

WRITTEN & CREATED BY GAVIN WALSH

LEAN IN 19 **EXTREME** **FAT LOSS PLAN**



MAINTENANCE PLAN

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Introduction

Well, well, well you made it!

I knew you would.

You've completed 19 days of madness and the inch loss and weight loss has been tremendous.

Whoop, whoop!

Seriously, well done.

It can be hard work sticking to a plan like Lean in 19, but I sincerely hope that you followed through and are happy with the results that came with it.

Speaking of results, don't forget to tell me about them.

It's what fuels me and I love to hear about the successes people have had with Lean in 19.

As I've said many a time, it puts a great big smile on my face when I see someone lose a bucket load of lard 😊

So, now you've finished, you're probably wondering "What next?"

Well, that's what this manual is all about.

Whether you simply want to maintain the results you've achieved so far or you are keen to lose more lard I've got you covered.

What I don't want you to do is jump straight back on to Lean in 19 thinking you'll get the same results again.

That sh*t won't work.

I'm not saying you can't do it again, but don't do right away.

Give it a few weeks, especially as you'll need a rest from the daily exercises, the rigid nutrition structure that the hot zone cycle follows and more time to build your new found skills into your lifestyle.

Because remember, long term fat loss isn't about an extreme diet or fitness program.

It's about making changes to the way you live, so that maintaining your weight becomes effortless and your health and well-being soars.

If your diet was a little on the shoddy side when you started, then chances are it's not going to happen overnight.

You'll need to constantly work at it.

Be prepared and be organized.

You WILL hit a few bumps along the way.

Everybody does.

But stick with it and when things get bad just follow the basics.

Don't try and be fancy.

And if you ever have any questions, I'm all ears.

To further successes,

Gravin

Mindset

Righto, let's get your noggin in order.

I mean that in the nicest possible way ☺

You see, it's all very well you completing Lean in 19, but it's another thing keeping that momentum going over the long haul.

Getting your noggin in the right frame of mind is critical.

I mean, it's all very well me telling you how eat and how to exercise to keep the lard at bay, but none of it matters if you're not willing to play the long game.

And by that I mean wanting to make these changes last.

This might sound simple enough, but you've actually got to REALLY want to stick at this healthy living lark.

Otherwise, you'll potter off on your own and in just a couple of months of eating and drinking rubbish you'll be looking down at your waistline and wondering where it all went wrong.

"I only had a few nights out" or "I might have treated myself once or twice" are common excuses.

So look here Sonny Jim, what you've learnt about exercise and nutrition over the last few weeks is of major importance to your future success.

Especially the bit about those nutrition foundations: eating real food.

You can't just forget about it and go back to your old ways and expect not to put the weight you lost back on.

I'm not saying you have to be saint for the rest of your life when it comes to your diet and you certainly don't have to exercise every day, but you need to have an underlying focus that stops you from straying down the wrong path.

Yes, life will throw the odd curveball at you, that's to be expected and the key is not to let everything fall apart and return to those old habits when it does.

You might even have to upset a few people along the way in doing so...

Crab Mentality

Have you ever heard of Crab Mentality?

It's sometimes referred to as crabs in the bucket, it's a metaphor that describes a certain way of thinking. Namely, "if I can't have it, neither can you!"

The metaphor refers to a bucket of crabs.

Individually, the crabs could easily escape from the pot, but instead, they grab at each other in a useless "king of the hill" competition which prevents any from escaping and ensures their collective demise.

The analogy in human behaviour is that members of a group will attempt to "pull down" (negate or diminish the importance of) any member who achieves success beyond the others, out of envy, conspiracy or competitive feelings.

This behaviour is not uncommon when people lose weight and start to take care of themselves.

For example, your spouse may have been all for you taking part in this 19 day of fitness and fat loss blast.

But now it's finished, they may well want the old you back.

The old you who used to sit about and eat junk every night of the week in front of the TV.

They might not like the new you that takes care of what you eat and drink, especially if it makes them feel bad about themselves.

If you feel that you're being held back, then you've got to have a chat with them.

You need people that are on the same page as you if you want to continue down the healthy path.

People who will support your efforts and achievements.

Ideally people who are prepared to join you or are already living the healthy lifestyle.

If you can't find these people at home, then there are plenty of other avenues to explore.

For example there are local fitness/sports groups and god knows how many online forums you can turn to ([including mine](#)).

Whichever route you go, just make sure it's a positive one where you can share your thoughts and continue to improve your health and well-being.

Fat Loss Vs Health & Fitness

This title may confuse you a little.

You see, if fat loss is your goal and you've got good chunk of lard to lose after finishing Lean in 19, then I've got no problem with you going all guns a blazing in bid to lose that excess fat.

But let me warn you, not everyone is game for another serious bout of Lean in 19 OR capable of doing this long term.

It takes a lot of effort, commitment and sacrifice to be in 'all-out war mode' for long durations.

That's why I recommend you don't hop straight back onto Lean in 19.

It's sometime better to focus on improving your lifestyle first by becoming more active and locking down those nutrition foundations I keep banging on about.

If you can do this consistently month after month you will lose more fat, no doubt about it.

Will the fat drop off as quickly as it did before?

Probably not, but you will lose weight until your body finds a natural balancing point.

And if you feel the results aren't coming as quick as you'd like them to, you can always jump on Lean in 19 once again to speed things up a little 😊

Don't Lose Focus

Unfortunately, I won't be emailing you every day like I have over the last 19 days.

I can't hold your hand all the time 😞

You'll need to find alternative ways to help you stay focused going forward.

If more fat loss is on the cards for you, then make a specific goal.

How many pounds are you going to lose over the next 4-8 weeks?

Write it down.

Stick that number along with a deadline on your fridge door or bathroom mirror to act as a constant reminder.

Knowing your numbers is the first step in this process.

Journaling, AKA writing sh*t, down is another.

Just like the last 19 days, using a journal will help you stay super focused and if you use the nutrition know-how I've taught you along with the workouts in this manual you'll be jumping for joy once again.

Keep Track Of Your Stats

Speaking of numbers, it pays to keep tabs on what they're doing.

So, don't be afraid to hop on the scale once a week, record your measurements and take progress photos as well.

Especially, if you're looking to further your fat loss.

You need to know what the stats are doing and whether you are heading in the right direction or whether you need to be stricter with your diet and exercise plan.

Many people don't bother keeping track of their stats, but if your goal is to lose more lard, you've got to know you're heading in the right direction and if you're not you can then do something about it.

Some weeks the scale might not budge, but if the inches are still heading in the right direction then there isn't a problem.

However, if one week your weight and inches haven't budged you can then assess your nutrition and exercise plan over that period and decide on a plan of action.

You can use the stats and measurements tracker at the end of this manual.

Join My Facebook Group

Do you know what else keeps you focused?

Being a member of the Lean in 19 PRIVATE Facebook group.

If you're not a member yet, then you can request to join [HERE](#).

The great thing about this group that everyone is in the same boat: looking to lose weight and improve their health and well-being.

Oh and I should have mentioned a serious lack of time! 😊

It's a private group, so that anything you post will not be seen by anybody who is not a member of the group.

I recommend that all members post a comment in here at least once a month (1st of each month) to update the rest of the group on how things are going and what's new.

Of course, you can post more than once if you would like to and chat with other men and women that have completed the Lean in 19 journey.

Plus, you'll often find me in there answering questions and chit-chatting with the Lean in 19 family.

Abracadabra

I would love to tell you that there is a magic answer when it comes to getting your head in the right frame of mind, but there isn't.

Keeping your head straight requires time, practice and good support.

If you can master the right mindset it'll feel like a switch has been turned on in your head.

Something just clicks and keeping the weight off and being healthy is easy-peasy.

Nutrition

You may well be fed up of me saying this by now, but I'll say it again 😊

Your nutrition, the way you eat, is and always will be the key to your health, well-being AND long term fat loss.

Do you remember those nutrition foundations I told you about?

Eat Real Food

The same applies now.

No processed foods, junk food, fizzy drinks, etc.

Also, do you remember elimination phase: **no wheat/gluten, refined sugar, alcohol, cow's milk or caffeine.**

It doesn't matter whether you're trying to lose more fattimus from your assimus or maintaining your weight and body shape, these foundations will always apply.

Yes, you can speed up fat loss with the correct exercise program and use of nutrition strategies such as my hot zone cycle, but without the foundations put in place after such a fat loss program has finished health and well-being will deteriorate and lard will multiply.

So, just in case I've not made it clear, you have to practice these basics over and over again if you want to keep the lard at bay.

However, I do not expect you to be a saint for the rest of your life.

Personally, I follow these 'nutrition rules' most of the time.

I say "most of the time", because I still have the odd beer, eat chocolate and enjoy my food.

Occasionally, I might even eat an ickle bit of bread!

Rock and roll, I know 😊

Monday to Friday I'm pretty much on the ball, bar a few squares of dark chocolate, but then comes the weekend and I'll be a little more flexible with my diet.

You might say I follow an 80/20 rule, whereby 80% of the time I stick with the foundations and the other 20% I eat whatever I fancy.

I recommend you to follow suit if you wish to keep the lard off without following a rigid structure.

Having said that there are two caveats.

The first being, an autoimmune disease or digestive issue.

If you have such a condition, then you may well be better off following the paleo way of eating (my elimination phase, plus dodging grains and legumes).

By eliminating such food sources you may well be able to improve or even reverse such issues.

The second being, further fat loss.

19 days is a good start to losing lard when following Lean in 19, but I'm not so naïve as to think your fat loss troubles will have completely disappeared.

And so, this is how to speed up fat loss without going the whole hog.

Intermittent Fasting

If further fat loss is your goal then I'd go with intermittent fasting route combined with the nutrition basics of eating real grub.

I've seen people lose chubbage consistently week after week, month after month using this method.

It might not bring you rapid fat loss, but the results will come steadily.

Of course, you've already experienced intermittent fasting during the Lean in 19 Hot Zone Cycle, but this intermittent fasting method is a wee bit different.

The concept behind intermittent fasting actually stems from Palaeolithic times.

Our caveman ancestors didn't have three square meals a day or food on 'tap' like we do nowadays.

In fact, they would frequently go for long periods without food until they captured their prey, when they would feast.

So in evolutionary terms, the evidence suggests that our bodies are actually built for more sporadic eating patterns than we follow today.

How Does It Work?

You could be forgiven for thinking that fasting is simply about creating a calorie deficit on the days that you fast.

This is only part of the process.

Our bodies are very savvy and several mechanisms combine to deliver the many benefits of fasting.

A calories deficit is of course helpful for fat loss: if you eat fewer calories than you need to function you will start to burn fat stores – simple maths (as long as you're not eating crap).

A low calorie diet over the course of seven days can be quite a mental battle, but with intermittent fasting you get the benefit of a week's low calorie diet in the space of two 18 hour periods.

If you fast through the night you will, more than likely, be asleep for the majority of the fast, which makes the whole process a little easier.

A 24 hour fast is a little bit more difficult, but certainly not impossible.

I know of people who fast for longer, take religious fasting, for example.

However, 18 hours is long enough to get all the benefits without it seeming like a complete ball ache.

In my experience, if something is a ball ache you're less likely to do it.

With any diet there is the problem of adherence and this is where intermittent fasting comes into its own.

One study found that those who followed intermittent fasting were able to lose weight and maintain their new weight 12 months later.

However, there are other health benefits to fasting as a way of life and much research points towards increased life expectancy and disease prevention.

As well as the calorie deficit, intermittent fasting helps to manipulate our hormones, in particular insulin and human growth hormone.

I've already spoken about how insulin can be detrimental if we have too much circulating within our body as it makes it harder to burn fat and easier to store excess calories as fat.

High amounts of insulin in the body also cause the level of human growth hormone to decline.

Growth hormone allows us to release more fat so that it can be used as energy. If you've only got a small amount of growth hormone in your body, fat loss will be an epic struggle.

By using intermittent fasting, you create both a calorie deficit and trigger your body into regulating the right balance of hormones for fat loss.

Happy days ☺

The 5:2 Method

I recommend using the 5:2 approach: choose 2 out of the 7 days of the week to fast for 18 hours, making sure they're not back to back days.

How often and when you fast is really down to you, but I advise you not to fast more than twice a week or longer than 24 hours as it will become a ball ache, increasing the chances of you knocking it on the head.

Once you've finished your fast (counting 18 hours from your last meal) you can then eat once again, but see to it that you have no more than 500 calories on that day.

This will see to it that your calorie deficit is not lost.

In terms of weight loss results, you can expect to lose 1 to 3 lbs a week using this method but this of course is dependent on your current weight and fat mass.

Of course, you might be happy with your weight after a bash on the Lean in 19 train, but that doesn't mean you shouldn't use fasting once in a while to reap the many benefits.

Research suggests that fasting helps to slow the ageing process by reducing the production of a growth hormone called IGF-1 which accelerates this process and reduce the chances of many age-related diseases as a consequence.

Intermittent fasting also reduces cell damage and inflammation through a reduction in oxidative damage and cellular stress.

Intermittent Fasting Tips

Intermittent fasting is gaining momentum as a lifestyle choice, especially among those who already follow the Paleo diet.

However, I don't see intermittent fasting or the 5:2 approach as a long term fat loss tool.

I know of many people who have lost weight using the 5:2 diet, only to put the weight back on again once they stop using this method.

The reason?

They hadn't changed the foundations of their diet and continued to eat shoddy food.

There are many difference approaches to intermittent fasting, but I suggest you keep it simple and follow my guidelines below:

- Don't fast on back-to-back days.
- Drink plenty of water: with the lack of food comes a lack of hydration as we get a lot of our liquid from the food we eat.
- You can still exercise during a fast, but keep it short and sweet. Endurance activities are a big no-no whilst fasting.
- Make yourself busy: The busier you are the less time you'll have to think about food.
- Fast through the night to make your life easier.
- Only allow yourself 500 calories on your fast day, but make sure these calories come after your fast.

Macronutrients

Remember, what macronutrients are?

The building blocks that make up your grub: **proteins, fats and carbs** 😊

Although, the macronutrients aren't super important going forward with this health and fitness lark, you'll do well to stick to the 60/30/10 ratio I mentioned in the Lean in 19 nutrition recommendations.

That is 60% good fats (eggs, nuts, coconut/olive oil, avocado, meat and fish), 30% lean proteins and 10% unrefined carbs (fruit and veg).

If you can roughly stick to this ratio you'll have a tough time putting any weight on.

Hot Zone Cycle

As you're already aware, the Hot Zone Cycle is a little bit more extreme. However, many men and women who have travelled the Lean in 19 road like to implement this strategy from time to time to further their fat loss.

It's not a maintenance tool as such, but if you feel you need to shift some extra fattimus from your assimus prior to a wedding/holiday then you're welcome to use it.

You can use one cycle or go the whole hog and do four like you did the first time round with Lean in 19.

How and when you use the Hot Zone Cycle very much depends on your goals and whether you've been behaving on the diet front.

If you've still got a lot of weight to lose, then you might use the Hot Zone Cycle once every 2 months.

Ideally, I'd prefer it if you were to stick with eating real grub as well as the 5:2 method, but if you've got 20+ pounds to lose I can understand why this strategy is an attractive one to use again and again.

Or...

If you would like to try a slightly easier cycle, then this has worked well for many of my private clients.

Monday: 18-hour Fast

Tuesday: Low to moderate carbs

Wednesday: Low to moderate carbs

Thursday: Low to moderate carbs

Friday: 18-hour Fast

Saturday: Metabolism Reset

Sunday: Metabolism Reset

Give it a whirl 😊

Exercise

Two of the questions I often hear are “Gavin, how many times a week do I need to exercise?” and “How many times a week do you exercise?”

The good news is that you don't have to exercise everyday like you did on Lean in 19.

Not that you minded, right? 😊

The bad news (for some) is that you definitely need to exercise in some shape or form and you should be making steps to make exercise part of your weekly routine.

It'll not only be good for your physical health and body shape, but it's also good for your mental health.

Plus, making exercise part of your life means you can deviate from your usual diet without having to worry too much about piling on the pounds.

Personally, I aim to do 3-4 solid workouts each week that combine resistance training and cardio along with some additional exercise/physical activity.

The additional exercise can be whatever you want it to be: basketball, hiking, kayaking or even salsa dancing.

The idea is to choose something you enjoy.

If you enjoy it, you're far more likely to make it part of your lifestyle.

You might only get chance to do something like this once a week, so you best make sure it's something you bloody well enjoy 😊

Okay, back to the workouts and how to fit them into your hectic life.

Yes, I know you're still busy and time is of the essence, so I recommend keeping your workout time under 30 minutes.

The reason that the Lean in 19 workouts work so well for many men and women is because they're short and sweet.

That formula still applies going forward.

If you're going to keep this health and fitness thing going long term, don't bite off more than you can chew.

Short, intense, bodyweight workouts do the job.

You can do them anywhere, wearing whatever you want.

All you need to do is pick 2-3 of the following workouts provided in this manual each week and get them done.

Or if you liked seeing my ugly mug on the screen, you can even stagger the Lean in 19 follow along video workouts.

Okay, you might be thinking that you can handle more than 20-30 minutes 2-4 times a week, which is fine.

But you've gotta be realistic in the time frame you have.

Ask yourself the following questions:

1. Do I really need to increase my exercise volume?
2. Will I be able to keep this up long term?

If you've decided to go and increase your exercise volume in a bid to give fat the chop, then that's fine.

But you'll need to reduce the volume of exercise eventually and start on a more conservative approach.

Otherwise it'll become a total ball ache and you know what happens when things become a ball ache – you give up!

My worry is that now you've got a taste for exercise and the results it can bring, you'll go out and exercise more and more expecting even better results.

So I want to cut that line of thought off, right now.

Your diet is number one when it comes to losing chub.

The exercise helps, but throwing more and more exercise at your troublesome areas isn't the answer.

Especially, if you're super busy with work, family, etc.

Instead play the long game and make exercise and those additional activities I mentioned part of your weekly routine.

Be consistent and you will succeed.

Workouts

Okay, here we go.

It's workout time ☺

Below you'll find 18 different workouts that you can do at home, butt naked and without any equipment.

As I've already mentioned, the idea is to spread these workouts out over several weeks to help you lose some extra chub or to maintain what you've already achieved.

In fact, I'd aim to do 2-3 of these workouts each week over 6 weeks and look to include some of those additional activities (basketball, hiking, dancing, etc) whenever possible.

There are no videos or emails to accompany these workouts, but you should know enough after completing Lean in 19 to be able to crack on without any issues.

As always the idea is to do these workouts with minimum rest and plenty of intensity.

Whenever possible try and do these workouts earlier in the day, so that work/family/Game Of Thrones doesn't become an obstacle and your workouts gets put on the backburner.

Make time for your workouts, put them in your diary and train hard.

Enjoy ☺

LEAN IN 19 EXTREME FAT LOSS PLAN

Workout 1

Perform 4 rounds of 30 secs work/30 secs rest on each exercise. (24.00)

- Run On The Spot
- Full Body Extensions
- Mountain Climbers
- Lunges
- High Plank
- Seal Jacks



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Workout 2

Perform 2 rounds of the first three exercises as a warm-up. (3.00)

- Seal Jacks x 30 secs
- High Knees x 30 secs
- High Plank x 30 secs

Then perform 3 rounds of this lot without rest. (10.00 Approx)

- Dorsal Raises x 20
- Dynamic Lunges x 10/side
- Frog Hops x10
- Low Plank x 30 secs
- Full Body Extensions or Burpees x 30 secs

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Workout 3

Perform 3 rounds of these exercises as a warm-up.
(4.30)

- Jumping Jacks x 30 secs
- Heal Kicks x 30 secs
- High Plank x 30 secs

Perform as many rounds as possible in a 10 minute
time frame. (10.00)

- Push-ups x 5
- Squat Jumps x 5
- Lateral Slide x 10



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Workout 4

Perform 3 rounds of these warm-up exercises. (4.30)

- Jumping Jacks x 30 secs
- T Push-Ups x 30 secs
- Low Plank x 30 secs

Then jump into these two little fellas for 5 rounds.
(15.00)

- Burpees x 10
- Mountain Climbers x 66

Workout 5

Perform 2 rounds of 50 secs work followed by 10 secs rest on each exercise. (10.00)

- Warrior Jumps
- Dynamic Lunges
- High Plank
- Push-ups
- Dorsal Raises

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Workout 6

Perform 3 rounds of these warm-up exercises. (4.30)

- Seal Jacks x 30 secs
- High knees x 30 secs
- Low Plank x 30 secs

Then bang out 1 leg matrix. (3.00)

- Squats x 24
- Lunges x 24
- Squat Jumps x 12
- Lunge Jumps x 12

Then a wee bit of cardio for 1 round. (7.30)

- Stance Jacks x 60 secs
- Rest x 30 secs
- Cross Body Mountain Climbers x 60 secs
- Rest x 30 secs
- High Knees x 60 secs
- Rest x 30 secs
- Warrior Jumps x 60 secs
- Rest x 30 secs
- Full Body Extensions x 60 secs

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Workout 7

Perform 2 rounds of the first three exercises as a warm-up. (3.00)

- Seal Jacks x 30 secs
- High Knees x 30 secs
- High Plank x 30 secs

Then perform 2 rounds of my famous bodyweight 300 workout. (20.00 Approx)

- Push-ups x 25
- Squat Thrusts x 25
- Squats x 25
- Lunges x 25
- Bicycles x 50
- Jumping Jacks x 50
- Lunges x 25
- Squats x 25
- Squat Thrusts x 25
- Push-ups x 25

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Workout 8

Perform 5 rounds of these 3 exercises. (15.00)

- Bridge x 60 secs
- Seal Jacks x 60 secs
- Bicycles x 60 secs

Workout 9

Perform 1 round of this Tough Mudder style workout.
(20.00 Approx)

- Seal Jacks x 120 secs
- Burpees x 20
- Run On the Spot x 120 secs
- Squat Jumps x 40
- Cross Body Mountain Climbers x 120 secs
- Push-ups x 25
- Jumping Jacks x 120 secs
- Lunge Jumps x 30
- High Knees x 120 secs
- Flutter Kicks x 100

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Workout 10

Perform 2 rounds of the first three exercises as a warm-up. (3.00)

- Seal Jacks x 30 secs
- Heal Kicks x 30 secs
- High Plank x 30 secs

Then perform 5 rounds of this lot, knocking off 10 repetitions of each exercise every round (15.00 Approx)

- Full Body Extensions x 50 > 40 > 30 > 20 > 10
- Mountain Climbers x 50 > 40 > 30 > 20 > 10
- Seal Jacks x 50 > 40 > 30 > 20 > 10



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Workout 11

Perform these 3 exercises for 2 rounds. (3.00)

- Jumping Jacks x 30 secs
- Heal Kicks x 60 secs
- High Knees x 60 secs

Then jump into this circuit for 3 rounds knocking 15 seconds off each exercise, each round.

- Stance Jacks x 60 secs > 45 secs > 30 secs
- Squat Thrust W/Push-up x 60 secs > 30 secs
- Wall Squat x 60 secs > 45 secs > 30 secs
- 1-Leg Burpees x 60 secs > 45 secs > 30 secs
- Lateral Slides x 60 secs > 45 secs > 30 secs
- Flutter Kicks x 60 secs > 45 secs > 30 secs
- Rest x 60 secs > 45 secs > Finish

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Workout 12

Perform 1 of this lot to begin with. (8.00)

- Tricep Dips x 30
- Squats x 50
- Push-ups x 25
- Bridge x 120 secs
- Plank x 90 secs

Then say hello to 3 rounds of this fun. (4.30)

- Mountain Climbers x 30 secs
- Full Body Extension x 30 secs
- Seal Jacks x 30 secs

LEAN IN 19 EXTREME FAT LOSS PLAN

Workout 13

Perform 3 rounds of these exercises super slow.
(20.00)

- Bridge x 10
- Single Leg Bridge x 10/side
- Squats x 10
- Pistol Squats x 10/side
- Lunges x 10/side
- Step-ups x 10/side
- Single Leg Deadlift x 10/side



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Workout 14

Perform 2 rounds of this warm-up. (3.00 Approx)

- Seal Jacks x 30 secs
- Lateral Slide x 30 secs
- High Plank x 30 secs

Then give 4 rounds of this a bash without any rest.
(16.00)

- Burpees x 50 secs work/10 secs rest
- Squats x 50 secs work/10 secs rest
- Cross Body Mountain Climbers x 50 secs
work/10 secs rest
- Warrior Jumps x 50 secs work/10 secs rest

LEAN IN 19

EXTREME

FAT LOSS PLAN

Workout 15

Perform 2 rounds of the first three exercises as a wee warm-up. (3.00)

- Stance Jacks x 30 secs
- Heal Kicks x 30 secs
- High Plank x 30 secs

Then perform jump into as many rounds as possible for 10 minutes. (10.00)

- Walking Plank x 10
- Pike Press x 10
- Warrior Jumps x 10

LEAN IN 19

EXTREME

FAT LOSS PLAN

Workout 16

Perform just 1 round of this short workout (or more if you're up for it). (5.00)

- Seal Jacks x 50 secs work/10 secs rest
- High Knees x 50 secs work/10 secs rest
- Full Body Extensions x 50 secs work/10 secs rest
- Cross Body Mountain Climbers 50 secs work/10 secs rest
- Walking Plank x 50 secs work/10 secs rest

Workout 17

Bang out 3 rounds of this lot as a warm-up. (4.30)

- Stance Jacks x 30 secs
- High Knees x 30 secs
- Squat Thrusts x 30 secs

Then it's time for a challenge. (10.00 Approx)

- Burpees x 100

LEAN IN 19 EXTREME FAT LOSS PLAN

Workout 18

First off warm-up yourself up with this 2 round medley. (3.00)

- Lateral Slides x 30 secs
- High Knees x 30 secs
- Walking Plank x 30 secs

Then it's time to bang out the following exercises doing 4 rounds of 30 secs work/30 secs rest on each followed by 60 secs rest. (19.00)

- Push-ups x 30 secs work/30 secs rest
- Rest x 60 secs
- Tricep Dips x 30 secs work/30 secs rest
- Rest x 60 secs
- Table Makers x 30 secs work/30 secs rest
- Rest x 60 secs
- Burpees x 30 secs work/30 secs rest

Stats & Measurements Tracker

	Date:	Date:	Date:
Weight			
Chest/Bust			
Naval (Belly button)			
Waist (2 inches below your belly button)			
Hips (Widest point round your butt)			
Thighs (Where your butt and leg meet)	Right Leg	Right Leg	Right Leg
	Leg Leg	Leg Leg	Leg Leg
Arms (Widest point around your bicep)	Right Arm	Right Arm	Right Arm
	Left Arm	Left Arm	Left Arm
Total inches			

- Triple check your measurements
- Weigh yourself at the same time of day
- Don't weigh yourself everyday
- Take photos (front, side and back)

DO NOT SKIP ANY OF THE POINTS ABOVE (otherwise, I'll have to send the boys round!)