THE BODYWEIGHT WORKOUT

Perfect for fat burning at home or away from the gym using only your bodyweight to burn body fat

www.littleblackdressworkout.com

The disclaimer

www.littleblackdressworkout.com or Dan Thompson cannot accept any responsibility for any loss (financial or otherwise) injury or death occasioned or caused by your reliance upon any information contained within this pack. Whilst all information is provided in good faith it remains, at all times, your responsibility to ensure that you are exercising safely and within your own limits. If you have any doubts you should consult a qualified medical practitioner, eg, your own GP.

You MUST consult your doctor before beginning any programme of physical activity if you have answered 'yes' to any of the screening questions in this pack. You should always consult your doctor if you believe your health is at risk from beginning or continuing exercise.

By using this information you agree to defend any action against you by a third party to the extent that such claim, suit, action or other proceeding brought against you is based on or arises in connection with your use of the pack, any breach by you of these terms and conditions or a claim that your use of the pack infringes any intellectual property rights of any third party or is defamatory, or otherwise results in injury or damage to any third party. Furthermore you agree not to join in or support any such action against us and to indemnify us (to the full extent of any incidental costs we bear and full costs and damages awarded against us) against any such claim brought against us in connection with your use of the pack.

Where to start

Just in case you're still not sure in what order you should be following the fitness routine, here is a step by step guide to help you. Print off the workout sheets provided.

Each workout follows the same order, photos and descriptions of the exercises can be found at the back of this book

- Warm up - Follow the 4 exercises one after the other with no recovery, one you complete the 4th exercise then rest for 30 seconds. Repeat one more time.

- Bodyweight exercises - For the first two weeks you complete reps and sets like any usual gym routine, once you get to week 3 you introduce supersets and increase the number of reps. This is where you complete one exercise then another before you rest.

- Interval training - The first 5 minutes is steady and is almost like a warm up. The next 10 minutes is all about the interval training where you go fast, easy, fast, easy. This should be completed against a high level of resistance.

- Warm down - This is the final 5 minutes of the cardio interval training, lower the level and slow the pace right down to a level of 3 to 4 out of 10.

- Stretch - Hold each stretch for up to 60 seconds, only stretch areas you have worked or feel tight.

Be sure to keep hydrated during exercise, keep sipping water throughout.

THE BODYWEIGHT WORKOUT

Perfect for fat burning at home or away from the gym using only your bodyweight to burn body fat

www.littleblackdressworkout.com

Week 1 - 2

Workout A

WARM UP				TOTAL 5 MINUTES
ORDER	EXERCISE	REPS/SETS	WEIGHT	REST
1	DEADBUG	6 / 2	-	0 SEC
2	PLANK	30 SEC / 2	-	0 SEC
3	STATIC LUNGE	15 / 2	-	0 SEC
4	KNEELING PRESS UP	15 / 2	-	30 SEC

EXERCISES				TOTAL 20 MINUTES
NUMBER	EXERCISE	REPS/SETS	WEIGHT	REST
1	LATERAL LUNGE	10 / 3		30 SECS
2	JACKNIFE WITH STABILITY BALL	10 / 3		30 SECS
3	STATIC LUNGE WITH ROTATION	10 / 3		30 SECS
4	PRESS UP OR PRESS UP ON STABILITY BALL	10 / 3		30 SECS
5	HAMSTRING DRAGS WITH STABILITY BALL	10 / 3		30 SECS
6	WINDSCREEN WIPERS	10 / 3		30 SECS

INTERVAL TRAINING	TOTAL 20 MINUTES
TYPE	INTENSITY
Warm up for **5 minutes**, progressing from light to moderate	3 OUT OF 10
Perform 1 effort by exercising for **10 SECONDS** at a hard pace	9 OUT OF 10
Now take a ACTIVE REST for **20 SECONDS** at a easy pace	4 OUT OF 10
Repeat this for a total of **20 EFFORTS (10 MINUTES)**	
Finish with **5 minutes** of light intensity exercise for a cool down	3 OUT OF 10

Make sure you stretch all muscle groups for 60 seconds and top up with fluids throughout your workout

Week 1 - 2

Workout B

WARM UP				TOTAL 5 MINUTES
ORDER	EXERCISE	REPS/SETS	WEIGHT	REST
1	4 POINT TUMMY VACUUM	6 / 2	-	0 SEC
2	SIDE PLANK	30 SEC / 2	-	0 SEC
3	OVERHEAD SQUAT	15 / 2	-	0 SEC
4	WALL ANGEL	30 SEC / 2	-	30 SEC

EXERCISES				TOTAL 20 MINUTES
NUMBER	EXERCISE	REPS/SETS	WEIGHT	REST
1	GLUTE KICKBACKS	10 / 3		30 SECS
2	6 INCH RAISES	MAX / 3		30 SECS
3	WALL SQUAT (HOLD MAXIMUM TIME POSSIBLE)	MAX / 3		30 SECS
4	DIPS ON BENCH OR CHAIR	MAX / 3		30 SECS
5	REVERSE LUNGE	10 / 3		30 SECS
6	CRUNCH	10 / 3		30 SECS

INTERVAL TRAINING	TOTAL 20 MINUTES
TYPE	INTENSITY
Warm up for **5 minutes**, progressing from light to moderate	3 OUT OF 10
Perform 1 effort by exercising for **10 SECONDS** at a hard pace	9 OUT OF 10
Now take a ACTIVE REST for **20 SECONDS** at a easy pace	4 OUT OF 10
Repeat this for a total of **20 EFFORTS (10 MINUTES)**	
Finish with **5 minutes** of light intensity exercise for a cool down	3 OUT OF 10

Make sure you stretch all muscle groups for 60 seconds and top up with fluids throughout your workout

Week 3 - 4

Workout A

WARM UP				TOTAL 5 MINUTES
ORDER	EXERCISE	REPS/SETS	WEIGHT	REST
1	DEADBUG	6 / 2	-	0 SEC
2	PLANK	30 SEC / 2	-	0 SEC
3	STATIC LUNGE	15 / 2	-	0 SEC
4	KNEELING PRESS UP	15 / 2	-	30 SEC

EXERCISES				TOTAL 20 MINUTES
SUPERSET	EXERCISE	REPS/SETS	WEIGHT	REST
1	LATERAL LUNGE	16 / 3		-
1	JACKNIFE WITH STABILITY BALL	MAX / 3		30 SECS
2	STATIC LUNGE WITH ROTATION	16/ 3		-
2	PRESS UP OR PRESS UP ON STABILITY BALL	MAX / 3		30 SECS
3	HAMSTRING DRAGS WITH STABILITY BALL	15 / 3		-
3	WINDSCREEN WIPERS	16 / 3		30 SECS

INTERVAL TRAINING	TOTAL 20 MINUTES
TYPE	INTENSITY
Warm up for **5 minutes**, progressing from light to moderate	3 OUT OF 10
Perform 1 effort by exercising for **15 SECONDS** at a hard pace	9 OUT OF 10
Now take a ACTIVE REST for **15 SECONDS** at a easy pace	4 OUT OF 10
Repeat this for a total of **20 EFFORTS (10 MINUTES)**	
Finish with **5 minutes** of light intensity exercise for a cool down	3 OUT OF 10

Make sure you stretch all muscle groups for 60 seconds and top up with fluids throughout your workout

Week 3 - 4 Workout B

WARM UP				TOTAL 5 MINUTES
ORDER	EXERCISE	REPS/SETS	WEIGHT	REST
1	4 POINT TUMMY VACUUM	6 / 2	-	0 SEC
2	SIDE PLANK	30 SEC / 2	-	0 SEC
3	OVERHEAD SQUAT	15 / 2	-	0 SEC
4	WALL ANGEL	30 SEC / 2	-	30 SEC

EXERCISES				TOTAL 20 MINUTES
SUPERSET	EXERCISE	REPS/SETS	WEIGHT	REST
1	GLUTE KICKBACKS	15 / 3		-
1	6 INCH RAISES	MAX / 3		30 SECS
2	WALL SQUAT (HOLD MAXIMUM TIME POSSIBLE)	MAX / 3		-
2	DIPS ON BENCH OR CHAIR	MAX / 3		30 SECS
3	REVERSE LUNGE	16 / 3		-
3	CRUNCH	15 / 3		30 SECS

INTERVAL TRAINING	TOTAL 20 MINUTES
TYPE	INTENSITY
Warm up for **5 minutes**, progressing from light to moderate	3 OUT OF 10
Perform 1 effort by exercising for **15 SECONDS** at a hard pace	9 OUT OF 10
Now take a ACTIVE REST for **15 SECONDS** at a easy pace	4 OUT OF 10
Repeat this for a total of **20 EFFORTS (10 MINUTES)**	
Finish with **5 minutes** of light intensity exercise for a cool down	3 OUT OF 10

Make sure you stretch all muscle groups for 60 seconds and top up with fluids throughout your workout

EXERCISE DESCRIPTIONS

Exercise descriptions WARM UP

DEADBUG	
DESCRIPTION	PHOTO
Begin by lying on back, knees locked out. Take the arms straight up overhead	
and hold this position for a moment, making sure abs are in tight and your	
back isn't arching off the floor. Slowly lower the right arm and left leg towards	
the floor while keeping the lower back on the floor. Bring them back up and	
lower the left arm and right leg to the floor. Continue lowering opposite arm	
and leg	

WALL ANGEL	
DESCRIPTION	PHOTO
Lean back against a wall and bend the knees slightly. Feet should be 18	
inches from wall. Flatten your entire spine against the wall (roll your pelvis	
back so your lower back arch goes away). Keep your head and eyes level	
and touch your head to the wall. Bend your elbows to 90 degrees, and bring	
the arms up to shoulder height. Roll the arms back until the shoulder blades,	
forearms and wrists are flat against the wall. Maintain for 30 seconds	

4 POINT TUMMY VACUUM	
DESCRIPTION	PHOTO
Start with a 4-point position on hands and knees with a straight back.	
Draw the belly button up towards your spine whilst breathing naturally.	
There should be no movement from the back whilst belly button drawing in.	

Exercise descriptions WARM UP

PRESS UPS ON KNEES	
DESCRIPTION	PHOTO
Start with your knees on the floor and your feet up	
Place your hands parallel with your shoulders and a bit wider than shoulder	
width apart. Without touching the ground extend your arms until your	
arms come close to locking out.	

STATIC LUNGE	
DESCRIPTION	PHOTO
Stand in split stance, holding weights (or none), bend both knees and lower	
into a lunge, keeping front knee BEHIND the toe and knees no lower than 90	
degree angles. Keep torso upright, back knee should not touch the floor.	

OVERHEAD SQUAT	
DESCRIPTION	PHOTO
Feet should be shoulder width apart. Keeping your back straight and eyes	
forward, slowly squat down until your thighs are parallel to the floor. Knees	
should stay in line with feet (knees don't cave in; feet don't turn out) Squat	
low enough for thighs to be parallel to floor and return. Keep arms straight	
through out.	

Exercise descriptions WARM UP

PLANK	
DESCRIPTION	PHOTO
Lie face down on mat resting on the forearms, palms flat on the floor.	
Push off the floor, raising up onto toes and resting on the elbows.	
Keep your back flat, in a straight line from head to heels.	
Tilt your pelvis and contract your abdominals to prevent your rear end from	
sticking up in the air.	

SIDE PLANK	
DESCRIPTION	PHOTO
Lie on your side with your right hand on the ground or use an exercise mat.	
For beginners, it is recommended to begin this exercise on your elbow.	
Lift yourself up to form a plank with your right arm straight and your	
left arm on your side.	

Exercise descriptions WORKOUT A

LATERAL LUNGE	
DESCRIPTION	PHOTO
Step to the right with the right foot keeping toes forward and feet flat.	
Squat through your right hip while keeping your left leg straight.	
Keeping both feet in place, shift weight to left hip and straighten your right	
leg without standing. Keep knee on squatting side behind toes.	
Keep weight on midfoot to heel. Keep chest up and back flat.	

JACKNIFE WITH STABILITY BALL	
DESCRIPTION	PHOTO
Push your hips as high as possible as you pull your knees towards your chest.	
And Return to the original start position. Keep your back straight though out	
the exercise	

STATIC LUNGE WITH ROTATION	
DESCRIPTION	PHOTO
Stand in split stance, bend both knees and lower into a lunge	
keeping front knee BEHIND the toe and knees no lower than 90	
degree angles. Keep the torso upright and twist the arms and torso away	
from your leading leg. back knee should not touch the floor.	

Exercise descriptions WORKOUT A

PRESS UP ON STABILITY BALL OR BENCH	
DESCRIPTION	PHOTO
Palms flat on floor with hands shoulder width apart or wider. Feet on Stability	
Ball or bench. Inhale and bend your elbows to bring your torso near the floor,	
keeping back straight. Push yourself back, exhale to complete movement.	

HAMSTRING DRAGS WITH STABILITY BALL	
DESCRIPTION	PHOTO
Lying flat on your back with your arms by your side and put your feet	
up on the top of a Swiss ball. Raise your hips off the ground keeping	
you whole bodystraight, So that only the back of your shoulders is touching	
the floor. Drag the ball towards your bum, so that your knees go	
upward and your feet are now flat on the ball. Slowly return to the starting	
position keeping your hips high.	

WINDSCREEN WIPERS	
DESCRIPTION	PHOTO
Lie flat on your back with your arms out to the side and your legs directly	
above the hips. Push your lower back into the floor. Lower your feet from side	
to side in a controlled manner.	

Exercise descriptions WORKOUT B

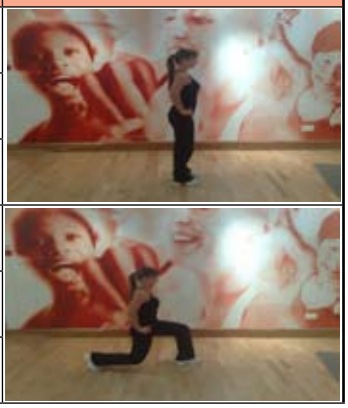
GLUTE KICKBACKS	
DESCRIPTION	PHOTO
Kneel on one leg with your elbows or hands on the floor. Lift your opposite	
leg until your leg is fully extended. Swing your leg back keeping your knee	
bent and return.	

6 INCH RAISES	
DESCRIPTION	PHOTO
Lie face up on the floor and extend the legs straight, place your hands above	
your head or under your bum lift your feet 6 inches off the floor.	
as though reaching your feet towards your sky.	
Keep the legs in a fixed position and imagine bringing your belly button to	
wards your spine at the top of the movement and hold.	
(please bear in mind this a female 6 inches not a male 6 inches!)	

WALL SQUAT (HOLD MAXIMUM TIME POSSIBLE)	
DESCRIPTION	PHOTO
Put the ball between your lower back and a wall. Bend 90 degrees at the	
knees with feet at least hip width apart. Hold for as long as you can.	
Slowly straighten your knees and stand up.	

Exercise descriptions WORKOUT B

DIPS ON BENCH OR CHAIR	
DESCRIPTION	PHOTO
Place your hands on the edge of the bench right next to your hips. Place your legs so your thighs and shins are at a 90-degree angle to each other. Lower yourself slowly by bending your elbows and allowing your knees to bend and return to the strat position.	

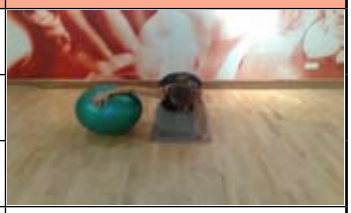
REVERSE LUNGE	
DESCRIPTION	PHOTO
Take a big step backwards with your leg and bend your knee until your thigh is parallel to the floor. Your back should remain straight throughout, don't arch your back. Step forward to return to the starting position,	

CRUNCH	
DESCRIPTION	PHOTO
Lie on your back, lift and bend your knees. Place your hands on your chest or on your temples. Contract your abs, lifting your shoulder blades and upper back off the ground.	

Exercise description STRETCHES

QUADRICEP STRETCH	
DESCRIPTION	PHOTO
Face a wall or a fence and take one leg behind you. Bend the other leg so	
that the knee doesn't extend over the toes. Ideally, you should try to maintain	
a straight, diagonal line from the heel to the top of your head. Switch Sides.	

HAMSTRING STRETCH	
DESCRIPTION	PHOTO
Lie on your back, keeping the back flat and your eyes focused upward. Grasp	
the back of one thigh with both your hands and (leg bent) pull that thigh into	
a 90 degree position vs. the floor. Then slowly straighten your knee.	

CHEST STRETCH	
DESCRIPTION	PHOTO
Start in a 4 point kneeling position. Place your right forearm on the ball with	
your palm down and shoulder parallel to the floor. Repeat on the other side.	

Exercise descriptions STRETCHES

TRICEP STRETCH	
DESCRIPTION	PHOTO
Stand (with legs slightly bent and feet hip-width apart) or sit and raise your	
left arm over your head with your elbow bent. Place your left hand over your	
back as if you were reaching down your spine. With your right hand, gently	
push your left arm back to extend the stretch. This will stretch down the back	
of the arm.	

LAT STRETCH	
DESCRIPTION	PHOTO
From all fours place both hands on the ball palms facing upward. Slowly roll	
the ball up your arm by leaning forward on your knees until you feel a stretch	
in your side and back.	

HIP FLEXOR STRETCH	
DESCRIPTION	PHOTO
Kneel as the photo demonstrates, tighten the glutes and tilt the pelvis	
backwards. Avoid arching the back and do not pull the foot backward.	

Exercise descriptions STRETCHES

BACK STRETCH	
DESCRIPTION	PHOTO
Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.	
Interlock your fingers and push your hands as far away from your chest as	
possible, allowing your upper back to relax. You should feel the stretch	
between your shoulder blades	

Good luck

I wish you the best with your journey to drop dress sizes and burning belly fat. If you have any questions about losing inches, or finding more energy feel free to contact me through www.littleblackdressworkout.com

To a healthy lifestyle and lots of fat burning!

Sincerely,

Dan Thompson
Personal Trainer
www.littleblackdressworkout.com

P.S. If you enjoyed this workout and would like more there is NO RISK at all for you to try my Little Black Dress Workout. My Secret Little Black Dress Diet Book is about one thing and one thing only. The aim is to help women get fitter, feel sexy and look amazing for FREE.

So I have made available my FREE e-book 'Secret Little Black Dress Diet' to help women BURN BELLY FAT and DROP A DRESS SIZE in less than 21 days!

My Secret Little Black Dress Workout is trusted by women all over the U.K and the world, and I guarantee it will tell you all the Little-known secrets for losing inches, what to eat to boost your metabolism, prevent stretch marks, what not to eat to lose inches in weeks and lift saggy breasts!!

www.littleblackdressworkout.com

P.P.S. If you are feeling weak, tired and feel about as sexy as a Bridget Jones big pants, then stop feeling helpless and get my Little Black Dress Workout that has worked for hundreds of my personal clients. I guarantee you it will help you feel better and help you fit back into your favourite dress or jeans.

Sophie Clark is one of my many customers, She kindly modeled the exercises for this bodyweight workout book. When she followed my Little Black Dress Workout she had these results.

- Dropped a dress size from a size 10 to 8 (UK sizes)
- Lost 3.5” from all over her body
- Lost 4lb and 2.5% Body Fat!

‘One of the best things about the Little Black Dress Workout is the simplicity. I am really enjoying my new found energy and figure. Thanks!’

Sophie Clark, ESSEX, UK

How much do you want to get your body in top, toned, show it off shape and feel confident about the way your body looks?

www.littleblackdressworkout.com

Discover my little know secrets to lose inches from your waist and hips, lift saggy breasts, how to beat unstoppable food cravings and boost your metabolism to burn fat through out the day!...

It is a well know most weight loss products are over hyped and over priced, if your a consumer this is bad news. I know your probably feeling sceptical about the Secret Little Black Dress Workout but when it is FREE do you really have anything worry about?

Here's what makes the Secret Little Black Dress Workout easy to lose a dress size in as little as 21 days.

- Exactly what to eat and what not to eat with tools to help you plan ahead

- A specifically designed workout program to help women shed those last unwanted pounds of unsightly fat quickly and safely.

- The EXACT exercises, sets, reps, rest periods - We show you how to loose inches from your bum, hips and thighs to slip you into your dress!

www.littleblackdressworkout.com

Remember, this program wasn't designed by some fitness instructor who has only just started out, I know how you really feel about your body or how little time you have to workout, let alone the stress and real life situations you have to deal with. But as a personal trainer to hundreds of everyday women, I've been there before and have helped each one of my clients through the struggles as well.

Because women all over ESSEX and SUFFOLK in the U.K are literally driving over 45 minutes just to train with me, a single session (if you can even book me!) costs £40 (Around $80), and when I write 4-week workout for clients it costs £99 ($200). Designing a 16 week fat loss program would easily cost you more than £397 ($800) if you were a private client of mine.

But in the Secret Little Black Dress Workout, you'll get 8 week fat loss workouts for complete beginners and regular gym users for FREE. The best part is that you can download all of these from the Internet in just minutes and start using these techniques today for FREE!

There's only one catch to all this. You have to visit the website below to download the manual, beginners and advanced workout books

Limited to the first 10,000 so hurry!

www.littleblackdressworkout.com