

STOP DIETING AND **LOOK GREAT**

BY DEVIN ROLLINS



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The information within this course has been acquired through the author's education and personal experiences in the field of nutrition; however, it is not a substitute for competent medical advice.

The services of a professional doctor are recommended if medical advice or assistance is needed.

**For everyone that wanted
to get healthy but needed
a little motivation. This
book is dedicated to you!**





Shayna Schmidt

*NASM-CPT, TRX Suspension, Trigger Point, Escape Fitness
Bulgarian Bags, Escape Fitness Kettlebell, Precision Nutrition*

Shayna has worked as a professional actress & singer in NYC and across the country for the past 5 years.

Shayna has learned how important it is to take care of one's body and health.

Her love of eating healthy and staying active led her to pursue a career in health & fitness, and she has helped many people across the country achieve their goals.

Her specialties include weight loss, hypertrophy, mobility, flexibility, circuit training, HIIT training, & healthy recipe development.

Khaya Msikinya

NCSF-CPT, TRX Suspension, Escape Fitness Battle Ropes, Escape Fitness Kettlebell, Precision Nutrition

Khaya has been a successful fitness professional for 4 years and counting.

After attaining his diploma in Exercise Science & Sports Conditioning, he continued to further his education with nutritional coaching, sports psychology, kettlebell training, TRX suspension training, and functional use of battle ropes.

Whether it be weight loss, muscle gain, sports-specific goals, or even corporate wellness, Khaya's got you covered.

With US Marine and Air Force members on his list of past clients, Khaya certainly understands the importance of goal-driven objectives that deliver fool-proof results.

If you want to learn more about Shayna and Khaya visit weightedplate.com





Introduction

Stop Dieting and Look Great is a exercise and fitness course developed by Devin Rollins, Shayna Schmidt, and Khayelihle Msikinya.

The course will provide you with a variety of exercises which you can do at home or the gym. Similar to the *Stop Dieting and Live* program, there is great flexibility in this program.

You have a large collection of exercises. You can use the workout structures outlined below, or you can customize and build your own plan.

My hope is that this program will take the mystery and challenge out of getting started with an exercise program for you.

This manual contains a variety of exercises to balance and strengthen your whole body. I suggest you look over everything and then get started.

Remember to always warm up and cold down after an exercise. Never do anything that hurts and always practice good form.

As a general practice, don't use weight until your comfortable with just the bar.

Start slow. The goal is a long life of healthy exercise, not a sudden surge of exercise, followed by burn out or injuries.

Wishing you the best,

Devin Rollins

Routine Ideas

Here are some suggested routines you can follow each day. Remember to switch between each session to allow your muscle groups to rest after training them. There is flexibility in this program and our hope is that it will grow and develop with you.

Push-Pull Day

Warm-Up Routine

"Push-Pull" Workout:

1. Squat (Upper Body Push)
2. Chest Press (Upper Body Push)
3. Deadlift (Lower Body Pull)
4. Pull-Ups (Upper Body Pull)

Cool-down Routine

HIIT Training Routine Day

Warm-Up Routine

HIIT Routine (this will tire you out and can be a stand-alone routine)

Cool-Down Routine

Upper Body Focus Day

(The logic here is we start with the biggest muscles, like chest and back, and move to the smaller)

Warm-Up Routine

1. Pull-Ups
2. Chest Press
3. Shoulders
4. Arms
5. Push-Ups

Cool-down Routine

Lower Body Focus Workout

(Superset 1& 2 (this means don't rest until both exercises are done-- do them together as one "set")

Warm-Up Routine

Superset 1&2

1. Squat (try to do these together without resting)
2. Lunge

Superset 3&4

3. Deadlift (try to do these together without resting)
4. Single-Leg Deadlift

Cool-down Routine

Full Body Starter Workout

(This is a great routine to exercise your full body.)

Warm-Up Routine

Lower Body "Pull" - Kettlebell Deadlift

Lower Body "Push" - Kettlebell Squat

Upper Body "Pull" - Bent-Over Row

Upper Body "Push" - Push-Up

Cool-down Routine

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WARM-UPS

Hip Bridges

Lie on your back on the floor in semi-supine position (knees up, feet flat on the floor) with your arms in a low V by your hips. Your feet should be hip-width apart, a few inches away from your butt.



Push through your heels to lift your hips up while squeezing your glutes. Try to create one diagonal line from your shoulders to your knees.



Pause for 1-2 seconds at the top, then lower back down.

Repeat for 12 reps.

Deadbugs

Lie on your back on the floor with your arms and legs outstretched straight and perpendicular to the floor.



On inhale, extend one arm and the opposite leg towards the floor, as close to the floor as possible while still keeping lower back pressed against the floor. Only go as low as your body and core strength allows.



On exhale, bring the arm and leg back to the starting position. On inhale, repeat with the other arm and opposite leg.



Repeat for 6 reps: 1 on each side equals a full rep.

Forearm Plank

Plant the forearms on the floor so that your elbows are directly under your shoulders and the distance is about shoulder-width. Ground the toes into the floor and squeeze the glutes to stabilize the body.

Your legs should be working, and be careful not to lock the knees.



Neutralize the neck and spine by looking at a spot on the floor about a foot in front of your fists. Your head should be in line with your spine.

Hold the plank for 60 seconds.

Jumping Jacks

Start by standing with your feet together. In one motion, jump your feet out to the sides and raise your arms above your head.



Immediately reverse the motion by jumping back to the starting position.



Repeat for 12 repetitions.

Frankensteins

Start standing up straight in a neutral position. Extend your right hand straight out in front of you, palm facing down. Swing your straight left leg upward towards your right hand, stopping when you have brought your leg as close to your hand as possible and when you feel a stretch in your left hamstring.

You shouldn't feel pain, so do not swing as high if you do.



Lower your foot, and then repeat on the other side. Alternate for 12 reps.



High Knees



Start standing in a neutral position with feet hip-width apart. Lift up the right knee as high as it will go and raise the opposite arm, then switch quickly so that the left knee is up before the right foot lands.

Continue pulling knees up quickly for 12 reps (1 on each side equals one rep).

ARMS

Type: Strength

Main Muscle Worked: Biceps, Triceps

Equipment: Dumbbells, Bench (or some surface on which to kneel)

3-4 Sets of 10-12 Reps

Biceps #1: Curls (Supine, Bilateral)

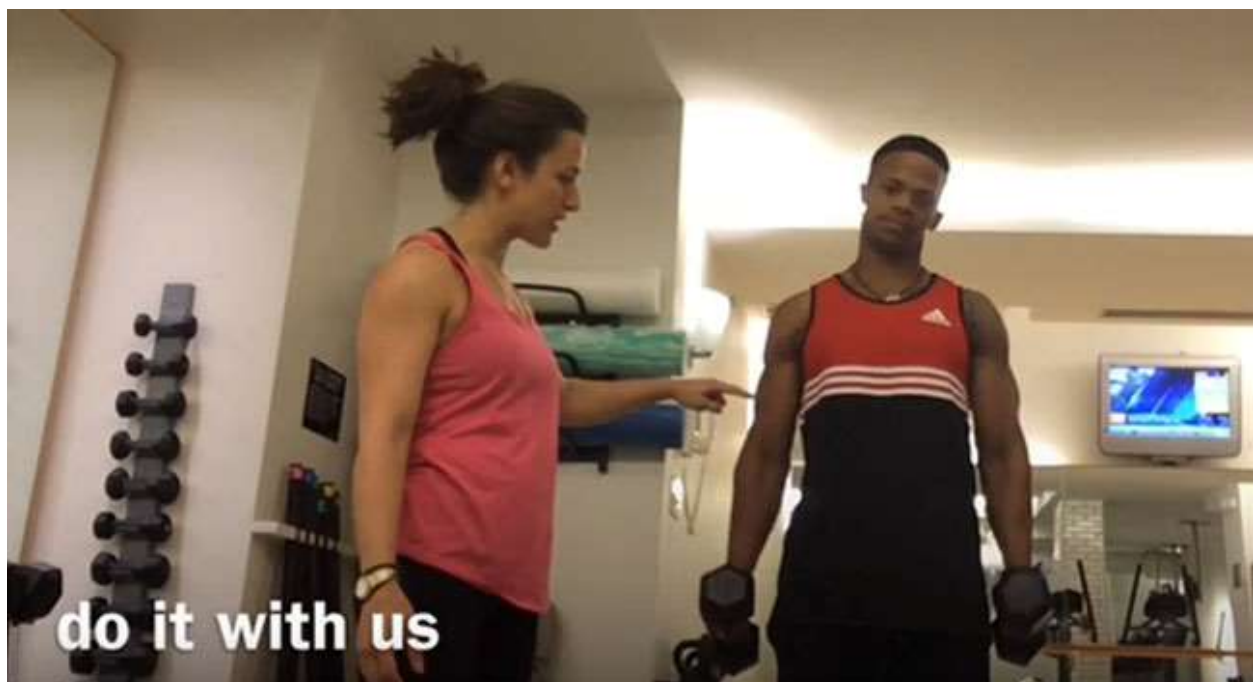
Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.



Keeping the upper arms stationary, exhale and curl both weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps.



Inhale as you slowly begin to lower the dumbbells back to the starting position. Don't let the weights "die" at the bottom of the move, but instead think about letting those bicep muscles stretch when the arms are fully extended before continuing with your next repetition.



- a. Repeat for 3-4 sets of 10-12 repetitions.

Hammer Curls (Unilateral)

Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and this time, keep your palms facing into your body as opposed to facing forward. This is your neutral position, or "hammer" grip. This will be your starting position.



Keeping the upper arms stationary, exhale and curl one weight while contracting your bicep (leave the other arm exactly where it is at your side).

Continue to raise the weight until your bicep is fully contracted and the dumbbell is at shoulder level. Hold the contracted position for a brief pause as you squeeze that bicep.



Inhale as you slowly begin to lower that one dumbbell back to the starting position. Don't let the weight "die" at the bottom of the move, but instead think about letting that bicep muscle stretch when the arm is fully extended before continuing with your next arm.

Repeat the same contraction with the other arm.



Alternating arms, repeat for 3-4 sets of 10-12 repetitions.

Triceps #1: Triceps Kickbacks (Unilateral)

Start with a dumbbell in your left hand and your right knee and right hand resting on a bench or raised surface. Your right leg should be on the floor. Keep your back straight and as parallel to the floor as possible. Ensure that the neck is in line with the spine. Your left upper arm should be close to your torso and parallel to the floor.

There should be a 90-degree angle formed between your left forearm and your left upper arm. This is your starting position.



Inhale deeply. While keeping your upper left arm stationary (this is very important! Avoid using any momentum!), exhale and use your triceps to lift the weight until the arm is fully extended behind you.

Focus on moving ONLY the forearm, and squeezing the triceps at the top. Think more about squeezing that triceps than locking the elbow.



After a brief pause and squeeze at the top of the contraction, inhale and slowly lower the dumbbell back down to the starting position.

Repeat for 3-4 sets of 10-12 repetitions on each side.

Triceps #2: Triceps Overhead Extensions (Bilateral)

Stand up straight with one dumbbell held with both hands. Your feet should be about shoulder-width apart, without locked knees.

Slowly use both hands to grab the dumbbell and lift it over your head until both arms are fully extended. Squeeze your glutes and do your best not to arch your back.



Keeping your upper arms close to your head with elbows in and perpendicular to the floor, on inhale, lower the dumbbell in a semicircular motion behind your head until your forearms touch your biceps.

Tip: The upper arms should remain entirely stationary and only the forearms should move.



tricep tutorial #2: overhead extensions

Return to the starting position by using the triceps to raise the dumbbell on exhale. Squeeze the triceps at the top.

Repeat for 3-4 sets of 10-12 repetitions

PUSH-UPS

Type: Strength

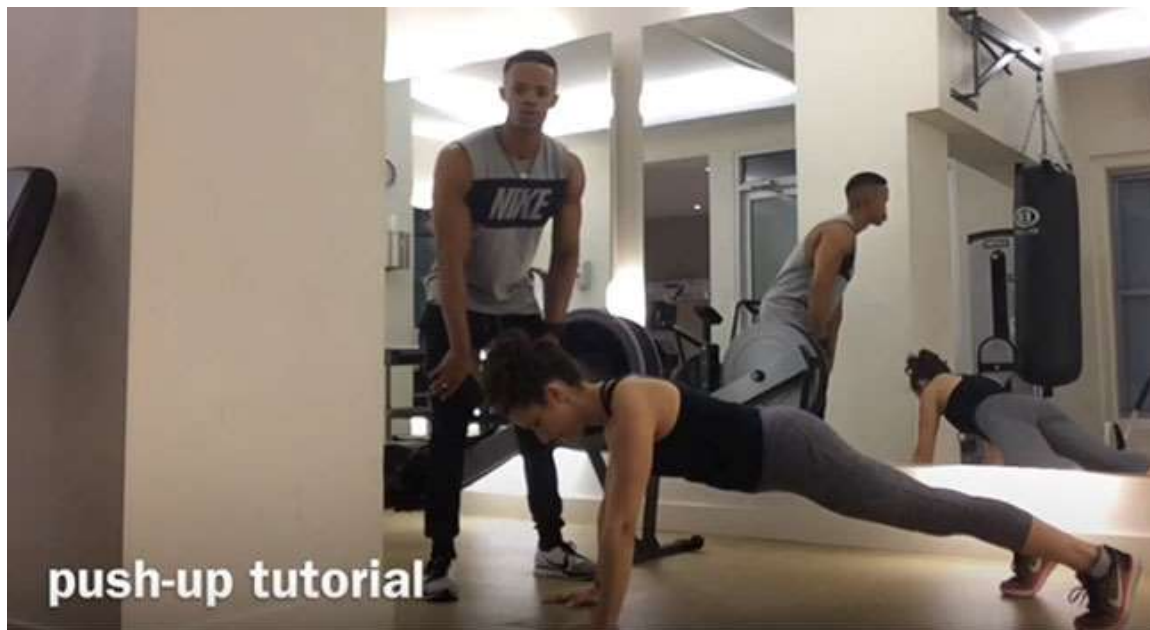
Main Muscle Worked: Chest (Pectorals)

Equipment: Body Only, Box or Elevated Surface

3-4 Sets of 10-12 Reps

Push-Up (basic)

Lie on the floor face down and place your hands shoulder-width apart while holding your torso up at arms length.



On inhale, lower yourself down until your chest almost touches the floor. Tip: elbows should be at about a 45 degree angle from your body for a chest-focused push-up, which is what we're doing here.

Chest and hips should be in the same line—never one above or below the other.



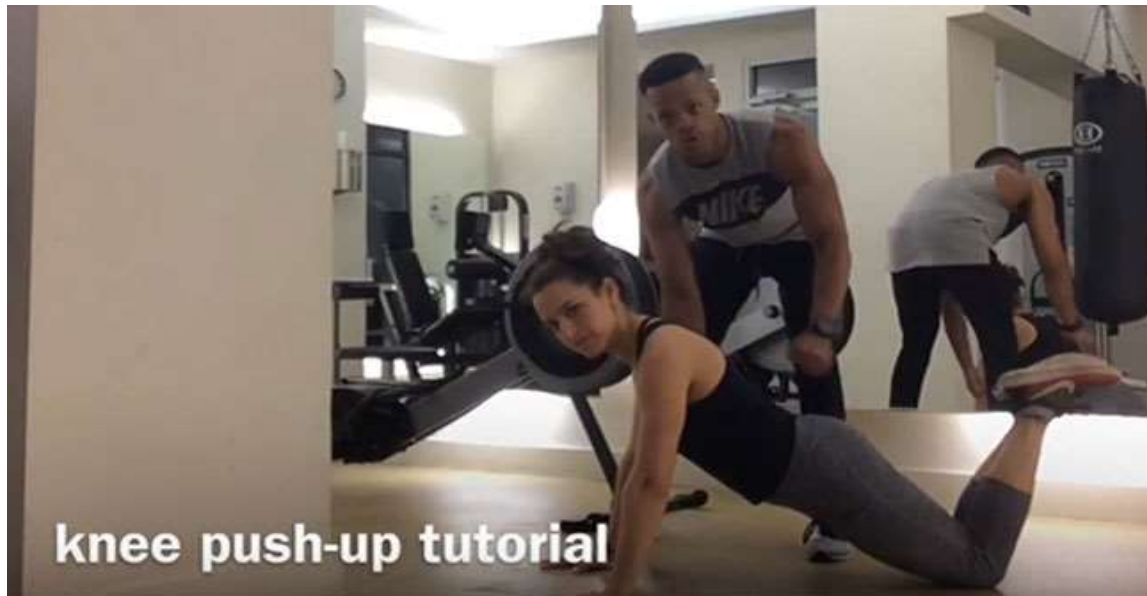
On exhale, press your upper body back up to the starting position while squeezing your chest.

After a brief pause at the top contracted position, lower yourself down again.

Repeat for 3-4 sets of 10-12 repetitions.

Regression: Knee Push-Up

Lie on the floor face down and place your hands shoulder-width apart. Leaving your knees on the floor, hold your torso up at arms length. Ensure your chest and hips are in the same line.



On inhale, lower yourself down until your chest almost touches the floor. Again, chest and hips in the same line.

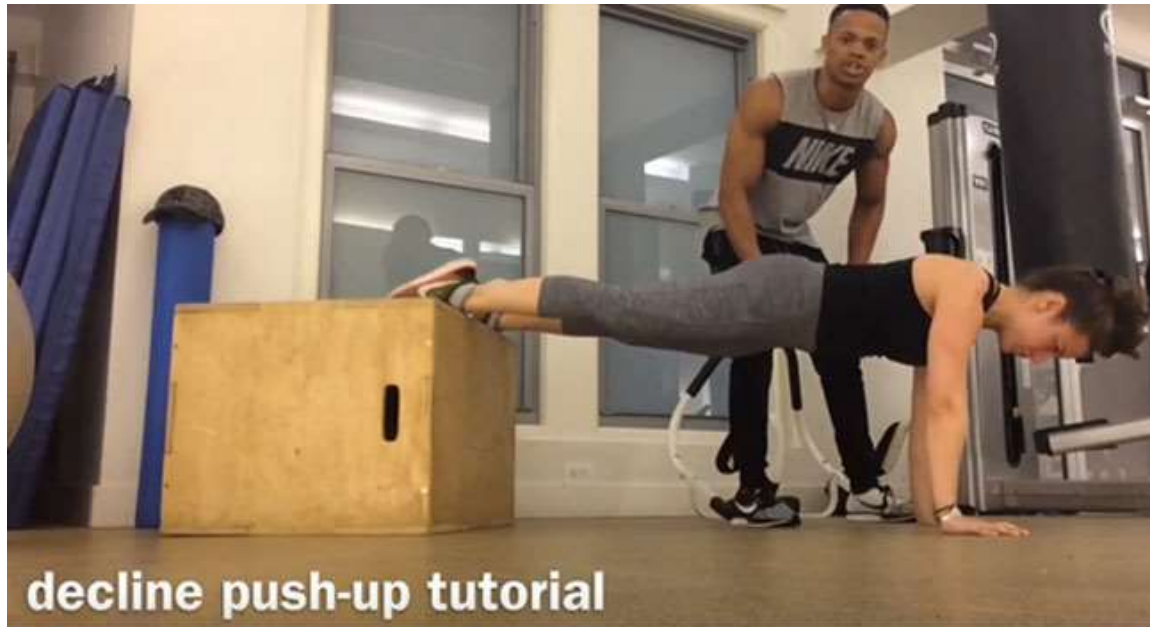


On exhale, press your upper body back up to the starting position while squeezing your chest. After a brief pause at the top contracted position, lower yourself down again.

Repeat for 3-4 sets of 10-12 repetitions.

Progression: Decline Push-Up

From a face down position, raise your feet onto an elevated surface and place your hands shoulder-width apart on the floor while holding your torso up at arms length. Don't let your hips sink.



On inhaled, lower yourself down until your chest almost touches the floor. Again, chest and hips in the same line.



On exhale, press your upper body back up to the starting position while squeezing your chest.

After a brief pause at the top contracted position, lower yourself down again.

Repeat for 3-4 sets of 10-12 repetitions.

CHEST PRESS

Main Muscle Worked: Chest (Pectorals)

Equipment: Dumbbells, Stability Ball

3-4 Sets of 10-12 Reps

Stability Ball Chest Press

Sit up on a stability ball, holding dumbbells of appropriate weight on your knees.



Walk yourself forward on the ball with dumbbells in hand so that your head, neck, and shoulders are all resting on the stability ball.

Straighten arms out above your chest so that they are perpendicular to the floor with palms facing forward (away from you).



On inhale, bring the dumbbells out to the sides of your chest (shoulder-width) so that they make perfect 90 degree angles.



On exhale, press the dumbbells back to straight arms using your chest, perpendicular to the floor. Ensure that shoulder blades are always retracted, pushing back into the ball.

They should never round forward, even when pressing the dumbbells up. Tip: ideally, lowering the weight should take about twice as long as raising it.

Repeat for 3-4 sets of 10-12 repetitions.

Regression: Floor Chest Press

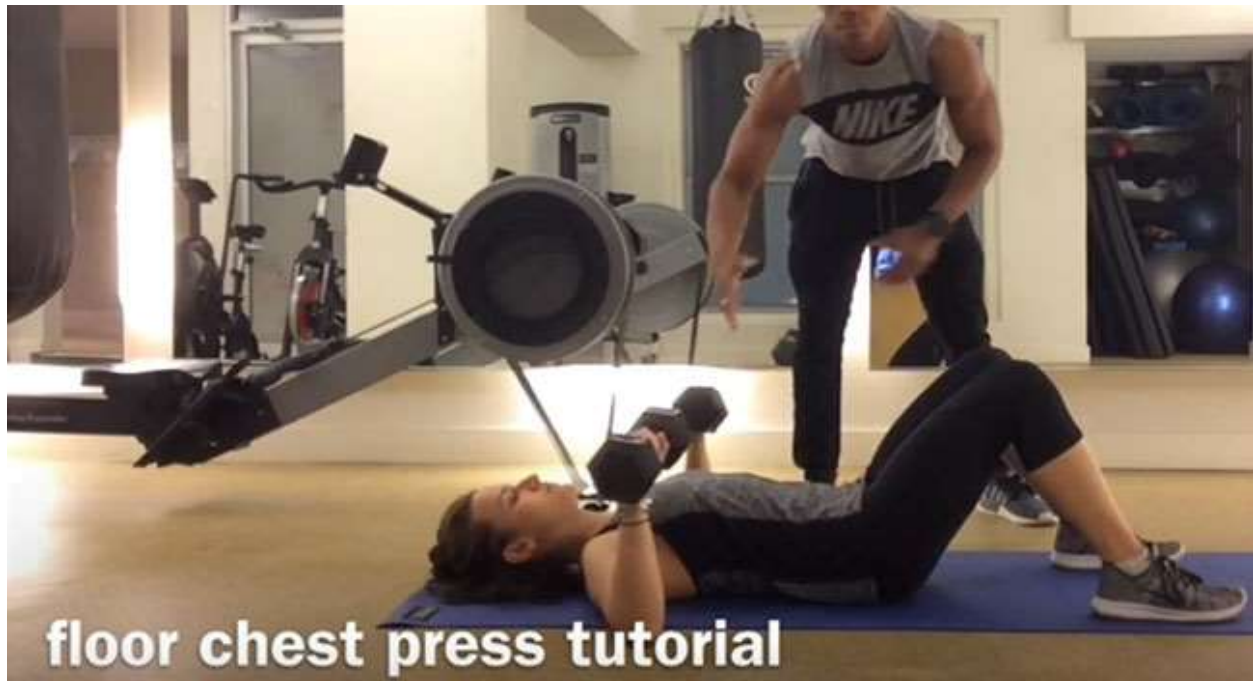
Lie supine (on your back) on a mat on the floor, holding dumbbells of appropriate weight at your sides.



Straighten arms out above your chest so that they are perpendicular to the floor.



On inhale, bring the dumbbells out to the sides of your chest so that they make perfect 90 degree angles. They may touch the floor, but do not let arms rest on the floor. Keep tension there.



On exhale, press the dumbbells back to straight arms, perpendicular to the floor. Ensure that shoulder blades are always retracted, pushing back into the floor. They should never round forward, even when pressing the dumbbells up.

Repeat for 3-4 sets of 10-12 repetitions.

Progression: Stability Ball One-Arm Chest Press

Sit up on a stability ball, holding one dumbbell of appropriate weight on your knee.

Walk yourself forward on the ball with the dumbbell in hand so that your head, neck, and shoulders are all resting on the stability ball.

Press and outstretch the arm with the dumbbell above your chest, and use the arm without the dumbbell to stabilize—whether this means outstretch it to the side, or have it on your hip is up to you.



On inhale, bring the dumbbell out to the side of your chest so that it makes a perfect 90-degree angle.

Ensure that your core is extremely engaged. This progression requires a lot of core stability.



On exhale, press the dumbbell back to a straight arm above your chest, perpendicular to the floor. Ensure that shoulder blades are always retracted, pushing back into the floor.

They should never round forward, even when pressing the dumbbell up.

Repeat for 3-4 sets of 10-12 repetitions.

PULL-UP VIDEO

Type: Strength

Main Muscle Worked: Lats (Back)

Equipment: Resistance Band, Bench (or heightened surface)

3-4 Sets of 10 Reps or AMRAP (as many reps as possible)

Resistance Band Pull-Up (Chin-Up Grip, Feet in Band)

Preferably using a partner's assistance, hang a resistance band from the pull-up bars and place the arch of one foot into the band. Join the other foot next to it.

You may also need to use a bench or a heightened surface to be able to reach.



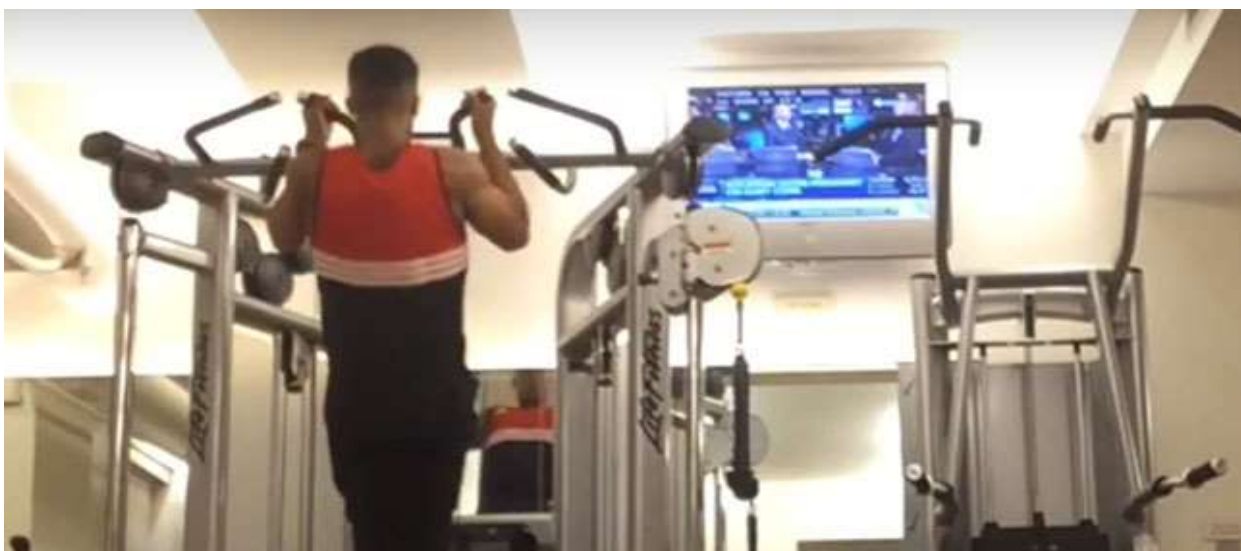
Grab the pull-up bar with your palms facing towards you for this variation—this is the chin-up grip. Step off of the bench, or whatever surface you're using to get into the resistance band, and allow the band to take all of your weight.

Ensure that your shoulder blades are retracted and that your shoulders are not creeping up into your ears. Engage your lat muscles and stick your chest out. This is your starting position.



Take a big breath. Then, on your exhale, pull your torso up until your chin is above the bar by drawing your shoulders and upper arms down and back.

Tip: concentrate on squeezing the back muscles once you reach the fully contracted position at the top. The upper torso should remain stationary as it moves through space; only the arms should move. The forearms should ideally do no other work than to hold the bar.



After holding for a second in the contracted position, on inhaled, slowly lower your torso back to the starting position where your arms are fully extended and your lats are fully stretched.

Repeat for 3-4 sets of 10 repetitions or as many reps as possible! You will most likely need to work up to being able to do 10.

Regression: Resistance Band Pull-Up “Negatives”

Preferably using a partner's assistance, hang a resistance band from the pull-up bars and place the arch of one foot into the band. Join the other foot next to it.

You will need to stand on a bench or a heightened surface, because your starting position for a negative is above the bars. You will reset after each rep on the bench.



Grab the pull-up bar with your palms facing towards you for this variation—this is the chin-up grip. Instead of stepping off of the bench, either using a partner's assistance or by jumping, on exhale, get yourself so that your chin is above the bars.

With a “negative,” we are skipping the pull-up part of the move, and only focusing on the come-down (the “negative,” or eccentric, or “with gravity” move). Once you are above the bars, this is your starting position.



On inhale (we like to use a slow count of 4), slowly lower your torso back to the position where your arms are fully extended and your lats are fully stretched. Hold there for a second and then reset your feet on the bench.



Repeat for 3-4 sets of 10 repetitions or as many reps as possible! You will most likely need to work up to being able to do 10.

Progression: Resistance Band Pull-Ups

(Wide Grip, One Foot in Band)

Preferably using a partner's assistance, hang a resistance band from the pull-up bars and place the arch of one foot into the band. You may also need to use a bench or a heightened surface to be able to reach.

Grab the pull-up bar with your palms facing away from you for this variation, and have them at a distance wider than shoulder-width. This is the most challenging grip. Step off of the bench, or whatever surface you're using to get into the resistance band, and allow the band to take all of your weight via that one foot.

The other foot not in the band can just be resting to the side. Ensure that your shoulder blades are retracted and that your shoulders are not creeping up into your ears. Engage your lat muscles and stick your chest out. This is your starting position.



Inhale deeply. Then, on exhale, pull your torso up until your chin is above the bar by drawing your shoulders and upper arms down and back. With this wide grip, be careful not to let your shoulders do too much of the work.

Tip: concentrate on squeezing the back muscles once you reach the fully contracted position at the top. The upper torso should remain stationary as it moves through space; only the arms should move. The forearms should ideally do no other work than to hold the bar.



After holding for a second in the contracted position, on inhale, slowly lower your torso back to the starting position where your arms are fully extended and your lats are fully stretched.

Repeat for 3-4 sets of 10 repetitions or as many reps as possible! You will most likely need to work up to being able to do 10.

SHOULDERS VIDEO

Type: Strength

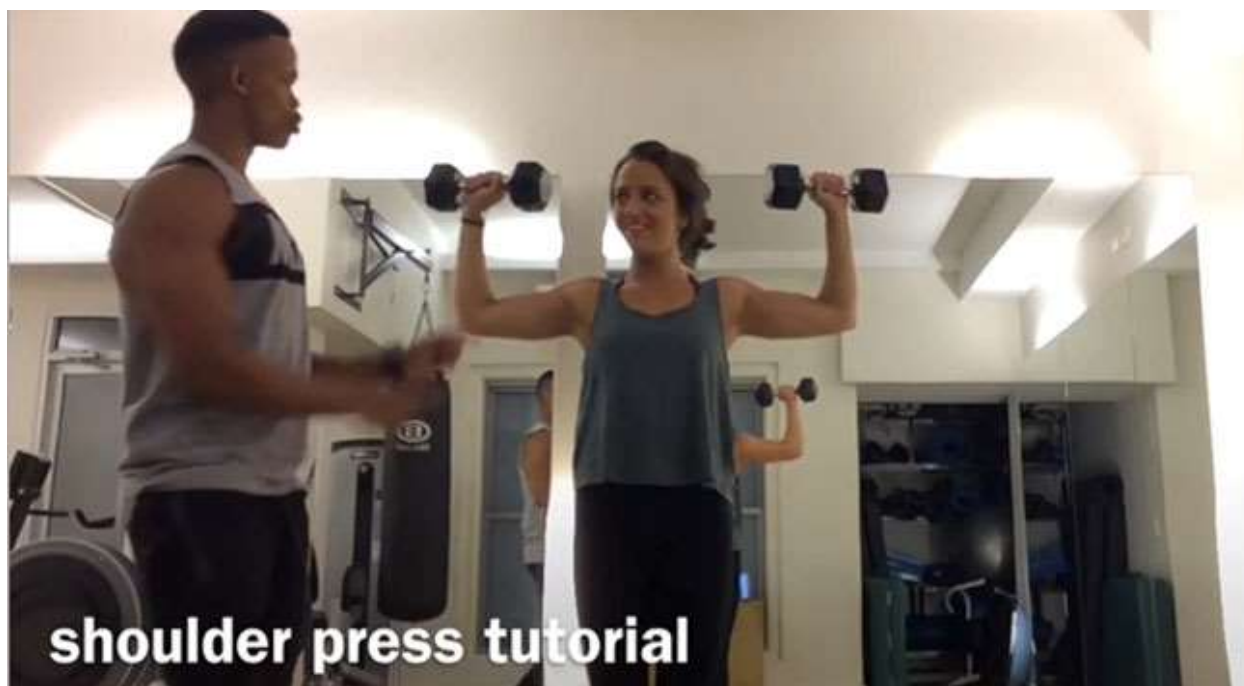
Main Muscle Worked: Shoulders

Equipment: Dumbbells

3-4 Sets of 10-12 Reps

Standing Shoulder Press

Raise two dumbbells to shoulder height. Make sure to rotate your wrists so that the palms of your hands are facing forward. Your arms should make two perfect 90-degree angles. This is your starting position.



On exhale, push the dumbbells straight up until the arms are straight. Be careful not to lock or pop the elbows too much, and ensure that shoulders are away from ears.

Shoulder blades must remain retracted at all times. The dumbbells do not need to touch in the center.



After a brief pause at the top contracted position, slowly lower the weights back down to the starting position on inhale.

Repeat for 3-4 sets of 10-12 repetitions.

Shoulder Front Raise

Stand up straight, feet hip-width apart, holding a dumbbell in each hand with palms facing thighs (neutral grip). This will be your starting position.



While maintaining the torso stationary and engaged (no swinging/momentum), exhale and lift the dumbbells to just about shoulder height in front of you. Pause for a second at the top.





On inhale, lower the dumbbells back down slowly to the starting position.

Repeat for 3-4 sets of 10-12 repetitions.

Shoulder Lateral Raise

Stand up straight, feet hip-width apart, holding a dumbbell in each hand with palms facing thighs (neutral grip). This will be your starting position.



While maintaining the torso stationary and engaged (no swinging/momentum), exhale and lift the dumbbells to just about shoulder height out to your sides. Pause for a second at the top.

(Note: As discussed in the video and as shown in the second photo below, you may slightly bend your elbows if the move is too challenging. This makes it a little easier).



Lower the dumbbells back down to your sides to the starting position as you inhale.

Repeat for 3-4 sets of 10-12 repetitions.

DEADLIFT VIDEO

Type: Strength

Main Muscles Worked: Hamstrings, Glutes

Equipment: Kettlebell, Barbell

3-4 Sets of 10-12 Reps

Kettlebell Deadlift

With feet hip-width apart, stand with a kettlebell of appropriate weight between feet, as if you just laid an egg. Hinge at the hips to grip the kettlebell with both hands. In order to activate your latissimus dorsi (larger back) muscles, almost think that you are “breaking” the handle of the kettlebell in half.

Your back **MUST** be perfectly flat, perfectly parallel to the floor. Neck must be in line with spine. Knees can be as bent as necessary, depending on hamstring flexibility. For more of a challenge, straighten legs a bit more (though never lock the knees).



With feet and grip set, inhale deeply keeping chest proud and back flat. On exhale, begin driving through the heels to move the weight upward and bring hips forward to come to a standing position.

Ensure you do not let your shoulders round forward with the weight—always keep shoulder blades retracted.



On inhale, lower the kettlebell back down to the floor by hinging at the hips and guiding it slowly down. On exhale, lift it again as previously described.

Tip: ideally, lowering the weight should take about twice as long as coming back up with it; think of the return to standing as the more “explosive” part of the movement.

Repeat for 3-4 sets of 10-12 repetitions.

Regression: “Good Morning” Variation

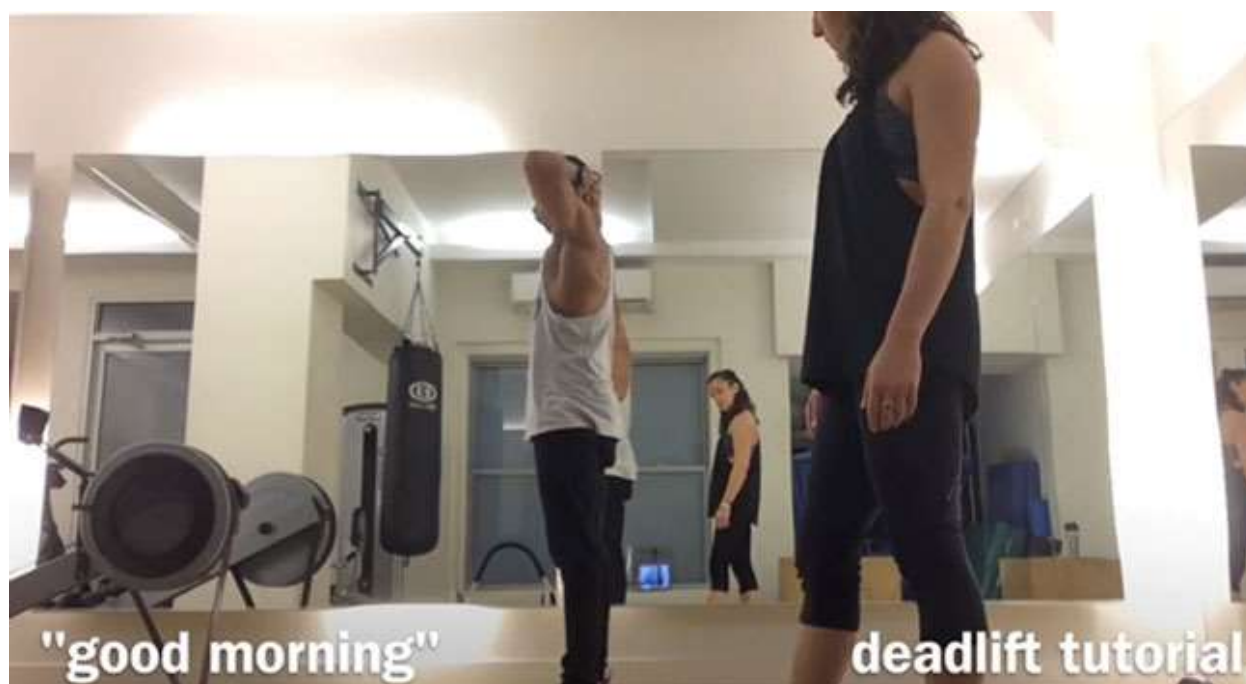
With feet hip-width apart, stand with hands intertwined behind your head. Hinge at the hips and shoot your butt behind you until your back is parallel to the floor. Neck must be in line with spine. Knees can be as bent as necessary, depending on hamstring flexibility.

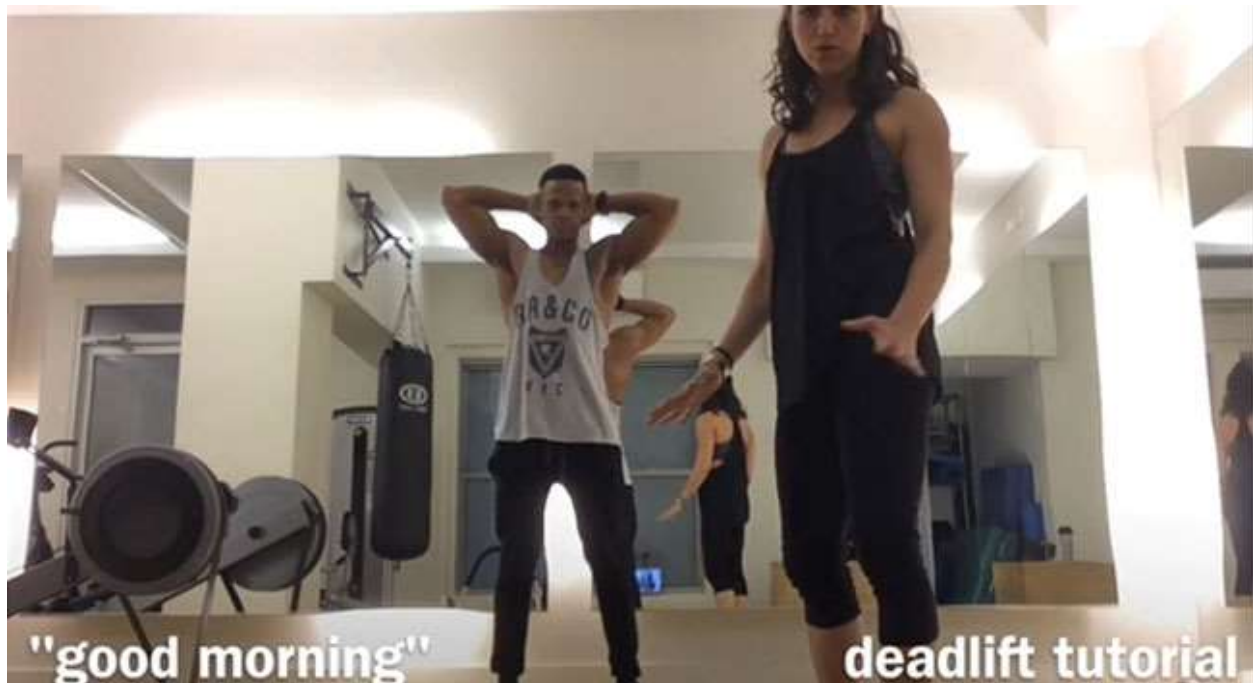
For more of a challenge, straighten legs a bit more (though never lock the knees).





With feet and grip set, inhale deeply keeping chest proud and back flat. On exhale, begin driving through the heels to bring hips forward to return to standing, leaving hands where they are. Squeeze glutes at the top.





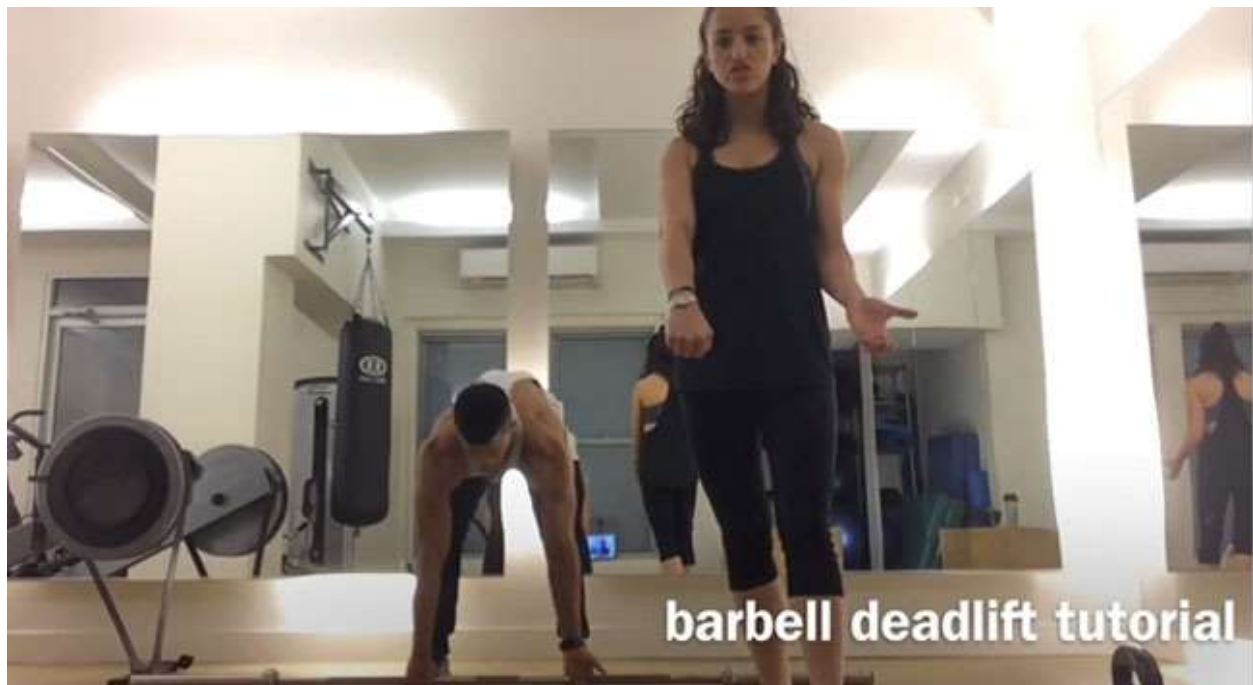
Repeat for 3-4 sets of 10-12 repetitions.

Progression: Barbell Deadlift

With feet hip-width apart, stand so that the barbell is centered over your feet. Hinge at the hips to grip the bar at shoulder-width. Feel free to use an alternated grip (one hand palm away from you, one hand palm toward you) until your forearm strength improves enough to have both palms face in.

Retract your shoulder blades, activating your latissimus dorsi (larger back) muscles, and never letting your shoulders round with the weight. Your back **MUST** be perfectly flat, perfectly parallel to the floor. Neck must be in line with spine. Knees can be as bent as necessary, depending on hamstring flexibility.

For more of a challenge, straighten legs a bit more (though never lock the knees).



With feet and grip set, inhale deeply keeping chest proud and back flat. On exhale, begin driving through the heels to lift the barbell off of the floor and bring hips forward to come to a standing position.

Ensure you do not let your shoulders round forward with the weight—always keep shoulder blades retracted. Squeeze glutes at the top.



On inhale, lower the barbell back down to the floor by hinging at the hips and guiding it slowly down. On exhale, lift it again as previously described.

Tip: ideally, lowering the weight should take about twice as long as coming back up with it; think of the return to standing as the more “explosive” part of the movement.



Repeat for 3-4 sets of 10-12 repetitions.

LUNGE VIDEO

Type: Strength

Main Muscle Worked: Quadriceps

Equipment: None

3-4 Sets of 10-12 Reps

Front Lunge

Start by standing up straight with feet together. Hands can be on hips for balance or simply in front of body, whichever you prefer.



As you inhale, step forward with your right leg and squat down through your hips, while keeping the torso upright and maintaining balance. Do not allow the knee to come forward beyond your toes as you come down.

Tip: ideally, both legs are at approximately 90-degree angles. Ensure that your back is straight, your shoulder blades are retracted, and your core is engaged.



Using mainly the heel of your foot, on exhale, push up through your hip flexors and return to the starting position. Think of it as an explosion back to the starting position.



Repeat for 3-4 sets of 10-12 repetitions. You may alternate legs, or do all repetitions on one leg first and then the other.

Regression: Reverse Lunge

Start by standing up straight with feet together. Hands can be on hips for balance or not, whichever you prefer.



As you inhale, step backwards with your right leg and squat down through your hips, while keeping the torso upright and maintaining balance. Do not allow the left knee to come forward beyond your toes as you come down.

Tip: ideally, both legs are at approximately 90-degree angles. Ensure that your back is straight, your shoulder blades are retracted, and your core is engaged. This regression is easier because it requires less stabilization and balance.



On exhale, push through your hip flexors and return to the starting position.



Repeat for 3-4 sets of 10-12 repetitions. You may alternate legs, or do all repetitions on one leg first and then the other.

Progression: Plyometric Lunge

Start in a lunge position with hands on hips for balance. Inhale deeply.



On exhale, jump off of the ground into the air. Land right back into the same lunge that you started with. Ensure that you land softly and with bent knees.



Repeat for 3-4 sets of 10-12 repetitions.

One variation, as shown in the video, includes switching the leading leg of the lunge while in the air before coming back down.

An even harder progression could be to hold dumbbells in hands while doing the jumping lunges.



SINGLE-LEG DEADLIFT VIDEO

Type: Strength

Main Muscle Worked: Hamstrings

Equipment: Dumbbell or Kettlebell

3-4 Sets of 6 Reps Each Side

Single-Leg Weighted Deadlift (Contralateral)

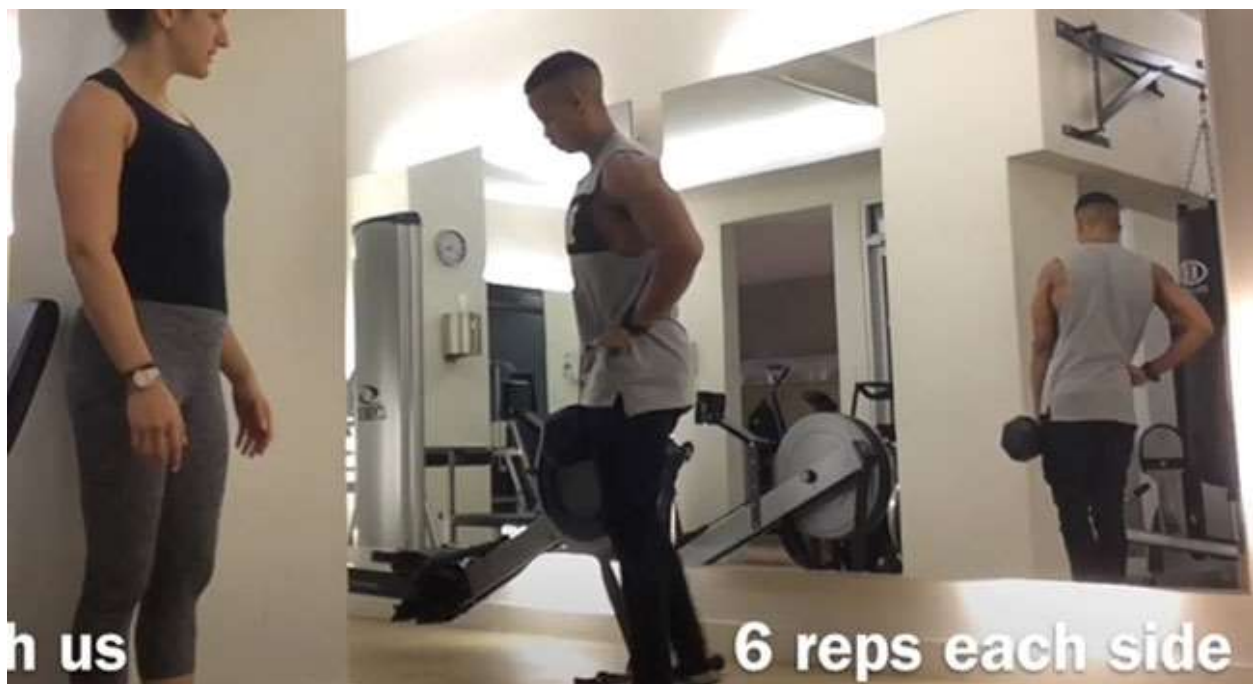
Hold a dumbbell or kettlebell in one hand, hanging to the side. Shift your weight so that you are standing on one leg: the standing leg should be the opposite of the hand that holds the weight. The leg that goes behind you will be on the same side as the weight.



Keeping that standing leg slightly bent, inhale and hinge at the hip, extending your free leg behind you for balance. Continue lowering the kettlebell until you are parallel to the ground—your body should create a “T” shape.



On exhale, return to the upright position by propelling yourself forward via the hips. Squeeze your glutes at the top, or for even more of a stabilization challenge, try not to let the free leg touch the floor between reps.



Repeat for 3-4 sets of 6 repetitions on each side.

Regression: Bodyweight Single-Leg Deadlift

Stand up straight with feet together. Shift your weight so that you are standing on one leg: the standing leg should be the opposite of the hand that will lead you down to the floor. You can almost pretend that you have a weight in that hand.

The leg that goes behind you will be on the same side as the hand that points down. This helps with balance.

Keeping that standing leg slightly bent, inhale and hinge at the hip, extending your free leg behind you for balance. Continue lowering your body until you are parallel to the ground—your body should create a “T” shape.



On exhale, return to the upright position by propelling yourself forward via the hips. Squeeze your glutes at the top, or for even more of a stabilization challenge, try not to let the free leg touch the floor between reps.

Repeat for 3-4 sets of 6 repetitions on each side.

Progression: Single-Leg Weighted Deadlift (Ipsilateral)

Hold a dumbbell or kettlebell in one hand, hanging to the side. Shift your weight so that you are standing on one leg: the standing leg should now be on the SAME side as the hand that holds the weight.

The leg that goes behind you will be on the OPPOSITE side of the weight. This is much more challenging for your core regarding balance.



Keeping that standing leg slightly bent, inhale and hinge at the hip, extending your free leg behind you for balance. Continue lowering the kettlebell until you are parallel to the ground—your body should create a “T” shape.



On exhale, return to the upright position by propelling yourself forward via the hips. Squeeze your glutes at the top, or for even more of a stabilization challenge, try not to let the free leg touch the floor between reps.

Repeat for 3-4 sets of 6 repetitions on each side.

SQUAT VIDEO

Type: Strength

Main Muscle Worked: Quadriceps

Equipment: Stability Ball, Kettlebell

3-4 Sets of 10-12 Reps

Bodyweight Squat

Begin by standing with feet hip-width apart and knees soft. The chest should be up and proud and the head should be facing forward with neck in line with spine. Feet can be parallel or slightly turned out (about 10 degrees).



On inhale, descend by flexing the knees and sitting the hips as far back as possible so the weight is primarily on your heels. Imagine you are about to sit in a chair.

Ensure the knees stay in line with the feet and do not go over the toes, and ensure that the knees line up with the second and third toes. They should not turn in or go out too much. The goal is to keep the torso as upright as possible.



When you have reached the bottom of your squat (this may be different for everyone, but ideally you should be at least reaching the point where your upper legs are parallel to the floor, as seen in this photo, if not lower), exhale and drive the weight upward through the heels and through the hips until you are standing again. Squeeze the glutes at the top.



Repeat for 3-4 sets of 10-12 repetitions.

Regression: Stability Ball Squat

Begin by standing with feet hip-width apart and knees soft and the curvature of your back resting against a stability ball against the wall. Tip: you should never be leaning against the ball too much. Think of it gliding down the wall with you.

However, your feet will be slightly more in front of you than they would be if you were squatting without assistance. The goal of the ball is that it forces perfect form: your chest should up and proud and your head facing forward with neck in line with spine. Feet can be parallel or slightly turned out (about 10 degrees).



On inhale, glide down the wall with the ball by flexing the knees and sitting the hips as far back as possible so the weight is primarily on your heels. Imagine you are about to sit in a chair.

Ensure the knees stay in line with the feet and do not go over the toes, and ensure that the knees line up with the second and third toes. They should not turn in or go out too much. The goal is to keep the torso as upright as possible.



When you have reached the bottom of your squat (this may be different for everyone, but ideally you should be at least reaching the point where your upper legs are parallel to the floor, as seen in this photo, if not lower), exhale and drive the weight upward through the heels and through the hips until you are standing again. Squeeze the glutes at the top.

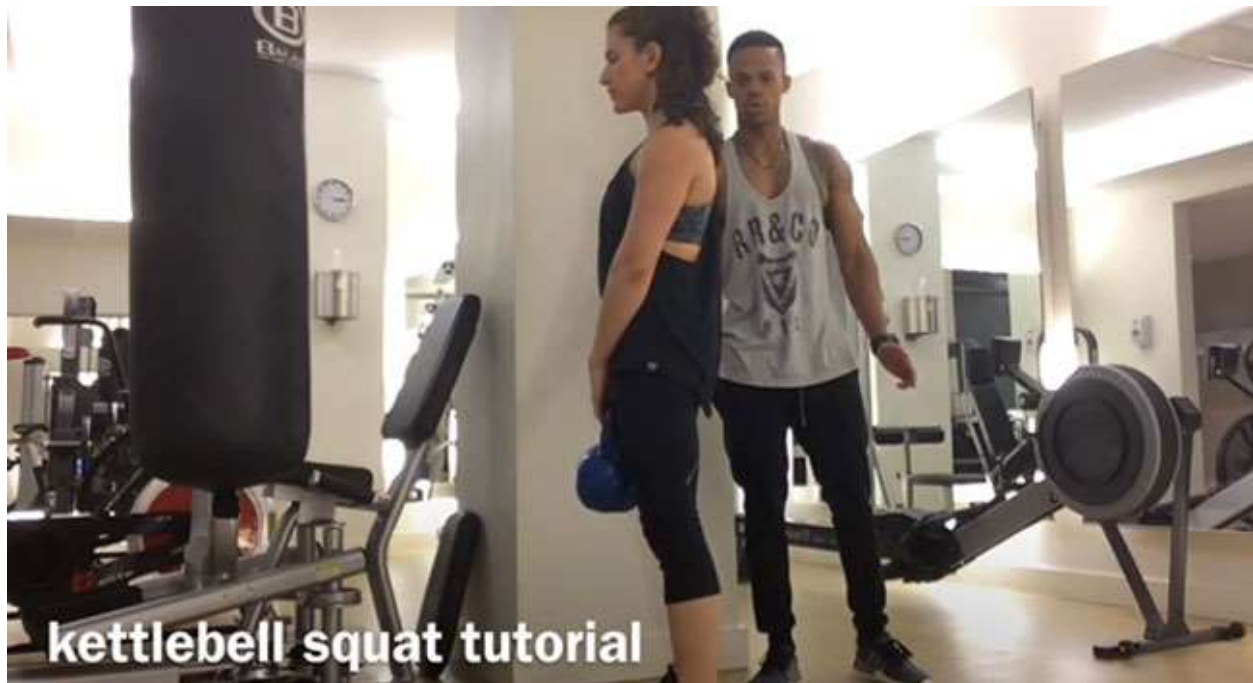


Repeat for 3-4 sets of 10-12 repetitions.

Progression: Kettlebell Squat

Begin by standing with feet hip-width apart and knees soft. The chest should be up and proud and the head should be facing forward with neck in line with spine. Feet can be parallel or slightly turned out (about 10 degrees).

You may hold the kettlebell either in goblet position where it is at your chest, or hanging between your legs (as pictured below). If the weight is below your chest, ensure that your shoulder blades are retracted so that it doesn't drag your shoulders down.



On inhale, descend by flexing the knees and sitting the hips as far back as possible so the weight is primarily on your heels. Imagine you are about to sit in a chair.

Ensure the knees stay in line with the feet and do not go over the toes, and ensure that the knees line up with the second and third toes. They should not turn in or go out too much. The goal is to keep the torso as upright as possible.

The kettlebell can tap the floor at the bottom, or hover right above the floor. Ideally, your arms shouldn't be doing any work at all.



When you have reached the bottom of your squat (this may be different for everyone, but ideally you should be at least reaching the point where your upper legs are parallel to the floor), exhale and drive the weight upward through the heels and through the hips until you are standing again. Squeeze the glutes at the top.



Repeat for 3-4 sets of 10-12 repetitions.

HIIT VIDEO

(High-intensity interval training)

Type: Metabolic Training
Main Muscle Worked: Full Body
Equipment: None

Burpee

Begin in a standing position. Drop into a squat position with your hands on the ground. Jump both feet back at the same time so that you are now in push-up plank position.



Jump both feet forward to your hands.



Explosively jump into the air, reaching your arms straight overhead.



Repeat for 10 repetitions.

Lateral Shuffle Step

Set up two markers, about 10-20 feet apart from each other or so. Begin in a squat position, ideally with hands somewhere close to your chest, out of the way.



Start with the right foot moving right and the left foot following. Shuffle right for the distance between the markers you have set, staying in that low squat position. Then shuffle left for the duration of the markers. Do not reset into a standing position until the exercise is over.



Continue for 30 seconds.

Mountain Climbers

Start in a push-up plank position. Beginning in a solid plank is the key to proper form and good results here.



On exhale, pull one knee into your chest. As the knee draws in, pull your core in even tighter to be sure your body doesn't sag or come out of perfect plank. Quickly switch and pull the other knee in. At the same time push one leg back, and pull the other knee in using the same form.

Continue to switch knees—the pace is up to you. Be sure to keep a straight line with your spine, including your neck.



Continue for 30 seconds.

Skater Jumps

Start in a slight squat position with feet hip-width apart.



Jump sideways to the right, gaining as much lateral distance as possible and landing on your right leg. Bring your right leg behind your left ankle, trying not to let it touch the floor to reset. Keep your feet parallel at all times during this move.



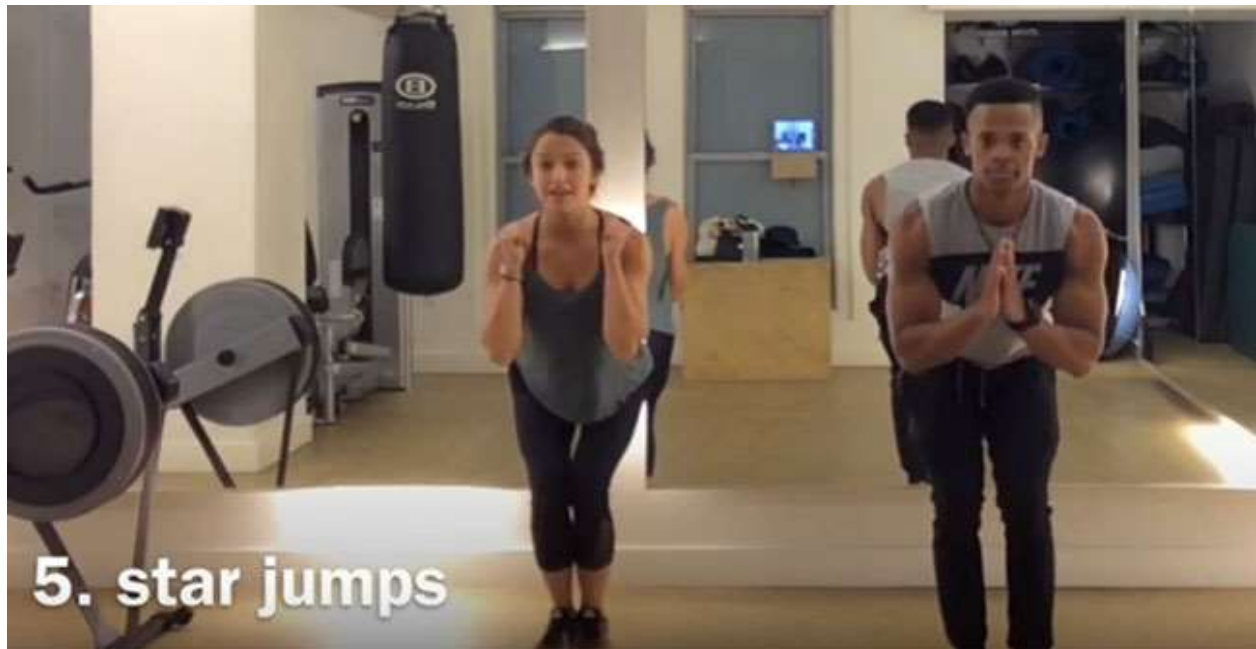
Reverse the direction by jumping to the left with your left leg. This completes one full rep.



Continue for 30 seconds.

Skater Jumps

Start in narrow squat, meaning both feet are together. Sit back in your glutes, imagining you're sitting down in a chair. Do not let the knees come over the ankles.



Inhale deeply. On your exhale, jump into the air and extend all of your extremities. This means that arms reach out to the sides and legs reach out to the sides—you are trying to touch each of the four corners of an imaginary box around your body.



Land with soft, bent knees, in that low narrow squat each time. Continue for 10 repetitions.

FULL BODY STARTER

Type: Strength

Main Muscle Worked: Full Body - the goal of this workout is tackling the 4 biggest compound moves (moves that work multiple muscle groups at once) in a “Push-Pull” style breakdown

Equipment: Kettlebells, Dumbbells

Lower Body “Pull” - Kettlebell Deadlift

With feet hip-width apart, stand with a kettlebell of appropriate weight between feet, as if you just laid an egg. Hinge at the hips to grip the kettlebell with both hands. In order to activate your latissimus dorsi (larger back) muscles, almost think that you are “breaking” the handle of the kettlebell in half.

Your back MUST be perfectly flat, perfectly parallel to the floor. Neck must be in line with spine. Knees can be as bent as necessary, depending on hamstring flexibility. For more of a challenge, straighten the legs a bit more (though never lock the knees).



With feet and grip set, inhale deeply keeping chest proud and back flat. On exhale, begin driving through the heels to move the weight upward and bring the hips forward to come to a standing position.

Ensure you do not let your shoulders round forward with the weight—always keep shoulder blades retracted.



On inhale, lower the kettlebell back down to the floor by hinging at the hips and guiding it slowly down. On exhale, lift it again as previously described.

Tip: ideally, lowering the weight should take about twice as long as coming back up with it; think of the return to standing as the more “explosive” part of the movement.

Repeat for 3-4 sets of 10-12 repetitions.

Lower Body “Push” - Kettlebell Squat

Begin by standing with feet hip-width apart and knees soft. The chest should be up and proud and the head should be facing forward with neck in line with spine. Feet can be parallel or slightly turned out (about 10 degrees).

You may hold the kettlebell either in goblet position where it is at your chest, or hanging between your legs (as pictured below). If the weight is below your chest, ensure that your shoulder blades are retracted so that it doesn't drag your shoulders down.



On inhale, descend by flexing the knees and sitting the hips as far back as possible so the weight is primarily on your heels. Imagine you are about to sit in a chair.

Ensure the knees stay in line with the feet and do not go over the toes, and ensure that the knees line up with the second and third toes. They should not turn in or go out too much. The goal is to keep the torso as upright as possible.

The kettlebell can tap the floor at the bottom, or hover right above the floor. Ideally, your arms shouldn't be doing any work at all.



When you have reached the bottom of your squat (this may be different for everyone, but ideally you should be at least reaching the point where your upper legs are parallel to the floor), exhale and drive the weight upward through the heels and through the hips until you are at standing again. Squeeze the glutes at the top.



Repeat for 3-4 sets of 10-12 repetitions.

Upper Body “Pull” - Bent-Over Row

With a dumbbell of appropriate weight in each hand (palms facing thighs, neutral grip), squat down and hinge your hips a bit so that you are almost veering towards a deadlift position with the back parallel to the floor.

The weights should hang directly in front of you as your arms hang perpendicular to the floor and your torso. Ensure that the lat muscles are engaged so that the shoulders are not dragged forward or rounded. This is your starting position.



While keeping the torso stationary, lift the dumbbells to your side on exhale, keeping the elbows very tight to the body. Do not exert any extra force with the forearms. At the top, in the contracted position, squeeze the middle back muscles and hold for one second. Ensure that your head and neck are in line with your spine while you do this.



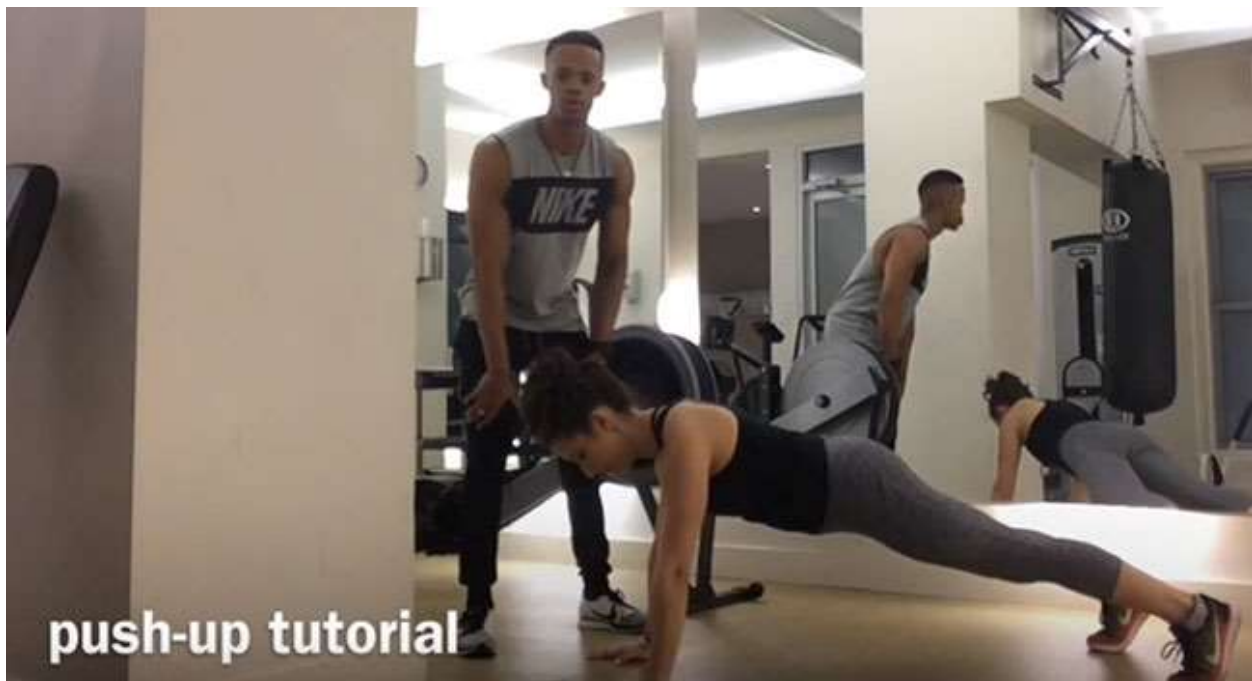
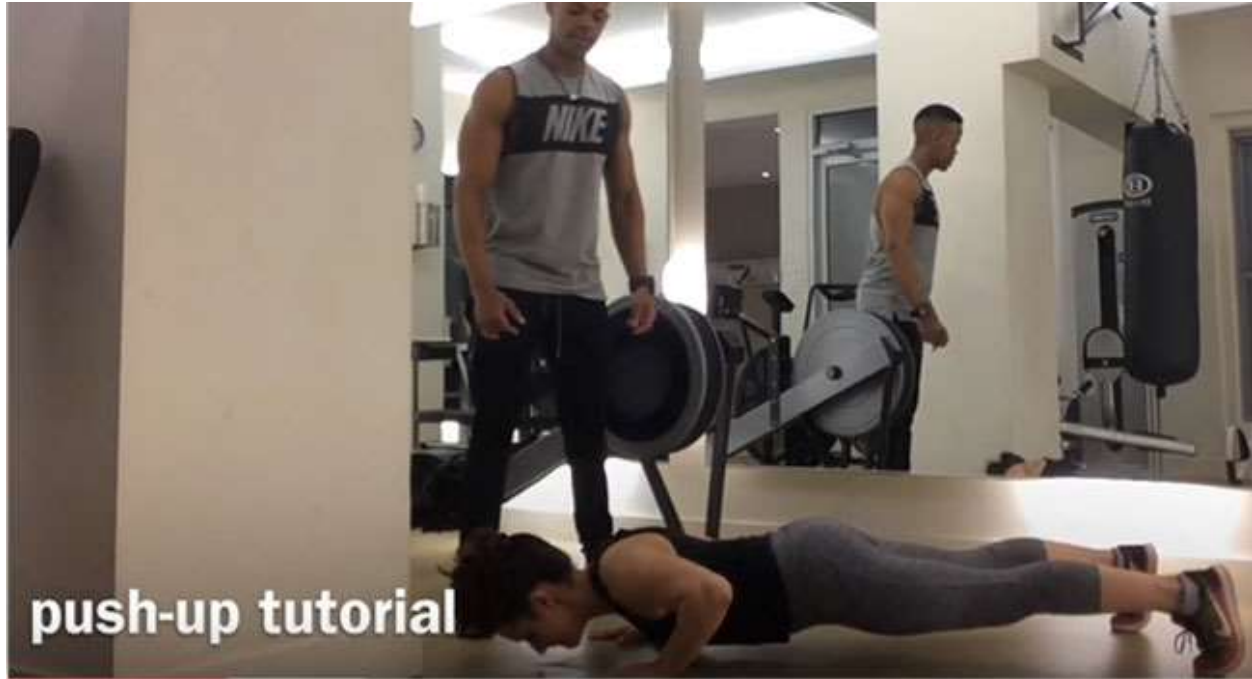
On inhale, slowly lower the weight with control to the starting position again.

Tip: if it is difficult for you to maintain a straight back in this position, switch to a one-arm row where one of your knees rests on a bench.

Repeat for 3-4 sets of 10-12 repetitions.

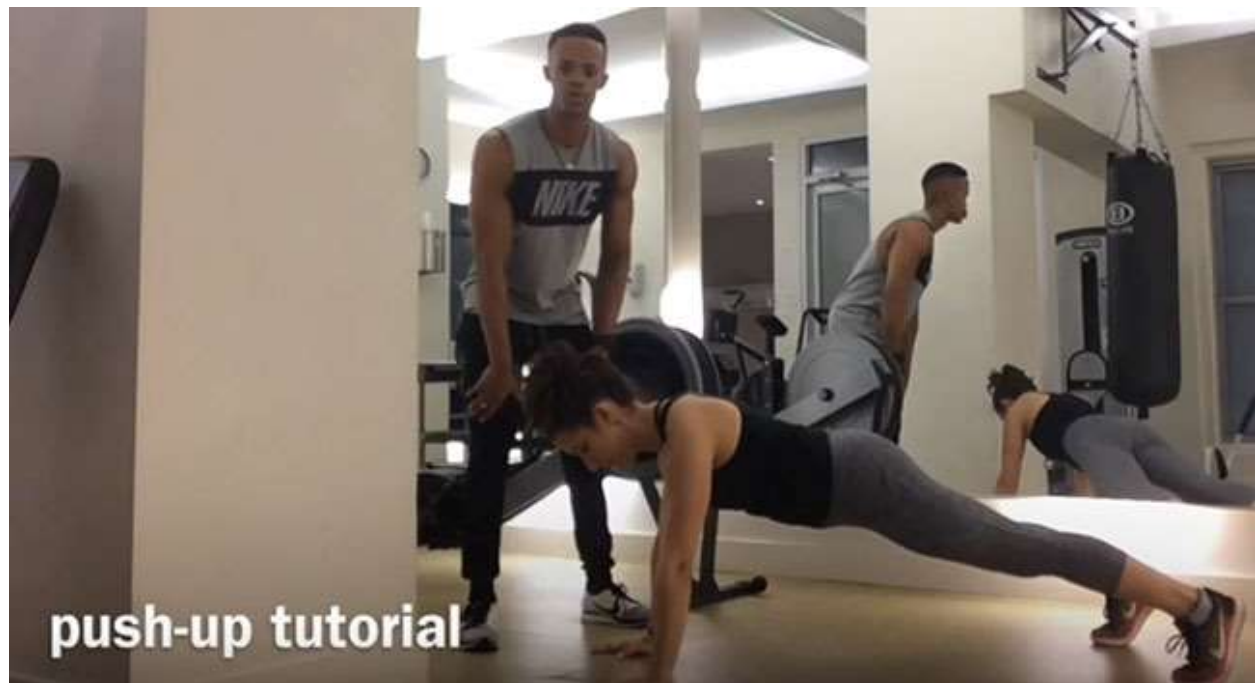
Upper Body “Push” - Push-Up

Lie on the floor face down and place your hands shoulder-width apart while holding your torso up at arms length.



On inhale, lower yourself down until your chest almost touches the floor. Tip: elbows should be at about a 45 degree angle from your body for a chest-focused push-up, which is what we're doing here. Chest and hips should be in the same line—never one above or below the other.

On exhale, press your upper body back up to the starting position while squeezing your chest.



After a brief pause at the top contracted position, lower yourself down again.

Repeat for 3-4 sets of 10-12 repetitions.

COOL-DOWN

Glute/Piriformis Stretch

Standing Version:

From a standing position, bend your right knee outwards and rest your ankle just above your left knee. Sink down into a squat until you feel a stretch in your right glute. Put arms in front of you, if need be, for balance.

Hold for 20-30 seconds and switch sides.



Lying Version:

From a supine lying down position, bend your right knee outwards and rest your ankle just above your left knee. Grab the back of your left thigh (hamstring) and pull the left leg in towards you. You should feel an extreme stretch in your right glute.

Hold for 20-30 seconds and switch sides.

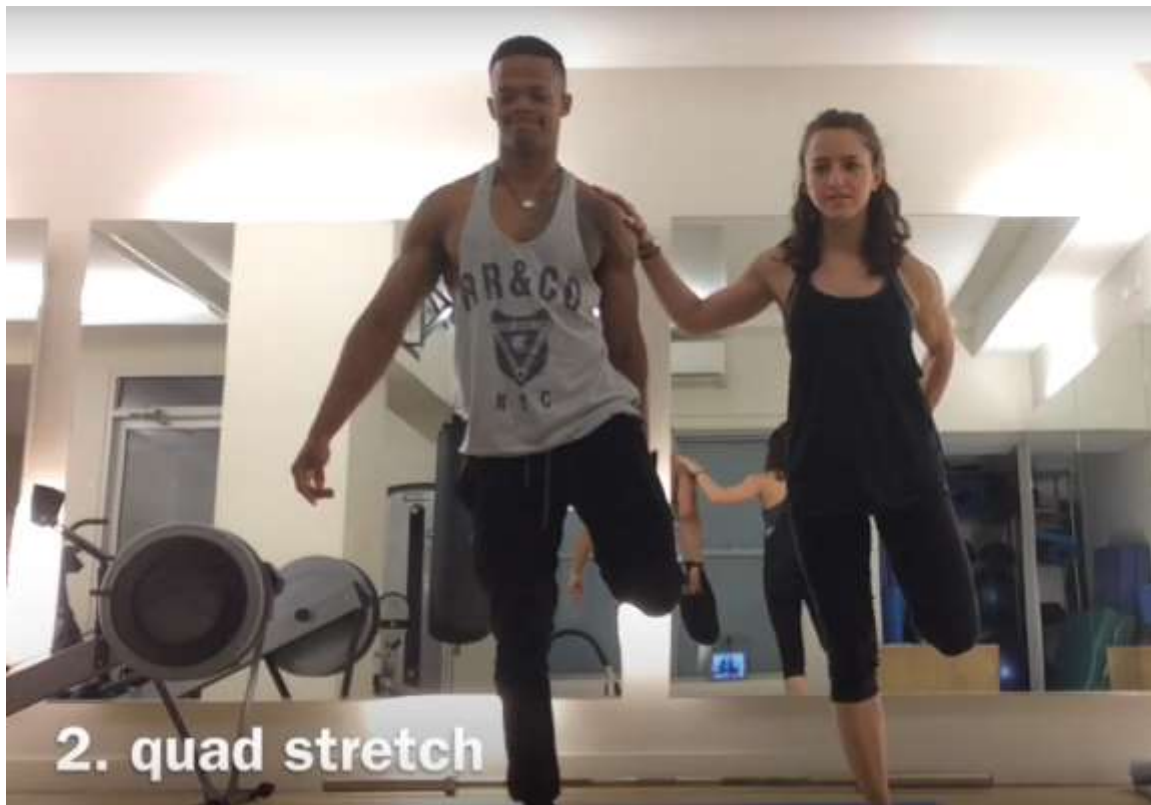


Quad Stretch

Stand up straight, and keep feet hip-width apart, with your back straight and your feet parallel. You may hold onto a chair or a wall (or a partner) if necessary for balance.

Reach back and grab your left foot with your left hand, keeping your thighs lined up next to each other and left leg in line with the hip (not pulled back behind you) as best you can.

Hold for 20-30 seconds and repeat on opposite side.



Chest Stretch

Stand up straight, and keep feet hip-width apart, with your back straight and your feet parallel. Place your hands behind your head and interlace them.

On inhale, press your hands into the back of your head so that your elbows are pulled back and you feel a stretch in your chest and front delts.



On exhale, bring your elbows together so that they touch. Do not round your back when you do so. The point is to isolate your chest and shoulders.



Repeat for 10-15 repetitions.

Crocodile Breathing

Most people actually breathe incorrectly, and this affects their ability to exercise effectively. Using the ground as a tactile cue from the face down position allows people to feel what it is to properly expand the belly and breathe diaphragmatically.



Start lying face down on the floor (prone position). Interlace your fingers on the floor (palms down) and rest your forehead passively on your hands.

Keep your legs straight and your toes pointed down. Relax the body as much as possible.



The ideal tempo for this breathing is: inhale for 4-6 seconds, hold for 2-4 seconds, and exhale for 4-6 seconds. Each time you inhale, feel your stomach expand and press against the floor.

You also want to think about 360-degree expansion, meaning that not only are you breathing into the belly against the floor, but expanding your breath through the sides of the torso along with the lower back. It helps to have a partner touch the sides of your ribcage, as shown below.

Repeat for at least 10 breaths.

Conclusion

So now you're finished, right? Of course not! We're just starting.

In *Stop Dieting and Live* I've emphasized that this is a life-long process. Exercising is not something you should binge and then quit. It's much better to create a lifestyle of health and fitness.

So never give up. Plan now to create a lifetime of healthy exercise and fitness. Make it a part of you, because today is the first step of your lifelong journey.

So go enjoy it!

Devin Rollins

