobs, three men who've inspired me and changed my life in many ways. The first two I have personally thanked for their influence; the last one I unfortunately will never get the chance to thank.

To Vivi and Ian, I love you and am extremely proud of who you are and am very lucky to be your dad.

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Published in the United States by
Ulysses Press
P.O. Box 3440
Berkeley, CA 94703
www.ulyssespress.com

ISBN13: 978-1-61243-026-3
Library of Congress Control Number 2011934768

Printed in Canada by Webcom

10 9 8 7 6 5 4 3 2 1

Acquisitions Editor: Keith Riegert

Managing Editor: Claire Chun

Editor: Lily Chou

Proofreader: Lauren Harrison

Index: Sayre Van Young

Design: what!design @ whatweb.com

Interior photographs: © Rapt Productions except page 11 © Kristen Andersen and page 18 © marema/
shutterstock.com

Cover photographs: © STEEX/istockphoto.com

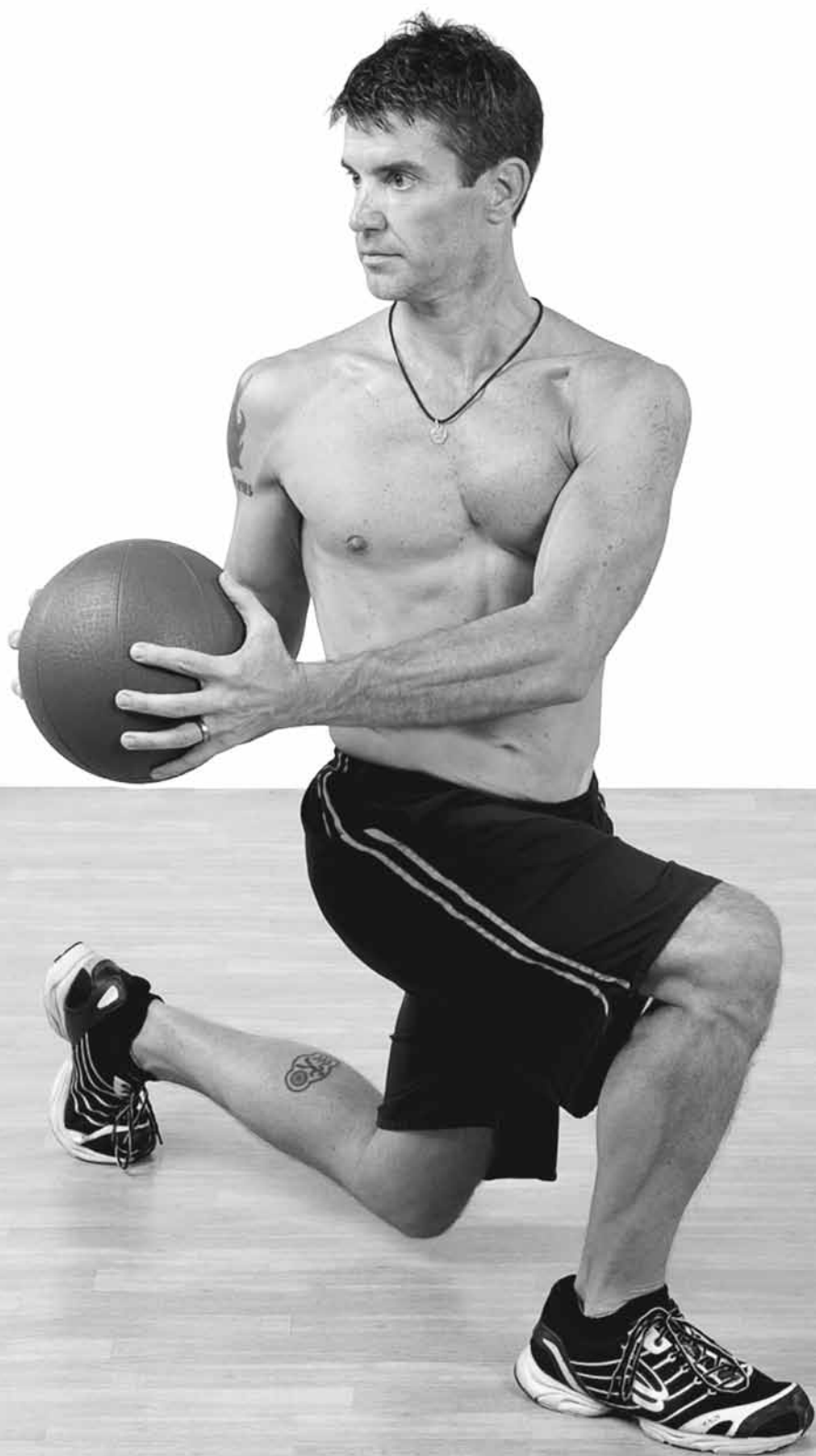
Models: Evan Clontz, Lauren Harrison, Lewis Elliot, Brett Stewart

Distributed by Publishers Group West

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| PART 1: OVERVIEW

Introduction

“Jacked,” “buff,” “built,” “cut,” “shredded” and “ripped.” These are all slang for being in shape—really in shape—the physique that guys and gals alike want to attain. Watch any commercial for weight-loss pills or crazy fitness contraptions and you’ll see some dude with six-pack abs, bulging arms and a chiseled chest posing next to a babe with amazing legs, a flat tummy and all the right assets. They smile at the camera and tell you that it’s fast, fun and easy to get ripped in just weeks with some incredible diet pill or the BellyRipper2000. You know they’re pulling your leg, right? Usually, these models have never even seen the product they’re pitching before the video shoot.

So, who do you believe? Should you trust the companies that spend hundreds of thousands of dollars on infomercials? Should you put all your faith in a miracle fat-burning pill? Are you only going to get results if you pay hundreds of dollars a month to a personal trainer?

You know the real answer—it's been there all along and is even easier than you think. Trust your body. Get active, eat healthy and get ripped—that's it.

To most people, building a workout routine is a mystery. Should you do heavy weights and low reps or light weights and high reps? Should you work in supersets or target muscles? Upper body or lower

body? Kettlebells, sprints, squats, stairs, pyramids, yadda yadda yadda.

There are more ways to work out than you can count, and they all have their benefits. If you pick up any fitness magazine you'll learn about different “must do” exercises that sometimes conflict with other routines in that same issue! How on earth can you make sense of the information overload and develop an efficient way to get the ripped results you want? Since you're reading this, you no longer have to.

Here's some good news: You can get ripped in as little as seven weeks by following a simple program of easy-to-do



bodyweight exercises and equally simple nutritional guidelines. The even better news is that you don't need any expensive gadgets, a gym membership or even a personal trainer. You're holding in your hands a book devoted to taking the mystery out of getting ripped and showing you step by step how to attain the body you want.

Here's the show-stopping news: *7 Weeks to Getting Ripped* contains "the perfect exercise." That's right, the holy grail of any bodyweight routine—one singular exercise that conditions almost every muscle in your body and shreds your physique like nothing you've ever done before. It's not for the meek, but I can guarantee you won't find it anywhere else, because we invented it. That exercise is called the J-Up and it's hiding out on page 107. (Go ahead and look, I'll hold your place here until you get back.)

The rule of thumb for any lifestyle modification is that it takes anywhere from 7 to 14 days to create a new routine, and this book will make it as easy as possible to get started—and succeed. Your success

depends on building a sustainable routine that's familiar, comfortable and repeatable. Working out is hard enough without having to get up early to drive to the gym, remember how to use complicated machines and figure out your daily workout (not to mention locating your membership card!). You can get an incredible full-body workout right in the comfort of your home, saving yourself precious time and gas by not traveling to the gym. You don't even need an expensive rack of dumbbells, bars or how-to DVDs—all you need is your body (you have one of those, right?), a pull-up bar, and maybe a ball or two. We'll get to those later in the games.

Did I mention GAMES? Absolutely. Who said fitness couldn't be fun? Heck, fitness should be fun, otherwise it's just a reason to get tired, sore and sweaty. That's not the way to create a sustainable routine for success and, frankly, it's just not that enjoyable. Don't get me wrong, I like working out (or marathons, triathlons and stuff like that) but if you can have fun and get fit at the same time, why wouldn't you?

How Did I Get Here?

I'm the fat kid in gym class who can't do a single pull-up. I'm the 30-year-old overweight smoker who gets winded walking up a flight of stairs. I'm an Ironman finisher, ultra-marathoner, fitness author and model.

I know what it feels like to be picked last in sports, get laughed at by classmates (and my P.E. teacher) during the Presidential Fitness Test and be complacent about being overweight and unhappy with my appearance. To this day I can vividly remember P.E. in elementary school and my classmate Fran completing countless pull-ups, or playing basketball with Rick and being out of breath after only a few minutes.

I loathed being out of shape and how it held me back in sports, and I envied all my friends who were in great shape. By my mid-20s I had resigned myself to the fact that I'd never be fit like them—and even lied to myself that they were genetically gifted and I wasn't.

The simple truth is I was lazy and never willing to put the effort into being fit. It was much easier to make excuses than it was to put in the work to get control of my diet and get in some structured exercise. But more importantly—I didn't know how to get fit. I avoided gyms because I was embarrassed by my physique, and I didn't have the support structure of really active friends to get me on the right track and keep me motivated. That all changed in the early 2000s when I met the three people who would change my life.

This book isn't a love story, so I'll spare you the details on meeting my wife—but she plays many important roles in my transformation. First off, she detested smoking, so cigarettes were immediately a thing of the past. We met playing softball, and she was very active, fiery and competitive. It didn't take long for her to

inspire those same characteristics in me. Instead of complaining about not being fit, I got competitive with myself and made it my priority to get in shape. Unfortunately, I still didn't know what I was doing. My fitness and weight yo-yoed for the next couple of years and topped out at about 50 pounds overweight at my wedding.

My wedding pictures were a wake-up call, and before my honeymoon was even over, I had made a promise to myself to get lean, fit and ripped—and I had just the friends to do it. I started playing basketball every weekday morning for two hours with Jason (who's about 6" taller than me, so I needed to get faster if I ever hoped to make a basket). Three times a week we'd pick a workout and head outside at lunchtime. We were just guys ripping articles out of health magazines and giving it a shot.

Our workouts got a real upgrade when we met Mike, a certified personal trainer



Author Brett Stewart's wedding pictures motivated him to get in shape.

who knew how to get the most out of your body during every workout. Mike pushed us to new limits of fitness while helping us refine our daily workouts. Over the last few years, we started creating different fitness games to compete with each other and keep our workouts fresh—everything from sprinting after a bouncing football on a field to tossing medicine balls as far as we could. Fitness can really be fun if you turn it into a game and share it with your friends.

Jason and Mike are contributors to this book as well as my other book, *7 Weeks to 50 Pull-Ups*. They're the motivating force behind creating the programs for both books as well as being the test subjects and a great source of support.

So, here I am: 40 years old and in the best shape of my life. Over the last six years I've completed over 50 triathlons and even made it to the podium a time or two. I've gone from barely able to run a mile to completing several marathons and ultra-marathons. I'm in the best shape of my life and it's all because I made fitness and balanced nutrition priorities in my life—and this book can help you do exactly the same thing.

Making the Investment

A few years ago I joined a new running group. During my first excursion with them I found myself running next to a guy quite a few years older than me. We made some small talk as we picked up the pace, and as we passed some gorgeous homes he asked me a strange question: "Which property

on this street do you think is the most expensive?"

I looked around for a little bit and admitted I had no idea; real estate wasn't something I know a lot about and all the houses were way out of my price range.

So he tried again: "If you could invest in any property on this road right now, which do you think would give you the most long-term benefit?"

At this point I thought he was a little nuts, so I just randomly picked a house and said, "I guess that one over there."

We ran a few more minutes and I was starting to get quite tired at the rapid pace we were running while his legs still seemed fresh. He slowed down a little bit and got right up next to me and pointed at my chest: "That property right there," he said. "You'll spend more money on that body than any house, car or vacation—invest properly, because it's the only one you'll ever get."

And then the "old guy" left me in his dust.

If you invest in your body, it'll pay you back for years to come.

About the Book

Getting ripped in seven weeks is within your reach, and it'll take balanced nutrition and focused effort on your form in each of the exercises of the progressive routines to achieve your goals. Once you've taken the initial tests to assess your fitness level, this book will guide you through a seven-week program that's sure to help you lose weight, gain strength and muscle definition, and get ripped. If you have the will to succeed and the determination to commit the time and effort, you'll be amazed by the results.

PART I introduces the program, describes how the moves work together to build a ripped physique and presents frequently asked questions, as well as tips and tricks and a primer on balanced nutrition.

PART II contains two different workout routines. *Level 1* is a three-week program for intermediate-level athletes to strengthen and reshape their bodies by building lean muscle and burning fat. *Level 2* is a high-octane four-week program for advanced-level athletes to push their limits while building a super-strong core and developing total-body fitness.

PART III provides step-by-step instruction for all the exercises featured in the program, including the aforementioned “perfect exercise”—the J-Up.

THE APPENDIX contains the Prep-level program, a three-week primer that'll teach you proper form for all the basic moves and build your confidence—and your body—while you prepare for the three- and four-week programs that make up the complete *7 Weeks to Getting Ripped*. The appendix is also where you'll find warm-up and stretching ideas, as well as fitness games.

While this book is an effective way to get into “bikini shape” or to rip up before a vacation or wedding, the reasoning behind the program is to make fitness a part of your life through activity and balanced nutrition. Once you make the change and invest in your fitness, you'll see the payback on every level—more energy, strength, stamina. You'll look fantastic, too! After you've completed the program, you can

continue to use this book to either push yourself harder to reach new goals or use the exercises, games and cardio elements to create new routines to maintain your fitness level and physique. Check out “Maintaining Your Ripped Physique” on page 114 for more great ideas.

Why Bodyweight Exercises?

This is a really simple answer: because they work. Your body is the only gym you should ever need. Sure, some gyms have amazing amenities—but you can't take 'em with you. Your body is a lot more portable than a Smith machine, isn't it?

Through balance, stability and mobility, bodyweight exercises also strengthen you in ways that no gym equipment ever can. In order to be “fit,” you need to be able to incorporate all the muscles in your body when you squat, twist, reach or jump in sports or everyday life. Strengthening your body by actually using your own bodyweight is natural and involves stimulating muscles through a normal range of motion. Lying flat on a bench or sitting while you pull a bar down are absolutely no match for the full-body strength gains and ripped physique you can get from doing bodyweight exercises with proper form.

Most importantly, using your own bodyweight to get fit is simple, repeatable and always available. It's much easier to sneak in a few sets of bodyweight exercises than it is to pack up and drive to

the gym! The more convenient a workout is, the more apt you are to complete it. Throw in some fun and your workouts are downright enjoyable. At the end of the day, the investment of time that you put into bodyweight exercises is so much less than a gym-based workout routine and it's actually more effective at developing total-body fitness. Oh, and better yet, it's free.

Get Ripped While Having Fun: Games & Cardio

When combined with core-shredding games/activities and balanced nutrition, the *7 Weeks to Getting Ripped* program will help develop a lean, ripped body. Games and cardio are an integral part of getting ripped—medicine ball tosses and sprints are an amazing way to burn fat and get fit fast.

The Hot Corner game (page 134) is even better than a boot camp workout because you can do it yourself whenever you want. The most important part about the games and cardio exercises is that

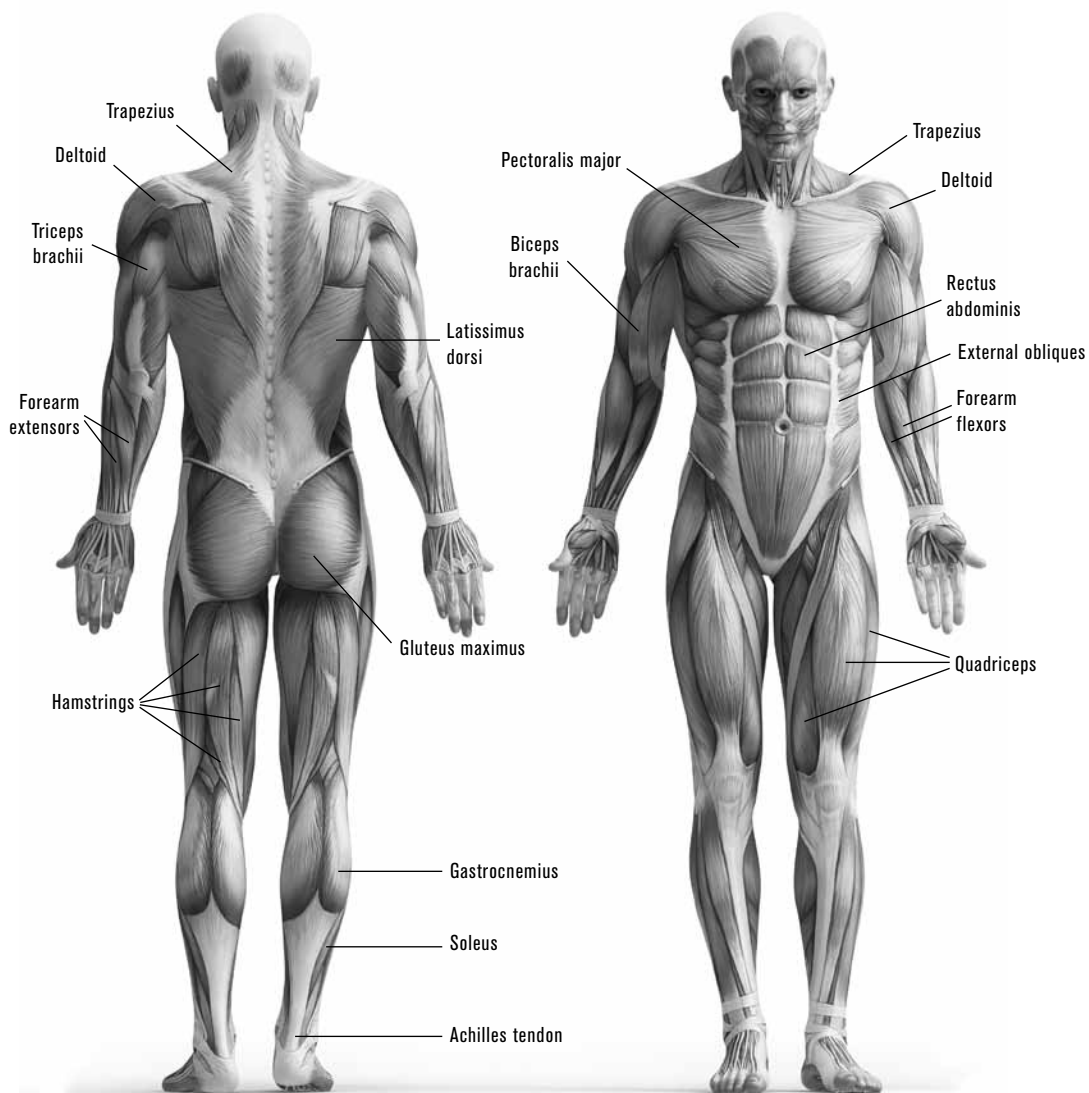


they make the workouts more interesting and fun. We all know that if something is exciting, we're more apt to stick with it, right? The games are also a great way to challenge yourself and your friends; the more support you have, the fewer excuses you have to skip a workout.

RIPPED TIP: The easiest and most effective core exercise you can do is to go outside and get active. Any running, jumping, twisting and lifting will work your core and make your whole body stronger and more fit. The simple truth is every exercise in this book has a positive effect on your core, but in order to develop those sexy rectus abdominis muscles—wait, that doesn't sound sexy at all...how does "six-pack" sound?—you need to isolate and work them. (Truthfully, though, there are four ab muscle pairs for a possible eight-pack.)

The Muscles behind the Movements

The programs and games in *7 Weeks to Getting Ripped* will work all major muscle groups and most ancillary muscles in your body, but instead of covering all 640 muscles, we'll break the body down into two sections: "movers" and "core."



MAJOR MUSCLES

Frequently Asked Questions

Q. Is it possible to just work off my love handles?

A. Yes, but the answer might be different than you think. The secret to losing your love handles is to train your entire body using bodyweight exercises. Want ripped abs? Train your arms, back, shoulders and legs...and your abs will reap the benefits.

muscles. Full-body strength training benefits both men and women by creating leaner tissue and losing any excess fat (by increasing metabolic efficiency), slowing muscle loss (especially in older adults) and decreasing risk for injury.

Q. Will this workout be an effective way to lose weight?

A. The combination of bodyweight strength training with the cardiovascular training from performing supersets (many exercises with no rest in between), Tabatas (20 seconds of intense exercise followed by 10 seconds of rest) and the sprinting involved in the fitness games is the most

efficient way for you to lose weight. When paired with balanced nutrition, you'll be firing up your metabolism in as little as 20 minutes a day to burn excess fat and shred your physique.

Q. What is the best time of day to do these workouts?

A. Choosing a time is completely up to your preference. I personally like the feeling of a great morning routine energizing me for the whole day, but I originally conceived this program while working out at lunchtime at the park near my office. After a quick shower at the gym, I was more energized at work in the



Balanced Nutrition

Balanced nutrition is actually pretty simple, but we're bombarded by millions of dollars worth of advertising touting unhealthy foods. For the most part, we spend very little time really thinking about what we put into our mouths on a daily basis. Sure, we're all busy every day, but a little planning and picking up some healthy snacks can prevent your stomach from steering you into a really unhealthy food choice.

TIP 8: WHAT HAPPENS IN THE PANTRY DOESN'T STAY IN THE PANTRY.

The first step is to banish all the unhealthy snack food from your house—if it's not there, you can't snack on it. Sure, you may have fantastic willpower, but when you have a craving and see that bag of chips, you're putting yourself in a predicament for no good reason. Having some fruit in a bowl on the counter works wonders—you see it constantly, you can grab it on the way out the door and you'll also feel guilty if you bought it and allowed it to go bad right under your nose. Celery and carrots last even longer in the fridge than fruit and are always a great snack. A handful of nuts and dried cranberries will go a long way in fueling your body and fending off any cravings for sugary snacks.

RIPPED TIP: Stock your fridge, have a sparse pantry. As a corollary to shopping at the exterior edges of the grocery store, take inventory of your fridge and pantry. The majority of your calories should come from the fridge and freezer rather than the pantry.

TIP 9: PLAN YOUR SNACKS JUST LIKE YOUR MEALS.

A “snack” absolutely does not have to be something decadent that you need to feel bad about after eating. Actually, snacks play a major role in fueling your body throughout the day. Did you know that your body burns more calories while

it's processing food than when you have an empty stomach? Snacks fill in the gap between meals and keep your body burning calories all day long. Plan your snacks by bringing a couple of pieces of fruit to work or on your daily activities. Granola, nuts and dried fruit all travel well. There are plenty of healthy options in energy and nutrition bars, but be aware of the calorie density and nutritional value. If you're (occasionally) eating a meal-replacement bar, make sure it's replacing a meal and not a snack. If you have healthy snacks available, you'll make your choices far more easily.

TIP 10: IT'S ALL ABOUT

BALANCE. In order to stay active, build a lean physique, and keep your energy level high, you need to get enough macro- and micronutrients and water each day. Macronutrients include fats, proteins and carbohydrates; micronutrients include vitamins and minerals. Your body requires vitamins to regulate its complex chemistry, including that of the digestive and nervous systems. Minerals are the building blocks for bone strength and cardiovascular health. Meats, fruits and vegetables contain plenty of the vitamins and minerals your body needs on a daily basis. Vitamin supplements are also a good way to make sure your body is getting the vital micronutrients it needs.

Before You Begin

In order to focus on completing this program successfully, it's important to be ready for the challenge and know your limits. When you begin any new exercise program, it's imperative that you talk with your doctor first and make sure you're healthy enough to participate in physical strength training and conditioning.

A warm-up should consist of light physical activity (such as walking, jogging, stationary biking or jumping jacks) and only take 5–10 minutes to complete. Your individual fitness level and the activity determine how hard and how long you should go but, generally speaking, the average person should build up to a light sweat during warm-ups. You want to prepare your body for activity, not fatigue it.

A warm-up should be done in these stages:

- **GENTLE MOBILITY:** Easy movements that get your joints moving freely, like standing arm raises, arm and shoulder circles, neck rotations, and trunk twists.
- **PULSE RAISING:** Gentle, progressive, aerobic activity that starts the process of raising your heart rate, like jumping jacks, skipping rope or running in place.
- **SPECIFIC MOBILITY:** This begins working the joints and muscles that will be used during the activity. Perform dynamic movements to prepare your body for your upcoming full-body workout. These movements are done more rapidly than the gentle mobility movements—envision a swimmer before a race or a weightlifter before a big lift. Dynamic movements should raise the heart rate, loosen specific joints and muscles, and get you motivated for your workout.

Stretching should generally be done after a workout. It'll help you reduce

soreness from the workout, increase range of motion and flexibility within a joint or muscle, and prepare your body for any future workouts. Stretching immediately post-exercise while your muscles are still warm allows your muscles to return to their full range of motion (which gives you more flexibility gains) and reduces the chance of injury or fatigue in the hours or days after an intense workout. It's important to remember that even when you're warm and loose, you should never “bounce” during stretching. Keep your movements slow and controlled.

To recap, you should warm up for 5–10 minutes, perform your workout, and then stretch for 5–10 minutes. We've included a few warm-up exercises and stretches that specifically target the muscles used in each workout (see page 116).

Avoiding Injuries

As I covered earlier in the FAQs (page 20), bodyweight strength training combined with cardiovascular exercises is the most efficient way to build strength and develop a lean, ripped physique. Let's be honest, though; none of us is perfect. Due to years of improper posture, sports injuries or even weak musculature, we all have imbalances that can affect proper form and even put us on the fast track to injury. In addition, jumping into a new exercise routine too quickly or doing the exercises with improper form can exacerbate any pre-existing injury.

How to Use This Book

Designed for men and women to build total-body strength and fitness, the *7 Weeks to Getting Ripped* program puts together bodyweight exercises, games, warm-ups, stretches and cardiovascular routines for a unique workout. It also produces results that you need to see—and feel—to believe. The program is broken down into three levels: Prep, Level I and Level II.

The Prep level makes the program accessible to anyone who's interested in getting ripped, regardless of age, weight or fitness level. This level will build your strength and confidence by teaching you full-body exercises that are easy to remember and repeat.

Level I is the meat and potatoes of the program, with carefully chosen exercises to help you develop lean muscle and burn fat.

Level II kicks things up a notch by integrating Tabata intervals, advanced moves and an additional set or two. Level II will keep you on your toes and work your entire body like no other workout you'll find!

How do you find out where you start in the *7 Weeks to Getting Ripped* program? Take the "Power 4" test on page 36!

Find Your Level Using the "Power 4" Exercises

The "Power 4" test measures your ability to perform four exercises: pull-ups, squats, push-ups and planks. You'll do the maximum amount of each of these with good form, followed by a two-minute break.

What? You want me to do all these exercises back to back? I can't do as many push-ups after my upper body is tired from pull-ups!

Yes, that's the whole idea. Throughout Level I and Level II of the program, you'll be performing different intervals, including supersets (completing exercises with little

or no rest between sets or movements) and Tabata intervals (20 seconds of intense exercise followed by 10 seconds of rest, then repeated up to 8 times). By "semi-supersetting" (2-minute rest in between exercises), this test closely mirrors the actual workouts and will give you an accurate baseline.

If you're unsure about tackling these exercises by yourself, why not invite a friend to take on this challenge with you? Having a training partner is a great way to keep you safe, motivated and accountable for your workouts. If you have a training partner for the initial test, have them keep an eye on your form to make sure you're performing the movement properly. If you're having problems with your form, now is the easiest time to fix it.

Incorporating Games & Cardio

What about the games and cardio, you ask? The games and cardio exercises are all listed in the Appendix starting on page 126; for the most part they're all mix and match. If your workout calls for 15 minutes of cardio afterward, then you can pick any cardio or game from the list and put in at least 15 minutes of quality exercise. Whether you hop on the treadmill and do "music intervals" or hit a patch of grass for ball sprints, the routine is up to you. You can even combine two or three cardio exercises and games to allow a wide range of motion and get your metabolism fired up.

Some games are a complete workout by themselves and a great way to get outside and get some extra training in on the weekend. "Hot Corner" (page 134) features bodyweight exercises, sprints and dynamic moves that'll keep you moving over the weekend and is a fantastic way for you to include your family and friends in some healthy competition.



“Power 4” Test

Before beginning the test, it's imperative that you prepare yourself for the exercises by warming up and getting your blood pumping. A good warm-up should be 5–10 minutes and raise your body temperature to a light sweat. Flip to pages 116–21 for some ideas.

Here's what you'll need for the test:

- Pull-up bar
- Stopwatch/timer for planks
- Water
- Towel
- Exercise mat (preferred, but optional)

Your workout area should be well-ventilated and free from obstructions so you can complete the movements freely without hitting anything. Use an appropriate bar that's high enough that you can extend your arms fully when grasping it. If it's too high, you may feel uncomfortable jumping up to grab it. If it's too low, you'll waste energy bending your knees to keep your feet from touching the ground. The bar itself should be safe and sturdy and able to hold more than double your bodyweight.

Warmed up and ready? Great! Just a few minutes more and you can start the test. Before you do, it's very important that you familiarize yourself with proper form for each exercise. Read each of the exercise descriptions, view the photos and slowly try each move yourself a few times to make sure you understand exactly what you'll be doing once you get started.

Make sure you're hydrated, somewhat relaxed and take some slow, deep breaths to prepare. We're starting with the most difficult of the "Power 4" moves—the pull-up. Even if you've never been able to do a pull-up in the past, it's important that you try. I've personally witnessed many people who thought they couldn't do any do 3 or 4 once they realize the proper form and use the large muscles of their upper back to complete the movement. Don't mentally block yourself from success; give it your best shot.

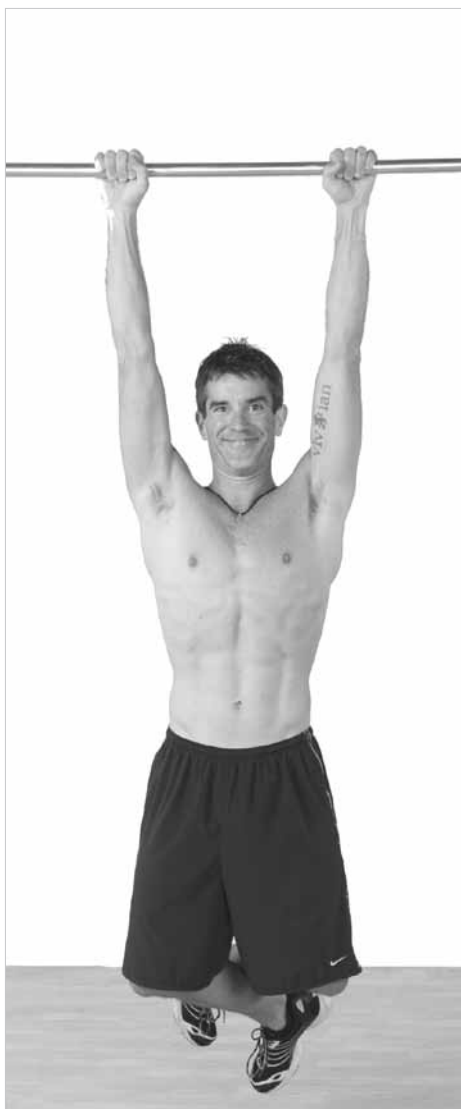
RIPPED TIP: Take a "before" picture. Actually, take several from different angles. Guys, take your shirts off, and ladies, pick that bikini that you'd love to look great in. This is a really important step that is often forgotten and best taken care of before you even take the test. Personally, I wish I had some good shirt-off "before" pictures of myself. Truth be told, I never took any shirtless pictures because I was unhappy with the way I looked. Now I wish I had those photos to compare—and you will, too! You don't need to share them with anyone else right now if you're self-conscious, but I've had trainees post them on their fridge to remind them of why they were working so hard to get fit. Keep track of your progress with a picture each week; you'll be amazed at your transformation!

Pull-Up

1 Grip the horizontal bar with your palms facing away from you and your arms fully extended. Your hands should be slightly wider (up to 2 inches) than your shoulders. Your feet should not touch the floor during this exercise. Let all of your weight settle in position but don't relax

your shoulders—this may cause them to overstretch.

2 Squeeze your shoulder blades together (scapular retraction) to start the initial phase of the pull-up. During this initial movement, pretend that you're squeezing a pencil between your shoulder blades—don't let the pencil drop during



any phase of the pull-up. For phase two (upward/concentric phase), look up at the bar, exhale and pull your chin up toward the bar by driving your elbows toward your hips. It's very important to keep your shoulders back and chest up during the entire movement. Pull yourself up in a controlled manner until the bar is just above the top of your chest.

Inhale and lower yourself back to the starting position.

Be sure to move slowly and with control during both the upward and downward phases. Don't lock your elbows, swing your feet or "bounce" at the bottom of the movement before starting the upward movement. Continue until you've done all the repetitions you can do cleanly.

Write down the number you were able to complete while you take a 2-minute break and prepare for your bodyweight squat test. Whether you complete 0 or 20, make sure to rest the full 2 minutes before moving on to the next exercise.

Squat

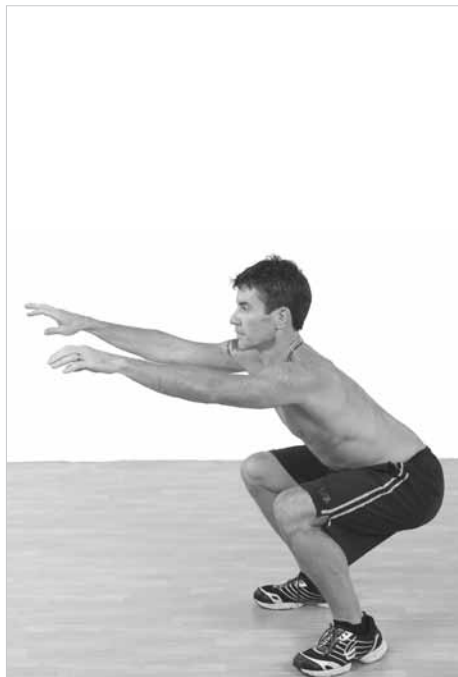
1 Stand tall with your feet shoulder-width apart and toes pointed slightly outward, about 11 and 1 o'clock. Raise your arms until they're parallel to the floor.

2 Begin your descent by bending at the hips and "sitting back" just a little bit as if you were about to sit directly down into a chair. Bend your knees slowly and keep your head up, eyes forward and arms out in front of you for balance. Your body should lean forward slightly and your shoulders should almost be in line with your knees; your knees should not extend past your toes. Your weight should remain between the heel and the middle of your feet; don't roll up on the balls of your feet. Stop when your butt is about 6 inches away

from the floor or when your knees are at 90° and your thighs are parallel to the floor.

Push straight up from your heels back to the starting position. Don't lock your knees at the top of the exercise. Repeat as many good-form squats as you can.

Write down the number you were able to complete while you take a 2-minute rest and prepare for your push-up test.



Push-Up

1 Place your hands on the ground approximately shoulder-width apart, making sure your fingers point straight ahead and your arms are straight but your elbows not locked. Step your feet back until your body forms a straight line from head to feet. Your feet should be about 6 inches apart with the weight in the balls of your feet. Engage your core to keep your spine from sagging; don't sink into your shoulders.

2 Inhale as you lower your torso to the ground and focus on keeping your elbows as close to your sides as possible, stopping when your elbows are at a 90° angle or your chest is 1–2 inches from the floor.

Using your shoulders, chest and triceps, exhale and push your torso back up to starting position. Repeat as many times as you can while using good form.



Write down the number you were able to complete while you take a 2-minute rest and prepare for your final test, the plank.

RIPPED TIP: Sometimes the act of counting your reps can be a mental barrier. Have you ever noticed that when you plan to do 10 repetitions, numbers 8, 9 and 10 are incredibly difficult yet you know you can do 15 reps easily most days? For some people, including me, the act of counting changes the focus on the goal and makes it more difficult to finish. Prior to the exercise, if you think “I never do more than 5,” there’s a good chance you’re mentally limiting yourself before you even start. If you have a partner, have them count your reps inside their head and tell you afterward. Don’t have a partner? Use a video camera! Not only can you complete your reps without your mind playing tricks on you, you can also use the footage to check out your form.

Plank

This is a timed exercise, so place a watch where you can see it when you're in position. The plank is exactly like the top portion of a push-up.

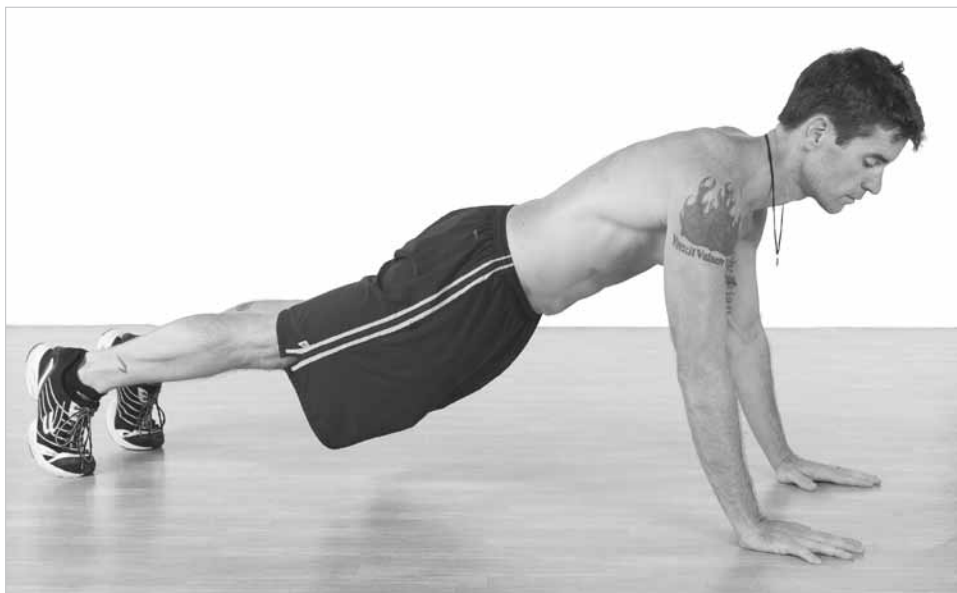
THE POSITION: Place your hands on the ground approximately shoulder-width apart, making sure your fingers point straight ahead and your arms are straight but your elbows not locked. Step your feet back until your body forms a straight line from head to feet. Your feet should be about 6 inches apart with the weight in the balls of your feet. Engage your core to keep your spine from sagging; don't sink into your shoulders.

Look at your watch and note the time—you're on the clock. Remember to breathe and maintain the position for as long as you can. Be sure not to let your butt

RIPPED TIP: Engage your core as if you were breathing in and out through a straw—purse your lips and force the air in and out with your ab muscles. Mike DeAngelo would always tell me to “breathe with your belly button” to keep my core taut and back straight.

sag. If you have a partner or mirror, take a peek at your form. Once you can no longer keep your back flat, lower your torso to the floor and note the time.

Congratulations on finishing the test—you're already on your way to getting ripped! Write down your time and grab some water (and maybe even a towel). You're done for today!



	PULL-UP	PUSH-UP	SQUAT	PLANK
PREP (page 137)	0–5 Reps Completed	0–9 Reps Completed	0–14 Reps Completed	Held for 30 seconds or less
LEVEL I (page 48)	6–11 Reps Completed	10–19 Reps Completed	15–29 Reps Completed	Held for 30–59 seconds
LEVEL II (page 53)	12+	20+	30+	Held for 60–89 seconds

Determining Your Level

Now grab your sheet and let's see how your test performance matches up to the program. Remember, that wasn't a pass/fail test. Any of the different levels will help you get ripped!

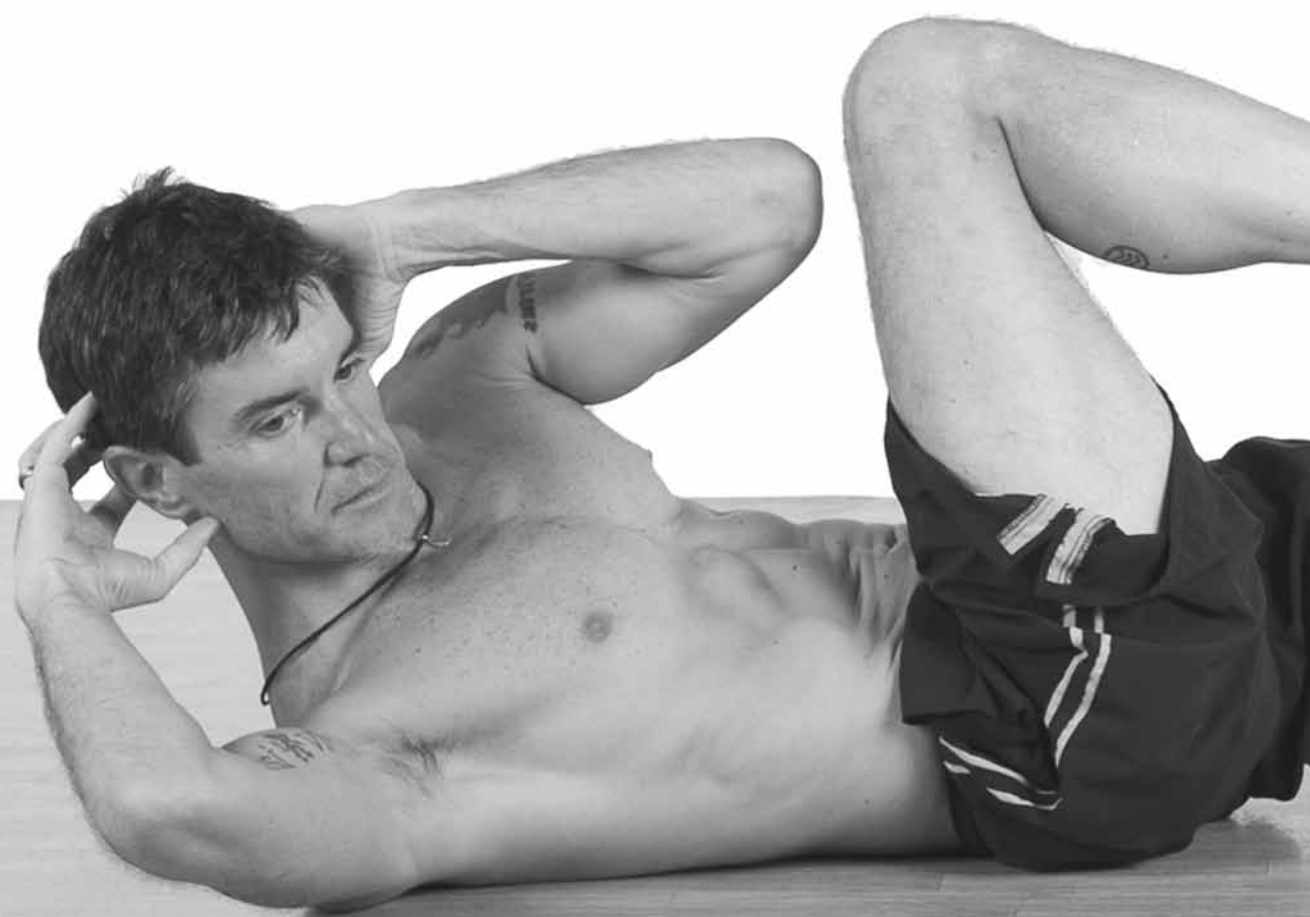
Boy, these round numbers are convenient, eh? So, what happens if you're between levels in some areas and not others? Start with the level that has the most reps in common with your initial test. The goal of this book is to get you ripped by working your entire body. You can't do that if you're neglecting any major muscle groups. *Example:* 7 pull-ups, 15 push-ups, 12 squats and a 45-second plank would mean you start with Level I.

Please note: If you were unable to complete any reps on any exercise, it's recommended that you start in the Prep level. For 90 percent of readers, pull-ups will be the deciding factor. It's important that you build them up or you'll be missing a huge part of the program. The Prep level can be found on page 137.

Share Your Success

We've created a Facebook page for our fans to share photos, goals, successes and challenges at facebook.com/7weekstogettingripped. Upload your before, during and after photos to inspire yourself and others. I personally posted my photos during my seven-week transformation and continue to post updates and interact with everyone on the program. Help, tips and motivation are only a click away.

RIPPED TIP: Keep your initial test scores. If you followed an earlier Ripped Tip (see page 37) and took some pictures, print one and write your score on the back. When you complete each program, compare your new test scores with your first score—you should be amazed with your progress.





| PART II: THE PROGRAM

7 Weeks to Getting Ripped Program

The *7 Weeks to Getting Ripped* program is composed of two progressive levels (one three weeks long, the other four) and performed three days a week. Each workout is structured around several exercises performed in a superset, with an added cardio component to really kickstart your fat-burning metabolism. ***Level I*** will build your strength, improve your form and familiarize you with some new exercises that'll help shred your body. ***Level II*** ratchets up the intensity by adding more complex moves as well as incorporating extreme training methods.

Level I

Welcome to Level I! By now you've already familiarized yourself with the pull-up, squat, push-up and plank involved in the test, and those will be the "Power 4" exercises that we'll build upon by using different grips, variations and more complex moves. Make no mistake about it—these four simple moves will absolutely shred your body when built into a structured workout that contains variations to mix it up.

Turn to Part III to familiarize yourself with the exercises for each workout before starting.

If Day 1 of the workout is too easy for you, please just stick with it for the first week. If

you overdo it, you'll miss workouts and it'll be more difficult to get back on track. If you find the workouts still too easy during Week 2, repeat the first set for that day.

Note: Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 116–25 for ideas.

Level I

Week 1

Rest 2 minutes after every set (longer if required)

Mon set 1	5 Chin-Ups	10 Squats	10 Push-Ups	:30 Plank
set 2	4 Pull-Ups	10 Lunges per leg	9 Narrow Push-Ups	5 V-Sits
set 3	5 Narrow Chin-Ups	10 Squats	7 Push-Ups	10 In & Outs

cardio

10 minutes cardio/game

Tue

Rest

Wed set 1	6 Pull-Ups	12 Squats	10 Push-Ups	:35 Plank
set 2	5 Chin-Ups	10 Lunges per leg	7 Diamond Push-Ups	16 Supermans
set 3	5 Narrow Pull-Ups	12 Squats	10 Push-Ups	20 Mason Twists

cardio

10 minutes cardio/game

Thu

Rest

Fri set 1	6 Chin-Ups	12 Squats	12 Push-Ups	:40 Plank
set 2	6 Pull-Ups	11 Lunges per leg	10 Narrow Push-Ups	7 Hanging Leg Raises
set 3	6 Narrow Chin-Ups	12 Squats	12 Push-Ups	10 In & Outs

cardio

10 minutes cardio/game

Sat

Rest

Sun

Rest

Level I Test

Congratulations on completing Level II!

You've done some fantastic work to get to this point! Now is a great time to test your progress. Take at least two full days of rest and then take the "Power 4" test again:

- **MAX NUMBER OF PULL-UPS**

(2:00 rest, write down your results)

- **MAX NUMBER OF SQUATS**

(2:00 rest, write down your results)

- **MAX NUMBER OF PUSH-UPS**

(2:00 rest, write down your results)

- **MAX TIME HOLDING A**

PLANK (write down your results)

Catch your breath, hydrate and relax. Check your results to see if you should re-take Level I or advance to Level II. How far have you come since your first test? Check out the results on paper—or, better yet, check 'em out in the mirror!

Level II

■ Congratulations on reaching Level II! This level ratchets up the intensity by adding more complex moves as well as incorporating high-intensity interval training (HIIT) and Tabata intervals.

HIIT is a very effective method for rapid fat burning and performance improvements; it's best described as alternating between maximum intensity for 3–6 reps followed by 3–6 reps at 50% intensity. For sprints, HIIT is maximum effort for a set period of time followed by an equal amount of rest. For example, you'd sprint for 1 minute and then walk for 1 minute, repeating this 8–10 times.

Tabata intervals are extremely short, intense workouts shown to have amazing results in strength building and full-body fat burning. They're based on 20 seconds of superintense exercise followed by 10 seconds of rest. This is repeated for 8 cycles for a total of 3 minutes and 50 seconds. You read that right: less than 4 minutes! Don't underestimate this

workout—it'll absolutely exhaust you and help you get shredded like nothing else.

Earlier, we talked a bit about intensity (see page 47) and how important it is to your success with this program. Level II raises the bar with the different intervals and movements featured, but the bottom line is still the same—you'll only get maximum results from the workout if you perform the exercises with good form and at the intensity required for each of the intervals. The goals for Level II are to develop full-body strength and a lean, ripped physique as well as improve your ability to perform all of the movements.

Turn to Part III to familiarize yourself with the exercises for each workout before starting.

Note: Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 116–25 for ideas.

Level II

Week 1

Rest 2 minutes after every set (longer if required)

Mon	<i>set 1</i>	10 Pull-Ups	18 Squats	15 Push-Ups	1:00 Plank	—	—
	<i>set 2</i>	11 Chin-Ups	13 Lunges per leg	14 Narrow Push-Ups	15 Hanging Leg Raises	—	—
	<i>set 3</i>	10 Commando Pull-Ups	10 Squats	12 Diamond Push-Ups	22 Mountain Climbers	—	—
	<i>cardio</i>	15 minutes cardio/game					
Tue		Rest					
Wed	<i>set 1</i>	12 Chin-Ups	10 Lunges with Twist per leg	8 T Push- Ups	14 Air Squats	—	—
	<i>set 2</i>	1:00 Forearm Plank	26 Mountain Climbers	12 Push-Ups	10 Mountain Climbers	12 Supermans	1:00 Forearm Plank
	<i>set 3</i>	10 Pull-Ups	18 Squats	—	—	—	—
	<i>cardio</i>	15 minutes cardio/game					
Thu		Rest					
Fri	<i>set 1</i>	11 Pull-Ups	20 Squats w/Medicine Ball	13 Diamond Push-Ups	18 Hanging Leg Raises	—	—
	<i>set 2</i>	1:10 Plank	10 Burpees	18 Mountain Climbers	30 Wood Chops	—	—
	<i>set 3</i>	15 Chin-Ups	16 Hanging Leg Raises	10 Lunges with Twist per leg	12 Narrow Push-Ups	—	—
	<i>cardio</i>	15 minutes cardio/game					
Sat		Rest					
Sun		Rest					

Level II Test

Congratulations on completing Level III!

I hope you've gotten a whole bunch of amazing workouts under your belt and learned some great new moves! What do you think, is this a good time to test your progress? Sure, why not? Take at least two full days of rest and then take the "Power 4" test again:

- **MAX NUMBER OF PULL-UPS**

(2:00 rest, write down your results)

- **MAX NUMBER OF SQUATS**

(2:00 rest, write down your results)

- **MAX NUMBER OF PUSH-UPS**

(2:00 rest, write down your results)

- **MAX TIME HOLDING A**

PLANK (write down your results)

Catch your breath, hydrate and relax.
How far have you come since your first test?





PART III: EXERCISES

Standard Push-Up



1 Place your hands on the ground approximately shoulder-width apart, making sure your fingers point straight ahead and your arms are straight but your elbows not locked. Step your feet back until your body forms a straight line from head to feet. Your feet should be about 6 inches apart with the weight in the balls of your feet. Engage your core to keep your spine from sagging; don't sink into your shoulders.



2 Inhale as you lower your torso to the ground and focus on keeping your elbows as close to your sides as possible, stopping when your elbows are at a 90° angle or your chest is 1–2 inches from the floor.

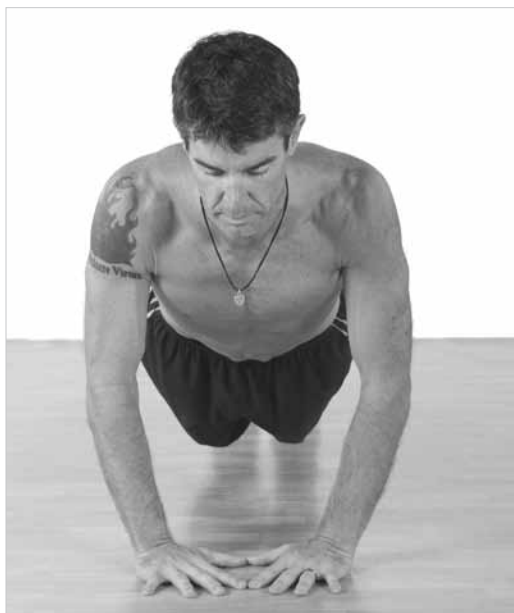
Using your shoulders, chest and triceps, exhale and push your torso back up to starting position.

STAGGERED VARIATION: Staggered push-ups can be done with your hands in pretty much any position as long as you can support yourself. Be aware of any pain in your elbows or shoulders; moving your hands away from your torso increases the load these joints need to bear to lower and raise your body.



Diamond Push-Up

This version targets the triceps more than standard push-ups do.



Place your hands directly under your chest with the thumb and forefinger of each hand touching to form a “diamond.”

NARROW VARIATION: This version also targets the triceps more than standard push-ups do. Here, your hands are 6–10 inches apart.



Wide Push-Up

This move does a good job of isolating your chest.



Place your hands anywhere from 6 to 12 inches away from your chest on either side. Be aware of any pain in your elbows or shoulders; moving your hands away from your torso increases the load these joints need to bear to lower and raise your body.



T Push-Up

This exercise gets its name from the ending position when your body forms a “T.”



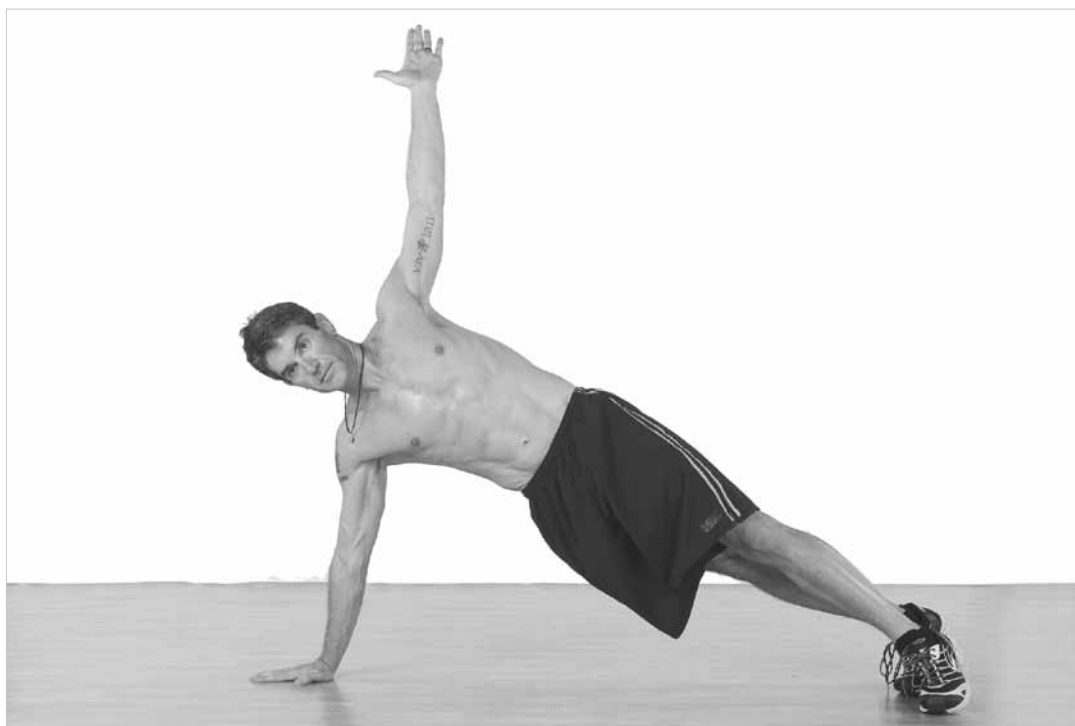
1 Assume a standard push-up position (page 62).

2 Inhale as you lower your torso to the ground, stopping when your elbows are at a 90° angle or your chest is 1–2 inches from the floor.





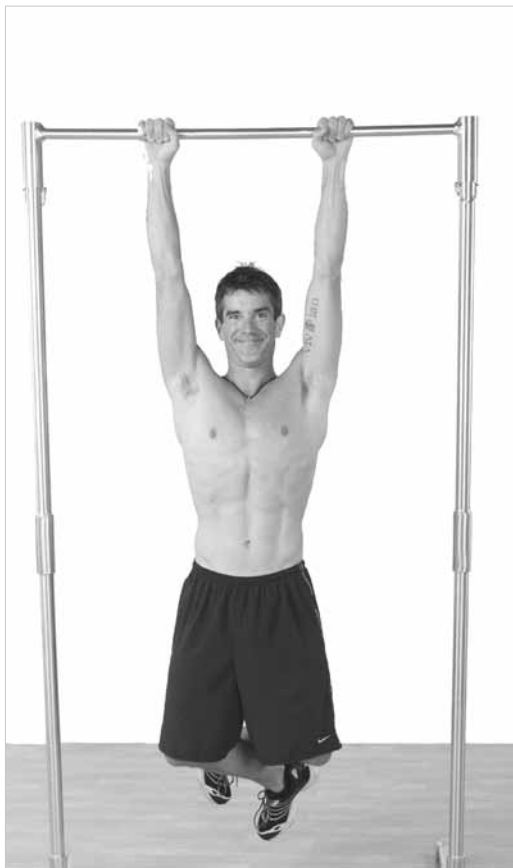
3 Exhale and push up from the floor.



4 As your arms near full extension, lift your left hand off the floor and slowly raise your hand out to your left side while simultaneously rotating your entire torso, head and left leg until your body forms a “T” shape with your left arm pointing directly upward and your right hand in contact with the floor, supporting your weight. Maintain a contracted core and keep your spine erect. Hold that position for 3 seconds (or longer if you choose to incorporate a side plank).

Slowly rotate your torso back to plank position. Repeat on the other side.

Pull-Up



1 Grip the horizontal bar with your palms facing away from you and your arms fully extended. Your hands should be slightly wider (up to 2 inches) than your shoulders. Your feet should not touch the floor during this exercise. Let all of your weight settle in position but don't relax your shoulders—this may cause them to overstretch.

2 Squeeze your shoulder blades together (scapular retraction) to start the initial phase of the pull-up. During this initial movement, pretend that you're squeezing a pencil between your shoulder blades—don't let the pencil drop during any phase of the pull-up. For phase two (upward/concentric phase), look up at the bar, exhale and pull your chin up toward the bar by driving your elbows toward your hips. It's very important to keep your shoulders back and chest up during the entire movement. Pull yourself up in a controlled manner until the bar is just above the top of your chest.

Inhale and lower yourself back to starting position.

Commando Pull-Up



1 Stand perpendicular to the bar with it directly overhead and bisecting your body into left and right halves. Reach up to grip the bar like a baseball bat (e.g., hands on opposite sides of the bar). Your elbows should be a few inches apart and pointed toward the floor, not flared out to the sides.

2 Engage your core and pull upward using your biceps, shoulder, chest and back to bring your head up on one side of the bar. Keep your arms tight to your torso and bring your elbows toward your waist. At the top of the move, touch one shoulder to the bar.

In a slow and controlled manner, lower your body back to the starting position. Switch shoulders each rep.

RIPPED VARIATION: For more core activation, on the upward movement raise your knees up and crunch your core—the higher your legs, the more you activate your core. You can even bring your feet up to touch the bar.



3 Continue raising your head and shoulders off the floor and bringing your hands past the outside of your knees while bringing your knees and chest together. At the top of the move, pause for 1–3 seconds.

Slowly return to starting position. Be careful to “roll” your spine in a natural movement and let your shoulders and head lightly touch the floor.

VARIATION: For more abs activation, maintain the same distance of your feet from the floor as you extend your legs back to straight and hold them there until you begin the next rep. It's a lot harder and you'll recruit far more muscles from your upper legs, pelvic girdle and hips to extend your legs in and out without letting your heels touch. Remember to keep your hands level to the floor—you're cheating if you raise them up!



- 3** While keeping your left foot in place, lift your right foot 6 inches higher (it should now be 12 inches off the floor). Hold for 5 seconds.



- 4** Simultaneously lower your right leg back to 6 inches off the floor while raising your left foot 6 inches higher. Hold for 5 seconds.

This counts as 2 reps.

RIPPED VARIATION: Kick your hanging leg raises up a notch by adding a pike on the way down. After you bring your legs to your chest and hold for 3 seconds, straighten your legs as you lower them and hold in a pike position (or “L” shape formed by your torso and legs) for an additional 3 seconds. Ready for more? Hold the pike position and do some pull-ups.



Burpee

The burpee combines a squat, a double-leg mountain climber, a push-up and a high jump. It's a great full-body workout that you can do anywhere to work up a sweat and target your arms, chest, glutes, quads, hamstrings, calves and core. Since it's a multiple-position movement, take the time to learn and practice proper position for each move before you try it at full speed.



- 1** Stand tall with your back erect, feet shoulder-width apart and toes rotated slightly outward.



- 2** Shift your hips backward and “sit back” for the squat, keeping your head up and bending your knees. Lean your weight forward and place your hands on the floor, inside, outside or in front of your feet—whichever is more comfortable and gives you a nice, stable base.

- 3** Kick your feet straight back so that you're now in a push-up starting position, forming a nice line from your head to your feet. Keep your core tight to maintain an erect spine.

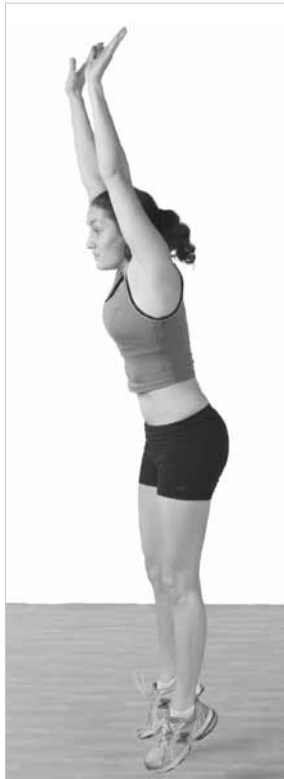


4 Inhale as you lower your torso toward the floor for a push-up. Stop when your body is 1–2 inches from the floor.



5 Exhaling, straighten your arms and propel your entire upper body off the floor while simultaneously bending your knees and bringing them toward your chest in order to plant your feet underneath you. You should end up back in the bottom position of a squat. Take a quick breath.

6 Swing your arms straight overhead, exhale and push off from your feet to jump straight up in the air as high as possible. Land with your knees slightly bent to absorb the impact. That's 1 rep.







I A P P E N D I X

Beyond the Program

So what do you do after you've achieved your lean, ripped body? The beauty of the *7 Weeks to Getting Ripped* program is that you now know all the exercises you need to strengthen and shred your body and can do them at any time! With all the moves you've learned combined with the cardio components and games, there are literally millions of exercise combinations you can use to build your own routines. Get creative and mix things up from week to week. You'll be amazed by how much fun you can have while getting fit. Want to challenge yourself to new goals in the routine? Add an additional set to each workout or double the cardio components—there are no bad combinations as long as you take at least one day off between workouts and don't overtrain.

Full-Body Exercises: A Complete Workout All by Themselves

Multijoint movements, commonly called compound exercises, are an efficient way to get a full-body workout done in less time. In this book we've covered many exercises that use your bodyweight and natural movements to achieve a complete workout. These exercises (squats, pull-ups, wood chops, in & outs, etc.) can be combined or modified to build strength and muscle quickly. To put it in a phrase, "The more joints that are worked, the more muscle fibers are activated and the better your results will be."

Okay, I understand the whole "multiple muscle" thing, but how does this make me stronger and leaner?

There are many factors that make compound exercises extremely effective at building a lean, ripped body. Here's a quick overview:

- By activating more muscle fibers, you place a greater demand on your body and rapidly consume more energy than when performing isolation movements. This in turn has a metabolic effect, helping you burn fat more quickly.
- When you activate multiple muscle groups by moving on one or more planes, you also stimulate and strengthen a great deal of stabilizing muscles.

- Real-life activities don't happen while sitting on a bench lifting a weight on a cable—natural movements are on multiple planes using multiple muscles at the same time. Training with compound movements improves performance in athletics as well as regular daily activity.
- Multijoint movements are extremely efficient, activating more muscle fibers in less time than when performing multiple isolation exercises.

Here are a few of my favorite multijoint "advanced" movements that aren't noted in the programs in this book but can be found in the exercises section (Part III). Give them a try!

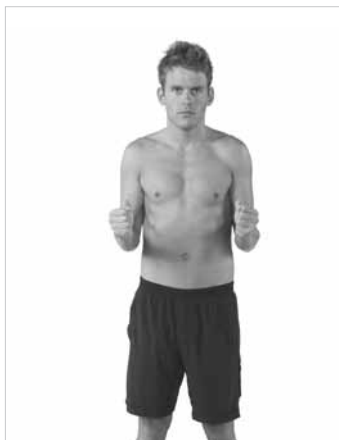
AROUND-THE-WORLD MULE KICK MOUNTAIN CLIMBERS (PAGE 101)

As a marathoner, my hips always seem to be one of the first things to hurt during long mileage, and I needed to find an exercise I liked that would work my hips on multiple planes. I'm not a huge fan of sitting on a hip abductor machine, and the singular plane doesn't replicate the running motion too well, in my opinion. So I developed "Around-the-World Mule Kick Mountain Climbers" (in retrospect, I could've come up with a more clever name as an advanced variation of the mountain climber). This exercise combines a series of moves (plank, mountain climbers, mule kicks) and adds a hip movement on three different planes. My glutes, hips and core really get a workout from doing this exercise, I hope you like it, too! When I'm

Warm-Ups & Stretches

As we discussed on page 30, since you'll be pushing, pressing and lifting your bodyweight, it's very important to warm up before you stretch. Stretching prior to warming up can cause more damage than good to muscles, ligaments and joints. When your muscles are cold, they're far less pliable and you don't receive any benefit from stretching prior to warming up. Below are some dynamic warm-ups that'll get your heart rate up, loosen tight muscles and prepare you for your workout.

Barn Doors



VARIATION: This can also be done with a band.

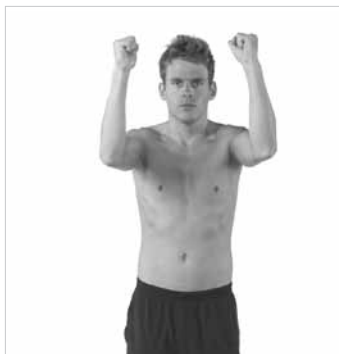


1 Stand with your feet shoulder-width apart with your arms tight against your sides. Bend your arms 90° so that your forearms extend forward and are parallel to the floor. Grip your hands like you have a rubber band between them.

2 Keeping your forearms parallel to the floor, squeeze your shoulder blades together and pull your hands apart to the sides.

Do 10–12 repetitions.

Chest Fly



1 Assume the Barn Doors position (above) with your hands in front of your torso, then raise your hands and elbows straight up, maintaining the 90° angle until your elbows are at shoulder height.

2 Squeezing your shoulder blades together, pull your hands away from each other until your hands are parallel to your ears.

Do 10–12 repetitions.

Cardio & Games

“Ugh. Cardio.” To most fitness enthusiasts, cardio work is just a boring, tedious time-eater at the end of a workout. Getting the most out of your cardio, however, doesn't mean you need to spend an hour on an oversized hamster wheel just to fulfill a quota. Anything that involves you getting active and raising your heart rate counts.

Use the following list of cardio components as a guide for raising your heart rate, building your endurance, strength and flexibility, and burning more calories and fat. Be inventive: Toss a medicine ball against a wall or with a partner, jump rope, hop over cones, bound up some stairs or, my personal favorite, dance with your kids. Like the saying goes, "Dance like no one is watching."

At the end of each daily workout is a basic idea of how much time you should put in for cardio. It's not set in stone and varies greatly on the exercise you choose and your intensity. The more effort you put into your cardio, the more quickly you'll be done. Mix and match a few different moves, like jumping rope and shadow boxing, to work your whole body, and you'll be sufficiently smoked and ready for the shower before you know it.

Team or individual sports also count as excellent cardio. Sometimes the best way to get a great workout, as well as renew the spirit, is to grab a partner and engage in some friendly competition. Play some one-on-one basketball or shoot around by yourself to get a good burn. For more ideas, check out "Fitness Games" on page 130. The key to games, both winning and getting a great workout, is intensity—the harder you compete, the better the results and the more fun you'll have, fueling the desire to do it again.

All of the games provide a bit of everything you'll need to get ripped so don't fret over which is best; just find those that work for you and have fun with them. As time goes on, create your own and have even more fun!

Safety note: If you're outdoors, especially near traffic, always be aware of your surroundings!

FINDING YOUR TARGET HEART RATE

In order to optimize fat burning, it's important for you to calculate your resting heart rate (RHR) and use that to find your target heart rate (THR).

To calculate your maximum heart rate (MHR) (the theoretical maximum beats per minute your heart can physically handle):

$$220 - \text{YOUR AGE} = \text{MHR}$$

To calculate 60% of your MHR to keep your cardio in the fat-burning zone (or THR):

$$220 - \text{YOUR AGE} \times \text{DESIRED \%} = \text{THR}$$

In order to make your THR percentage even more accurate, you need to know your resting heart rate (RHR). Take your HR first thing in the morning when you wake up and use this formula:

$$(\text{220} - \text{YOUR AGE} - \text{RHR}) \times \text{DESIRED \%} + \text{RHR} = \text{THR}$$

Note that you subtract your RHR before multiplying by the desired HR% and then add your RHR back in.

Fitness Games

Here are just a few ideas to get you started. Visit our website 7weekstogettingripped.com for additional tosses that didn't make it into print.

MEDICINE BALL LONGEST TOSS

The goal is to create as much distance between you and your partner by tossing a medicine ball back and forth using a variety of throwing techniques. This involves a lot of jumping, squatting and twisting, so make sure you're warmed up before attempting any of them. *Safety note:* NEVER try to catch a thrown medicine ball. Let it bounce, as all the instructions say to do!

Number of players: 2

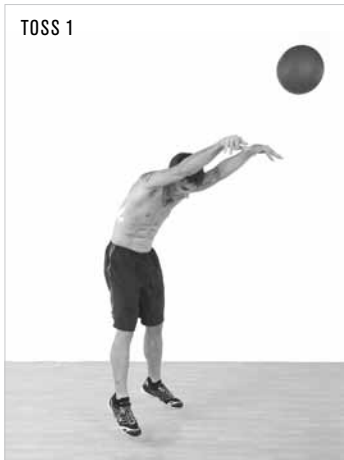
Description: Using 4 cones, place 2 cones side by side and the other 2 about 10 feet apart. Stand next to a pair of cones and face your partner, who's standing next to the other pair of cones. Choose who goes first. Begin tossing the ball as far as you can toward your partner's cones.

Your partner will move one of his cones to that spot; he makes his next throw from there, whether it's farther or closer than the original 10 feet. Keep the other cone at the original 10-foot starting position. Each of you will perform the 10 tosses below to determine a winner for each round. The winner is the person whose cone is still closest to the other cone in its original starting position.

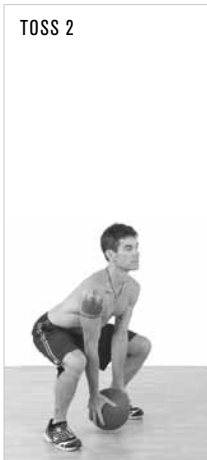
A match is played by alternating through the following tosses:

TOSS 1: *Overhead Forward* With your arms extended straight overhead with the ball between both hands, keep both feet planted (no steps allowed) and pointed directly at your partner's cone. Lean back slightly, engaging your core and lower back muscles. Do not bend your elbows to bring the ball behind the top of your head; your arms should always remain straight. Rapidly contract your core, bring your whole upper body forward and release the ball. You should be throwing the ball with your core, not your arms.

TOSS 1



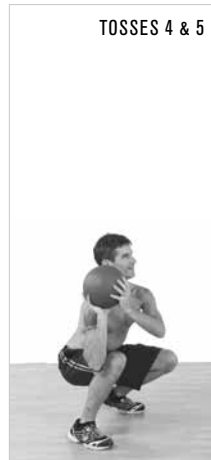
TOSS 2



TOSS 3



TOSSES 4 & 5



Prep-Level Program

Welcome to the Prep program, a fantastic place to start and an awesome opportunity for men and women of all fitness levels to build the full-body strength they'll need to complete the programs in Part II. The Prep level builds progressively over three weeks and packs a lot of training and learning into that short span of time. It's imperative that you use this program to not only build your strength and stamina, but also to master all of the movements so you can perform them repeatedly with good form. A great deal of people will repeat the Prep program until they're ready to make the leap into Level I.

You'll find instructions for the exercises either after the Prep program test on page 142 or in Part III. The Prep program is a kick-off for newcomers to full-body workouts work but it also works very well as a maintenance program for staying in shape after you've completed Level I or Level II. This program can double as an effective "on the road" workout that you can do virtually anywhere—a hotel room, on a camping trip, even backstage.

Prep Program Tips

Take this workout at your own pace if you're new to working out or coming back after some time away. **DO NOT OVERDO IT!** (Did I make that bold enough?) You WILL be sore for 1–2 days after your first few workouts, and if you overdo it you'll miss subsequent workouts. This happens to nearly everyone when they start a workout regimen—don't let it happen to you.

The goal with assisted pull-ups and knee/wall push-ups is to get you strong enough to perform the movements without assistance by the end of the Prep program. For some people it'll take longer to achieve the minimum (5) pull-ups for the Level I program. Don't get discouraged! You

can repeat the Prep program as many times as you'd like to build your strength and increase the intensity on the other exercises. Here's a little secret: The Prep program will get you stronger and more ripped, too!

Huge gains in strength and fitness are nice but about as realistic as expecting the Tooth Fairy slipping a C-note under your pillow. As long as you put in the effort, you'll get results. Persistence and intensity along with the workout programs in this book are all you need to get ripped.

Nothing is more motivating than having a "before" picture, whether you post it on your fridge or keep it on your phone. It's really important to see where you were so after completing any program you can see your improvements.

You'll always miss some workouts, no matter how hard you try and prepare—life gets in the way. Don't be discouraged if you miss a day—just slide your routine back a day for the rest of the week and start again on Monday. If you missed a week, just restart the following Monday. Don't give up. The goal isn't "7 weeks"; it's all about you getting in the best shape of your life. Even if it takes six months of stops and starts, the end result is totally worth the effort!

Note: Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 116–25 for ideas.

Prep Level

Week 1

Rest 2 minutes after every set (longer if required)

Mon *set 1*

4 Push-Ups

6 Squats

:30 Plank

3 Assisted
Chin-Ups

set 2

5 Push-Ups

5 Lunges per leg

3 Assisted
Pull-Ups

8 In & Outs

set 3

10 Wood Chops

16 Marching
Twists

8 Mountain
Climbers

—

cardio

10 minutes cardio/game

Tue

Rest

Wed *set 1*

3 Push-Ups

:20 Plank

10 Mountain
Climbers

2 Assisted Pull-
Ups

set 2

6 Lunges w/
Twist per leg

10 Wood Chops

18 Marching
Twists

8 Squats

set 3

3 Assisted
Chin-Ups

8 Hanging Leg
Raises

8 Reverse
Crunches

—

cardio

10 minutes cardio/game

Thu

Rest

Fri *set 1*

3 Assisted
Pull-Ups

5 Push-Ups

8 Squats w/
Medicine Ball

12 Mountain
Climbers

set 2

10 Hanging Leg
Raises

6 Lunges w/Twist
per leg

5 Push-Ups

10 In & Outs

set 3

3 Assisted Chin-
Ups

12 Wood Chops

20 Marching
Twists

8 Squats

cardio

10 minutes cardio/game

Sat

Rest

Sun

Rest

Knee Push-Up

Knee push-ups are performed exactly as “standard” push-ups (page 62), but instead of your toes touching the ground, your knees will be the point of contact. This eliminates some of the weight of your legs and the smaller angle makes the movement about 15 to 25 percent easier.



1 Kneel and place your hands on the ground approximately shoulder-width apart. Walk your hands forward until your body forms a straight line from head to knees.

2 Inhale and lower your upper body toward the floor, stopping when your chest is about 3 inches from the floor.

Using your arms, chest, back and core, exhale and push your body back to starting position.

Wall Push-Up

This is easier than all floor push-ups, including those done from the knees.

1 Place your hands on a wall about shoulder-width apart and position your feet as far away from the wall as you feel comfortable. The farther your feet are from the wall, the harder the move will become. Engage your core to keep your back straight and your body in a straight line from head to feet; don't lean your head forward.

2 Inhale as you lower your entire body toward the wall, stopping before your head touches.

Exhale and, using your chest and arms, push your body away from the wall back to starting position.



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Acknowledgments

Thank you to Jason Warner for helping me create the programs in this book and being a great source of support and inspiration—even from the other side of the world. Residing in Murray Bridge, Australia, Jason created and wrote the games in this book based on the workouts we developed in Scottsdale, Arizona, from 2008–2010. Without Jason's friendship, guidance and commitment to *7 Weeks to Getting Ripped*, this book and programs wouldn't have existed.

Special thanks to Steve Speirs, Lewis Elliot and Corey Irwin for their contributions; to Mike DeAngelo for the continued support and encouragement he has provided for my writing, training and athletics; to Kristen and Vivi for all the love and understanding as well as dealing with me constantly being on my laptop or out training; and to my parents and brother for their unwavering support of their little Booeey.

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