

THE LITTLE BLACK DRESS WORKOUT



The Aussie Fatblast Secret Workout
To Get You In That Hot Dress By Summer!

BY DANIEL MUNDAY

Aussie Fatblast Presents: The Little Black Dress Workout



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DISCLAIMER

The information on the pages within contains the thoughts of the author, and should be taken only as educational. It is not meant to be prescribed as medical advice.

If you are not currently doing any exercise, you **must** get a clearance from your doctor before you start any exercise.

This is especially important if you are overweight, have diabetes, high blood pressure or any other contraindicative condition that may compromise your health.

If you have had any injury, past or present, that may contraindicate any of the information provided within, please also speak with your doctor before beginning any exercise contained within.

It is essential that you know that any exercise can contain certain risk of injury. It is your responsibility to know what your limits are.

Do not attempt anything that you are not ready for, or do not know how to do properly.

You must always ensure you perform a proper warm up of dynamic body movements before you begin any training program.

To prevent any feelings of lightheadedness, dizziness, or a general feeling of sickness, always ensure that you have eaten in the previous 2 hours before a workout. This is especially true for first thing in the morning.

If you continue to experience these symptoms, please consult your doctor.

If you have a history of shoulder problems, do not do any overhead movements. Seek a substitute exercise as listed in the program.

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THE LITTLE BLACK DRESS WORKOUT

Does it bug you that you cannot seem to shift the stubborn belly fat, or that really sexy pair of jeans you saw at the mall the other week was just that little bit too small – again?

I created this Little Black Dress (LBD) program for busy women, just like you, who are short on time and really want to and need to tone up for that special occasion.

Unfortunately, there is no such thing as spot reduction, despite what those 3am infomercials will have you believe or despite what the ads for that product you have sitting under your bed screamed at you. You simply cannot lose fat just from one area of your body no matter what 'magic cream' you are using.

You will lose body fat from all over your body. You just may notice some areas more than others if there is more there.

Areas such as your butt, thighs, back of the arms and even your belly will be shrinking during this LBD workout.

You also don't need to do endless hours of crunches or boring aerobic cardio exercises (despite what your personal trainer may have told you in the past) to give you this sexy look you have been wanting for years.

In fact, apart from being absolutely useless when it comes to burning that belly fat of yours, the crunch is actually bad for your back.

The crunch is absolutely useless for fat loss because it is not a 'big bang' exercise. A 'big bang' exercise uses more than just one muscle group at once. Perfect examples of this are squats, deadlifts, swings, any exercise that you will find in this manual.

Yes, you will actually burn more belly fat, and fat from anywhere for that matter, by using the 'big bang' exercises even though you are not directly targeting the abs.

Did you know that your spine is compressed every time you crunch up?

Did you know that the extra load that is placed on your spine places an ungodly amount of stress each and every repetition that you do?

Now you know why you have that lower back pain bothering you all the time right?

As a busy professional, who probably spends most of their day sitting in front of a computer or going from meeting to meeting, or sitting in the car, you are placing strain on your back just from doing this. So why would you want to compound that stress by doing crunches?

Now you don't have too.

That is NOT going to get you into that little black dress.

This workout is.

Whether it is that function you have coming up, a spring kick start workout, to just looking great for the beach season or even looking awesome on your wedding day, this workout is the perfect way to drop the last couple of stubborn kilos that have been hanging around and bugging you.

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Combined with the nutrition suggestions found in the Aussie Fatblast Secret Guide to Smart Eating, this 6 week program will have you emerging looking fit, lean and damn sexy in that little black dress!

Impress your partner or your prospective dates with your new, stream line figure and watch as the compliments keep flying your way.

This workout will be a challenge no doubt, so it is not for the absolute beginner. It is better suited to the person who has been following the Aussie Fatblast System for a while and needs that extra little shift in fat loss.

If you are a first time rookie, please for the time being, for the sake of safety, begin with the Aussie Fatblast Ultimate Beginners Body Weight Blitz.

Once you've completed the initial six week Body Weight Blitz program feel free to come back and get amongst this LBD program.

The exercises are a challenge (in a good way) and especially designed for targeting the stubborn body parts that all women want to improve – your butt, thighs, tummy and triceps – or bingo wings/tuckshop lady arms/Nanna arms as some of my clients have jokingly referred to them as!

I would love to hear from you after you have finished the 6 week LBD body transformation – you can even send me a photo of the new you in your little black dress!

I would love to share your story and the new you, with the rest of the Aussie Fatblast family.

People love hearing about success stories, so why not be their inspiration? You also get your name out there for the world to see!

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ULTIMATE CELLULITE CURE

The curse of women around the world is that dreaded 'cottage cheese' or 'hail damage' look to the backs of your legs.

Cellulite is the curse of women even if they do have a great looking body everywhere else.

Have you ever seen a Hollywood celebrity with that cellulite look in the women's magazines?

This light-hearted video shows you the real hot celebrities unmasked and now you can realise that they are human just like you.

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

So, what is the secret they are missing?

Simple.

There are two of them actually.

Cellulite is just fat, plain and simple. Just like your belly fat, just like your arm fat.

It won't go away by applying some magic cream.

You need to crank up your bodies internal blowtorch, i.e. increase your metabolism and burn those extra kilos.

The best way to do this is by following the Aussie Fatblast system and using multi-joint movements that train the whole body or multiple muscles at once.

Movements like Swings, Deadlifts, Squats, and plyometric exercises like Body Blasts are all exercises that you will find in this program and these are your best bet.

Forget about the old Jane Fonda style Pilates movements. They simply just won't get your heart rate up high enough to even trouble your cellulite.

The second killer secret is you need to remove as many toxins as you can from your body.

Sounds simple enough. Cut down on drinking and that should do it? Right?

That's not even half of it.

You need to remove as many processed foods in your diet as possible.

Your diet should comprise of what the Aussie Fatblast Secret Guide to Healthy Eating preaches – limiting your intake of processed carbohydrates and selecting vegetables, fruits (fruits are high in fibre which promotes a sense of fullness), lean meats and protein sources, nuts and seeds and plenty of water.

The other key to removing as many toxins from your body as possible is to eliminate the causes of stress in your daily lifestyle.

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Stress plays an understated role in the development of cellulite as stress causes more toxins to be produced in the body.

That does not even count the fact that most people are more likely to eat and drink comfort calories to relieve stressful situations.

This alone is only adding to your cellulite struggles.

As you have probably found out in the past, exercise is the best stress relief so you get to nail the two best cellulite cures at once – high intensity interval based training sessions and removing toxins and processed foods from your diet.

Your legs are already anticipating your next Aussie Fatblast session now aren't they!

My final cellulite tip is to give up smoking if you are a smoker. Smoking reduces circulation in the body (apart from all the other negatives) and this is only going to promote cellulite to stick around for as long as you allow it.

This includes just having a few social smokes with the girls on a Friday night with a few champagnes.

Nail these two secrets and o longer will you have to be a prisoner to those dimples on your legs.

I want to see you show 'em off with pride!

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RECOMMENDED READING: THE FIRE INSIDE by Daniel Munday

What gets you out of bed everyday? Do you spring up as soon as the alarm (or opportunity clock as Zig Ziglar calls it) goes off or do you hit snooze and grab as long as you can?

If you get up with enthusiasm and without hesitating, the chances are you're already on the road to being where you want to be.

This is one of the things that will shape your positive mindset.

The fire inside starts with doing the little things, crossing them off along the way and then turning them into bigger things.

People have different reasons for their fitness routines, stress relief, fat loss, sports performance, but the one thing every successful person has is a piece of paper with their goals firmly written down.

How can anybody hope to achieve some vague goal when there is no concrete plan? It just will not happen.

So, take a pen, write down what you want to achieve. It is okay to have 3-5 goals but you need to prioritise them so you have direction. **Don't skip this exercise!**

Your next step is to put the list somewhere prominent so you can see it numerous times everyday.

Finally, go ahead and put the steps into place to make it happen.

Write down 3 of your goals now. Make 1 a short term goal and make 1 a long term goal. The other is up to you to decide.

1. MY SHORT TERM GOAL IS

2. MY LONG TERM GOAL IS

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3. MY OTHER GOAL IS

How am I going to make these goals happen?

3. MY SHORT TERM GOAL:

MY LONG TERM GOAL:

MY OTHER GOAL:

See. Believe. Achieve

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FIRST STEPS

So how should you begin the Little Black Dress Workout Program?

There are a few must do things before you get started so you can measure your progress along the way.

- 1) Take your measurements now to give you a good before option. The sites to take are listed on the next page. It will be easier if you have someone else to take these for you but you can do them by yourself, it is just harder.
- 2) Take a before photo of you with in as little clothes as you are comfortable with so you will be able to see the biggest improvements.
- 3) Weigh yourself but don't obsess over it. You will be losing kilos/pounds whatever measurement you go by, but the most important thing will be for you to see (and feel) your clothes getting looser and your measurements going down. You will be building muscle at the same time as you are losing body fat. But don't worry. Women don't have enough testosterone in their bodies (unlike men) so you **will not** get big and bulky muscles, just lean and sexy muscle tone.
- 4) Don't weigh yourself every day. Your weight can fluctuate up and down every day, because of your hormonal cycle. Only weigh yourself in your designated weigh in weeks and at the same time each day. You will be surprised by how much your weight can fluctuate at different times of the day depending on when and what you have just eaten.
- 5) Write down your goals that you want to achieve. See page 6 for more direction.
- 6) Enlist the help of your family and friends. Tell them what you want to achieve and ask them to pump up your tyres when you need it. Research has shown that people with a great support network have a greater rate of fat loss than those who don't. If you don't have that supportive network, the Aussie Fatblast Inner Circle is perfect for you.

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WHERE TO TAKE YOUR MEASUREMENTS

WOMEN

Left and Right Arm: Find the half way point between the pointy part of your shoulder and your elbow. That way your site will always be the same and you can accurately compare with the other side

Waist: From the smallest part of your waist. Take a deep breath in and breathe out and relax. Take the measurement when you are relaxed. There should be a difference from your belly button measurement

Belly Button: take from your belly button. Take a deep breath in and breathe out and relax. Take the measurement when you are relaxed

Hips: Take from the widest part of your hips

Right and Left Thigh: Stand with your hands by your side and take the measurement from the bottom of your thumb. Make sure your shoulders are even and not lopsided otherwise your measurements will not be accurate

MEASUREMENT PROGRESS CHART

Take your measurements on the first day of your training program and on the first day of your rest week between programs.

That way you will be able to see a nice gradual decrease over the next 21 weeks!

WOMEN	WK 1	WK 7	WK 14	WK 21
Left Arm				
Right Arm				
Waist				
Belly Button				
Hips				
Left Thigh				
Right Thigh				
Weight:				

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THE DYNAMIC WARM UP

It is essential to warm up for any type of exercise, especially when you are toning your body with resistance training. This is even true for these supercharged workouts where time is at a premium.

Failure to do so is asking for an injury. Most injuries can be prevented by a proper warm up and by listening to your body.

Take a few minutes to run through these quick dynamic warm up exercises before you begin each workout:

Do this warm up before you do every session.

DO NOT skip on this as you will definitely have a higher chance of injury.

All of these are body weight exercises and can be done anywhere without any equipment – you could even incorporate these as a workout in their own right if you are travelling on the road!

Squats x 10
Waiters Bow x 10
Push Ups x 10
Spiderman Twists x 10
Side Plank (on forearms) x 10 secs each side
Repeat x 3

You can see a video demonstration of me running through this in the link below:

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

You should now be ready to train.

NOW LETS GET IT STARTED!

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LITTLE BLACK DRESS PROGRAM

I highly recommend you print off the LBD program pages and keep them with you when you do your workouts.

Make sure that you have a doctor's clearance before you attempt any of these programs. This is especially important if you have never exercised before, or if it has been a long time between sessions.

If you have any injuries, please consult your doctor as some exercises may not be suitable for you.

DYNAMIC WARM UP FOR EVERY PROGRAM AS MENTIONED ON THE PREVIOUS PAGE

All of these are body weight exercises and can be done anywhere without any equipment – you could even incorporate these as a workout in their own right if you are travelling on the road!

Squats x 10
Waiters Bow x 10
Push Ups x 10
Spiderman Twists x 10
Side Plank (on forearms) x 10 secs each side
Repeat x 3

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WEEKLY EXERCISE BREAK DOWN

Your mission is to complete 3 of the strength sessions a week. You should also do 2 active recovery sessions such as a walk or a swim just to give your muscles a stretch, for a total of 5 days of training.

BUT don't stress out – each session should take you less approximately 20 to 25 mins if you take minimal rest time.

That is the key to maximising the intensity, and the fat burning benefits, of your workouts. Stick to a minimal break just to get a drink of water then move onto the next exercise.

I want your heart to be pounding for this whole workout!

Have a rest day or an active recovery walk or swim day in between the strength days to allow for optimal recovery. The active recovery will help get rid of any lingering muscle soreness in your body.

Also, don't forget to get a massage every now and then. Treat yourself! This will be a great training assistance and will leave your body fresh and regenerated for your next LBD workout session

Besides, you deserve to be spoilt every now and then don't you?

Your training week should look like this:

MONDAY: Workout

TUESDAY: Active recovery/walk or swim

WEDNESDAY: Workout

THURSDAY: Active recovery/walk or swim

FRIDAY: Workout

SATURDAY: Rest Day

SUNDAY: Rest Day

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Perform 3 times a week e.g. Monday, Wednesday and Friday

WK					
1					
DAY 1				down-hold-up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

PULSE INTERVALS

Straight after the above workout you will be doing your Pulse Intervals. Simply pick your weapon of choice for Pulse Intervals – Hill Sprints, Exercise or Spin Bike, Treadmill

- 30 seconds sprint effort, 1 minute recovery easy effort
- 30 seconds sprint effort, 1 minute recovery easy effort
- 30 seconds sprint effort, 1 minute recovery easy effort

STRETCH

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DAY 2				down-hold- up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

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STRETCH

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DAY 3					down-hold-up
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

PULSE INTERVALS

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STRETCH

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WK					
2					
DAY 1				down-hold-up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

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STRETCH

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DAY 2				down-hold- up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

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DAY 3					down-hold-up
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

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STRETCH

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During the next 2 weeks – weeks 3 and 4, you will be keeping the same weight as the previous two weeks but increase your repetitions to 12 for every exercise.

WK					
3					
DAY 1				down-hold-up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	12		1 1 1	
2	Body Blasts	12	n/a	n/a	
3	Sumo Deadlifts	12		3 1 1	
4	Body Blasts	12	n/a	n/a	
5	Front Squats	12		3 1 1	
6	Body Blasts	12	n/a	n/a	
REPEAT x 3					

PULSE INTERVALS

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STRETCH

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DAY 2				down-hold- up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	12		1 1 1	
2	Body Blasts	12	n/a	n/a	
3	Sumo Deadlifts	12		3 1 1	
4	Body Blasts	12	n/a	n/a	
5	Front Squats	12		3 1 1	
6	Body Blasts	12	n/a	n/a	
REPEAT x 3					

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DAY 3					down-hold-up
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	12		1 1 1	
2	Body Blasts	12	n/a	n/a	
3	Sumo Deadlifts	12		3 1 1	
4	Body Blasts	12	n/a	n/a	
5	Front Squats	12		3 1 1	
6	Body Blasts	12	n/a	n/a	
REPEAT x 3					

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STRETCH

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WK					
4					
DAY 1				down-hold-up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	12		1 1 1	
2	Body Blasts	12	n/a	n/a	
3	Sumo Deadlifts	12		3 1 1	
4	Body Blasts	12	n/a	n/a	
5	Front Squats	12		3 1 1	
6	Body Blasts	12	n/a	n/a	
REPEAT x 3					

PULSE INTERVALS

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DAY 2				down-hold- up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
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2	Body Blasts	12	n/a	n/a	
3	Sumo Deadlifts	12		3 1 1	
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REPEAT x 3					

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3	Sumo Deadlifts	12		3 1 1	
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5	Front Squats	12		3 1 1	
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REPEAT x 3					

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STRETCH

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In Week 5 and 6 you will be dropping your reps back to 10 from 12 but increasing your weights.

WK 5					
DAY 1				down-hold-up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

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2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
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REPEAT x 3					

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REPEAT x 3					

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Aussie Fatblast Presents: The Little Black Dress Workout

WK					
6					
DAY 1				down-hold-up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

PULSE INTERVALS

Straight after the above workout you will be doing your Pulse Intervals. Simply pick your weapon of choice for Pulse Intervals – Hill Sprints, Exercise or Spin Bike, Treadmill

30 seconds sprint effort, 1 minute recovery easy effort
 30 seconds sprint effort, 1 minute recovery easy effort
 30 seconds sprint effort, 1 minute recovery easy effort

STRETCH

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DAY 2				down-hold-up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

PULSE INTERVALS

Straight after the above workout you will be doing your Pulse Intervals. Simply pick your weapon of choice for Pulse Intervals – Hill Sprints, Exercise or Spin Bike, Treadmill

30 seconds sprint effort, 1 minute recovery easy effort
 30 seconds sprint effort, 1 minute recovery easy effort
 30 seconds sprint effort, 1 minute recovery easy effort

STRETCH

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DAY 3				down-hold-up	
SET	EXERCISE	REPS	WEIGHT	TEMPO	HOW DO YOU FEEL?
1	Swings	10		1 1 1	
2	Body Blasts	10	n/a	n/a	
3	Sumo Deadlifts	10		3 1 1	
4	Body Blasts	10	n/a	n/a	
5	Front Squats	10		3 1 1	
6	Body Blasts	10	n/a	n/a	
REPEAT x 3					

PULSE INTERVALS

Straight after the above workout you will be doing your Pulse Intervals. Simply pick your weapon of choice for Pulse Intervals – Hill Sprints, Exercise or Spin Bike, Treadmill

30 seconds sprint effort, 1 minute recovery easy effort
 30 seconds sprint effort, 1 minute recovery easy effort
 30 seconds sprint effort, 1 minute recovery easy effort

STRETCH

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EXERCISE DESCRIPTION AND PHOTOS**Walters Bow (Hamstrings)**

Start Point:

- Start standing up straight with a slight bend in your knees
- Suck in your belly button to protect the muscles in your lower back



Finish Point:

- Bend forward at the waist
- Push your butt out behind you as you start bending forward
- Ensure that your back is kept straight the whole way down
- Go down to as far as you comfortably can
- To ensure that your hamstrings (back of the leg muscles) are working. You will need to make sure your shoulders are open and wide apart and your back is not rounded.

Squat (Quads, Glutes, Hamstrings)

Start Point:

- Stand with your legs just outside shoulder width apart
- Toes point out on a slight angle as pictured

Finish Point:



- Bend your knees and lower towards the ground
- Stick your bottom out behind you so that your knees do not reach past your toes
- Make sure your knees follow the line of your toes
- Keep your back straight as you go down, avoiding a rounded upper back
- Lower until your thighs are parallel to the ground
- If you have knee problems, lower partially down so there is no pain

Push Up on Knees (Pecs, Delts, Triceps)

Start Point:

- Begin on your knees
- Make sure your hands are always facing forward
- Suck in your belly button. This switches on your transverse abdominis (TVA) and protects your lower back



Finish Point:

- Lower your body down towards the ground
- Maintain a straight back, with the only curve being your neutral spine in the lower back
- Return to the top as in the first picture

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Push Up (Pecs, Delts, Triceps, Abs)



Start Point:

- Start with your hands just outside shoulder width apart and with your back straight
- Suck in your belly button to protect your lower back



Finish Point:

- Lower your body down until your chest is just above the ground.
- Make sure your back stays straight the whole way down
- Push yourself up from the bottom position back to the starting position

Spiderman Twists (Obliques)



Start Point:

- Start in a Push Up position on your toes
- Suck in your belly button so that your lower back does not hurt throughout the exercise



Finish Point:

- Twist one knee across your body so that your right knee (in the photo here) is almost touching your left elbow
- Bring the right leg back and repeat with the other side
- You should feel this down the outsides of your midsection

Side Plank (Obliques, Delts)



Start and Finish Point:

- Make sure that your wrist is aligned underneath your shoulder to ensure you do not hurt your wrist
- You will be supporting your whole body weight with your arm and your feet
- If you cannot hold your body weight on your hand, or if you have any shoulder or back injuries, simply repeat the above steps but do so on your forearm instead of your wrist (as in the photo below)
- You can also have your legs on the ground to start, and move your way up to supporting your body on your toes



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Body Blasts (High Intensity Cardio)



Start Point:

- Start standing up straight
- Bend down towards the ground, placing your hands on the ground



Mid Point:

- Jump your legs back so that you are at the top of a push up position
- Jump your legs out so your legs are spread



Finish Point:

- Jump your legs back together than forward to the starting position
- Finish by standing up straight and repeat for desired number of repetitions

Front Squat (Quads, Glutes, Hamstrings, Biceps, Delts)



Start Point:

- Standing with legs just outside shoulder width apart
- Toes point out on a slight angle as pictured
- Hold the sandbag so that it rests near the top of your shoulders

Finish Point:



- Bend your knees and lower towards the ground
- Stick your bottom out behind you so that your knees do not reach past your toes
- Make sure your knees follow the line of your toes
- Keep your back straight as you go down, avoiding a rounded upper back
- Lower until your thighs are parallel to the ground
- If you have knee problems, lower partially down so you feel no stress

You can see a video demonstration of how to do a front squat below:

<http://www.youtube.com/watch?v=PfISD6zWJWo>

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Swing (Hamstrings, Glutes, Forearms)



Start Point:

- Start by holding a kettlebell or weight between your legs with both hands
- As you squat down towards the ground, start swinging the weight back so it goes back behind your legs



Finish Point:

- Explode up making sure you "thrust" your hips
- Squeeze your butt as you are standing up so you can really feel your glutes work
- Swing your arms up to shoulder height, making sure your arms are straight the whole time
- Your arms should be along for the ride – they should not be doing all of the workout



You can view a demonstration of a Swing below:

http://www.youtube.com/watch?v=-H_YdmH63HK

Sumo Deadlifts (Hamstrings, Glutes, Lower Back)



Start Point:

- Stand up straight with a slight bend in your knees (this protects your lower back)
- Your feet are wider than shoulder width apart
- Keep the weight close to your legs so it is almost touching the whole way down as you lower the weight



Finish Point:

- Keeping the back straight on the way down, lower the weight towards the ground
- Make sure your upper back does not become rounded as you lower the weight

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COOL DOWN STATIC STRETCHES

Completing a proper cool down after your workout is non-negotiable.

That is unless you want to wake up the next day and feel like you have been hit by a truck.

I remember years ago not stretching down after a workout – I got distracted because my phone rang – and boy did I pay for it for the next 3 days!

These stretches should all be held for at least 15 seconds, although 30 seconds is ideal.

If you need to increase your flexibility, you can hold these stretches for up to 1 minute in length. This will extend your workout time, maybe even exceed the amount of time you spend doing the actual training part of your workout but it will pay dividends for you within the coming weeks as you gradually become more flexible and reduce your chance of injury.

It doesn't matter what part you start stretching first but I recommend having a regular order that you follow so that you don't miss out on anything.

Of course you should stretch both sides in the cases where only one side is demonstrated.

You can view the video of how to do most of these stretches below:

<http://www.youtube.com/watch?v=Cv02JxwOftU>

CHEST/SHOULDER STRETCH



You will need a wall or something solid to put your arm against here. Starting with the top of your arm parallel to the floor and at the height of your shoulder, rest your forearm on the wall as shown.

Turn your body away from your arm being stretched and you should feel this in your chest and the front of your shoulder.

BACK STRETCH



This is my favourite stretch! Simply grab a hold of something and pull back, making sure your arms are straight and your butt is sticking out behind you. Your head is pointing towards where you are holding onto.

You should feel this stretch down all of your back, especially the sides of your upper back (Lats). You can also do this with a partner by grabbing each other by the wrists and taking each others body weight as you both lean back.

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TRICEPS STRETCH



Place one arm bent above your head with the elbow pointing up towards the sky. Use your free hand to grab your elbow. Push down on your elbow so you are forcing your arm down your back until you feel a stretch in the back of your arm.

BICEPS STRETCH



Stand with your arms outstretched and thumbs pointing down towards the ground.

Your thumbs have to be facing the ground for you to feel this stretch in your biceps. Force your arms back behind your body until you can feel a stretch down the front of your arms.

SHOULDER STRETCH



Place one arm straight across your body at the height of your chest. Use your other arm to reach under the arm being stretched. This arm will push your outstretched arm in towards your body so you feel the stretch deeper in the outside of your shoulder.

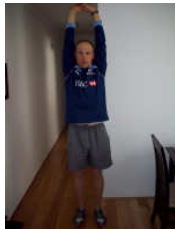
LOWER BACK STRETCH



Lie on your back with your knees tucked into your chest. Just holding this position will give your lower back a really good stretch.

If you want to give your back a better stretch, gently rock back and forwards with only small movements.

ABS AND UPPER BODY STRETCH



Stand up straight and reach your arms straight above your head so that you feel like you are stretching your body as high off the ground as you can, you will feel your abs, your back, arms, chest, basically every muscle in your upper body will get a stretch here.

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NECK STRETCH 1

As a busy corporate professional, chances are you have had some neck pain at some time of your career due to spending the majority of your day behind a desk at a computer. These next 2 stretches will help to relieve some of that tightness and also be a good post workout stretch.



Grab your head with one hand and tilt your ear towards your shoulder. Use your hand to pull your ear closer to your shoulder. You should feel the stretch in the right side of your neck when you do the stretch as shown in the picture. Repeat for the other side to feel in the opposite side of your neck.

NECK STRETCH 2



Grab the back of your neck with your hand. Turn your head slightly and look down at your foot. Use your hand to press your head down towards your chest. You should never do this stretch looking straight down at your chest. This can place undue stress on your neck. Make sure your head is tilted as shown. You should feel this stretch in the back of your neck.

QUADS STRETCH



Stand on one leg, use a support if you need to, grab the ankle of the leg that is in the air with one of your hands and pull your heel in towards your butt. Make sure your hips keep even here.

HAMSTRINGS STRETCH



This stretch is just holding at the bottom of a Waiters Bow. Bend forward at the waist, keeping your knees slightly bent, and back straight. Keep on going down and bending forward until you can feel the back of your legs stretch.

BUTT STRETCH



Stand near a wall for this one if you need some help with your balance. Stand on one leg and place your other leg, ankle touching knee, so that your leg makes a figure 4 shape.

Squat down towards the ground, bending the knee of the leg that is on the ground. For an extra stretch use your hand to push your knee open further.

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CALF STRETCH



Stand with your palms against a wall and your back leg stretched straight out behind you.

Push your body weight against the wall so that you can feel a stretch in the bottom of your lower leg in the straight leg.

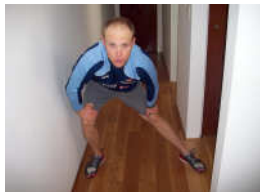
HIP FLEXOR STRETCH



Start by kneeling on the ground on one knee and with one leg bent as shown. Lunge forward so you can feel a stretch at the top of your thigh, but not so far that your knee goes over the toes of your front foot.

Make sure you are sitting up straight and squeeze the butt cheek of your back leg. You should feel this right up at the top of your leg.

GROIN STRETCH



Stand with your legs wide apart and lunge across to one side, so that one leg is straight and the other knee is bent. You should feel a stretch at down the inside of your inner thigh on your straight leg.

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ABOUT DANIEL MUNDAY AND AUSSIE FATBLAST



Daniel Munday (B HSc, CFT) is a Fat Loss Expert based in Sydney Australia. He has been in the fitness industry since 2000 and has been transforming the bodies of Corporate Sydneysiders through his DPM Performance business, the group training specialist, since 2005.

Daniel specialises in short, intense, interval driven, fat loss programs that give busy people, especially his corporate clients the fat loss results they deserve in minimal time.

He is also the creator of the Aussie Fatblast training method that gives busy people, especially the corporate professional, fat loss results in short workouts.

The Aussie Fatblast system is derived from Daniel's popular Ultimate Fatblast Experience group workouts, and the workout programs he does with his clients.

The Aussie Fatblast method is the ideal fat loss solution for the busy person who does not have the time to exercise the traditional way.

Now there is no longer an excuse not to train. You cannot say I am too busy to fit in a 15-20 minute workout most days of the week.

Once you start training the Aussie Fatblast way you will be more energised, more alert, more productive at work and at home, and a better person all round.

Your family, mates and everyone that knows you will be loving the new you. More importantly, you will love the new you.

NOW IT'S YOUR TURN!

Dedicated to your optimising your fatblasting results,

Daniel Munday

SYDNEY, AUSTRALIA

www.aussiefatblast.com

<http://aussiefatblast.blogspot.com>