GO "BAREFIT"

51 "Bare Minimum" Workouts with 4 Exercises or Less and Without the Fluff

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Wait. Before you read any further, I promise NOT to bore you to death with “science-y” lingo. A bare minimal program calls for a bare minimal intro, right?

Long story short... I’m Mike Whitfield, Master CTT and the creator of the Go BareFit Movement and workout manual. I’ve lost 115 pounds and have kept it off for over 12 years. You may have seen my work in Men’s Health or seen me speak at different conferences.

Why did I create this? Well, there are just too many programs out there with a ridiculous number of exercises with complicated set and rep schemes. No wonder we can’t stick to anything.

I wanted to fix that.

Inside this manual are 51 workouts with the following criteria:

• 4 exercises or less
• You can memorize the workout in 20 seconds or less
• The best exercises that get you in the best shape with no “fluff” using proven science.

That’s really it. Let’s get to work. What do you say?

Getting the job done with the “BareFit” lifestyle, Mike (aka “Mikey”) Whifield, Master CTT
BORING DISCLAIMER STUFF

You must get your physician’s approval before beginning this exercise program. The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don’t use this or any other program, please follow your doctor’s orders.

This program is designed for healthy individuals 18 years and older only.

The information in this document is meant to supplement, not replace, proper exercise training.

All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC (formerly known/also known as Reflections Fitness) advises readers to take full responsibility for their safety and know their limits.

Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don’t lift heavy weights if you are alone, inexperienced, injured, or fatigued.

Don’t perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don’t perform any exercise without proper instruction.

Always do a warm-up prior to any exercise including but not limited to interval training.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately.
TRAIN SAFE!

• Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise on my facebook page at www.facebook.com/WorkoutFinishers

• If it hurts, STOP! Don’t be afraid to use alternative exercises. I don't believe in the “no pain, no gain” mentality.

• If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don’t keep going if you’re feeling dizzy!

• Just because something looks easy on paper doesn’t mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods. Rest more if you need to! Safety FIRST.

• If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.

And for the “timed” sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.
How to Use the Go BareFit Workouts Manual

The manual is broken down into 4 main sections:

#1 “The How To” of the Go BareFit Approach – (page 7)

It’s REALLY important you read this little bit so you get the most out of the program. You’ll see how to choose your weight, progress each week and more.

#2 – Go BareFit Warm-ups (page 11)

These are the same warm-ups I used with my private clients. They are short and to the point. Simply go with ONE and use it before ANY Bare Minimum workout. Again – DON’T over-think it!

#3 – Go BareFit Beginner Workouts (page 13)

The last thing a beginner needs is a complicated exercise program to follow. Using the “Bare Minimum” approach, you’ll use simpler moves that still gets the job done while “priming” your body for the more intermediate and advanced workouts in the manual. And yes, there is even a beginner schedule to follow for up to 10 weeks ;)

Now just because these are “beginner” workouts doesn’t mean you won’t be working hard. It does take work... cool?

#4 – Go BareFit Main Workouts (page 22)

Just like I promised, these are “no-fluff” workouts that boost your metabolism, burn fat and get you back in shape fast with a “bare minimum” approach. If you’re a beginner or haven’t exercised in 3 months or more, you should follow the Beginner Workouts for AT LEAST 8 weeks before getting into the more advanced workouts.

Please read the boxed text on next page about the rest of the content!
**Want a “BareFit” To Do List? Here you go:**

3 Days a week, with a day off between workouts, do this:

1 *BareFit* Warm-up
1 *BareFit* Workout

Yep, that’s it.

They ALL work the entire body. So simply choose one and do it. **Don’t over-think it. Don’t over-analyze it.**

Don’t make it hard. That defeats the purpose of this program 😊

And if you want to think even less, remember... we have a done-for-you schedule to follow.

**And yes – EVERY workout has a ZERO equipment option.**
How to Follow a Go BareFit Workout/Warm-up

You probably know this, but just in case...

A “superset” is 2 exercises back-to-back. So, let’s use a simple bodyweight superset...

Do the following superset 3 times, resting for 1 minute after each superset:

1A) Bodyweight Squats (20)
1B) Pushups (20)

You would do 20 Bodyweight Squats, then IMMEDIATELY 20 Pushups. Then you would rest for 1 minute. You would do this 3 times.

A “circuit” is a series of 3 exercises or more that are done back-to-back. So, for example...

Do the following circuit 4 times, resting for 1 minute between circuits.

1A) Goblet Squat (8)
1B) DB Row (8/side)
1C) Decline Pushups (15)

You would do 8 Goblet Squats, then immediately 8 reps per side on the DB Row, then immediately Decline Pushups. Then you would rest for 1 minute. You would do this 4 times.
How to Choose the Right Resistance

Here’s the truth – if you just “wing it” with your weight selection, you’re not going to get anywhere close to your maximum results.

So, what I’ll do is break it down by category (for example, main workout, finisher, density training, etc.)

PLUS, I’ll tell you how to progress on your resistance each week based on a 4-week program.

Sound good? Awesome. Let’s do this…

Category # 1 – How to Choose a Weight for Your Main Program

This is simple. If your program calls for 8 reps, you choose a weight in which you can lift with perfect form for 9 - 10 reps (ideally, one rep more than prescribed).

You DO NOT need to train to failure.

If it’s a bodyweight exercise, you can cut back on the intensity to meet the reps OR you could even increase the intensity.

For example, if someone told me I had to bust out 40 Spiderman Pushups (20 per side), I would laugh, punch them in the face and then do 40 Decline Pushups.

Why? Because I know my form would be pathetic about halfway through that many Spiderman Pushups.

Category # 2 – How to Choose a Weight with Density Training

I’m starting to explain this more in my Density Training programs, but when choosing a weight for density training, you still want to challenge yourself but NOT burn yourself out well before it’s over.

A good rule of thumb?…
Choose a weight in which you can lift for about 3-5 reps MORE than what’s prescribed. For example, let’s take a look at this density circuit…

Do as many circuits as possible in 20 minutes, resting only when needed.

1A) DB Squat (8)
1B) DB Chest Press (8)
1C) DB Row (10/side)

For the Squat and Chest Press, you would choose a weight that you can lift with perfect form for about 12 reps. For the DB Row, perhaps 15.

After training clients for years, this was the “sweet spot” so they can produce a lot of volume, be challenged, yet not get burned out.

**Category # 3 – How to Choose a Weight with Finishers**

When doing a finisher, I like to use a faster lifting tempo. So choose a weight in which you can lift for around 5 - 8 reps MORE than what is prescribed.

This allows you to increase the tempo but maintaining control.

**Category # 4 – How to Choose a Weight with a Complex**

It’s a simple 3-step process:

Choose your weakest exercise in the complex.
Choose a weight in which you can lift for 4-6 reps MORE than what is prescribed for your weakest exercise.

Use that weight for the complex (and try to not put the weight down).

Boom goes the weight selection dynamite…

… But wait, there’s more! <= Yep, I said it...
**How to Progress Each Week (and Other Notes)**

A) Select one to two exercises in your MAIN program to progress at. For example, let’s say last week you performed 8 reps of the DB Row with a 40-lb DB. This week, see if you can do 8 reps with a 45-lb DB.

When progressing – progress slowly. In other words, just because you drank a mystery energy drink called “Dynamite Power”, doesn’t mean you go from a 40-lb DB to a 100-lb DB.

Be smart.

It’s also why I recommend progressing at no more than one exercise at each workout. If you try to progress with every exercise, you’ll burn out quick.

B) Start your main workout conservatively. A new program means new rep schemes and exercise selection. That also means a new stimulus. So, don’t be afraid to do two things when starting a new program:

#1 – **Cut back on volume.** If a program calls for 3 sets, perhaps just do two sets.

#2 – **Cut back on intensity.** This is especially true if it’s a rep scheme you haven’t done in a while or a new exercise. When in doubt, go a little lighter in resistance (or less reps when it comes to bodyweight moves and then next week, you can increase your volume/intensity.)

So, there you go… this is the ultimate breakdown on how to choose the right weight based on your workout style to get the best results without the burnout.

Alright, you now have all the “know-how” of how this program works. There’s nothing left but to get after it.

Let’s do this!
Go BareFit Warm-ups

This is pretty simple. Choose any ONE warm-up before your workout. Do it. You’ll discover what warm-up you really enjoy and stick to it for a while. Then you’ll probably change it up when you’re ready.

My warm-ups are short and to the point. Sure, doing a little more will be better for you. But remember, this is the “Bare Minimum” approach.

I like to use bodyweight movements to get blood flowing and “wake up”. This primes your body for more intense movements for the workout. I also like to use short rest periods to keep your heart rate up and to keep your blood flowing like a river ;)

Now if you’re lifting heavy, I suggest you do ONE set of the first 2 exercises in your program for the reps prescribed, HOWEVER, using only about 60% of the planned weight you’ll use. This will “fire up” the muscles and get you prepared. You don’t want to start a workout with cold muscles. That’s a no-no.

**Warm-up #1 – Full Body Deuce**

Do the following superset twice, resting for 30 seconds between circuits.

- Prisoner Reverse Lunge (8/side)
- T-Pushups (5/side)

**Warm-up #2 – The Bodyweight Hotzone**

Do the following circuit twice, resting for 30 seconds between circuits.

- Bodyweight Row (10)
- Bodyweight Squat (10)
- Pushup Plank (20 seconds)
Go BareFit Warm-ups

Warm-up #3 – Crosses and Swings

Do the following superset 3 times, resting for 30 seconds between supersets.

Arm Crosses (15)
Leg Swings (15/side)

Warm-up #4 The Metabolic Quatro

Do the following circuit twice, resting for 30 seconds between circuits.

Jumping Jacks (10)
Alternating Diagonal Lunge (8/side)
Pushup (taking 2 seconds to lower yourself and 2 seconds to come up) (8)
Total Body Extension (10)

Warm-up #5 The Crank-Starter

Do the following circuit twice, resting for 30 seconds between circuits.

Run in Place (15 seconds)
Close-Grip Pushup (10)
Bodyweight Squat (10)
Mountain Climber (6/side)

Beginner Bare Minimum Warm-up

Do the following circuit twice, resting for 1 minute between circuits.

Lying Hip Extension (8)
Kneeling Pushup (6)
Bird Dog (3/side)

There you go... you’re nice and warm.

Let’s rock the workouts!
Go BareFit Beginner Workouts

Make sure you do the Bare Minimum Beginner Warm-up before ANY Beginner workout!

Beginner Bare Minimum Workout #1 – The Basics

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Lying Hip Extension (8)
1B) Kneeling Pushup (8)

Finisher:

Do the following 3 times, resting for 30 seconds after each set.

2) Total Body Extension (10)
Go BareFit Beginner Workouts

Beginner Bare Minimum Workout #2 – Step, Row and Push

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Step-up (8/side)
1B) DB Row (12/side)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Kneeling Pushup (8)
2B) Bird Dog (6/side)

No-Equipment Option

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Squat or Lying Hip Extension (8)
1B) Bodyweight Row (15)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Kneeling Pushup (8)
2B) Bird Dog (6/side)
Go BareFit Beginner Workouts

Beginner Bare Minimum Workout #3 – The 3-Way Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Prisoner Squat (10)
1B) DB Chest Press (10)
1C) DB Row (10/side)

Finisher:

Do the following ONE time, resting when needed

2) Jumping Jacks (25)

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (5/side)
1B) Kneeling Pushup (8)
1C) Bodyweight Row (15)

Finisher:

Do the following ONE time, resting when needed

2) Jumping Jacks (25)
Go BareFit Beginner Workouts

Beginner Bare Minimum Workout #4 – Strength/Conditioning Hybrids

Do the following superset 3 times, resting for 1 minute after each superset.

1A) 2-Arm DB Row (8)
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Goblet Squat (10)
2B) Total Body Extension (12)

No-Equipment Option

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Row (15)
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Bodyweight Squat (10)
2B) Total Body Extension (12)
Go BareFit Beginner Workouts

Beginner Bare Minimum Workout #5 – Calorie-Burning Ladder

Do the following superset, resting only when needed. In the first superset, you’ll do 6 reps of each exercise. In the next superset, you’ll do 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

1A) Prisoner Squat (6, 5, etc., etc. down to 1)
1B) Kneeling Pushup (6, 5, etc., etc. down to 1)

Beginner Bare Minimum Workout #6 – Metabolic Challenge

Do the following circuit ONE time, resting when needed. Remember – if your form gets ugly, you MUST stop and rest. QUALITY reps!

1A) Bodyweight Row (25)
1B) Bodyweight Sumo Squat (25)
1C) Kneeling Pushup (25)
Go BareFit Beginner Workouts

Beginner Bare Minimum Workout #7 – Metabolic Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Goblet Step-up (8/side)
1B) DB Chest-Supported Row (8)
1C) DB Neutral Grip Chest Press (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (taking 3 seconds to come down and 1 second to go up) (8/side)
1B) Bodyweight Row or Stick-up (15)
1C) Kneeling Close-Grip Pushup (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times
Go BareFit Beginner Workouts

Beginner Bare Minimum Workout #8 – Beginner Density Circuit

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Goblet Reverse Lunge (10/side)
1B) 1-Arm DB Shoulder Press (10/side)
1C) 2-Arm DB Row (12)
1D) KB or DB Swings (15)

**No-Equipment Option**

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Bodyweight Reverse Lunge (10/side)
1B) Kneeling Pushup (15)
1C) Bodyweight Iron Cross (20 secs)
1D) Total Body Extension (15)
Go BareFit Beginner Workouts

Beginner Bare Minimum Workout #9 – Ladder Challenge

Do the following circuit, resting when needed. In the first circuit, you’ll do 6 reps of each exercise. In the next circuit, you’ll do 5 reps. Continue in this fashion until you complete 1 rep of each exercise. Remember, if your form gets ugly, you MUST stop and rest!

1A) Alternating Prisoner Diagonal Lunge (6/side down to 1/side)
1B) Kneeling Elevated Pushup (6/side down to 1/side)
1C) Alternating Bodyweight Chop (6/side down to 1/side)
Go BareFit Beginner Workouts

Beginner Bare Minimum Workout #10 – Density Supersets

Do the following superset as many times as possible in 10 minutes, resting when needed. If your form breaks down, you must stop and rest. After the 10 minutes are up, rest 2 minutes and move into 2A.

1A) DB Row (12/side)
1B) Narrow-Stance Bodyweight Squat (15)

Do the following superset as many times as possible in 10 minutes, resting when needed. If your form breaks down, you must stop and rest.

2A) DB Chest Press (12)
2B) Stability Ball Leg Curl (10)

No-Equipment Option

Do the following superset as many times as possible in 10 minutes, resting when needed. If your form breaks down, you must stop and rest. After the 10 minutes are up, rest 2 minutes and move into 2A.

1A) Stick-up (15)
1B) Narrow-Stance Bodyweight Squat (15)

Do the following superset as many times as possible in 10 minutes, resting when needed. If your form breaks down, you must stop and rest.

2A) Kneeling Pushups (12)
2B) Waiter’s Bow (10)
Go BareFit Workouts

Bare Minimum Workout #1 – Row, Swing and Push

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

1A) DB Row (8/side)
1B) KB or DB Swings (20)
1C) Decline Pushup (2 reps short of failure – so if you can do 20 reps, then you’ll stop at 18)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

1A) Bodyweight Row or Stick-up (15)
1B) Total Body Extension (20)
1C) Decline Pushup or Pushup (2 reps short of failure)
Go BareFit Workouts

Bare Minimum Workout #2 – The Heart Booster

Do the following superset as many times as possible in 20 minutes resting only when needed. Choose a weight in which you can lift for 12 reps for both exercises. Once the 20 minutes are up, rest 1 minute and move into the Finisher.

1A) Snatch-Grip Deadlift or DB Squat (8)
1B) 1-Arm DB Incline Chest Press (8/side)

Finisher

2) Total Body Extension (30 seconds), rest 30 seconds
Do the above 6 times

No-Equipment Option

Do the following superset as many times as possible in 20 minutes resting only when needed. Choose a weight in which you can lift for 12 reps for both exercises. Once the 20 minutes are up, rest 1 minute and move into the Finisher.

1A) Bodyweight Triple Squat (8)
1B) 1-Arm Switch Pushup or Elevated Pushup (8/side)

Finisher

2) Total Body Extension (30 seconds), rest 30 seconds
Do the above 6 times
Go BareFit Workouts

Bare Minimum Workout #3 – Bare Minimum Meathead

Do the following circuit 6 times, resting for 1 minute after each circuit.

1A) Barbell Squat or Goblet Squat (6)
1B) DB Chest-Supported Row (6)
1C) DB Chest Press (6)

Finisher

Do the following 4 times, resting for 20 seconds after each set

2) Hanging Leg Raise (8)

No-Equipment Option

Do the following circuit 6 times, resting for 1 minute after each circuit.

1A) Bodyweight Split Squat (1-1/2 rep style) (6/side)
1B) Bodyweight Row (8 – but squeeze your shoulder blades for 2 seconds at the end of each rep)
1C) Spiderman Pushup (6/side)

Finisher

Do the following 4 times, resting for 20 seconds after each set

2) Squat Thrust (8)
Go BareFit Workouts

Bare Minimum Workout #4 – Ladder Density Madness

Do the following resting only as needed. In circuit one, you’ll do 1 rep of each exercise. In the next circuit, you’ll do 2 reps of each exercise. Continue in this fashion, adding one more rep with every circuit, until 20 minutes are up. Once you reach 20 minutes, rest 1 minute and move into the finisher.

1A) DB Reverse Lunge (1/side, 2/side, etc., etc.)
1B) DB Incline Chest Press (1, 2, etc., etc.)
1C) DB Row (1/side, 2/side, etc., etc.)

Finisher

Do the following, resting when needed.

2) Jumping Jacks (100)

No-Equipment Option

Do the following resting only as needed. In circuit one, you’ll do 1 rep of each exercise. In the next circuit, you’ll do 2 reps of each exercise. Continue in this fashion, adding one more rep with every circuit, until 20 minutes are up. Once you reach 20 minutes, rest 1 minute and move into the finisher.

1A) Bodyweight Reverse Lunge (1/side, 2/side, etc., etc.)
1B) Plank to Pushup (1, 2, etc., etc.)
1C) Stick-up or Bodyweight Row (1, 2, etc. etc.)

Finisher

Do the following, resting when needed.

2) Jumping Jacks (100)
Go BareFit Workouts

Bare Minimum Workout #5 – The Only 2 You’ll Ever Need

Do the following superset as many times as possible in 25 minutes, resting only as needed. Use a weight in which you can lift for 15 reps.

1A) Deadlift (10)
1B) 1-Arm DB Incline Chest Press (10/side)

**No-Equipment Option**

Do the following superset as many times as possible in 25 minutes, resting only as needed.

1A) Prisoner Triple Squat (15)
1B) T-Pushup (6/side)
Go BareFit Workouts

Bare Minimum Workout #6 – Quatro Singles Challenge

Do the following circuit 4 times, resting for 1 minute after each circuit.

1A) 1-Arm DB Push Press (6/side)
1B) DB Bulgarian Split Squat (8/side)
1C) Alternating DB Chest Press (10/side)
1D) Spiderman Climb (10/side)

**No-Equipment Option**

Do the following circuit 4 times, resting for 1 minute after each circuit.

1A) Pike Pushup (12) or 1-Arm Switch Pushup (6/side)
1B) Bodyweight Bulgarian Split Squat (1-1/2 rep style) (8/side)
1C) Elevated Pushup (10/side) or Pushup (20)
1D) *Bodyweight Chop (10/side)

*You might be wondering why I put chops here. Well, to go from any pushup to a climbing movement on the floor is asking a lot of the shoulders, especially when there are pushups at the beginning of the circuit, too. We don’t want any shoulder overuse injuries 😊
Go BareFit Workouts

Bare Minimum Workout #7 – Strength & Conditioning Supersets

Do the following superset 5 times, resting for 30 seconds after each superset.

1A) DB Reverse Lunge from a Deficit (8/side)  
1B) Jump Rope (30 secs)

Do the following superset 5 times, resting for 30 seconds after each superset.

2A) 2-Arm DB Row (8)  
2B) KB or DB Snatch (10/side)

No-Equipment Option

Do the following superset 5 times, resting for 30 seconds after each superset.

1A) Prisoner Reverse Lunge from a Deficit or Prisoner Reverse Lunge (8/side)  
1B) Jumping Jacks (30 secs)

Do the following superset 5 times, resting for 30 seconds after each superset.

2A) Bodyweight Iron Cross (20 secs)  
2B) Total Body Extension (20)
Go BareFit Workouts

Bare Minimum Workout #8 – Endurance Challenge

Do the following circuit 6 times, resting for 1 minute after each circuit.

1A) DB Split Squat (15/side)
1B) DB Squeeze Press (20)
1C) DB Row (15/side)

**No-Equipment Option**

Do the following circuit 6 times, resting for 1 minute after each circuit.

1A) Prisoner Split Squat (15/side)
1B) Close-Grip Pushup (2 reps short of failure)
1C) Stick-up (15)
Go BareFit Workouts

Bare Minimum Workout #9 – Density Complex

Choose a weight in which you can lift for 4-6 more reps than prescribed for your weakest exercise. Use that same weight for the entire complex. Do the following circuit 5 times, resting only as needed. After the 5th circuit, rest 1 minute and move into the finisher.

1A) Barbell Squat (8)
1B) Barbell Row (8)
1C) Barbell Military Press (8)

Finisher:

2) Lunge Jump (20 secs), rest 10 secs – Do this 6 times

No-Equipment Option

Do the following circuit 5 times, resting only as needed. After the 5th circuit, rest 1 minute and move into the finisher.

1A) Bodyweight Triple Squat (12)
1B) Bodyweight Row (12)
1C) Pushup (12)

Finisher:

2) Lunge Jump (20 secs), rest 10 secs – Do this 6 times
Go BareFit Workouts

Bare Minimum Workout #10 – 2-Way Ladder Challenge

Do the following superset as many times as possible in 20 minutes, resting when needed. In the first superset, you’ll do 1 rep of each exercise. In the next superset, you’ll do 2 reps. Continue in this fashion until 20 minutes are up, then move into the finisher.

1A) Chin-up or Strap Row (1, 2, etc., etc.)
1B) KB or DB Snatch (1/side, 2/side, etc., etc.)

Finisher:

Do the following superset as many times as possible in 5 minutes, resting only as needed.

2A) Burpee (5)
2B) Skater Hops (5/side)

No-Equipment Option

Do the following superset as many times as possible in 20 minutes, resting when needed. In the first superset, you’ll do 1 rep of each exercise. In the next superset, you’ll do 2 reps. Continue in this fashion until 20 minutes are up, then move into the finisher.

1A) Stick-up (1, 2, etc., etc.)
1B) Total Body Extension (1, 2, etc., etc.)

Finisher:

Do the following superset as many times as possible in 5 minutes, resting only as needed.

2A) Burpee (5)
2B) Skater Hops (5/side)
Go BareFit Workouts

Bare Minimum Workout #11 – Upper/Lower Super Dupers

Do the following superset resting when needed. In the first superset, you'll do 6 reps of each exercise. In the next superset, you'll do 5 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you complete the final rep of 1B, rest 1 minute and then move into the finisher.

1A) DB Row (6/side... down to 1/side)
1B) Goblet Lateral Lunge (6/side...down to 1/side)

Finisher:

Do the following superset 6 times, resting as shown:

2A) T-Pushup (20 secs), rest 10 secs
2B) KB or DB Swings (20 secs), rest 10 secs

No-Equipment Option

Do the following superset resting when needed. In the first superset, you’ll do 6 reps of each exercise. In the next superset, you’ll do 5 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you complete the final rep of 1B, rest 1 minute and then move into the finisher.

1A) Bodyweight Row or Stick-up (6... down to 1)
1B) Bodyweight Lateral Lunge (6/side...down to 1/side)

Finisher:

Do the following superset 6 times, resting as shown:

2A) T-Pushup (20 secs), rest 10 secs
2B) Total Body Extension (20 secs), rest 10 secs
Go BareFit Workouts

Bare Minimum Workout #12 – Explosive Chaos

Do the following superset as many times as possible 10 minutes, resting when needed. After the 10 minutes are up, move into the finisher.

1A) DB High Pull (6/side)
1B) DB Jump Squat (6)

Finisher:

Do the following, resting as needed. Do NOT go into exercise 3 until all reps of 2 are done. This is NOT a superset.

2) Explosive Pushup (30)
3) 1-Arm KB or DB Swings (100/side)

No-Equipment Option

Do the following superset as many times as possible 10 minutes, resting when needed. After the 10 minutes are up, rest 1 minute and move into the finisher.

1A) Bodyweight Iron Cross (20 secs)
1B) Jump Squat (6)

Finisher:

Do the following, resting as needed. Do NOT go into exercise 3 until all reps of 2 are done. This is NOT a superset.

2) Explosive Pushup (30)
3) Total Body Extension (200)
Bare Minimum Workout #13 – Crossover Gauntlet

Do the following circuit 4 times, resting for 1 minute after each circuit.

1A) Crossover Lunge (8/side)
1B) 1-Arm DB Shoulder Press (8/side)
1C) Crossover Lunge (8/side)

Finisher:

Do the following 4 times, resting as shown.

2) Renegade Row (20 secs), rest 10 secs

No-Equipment Option

Do the following circuit 4 times, resting for 1 minute after each circuit.

1A) Prisoner Crossover Lunge (8/side)
1B) Plank to Tricep Extension (8)
1C) Prisoner Crossover Lunge (8/side)

Finisher:

Do the following 4 times, resting as shown.

2) Bodyweight Renegade Row (20 secs), rest 10 secs
Go BareFit Workouts

Bare Minimum Workout #14 – Meathead 5 X 5

Do the following 5 times, resting for 1 minute between sets.

1) Barbell or Goblet Squat (5)

Do the following superset 5 times, resting for 1 minute between supersets.

2A) DB Chest Supported Row (5)
2B) Bench Press or DB Chest Press (5)

No-Equipment Option

Do the following 5 times, resting for 1 minute between sets.

1) Bodyweight Split Squat (1-1/2 rep style) (5/side)

Do the following superset 5 times, resting for 1 minute between supersets.

2A) Bodyweight Row (squeeze your shoulder blades together for 5 seconds at the end of each rep) (5)
2B) Eccentric Pushup (Take 5 seconds to lower yourself and 1 second to come up) (5)
Go BareFit Workouts

Bare Minimum Workout #15 – Guts and Glory

Do the following circuit as many times as possible in 15 minutes, resting when needed. Every move hits your abs. You’re welcome. Once the 15 minutes are up, move into the Finisher.

1A) DB Pullover (10)
1B) Offset Lunge (12/side)
1C) Renegade Pushup (15)

Finisher

Do the following 6 times, resting for 30 seconds between sets.

2) Box or Bench Jump (8)

No-Equipment Option

Do the following circuit as many times as possible in 15 minutes, resting when needed. Every move hits your abs. You’re welcome. Once the 15 minutes are up, move into the Finisher.

1A) Bodyweight Renegade Row (6/side)
1B) Bodyweight Lunge (12/side)
1C) Close-Grip Pushup (15)

Finisher

Do the following 6 times, resting for 30 seconds between sets.

2) Prisoner Jump Squat (8)
Go BareFit Workouts

Bare Minimum Workout #16 – Muscle Burn

Do the following superset 4 times, resting for 1 minute after each superset.

1A) *DB Romanian Deadlift/Reverse Lunge Combo (6)
1B) Goblet Step-up (8/side)

*This is when you do a Romanian Deadlift, then return to the starting position. You then do 1 rep per side on the DB Reverse Lunge. You do this 6 times.

Do the following superset 4 times, resting for 1 minute after each superset.

2A) DB Piston Row (12/side)
2B) Close-Grip DB Chest Press (12)

No-Equipment Option

Do the following superset 4 times, resting for 1 minute after each superset.

1A) *Waiter’s Bow/Bodyweight Reverse Lunge Combo (6)
1B) Bodyweight Step-up (8/side)

*This is when you do a Waiter’s Bow, then return to the starting position. You then do 1 rep per side of the Bodyweight Reverse Lunge. You do this 6 times.

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Bodyweight Renegade Row (12/side), *rest 30 secs
2B) Close-Grip Pushup (15)

You will need a little rest because the Bodyweight Renegade Row challenges your shoulders, too.
Go BareFit Workouts

Bare Minimum Workout #17 – Deadlift Gauntlet

Do the following superset 4 times, resting for 1 minute after each superset.

1A) Snatch Grip Deadlift or DB Squat (6)
1B) DB Shoulder Press (10)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Deadlift or DB Squat (12)
2B) Diagonal Ab Wheel Rollout (6/side)

No-Equipment Option

Do the following superset 4 times, resting for 1 minute after each superset.

1A) Prisoner Triple Squat (6)
1B) Pike Pushup or Close-Grip Triple Stop Pushup (10)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Prisoner Reverse Lunge (6/side)
2B) Spiderman Climb (6/side)
Bare Minimum Workout #18 – Combo Chaos
(Warning – this is brutal)

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Once the 20 minutes are up, rest 1 minute and move into the finisher.

1A) DB Squat & Press (8)
1B) Burpee/Chin-up Combo (no pushup) (8)
1C) Pushup/X-Body Mountain Climber Combo (10)

Finisher

Do the following ONE time, resting when needed.

Death Crawl (12)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Once the 20 minutes are up, rest 1 minute and move into the finisher.

1A) Y-Squat (12)
1B) Burpee (no pushup) (8)
1C) Pushup/X-Body Mountain Climber Combo (10)

Finisher

Do the following ONE time, resting when needed.

Bodyweight Death Crawl (12)
Bare Minimum Workout #19 – The Basics with Abs

Do the following superset 6 times, resting for 1 minute after each superset.

1A) Barbell or Goblet Squat (10)
1B) Stability Ball Stir-the-Pot (6 in each direction)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Barbell or 2-Arm DB Row (8)
2B) Pushup/Mountain Climber Combo (10)

**No-Equipment Option**

Do the following superset 6 times, resting for 1 minute after each superset.

1A) Bodyweight Squat (take 3 seconds to go down and 1 second to come up) (10)
1B) Spiderman Climb (6/side)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Bodyweight Row or Stick-up (15)
2B) Pushup/Mountain Climber Combo (10)
Go BareFit Workouts

Bare Minimum Workout #20 – Climb the Ladder and Swing

Do the following circuit, resting when needed. In the first circuit, you’ll do 8 reps of each exercise. In the next circuit, you’ll do 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, rest 1 minute and move into the finisher.

1A) Goblet Bulgarian Split Squat (8/side...1/side)
1B) Chin-up or Strap Row (8...1)
1C) DB Incline Chest Press (8...1)

Finisher

Do the following, resting when needed. Use a weight you can do for no more than 15 reps. Do as few sets as possible and rest as little as possible.

2) KB or DB Swings (100)

No-Equipment Option

Do the following circuit, resting when needed. In the first circuit, you’ll do 8 reps of each exercise. In the next circuit, you’ll do 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, rest 1 minute and move into the finisher.

1A) Bodyweight Bulgarian Split Squat or Split Squat (8/side...1/side)
1B) Bodyweight Row or Stick-up (8...1)
1C) Triple Stop Pushup (8...1)

Finisher

Do the following, resting when needed.

2) Total Body Extension (150)
Bare Minimum Workout #21 – Strength After Sweat

This is a rare combination where you’ll do the finisher first, then you’ll do strength. Because it’s a fun change-up, that’s why...

Do the following superset as many times as possible in 3 minutes, resting only when needed. Once the 5 minutes are up, rest 1 minute and move into 2A.

1A) Burpee/Spiderman Pushup Combo (5)  
1B) Prisoner Lunge Jump (5/side)

Do the following superset 6 times, resting for 1 minute after each superset.

2A) DB Row (6/side)  
2B) Stability Ball Leg Curl (10)

No-Equipment Option

Do the following superset as many times as possible in 3 minutes, resting only when needed. Once the 5 minutes are up, rest 1 minute and move into 2A.

1A) Burpee/Spiderman Pushup Combo (5)  
1B) Prisoner Lunge Jump (5/side)

Do the following superset 6 times, resting for 1 minute after each superset.

2A) Bodyweight Row or Stick-up (12)  
2B) Waiter’s Bow (12)
Go BareFit Workouts

Bare Minimum Workout #22 – Quatro Outro

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

1A) DB High Pull (8/side)
1B) DB Lateral Lunge and Press (10/side)
1C) Cable Chop or DB Chop (12/side)
1D) Stability Ball Plank with Arms Extended (45 secs)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

1A) Bodyweight Iron Cross (20 secs)
1B) Alternating TD Lunge (10/side)
1C) Bodyweight Chop (12/side)
1D) Pushup Plank (45 secs)
Go BareFit Workouts

Bare Minimum Workout #23 – The Switch Finish

Do the following superset 6 times, resting for 1 minute after each superset.

1A) Alternating DB Chest Press (8/side)
1B) DB 1-Leg Romanian Deadlift (8/side)

Finisher

Do the following superset as many times as possible in 8 minutes, resting when needed.

2A) Prisoner Switch Lunge (8/side)
2B) 1-Arm Switch Pushup (6/side)

No-Equipment Option

Do the following superset 6 times, resting for 1 minute after each superset.

1A) Elevated or 1-Arm Switch Pushup (8/side)
1B) Bodyweight 1-Leg Romanian Deadlift (8/side)

Finisher

Do the following superset as many times as possible in 8 minutes, resting when needed.

2A) Prisoner Switch Lunge (8/side)
2B) Bodysaw (15)
Go BareFit Workouts

Bare Minimum Workout #24 – Hammer Time

Do the following superset as many times as possible in 15 minutes, resting when needed. Once the 15 minutes are up, rest 1 minute and move into the finisher.

1A) DB Lunge and Hammer Curl Combo (8/side)
1B) Close-Grip DB Chest Press (10)

Finisher

Do the following superset, resting as shown 4 times.

2A) Lateral Jumps (20 secs), rest 10 secs
2B) Renegade Row (20 secs), rest 10 secs

No-Equipment Option

Do the following superset as many times as possible in 15 minutes, resting when needed. Once the 15 minutes are up, rest 1 minute and move into the finisher.

1A) Prisoner Lunge (8/side)
1B) Close-Grip Triple Stop Pushup (8)

Finisher

Do the following superset, resting as shown 4 times.

2A) Lateral Jumps (20 secs), rest 10 secs
2B) Bodyweight Renegade Row (20 secs), rest 10 secs
Go BareFit Workouts


Do the following superset as many times as possible in 20 minutes, resting when needed. In the first superset, you’ll do 1 rep of each exercise. In the next superset, you’ll do 2 reps of each. Continue in this fashion, adding 1 more rep with every superset, until 20 minutes are up.

1A) KB or DB Swings (1, 2, 3, etc., etc.)
1B) Pushup (1, 2, 3, etc., etc.)

No-Equipment Option

Do the following superset as many times as possible in 20 minutes, resting when needed. In the first superset, you’ll do 1 rep of each exercise. In the next superset, you’ll do 2 reps of each. Continue in this fashion, adding 1 more rep with every superset, until 20 minutes are up.

1A) Total Body Extension (1, 2, 3, etc., etc.)
1B) Pushup (1, 2, 3, etc., etc.)
Go BareFit Workouts

Bare Minimum Workout #26 – Walk the Burn

Do the following superset 6 times, resting for 1 minute after each superset.

1A) DB Walking Lunge (12/side)
1B) 1-Arm DB Shoulder Press (8/side)

Finisher

Do the following 6 times, resting at a maximum of 20 seconds between sets. In the first set, you’ll do 6 reps. In the next set, you’ll 5 reps. Continue in this fashion until you complete 1 rep.

2) Burpee/Chin-up Combo (6, 5, 4, 3, 2, 1)

No-Equipment Option

Do the following superset 6 times, resting for 1 minute after each superset.

1A) Alternating TD Lunge (12/side)
1B) Spiderman Climb (8/side)

Finisher

Do the following 6 times, resting at a maximum of 20 seconds between sets. In the first set, you’ll do 6 reps. In the next set, you’ll 5 reps. Continue in this fashion until you complete 1 rep.

2) Double Burpee (6, 5, 4, 3, 2, 1)
Go BareFit Workouts

Bare Minimum Workout #27 – Elevate

Do the following superset 8 times, resting for 1 minute after each superset.

1A) DB Bulgarian Split Squat with Front Foot Elevated (6/side)
1B) Elevated Pushups (6/side)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) DB Chest Supported Row (12)
2B) Around the World (30 secs)

No-Equipment Option

Do the following superset 8 times, resting for 1 minute after each superset.

1A) Bodyweight Bulgarian Split Squat (6/side)
1B) Elevated or 1-Arm Switch Pushup (6/side)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Bodyweight Iron Cross (20 secs)
2B) Around the World (30 secs)
Go BareFit Workouts

Bare Minimum Workout #28 – Meatheads Unite

Do the following superset 4 times, resting for 1 minute after each superset.

1A) DB Row (8/side)
1B) DB Triple Press (6 per movement)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) *DB Romanian Deadlift/Reverse Lunge Combo (10)
2B) Iron Cross (30 secs)

*This is when you do a Romanian Deadlift, then return to the starting position. You then do 1 rep per side on the DB Reverse Lunge. You do this 6 times.

No-Equipment Option

Do the following superset 4 times, resting for 1 minute after each superset.

1A) Bodyweight Row or Stick-ups (15)
1B) *Triple Pushup (6 per version)

*Do 6 Decline Pushups, then 6 Close-Grip Pushups, then 6 Pushups

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Y-Squat (12)
2B) *Alternating Bodyweight Chop (30 secs)

*No sub for these really, so you might as well work your abs even more 😊
Bare Minimum Workout #29 – Deadlift Dynamite

Do the following circuit as many times as possible in 20 minutes, resting when needed. Once the 20 minutes are up, rest 1 minute and move into the finisher.

1A) Deadlift (6)
1B) 1-Arm DB Incline Chest Press (8/side)
1C) Renegade Crawl (10/side)

Finisher

Use a weight in which you can lift for about 30 reps. Do the following 4 times, resting for 30 seconds between sets.

2) Deadlift (20)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting when needed. Once the 20 minutes are up, rest 1 minute and move into the finisher.

1A) Bodyweight Split Squat (1-1/2 rep style) (6/side)
1B) Elevated or 1-Arm Switch Pushup (8/side)
1C) Bear Crawl (30 secs)

Finisher

Do the following 4 times, resting for 30 seconds between sets.

2) Bodyweight Sumo Squats (20)
Bare Minimum Workout #30 – Work You to Depth

Do the following circuit, resting as needed. In the first circuit, you’ll do 8 reps of each exercise. In the next circuit, you’ll do 7 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, rest 1 minute and move into the finisher.

1A) DB Squat-Curl-Press (8...1)
1B) X-Body Mountain Climber w/Feet Elevated (8/side...1/side)
1C) DB Pullover (8...1)

Finisher

Do the following 4 times, resting for 30 seconds between sets.

2) Depth Jump (6)

No-Equipment Option

Do the following circuit, resting as needed. In the first circuit, you’ll do 8 reps of each exercise. In the next circuit, you’ll do 7 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, rest 1 minute and move into the finisher.

1A) Alternating Diagonal Lunge (8/side...1/side)
1B) X-Body Mountain Climber (8/side...1/side)
1C) Bodyweight Row or Stick-ups (8...1)

Finisher

Do the following 4 times, resting for 30 seconds between sets.

2) Jump Squat (8)
Go BareFit Workouts

Bare Minimum Workout #31 – Are You Offset?

Do the following circuit 4 times, resting for 1 minute between circuits.

1A) Pull-up (3 reps short of failure)
1B) Offset Lunge (10/side)
1C) Offset Pushup (8/side)

Finisher

Do the following ONE time, resting when needed. If you feel like a Ninja, you can do 75.

2) Stability Ball Jackknife (50)

No-Equipment Option

Do the following circuit 4 times, resting for 1 minute between circuits.

1A) Bodyweight Iron Cross (20 secs)
1B) Bodyweight Lunge (10/side)
1C) Offset Pushup (8/side)

Finisher

Do the following ONE time, resting when needed.

2) Mountain Climber (50/side)
Go BareFit Workouts

Bare Minimum Workout #32 – Squat, Push, Row and Saw

Do the following circuit, resting when needed. In the first circuit, you’ll do 1 rep of each exercise. In the next circuit, you’ll do 2 reps of each exercise. Continue in this fashion until you complete 8 reps of each exercise.

1A) Barbell Split Squat or Goblet Split Squat (1/side...8/side)
1B) DB Chest Press (1...8)
1C) DB Chest Supported Row (1...8)
1D) Bodysaw (1...8)

**No-Equipment Option**

Do the following circuit, resting when needed. In the first circuit, you’ll do 1 rep of each exercise. In the next circuit, you’ll do 2 reps of each exercise. Continue in this fashion until you complete 8 reps of each exercise.

1A) Bodyweight Split Squat (1/side...8/side)
1B) Triple Stop Pushup (1...8)
1C) Bodyweight Row or Stick-up (1...8)
1D) Bodysaw (1...8)
Go BareFit Workouts

Bare Minimum Workout #33 – Swing Sandwich

Do the following circuit 5 times, resting for 1 minute between circuits.

1A) 1-Arm DB Push Press (6/side)
1B) KB or DB Swings (20)
1C) Renegade Row (10/side)

Finisher

Do the following 5 times, resting for 15 seconds between sets.

2) Box or Bench Jump (5)

No-Equipment Option

Do the following circuit 5 times, resting for 1 minute between circuits.

1A) Elevated Pushup or Offset Pushup (6/side)
1B) Total Body Extension (20)
1C) Bodyweight Renegade Row (10/side)

Finisher

Do the following 5 times, resting for 15 seconds between sets.

2) Jump Squat (5)
Go BareFit Workouts

Bare Minimum Workout #34 – Complex Compounds

Choose a weight that you can lift for 4-6 more reps than prescribed for your WEAKEST exercise. Use that weight for the entire circuit. Do the following circuit as many times as possible in 20 minutes, resting when needed.

1A) Barbell Squat (6)  
1B) Barbell Row (6)  
1C) Barbell Military Press (6)  
1D) Barbell Romanian Deadlift (6)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting when needed.

1A) Bodyweight Squat (12)  
1B) Bodyweight Row or Stick-up (12)  
1C) Pike Pushup (6) or Pushup (12)  
1D) Bodyweight 1-Leg Romanian Deadlift (6/side)
Go BareFit Workouts

Bare Minimum Workout #35 – Density Supersets Revenge

Do the following superset as many times as possible in 10 minutes, resting as needed. Once the 10 minutes are up, rest 1 minute and move into 2A.

1A) Chin-up or Strap Row (3 reps short of failure)  
1B) Goblet Step-up (10/side)

Do the following superset as many times as possible in 10 minutes, resting as needed.

2A) DB Romanian Deadlift (12)  
2B) DB Incline Chest Press (12)

No-Equipment Option

Do the following superset as many times as possible in 10 minutes, resting as needed. Once the 10 minutes are up, rest 1 minute and move into 2A.

1A) Bodyweight Row or Stick-up (15)  
1B) Bodyweight Step-up or Bodyweight Reverse Lunge (10/side)

Do the following superset as many times as possible in 10 minutes, resting as needed.

2A) Waiter’s Bow (12)  
2B) Plank to Pushup (12)
Go BareFit Workouts

Bare Minimum Workout #36 – Odd Moves

Do the following circuit 6 times, resting for 1 minute between circuits.

1A) Captain Chops (8/side)
1B) Plank to Triceps Extension (10)
1C) Single Arm DB Clean and Press (8/side)

No-Equipment Option

Do the following circuit 6 times, resting for 1 minute between circuits.

1A) Captain Chops (no DB) (8/side)
1B) Plank to Triceps Extension (10)
1C) Burpee with no Pushup (8)
Go BareFit Workouts

Bare Minimum Workout #37 – Snatchin’ Mania

Do the following circuit as many times as possible in 20 minutes, resting as needed. In the first circuit, you’ll do 1 rep of each exercise. In the next circuit, you’ll do 2 reps of each exercise. Continue in this fashion, adding 1 more rep to each exercise with every circuit, until the 20 minutes are up. Once the 20 minutes are up, move into the finisher.

1A) KB or DB Snatch (1/side, 2/side, etc., etc.)
1B) *DB Row with a 1-Second pause at the top (1/side, 2/side, etc.)
1C) T-Pushup (1/side, 2/side, etc., etc.)

*At the end of each rep, contract your back really hard for 1 full second.

Finisher

Do the following 3 times, resting for 1 minute between sets.

2) KB or DB Snatch (10/side)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting as needed. In the first circuit, you’ll do 1 rep of each exercise. In the next circuit, you’ll do 2 reps of each exercise. Continue in this fashion, adding 1 more rep to each exercise with every circuit, until the 20 minutes are up. Once the 20 minutes are up, move into the finisher.

1A) Total Body Extension (1, 2, etc. etc.)
1B) Bodyweight Row (squeeze your shoulder blades hard for 2 seconds at the end of each rep) (1, 2, etc., etc.)
1C) T-Pushup (1/side, 2/side, etc., etc.)

Finisher

Do the following 3 times, resting for 1 minute between sets.

2) Total Body Extension (20)
Go BareFit Workouts

Bare Minimum Workout #38 – Finisher First

Another doozy where we put the finisher FIRST...

Do the following circuit as many times as possible in 10 minutes, resting only when needed. Once the 10 minutes are up, rest 1 minute and move into 2.

1A) Lunge Jump (6/side)
1B) Bench Vault (6/side)
1C) Spiderman Climb (6/side)

Do the following 6 times, resting for 1 minute between sets.

2) Deadlift and Press (8)

No-Equipment Option

Do the following circuit as many times as possible in 10 minutes, resting only when needed. Once the 10 minutes are up, rest 1 minute and move into 2.

1A) Lunge Jump (6/side)
1B) Skater Hops (6/side)
1C) Spiderman Climb (6/side)

Do the following 6 times, resting for 1 minute between sets.

2) *Bodyweight Squat and Bodyweight Row Combo (8)

*Do a Bodyweight Squat, and then immediately a Bodyweight Row. That’s ONE rep.
Go BareFit Workouts

Bare Minimum Workout #39 – 5 X 5 Frenzy

Do the following superset 5 times, resting for 1 minute after each superset.

1A) King Press (5/side)  
1B) Barbell Row or 2-Arm DB Row (5)

Do the following superset 5 times, resting for 1 minute after each superset.

2A) Bench Press or DB Chest Press (5)  
2B) *Ab Wheel Rollout with 3 second eccentric (5)

*Take 3 seconds to bring the wheel back in towards your abs.

No-Equipment Option

Do the following superset 5 times, resting for 1 minute after each superset.

1A) Bodyweight Bulgarian Split Squat (1-1/2 rep style) (5/side)  
1B) Bodyweight Iron Cross (20 secs)

Do the following superset 5 times, resting for 1 minute after each superset.

2A) *Pushup with 5 second eccentric (5)  
2B) Inchworm (5)

*Take 5 seconds to lower yourself and 1 second to push up.
Go BareFit Workouts

Bare Minimum Workout #40 – Bare Minimum German Volume Training

Choose a weight you can lift for 20 reps.

Do the following circuit 10 times, resting when needed.

1A) Barbell or Goblet Squat (10)
1B) DB Row (10/side)
1C) DB Chest Press (10)

No-Equipment Option

Do the following circuit 10 times, resting when needed.

1A) Bodyweight Squat (10)
1B) Bodyweight Row (10)
1C) Pushups (10)
Go BareFit Workouts

Bare Minimum Workout #41 – Hot Zone Chaos

Do the following circuit as many times as possible in 20 minutes, resting for 1 minute after each circuit. Once the 20 minutes are up, move into the finisher.

1A) Goblet Jump Squat or Goblet Squat (6)
1B) DB Piston Row (12/side)
1C) Plank to Triceps Extension (10)

Finisher

Do the following 8 times, resting as shown.

2) Jump Rope or Jumping Jacks (20 secs), rest 10 secs

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting for 1 minute after each circuit. Once the 20 minutes are up, move into the finisher.

1A) Prisoner Jump Squat (6)
1B) Bodyweight Renegade Row (12/side)
1C) Plank to Tricep Extension (10)

Finisher

Do the following 8 times, resting as shown.

2) Jump Rope or Jumping Jacks (20 secs), rest 10 secs
Alright, FIRST... If you're a beginner or haven’t exercised in 3 months or longer, **PLEASE start with the Beginner Workout Schedule.**

Now if you feel you need to stick with the Beginner Bare Minimum Workouts after 10 weeks, that is completely fine. **Be SMART.**

If after 8 weeks you feel you can move into the main workouts, go for it (you’ll be given a 10-week schedule). But please stick with the beginner programs for at least 8 weeks… cool?

**Moving on...**

As for the “program hoppers” out there... I get it. You like to do something different at every workout. You get bored easily. That’s cool.

**That’s why I’m doing something I’ve NEVER done before with this Bare Minimum Workouts program.**

You’ll get a different workout 3 days a week laid out for you, day-by-day for your first 8 weeks to follow after the Beginner program below.

The “I get bored” excuse is now dismissed ;) And to think you’ll still have 41 workouts to play with for life. Good times!

**However, BEGINNERS** – It’s my philosophy that you need to build a solid foundation. So you’ll follow a 2-week phase, a 4-week phase, and then finally one last 4-week phase. Focus on progressing within those workouts, OK? This will pay off – be patient and work on getting better.

Now let’s see how it all lays out...
BEGINNER SCHEDULE

In the first 2 weeks, you’ll do 2 Bare Minimum workouts per week, with 2 days off (at the very least – 1 day off) between workouts.

For the remaining 8 weeks, you’ll do 3 workouts per week, with at least a day off between workouts. So here’s an example:

First 2 weeks:

Monday – Workout
Tuesday – Off
Wednesday – Off
Thursday – Workout
Friday – Off
Saturday – Off
Sunday – Off

Final 6 weeks:

Monday – Workout
Tuesday – Off
Wednesday – Workout
Thursday – Off
Friday – Workout
Saturday – Off
Sunday – Off

Your workout schedule has a BLUE title bar across the top 😊

NOTE – Don’t forget to warm up!
VETERAN SCHEDULE

You’ll be encouraged to do 3 workouts per week, with at least a day off between workouts. Here’s an example:

Monday – Workout
Tuesday – Off
Wednesday – Workout
Thursday – Off
Friday – Workout
Saturday – Off
Sunday – Off

NOTE – Don’t forget to warm up!

The “Veteran” schedule is below the Beginner Schedule.

Your workout schedule has a RED title bar across the top 😊

Alright? Let’s rock!
Beginner Bare Minimum Workout #1 – The Basics

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Lying Hip Extension (8)
1B) Kneeling Pushup (8)

Finisher:

Do the following 3 times, resting for 30 seconds after each set.

2) Total Body Extension (10)
Beginner Bare Minimum Workout #2 – Step, Row and Push

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Step-up (8/side)
1B) DB Row (12/side)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Kneeling Pushup (8)
2B) Bird Dog (6/side)

No-Equipment Option

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Squat or Lying Hip Extension (8)
1B) Bodyweight Row (15)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Kneeling Pushup (8)
2B) Bird Dog (6/side)
Beginner Bare Minimum Workout #1 – The Basics

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Lying Hip Extension (8)
1B) Kneeling Pushup (8)

Finisher:

Do the following 3 times, resting for 30 seconds after each set.

2) Total Body Extension (10)
Beginner Bare Minimum Workout #2 – Step, Row and Push

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Step-up (8/side)
1B) DB Row (12/side)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Kneeling Pushup (8)
2B) Bird Dog (6/side)

No-Equipment Option

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Squat or Lying Hip Extension (8)
1B) Bodyweight Row (15)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Kneeling Pushup (8)
2B) Bird Dog (6/side)
Beginner Bare Minimum Workout #3 – The 3-Way Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Prisoner Squat (10)
1B) DB Chest Press (10)
1C) DB Row (10/side)

Finisher:

Do the following ONE time, resting when needed

2) Jumping Jacks (25)

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (5/side)
1B) Kneeling Pushup (8)
1C) Bodyweight Row (15)

Finisher:

Do the following ONE time, resting when needed

2) Jumping Jacks (25)
Beginner Bare Minimum Workout #4 – Strength/ Conditioning Hybrids

Do the following superset 3 times, resting for 1 minute after each superset.

1A) 2-Arm DB Row (8)
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Goblet Squat (10)
2B) Total Body Extension (12)

No-Equipment Option

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Row (15)
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Bodyweight Squat (10)
2B) Total Body Extension (12)
Beginner Bare Minimum Workout #5 – Calorie-Burning Ladder

Do the following superset, resting only when needed. In the first superset, you’ll do 6 reps of each exercise. In the next superset, you’ll do 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

1A) Prisoner Squat (6, 5, etc., etc. down to 1)
1B) Kneeling Pushup (6, 5, etc., etc. down to 1)
Beginner Bare Minimum Workout #3 – The 3-Way Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Prisoner Squat (10)  
1B) DB Chest Press (10)  
1C) DB Row (10/side)

**Finisher:**

Do the following ONE time, resting when needed

2) Jumping Jacks (25)

**No-Equipment Option**

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (5/side)  
1B) Kneeling Pushup (8)  
1C) Bodyweight Row (15)

**Finisher:**

Do the following ONE time, resting when needed

2) Jumping Jacks (25)
Beginner Bare Minimum Workout #4 – Strength/Conditioning Hybrids

Do the following superset 3 times, resting for 1 minute after each superset.

1A) 2-Arm DB Row (8)  
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Goblet Squat (10)  
2B) Total Body Extension (12)

**No-Equipment Option**

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Row (15)  
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Bodyweight Squat (10)  
2B) Total Body Extension (12)
Beginner Bare Minimum Workout #5 – Calorie-Burning Ladder

Do the following superset, resting only when needed. In the first superset, you’ll do 6 reps of each exercise. In the next superset, you’ll do 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

1A) Prisoner Squat (6, 5, etc., etc. down to 1)
1B) Kneeling Pushup (6, 5, etc., etc. down to 1)
Beginner Bare Minimum Workout #3 – The 3-Way Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Prisoner Squat (10)
1B) DB Chest Press (10)
1C) DB Row (10/side)

Finisher:

Do the following ONE time, resting when needed

2) Jumping Jacks (25)

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (5/side)
1B) Kneeling Pushup (8)
1C) Bodyweight Row (15)

Finisher:

Do the following ONE time, resting when needed

2) Jumping Jacks (25)
Beginner Bare Minimum Workout #4 – Strength/Conditioning Hybrids

Do the following superset 3 times, resting for 1 minute after each superset.

1A) 2-Arm DB Row (8)
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Goblet Squat (10)
2B) Total Body Extension (12)

No-Equipment Option

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Row (15)
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Bodyweight Squat (10)
2B) Total Body Extension (12)
Beginner Bare Minimum Workout #5 – Calorie-Burning Ladder

Do the following superset, resting only when needed. In the first superset, you’ll do 6 reps of each exercise. In the next superset, you’ll do 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

1A) Prisoner Squat (6, 5, etc., etc. down to 1)
1B) Kneeling Pushup (6, 5, etc., etc. down to 1)
Beginner Bare Minimum Workout #3 – The 3-Way Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Prisoner Squat (10)
1B) DB Chest Press (10)
1C) DB Row (10/side)

Finisher:

Do the following ONE time, resting when needed

2) Jumping Jacks (25)

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (5/side)
1B) Kneeling Pushup (8)
1C) Bodyweight Row (15)

Finisher:

Do the following ONE time, resting when needed

2) Jumping Jacks (25)
Beginner Bare Minimum Workout #4 – Strength/Conditioning Hybrids

Do the following superset 3 times, resting for 1 minute after each superset.

1A) 2-Arm DB Row (8)
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Goblet Squat (10)
2B) Total Body Extension (12)

No-Equipment Option

Do the following superset 3 times, resting for 1 minute after each superset.

1A) Bodyweight Row (15)
1B) Jumping Jacks (10)

Do the following superset 3 times, resting for 1 minute after each superset.

2A) Bodyweight Squat (10)
2B) Total Body Extension (12)
Beginner Bare Minimum Workout #5 – Calorie-Burning Ladder

Do the following superset, resting only when needed. In the first superset, you’ll do 6 reps of each exercise. In the next superset, you’ll do 5 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise.

1A) Prisoner Squat (6, 5, etc., etc. down to 1)
1B) Kneeling Pushup (6, 5, etc., etc. down to 1)
Beginner Bare Minimum Workout #6 – Metabolic Challenge

Do the following circuit ONE time, resting when needed. Remember – if your form gets ugly, you MUST stop and rest. QUALITY reps!

1A) Bodyweight Row (25)
1B) Bodyweight Sumo Squat (25)
1C) Kneeling Pushup (25)
Beginner Bare Minimum Workout #7 – Metabolic Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Goblet Step-up (8/side)
1B) DB Chest-Supported Row (8)
1C) DB Neutral Grip Chest Press (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (taking 3 seconds to come down and 1 second to go up) (8/side)
1B) Bodyweight Row or Stick-up (15)
1C) Kneeling Close-Grip Pushup (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times
Beginner Bare Minimum Workout #8 – Beginner Density Circuit

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Goblet Reverse Lunge (10/side)  
1B) 1-Arm DB Shoulder Press (10/side)  
1C) 2-Arm DB Row (12)  
1D) KB or DB Swings (15)

**No-Equipment Option**

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Bodyweight Reverse Lunge (10/side)  
1B) Kneeling Pushup (15)  
1C) Bodyweight Iron Cross (20 secs)  
1D) Total Body Extension (15)
Beginner Bare Minimum Workout #6 – Metabolic Challenge

Do the following circuit ONE time, resting when needed. Remember – if your form gets ugly, you MUST stop and rest. QUALITY reps!

1A) Bodyweight Row (25)
1B) Bodyweight Sumo Squat (25)
1C) Kneeling Pushup (25)
Beginner Bare Minimum Workout #7 – Metabolic Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Goblet Step-up (8/side)
1B) DB Chest-Supported Row (8)
1C) DB Neutral Grip Chest Press (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (taking 3 seconds to come down and 1 second to go up) (8/side)
1B) Bodyweight Row or Stick-up (15)
1C) Kneeling Close-Grip Pushup (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times
Beginner Bare Minimum Workout #8 – Beginner Density Circuit

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Goblet Reverse Lunge (10/side)
1B) 1-Arm DB Shoulder Press (10/side)
1C) 2-Arm DB Row (12)
1D) KB or DB Swings (15)

**No-Equipment Option**

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Bodyweight Reverse Lunge (10/side)
1B) Kneeling Pushup (15)
1C) Bodyweight Iron Cross (20 secs)
1D) Total Body Extension (15)
Beginner Bare Minimum Workout #6 – Metabolic Challenge

Do the following circuit ONE time, resting when needed. Remember – if your form gets ugly, you MUST stop and rest. QUALITY reps!

1A) Bodyweight Row (25)
1B) Bodyweight Sumo Squat (25)
1C) Kneeling Pushup (25)
Beginner Bare Minimum Workout #7 – Metabolic Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Goblet Step-up (8/side)
1B) DB Chest-Supported Row (8)
1C) DB Neutral Grip Chest Press (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (taking 3 seconds to come down and 1 second to go up) (8/side)
1B) Bodyweight Row or Stick-up (15)
1C) Kneeling Close-Grip Pushup (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times
Beginner Bare Minimum Workout #8 – Beginner Density Circuit

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Goblet Reverse Lunge (10/side)
1B) 1-Arm DB Shoulder Press (10/side)
1C) 2-Arm DB Row (12)
1D) KB or DB Swings (15)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Bodyweight Reverse Lunge (10/side)
1B) Kneeling Pushup (15)
1C) Bodyweight Iron Cross (20 secs)
1D) Total Body Extension (15)
Beginner Bare Minimum Workout #6 – Metabolic Challenge

Do the following circuit ONE time, resting when needed. Remember – if your form gets ugly, you MUST stop and rest. QUALITY reps!

1A) Bodyweight Row (25)
1B) Bodyweight Sumo Squat (25)
1C) Kneeling Pushup (25)
Beginner Workout Schedule
Week 10 Day 3

Beginner Bare Minimum Workout #7 – Metabolic Circuit

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) Goblet Step-up (8/side)
1B) DB Chest-Supported Row (8)
1C) DB Neutral Grip Chest Press (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times

No-Equipment Option

Do the following circuit 3 times, resting for 1 minute between circuits.

1A) 1-Leg Lying Hip Extension (taking 3 seconds to come down and 1 second to go up) (8/side)
1B) Bodyweight Row or Stick-up (15)
1C) Kneeling Close-Grip Pushup (10)

Finisher:

2) Run in Place (20 secs), rest 40 secs – Do this 4 times
Beginner Bare Minimum Workout #8 – Beginner Density Circuit

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Goblet Reverse Lunge (10/side)
1B) 1-Arm DB Shoulder Press (10/side)
1C) 2-Arm DB Row (12)
1D) KB or DB Swings (15)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting only when needed. Remember, if your form breaks down, you MUST stop and rest!

1A) Bodyweight Reverse Lunge (10/side)
1B) Kneeling Pushup (15)
1C) Bodyweight Iron Cross (20 secs)
1D) Total Body Extension (15)
Bare Minimum Workout #5 – The Only 2 You’ll Ever Need

Do the following superset as many times as possible in 25 minutes, resting only as needed. Use a weight in which you can lift for 15 reps.

1A) Deadlift (10)
1B) 1-Arm DB Incline Chest Press (10/side)

No-Equipment Option

Do the following superset as many times as possible in 25 minutes, resting only as needed.

1A) Prisoner Triple Squat (15)
1B) T-Pushup (6/side)
Bare Minimum Workout #7 – Strength & Conditioning Supersets

Do the following superset 5 times, resting for 30 seconds after each superset.

1A) DB Reverse Lunge from a Deficit (8/side)
1B) Jump Rope (30 secs)

Do the following superset 5 times, resting for 30 seconds after each superset.

2A) 2-Arm DB Row (8)
2B) KB or DB Snatch (10/side)

No-Equipment Option

Do the following superset 5 times, resting for 30 seconds after each superset.

1A) Prisoner Reverse Lunge from a Deficit or Prisoner Reverse Lunge (8/side)
1B) Jumping Jacks (30 secs)

Do the following superset 5 times, resting for 30 seconds after each superset.

2A) Bodyweight Iron Cross (20 secs)
2B) Total Body Extension (20)
Bare Minimum Workout #1 – Row, Swing and Push

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

1A) DB Row (8/side)
1B) KB or DB Swings (20)
1C) Decline Pushup (2 reps short of failure – so if you can do 20 reps, then you’ll stop at 18)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting only when needed.

1A) Bodyweight Row or Stick-up (15)
1B) Total Body Extension (20)
1C) Decline Pushup or Pushup (2 reps short of failure)
Bare Minimum Workout #10 – 2-Way Ladder Challenge

Do the following superset as many times as possible in 20 minutes, resting when needed. In the first superset, you'll do 1 rep of each exercise. In the next superset, you'll do 2 reps. Continue in this fashion until 20 minutes are up, then move into the finisher.

1A) Chin-up or Strap Row (1, 2, etc., etc.)
1B) KB or DB Snatch (1/side, 2/side, etc., etc.)

Finisher:

Do the following superset as many times as possible in 5 minutes, resting only as needed.

2A) Burpee (5)
2B) Skater Hops (5/side)

No-Equipment Option

Do the following superset as many times as possible in 20 minutes, resting when needed. In the first superset, you'll do 1 rep of each exercise. In the next superset, you'll do 2 reps. Continue in this fashion until 20 minutes are up, then move into the finisher.

1A) Stick-up (1, 2, etc., etc.)
1B) Total Body Extension (1, 2, etc., etc.)

Finisher:

Do the following superset as many times as possible in 5 minutes, resting only as needed.

2A) Burpee (5)
2B) Skater Hops (5/side)
**Bare Minimum Workout #19 – The Basics with Abs**

Do the following superset 6 times, resting for 1 minute after each superset.

1A) Barbell or Goblet Squat (10)  
1B) Stability Ball Stir-the-Pot (6 in each direction)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Barbell or 2-Arm DB Row (8)  
2B) Pushup/Mountain Climber Combo (10)

**No-Equipment Option**

Do the following superset 6 times, resting for 1 minute after each superset.

1A) Bodyweight Squat (take 3 seconds to go down and 1 second to come up) (10)  
1B) Spiderman Climb (6/side)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Bodyweight Row or Stick-up (15)  
2B) Pushup/Mountain Climber Combo (10)
Bare Minimum Workout #6 – Quatro Singles Challenge

Do the following circuit 4 times, resting for 1 minute after each circuit.

1A) 1-Arm DB Push Press (6/side)
1B) DB Bulgarian Split Squat (8/side)
1C) Alternating DB Chest Press (10/side)
1D) Spiderman Climb (10/side)

No-Equipment Option

Do the following circuit 4 times, resting for 1 minute after each circuit.

1A) Pike Pushup (12) or 1-Arm Switch Pushup (6/side)
1B) Bodyweight Bulgarian Split Squat (1-1/2 rep style) (8/side)
1C) Elevated Pushup (10/side) or Pushup (20)
1D) *Bodyweight Chop (10/side)

*You might be wondering why I put chops here. Well, to go from any pushup to a climbing movement on the floor is asking a lot of the shoulders, especially when there are pushups at the beginning of the circuit, too. We don’t want any shoulder overuse injuries 😊
Bare Minimum Workout #11 – Upper/Lower Super Dupers

Do the following superset resting when needed. In the first superset, you’ll do 6 reps of each exercise. In the next superset, you’ll do 5 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you complete the final rep of 1B, rest 1 minute and then move into the finisher.

1A) DB Row (6/side... down to 1/side)
1B) Goblet Lateral Lunge (6/side...down to 1/side)

Finisher:

Do the following superset 6 times, resting as shown:

2A) T-Pushup (20 secs), rest 10 secs
2B) KB or DB Swings (20 secs), rest 10 secs

No-Equipment Option

Do the following superset resting when needed. In the first superset, you’ll do 6 reps of each exercise. In the next superset, you’ll do 5 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you complete the final rep of 1B, rest 1 minute and then move into the finisher.

1A) Bodyweight Row or Stick-up (6... down to 1)
1B) Bodyweight Lateral Lunge (6/side...down to 1/side)

Finisher:

Do the following superset 6 times, resting as shown:

2A) T-Pushup (20 secs), rest 10 secs
2B) Total Body Extension (20 secs), rest 10 secs
Bare Minimum Workout #24 – Hammer Time

Do the following superset as many times as possible in 15 minutes, resting when needed. Once the 15 minutes are up, rest 1 minute and move into the finisher.

1A) DB Lunge and Hammer Curl Combo (8/side)  
1B) Close-Grip DB Chest Press (10)

Finisher

Do the following superset, resting as shown 4 times.

2A) Lateral Jumps (20 secs), rest 10 secs  
2B) Renegade Row (20 secs), rest 10 secs

No-Equipment Option

Do the following superset as many times as possible in 15 minutes, resting when needed. Once the 15 minutes are up, rest 1 minute and move into the finisher.

1A) Prisoner Lunge (8/side)  
1B) Close-Grip Triple Stop Pushup (8)

Finisher

Do the following superset, resting as shown 4 times.

2A) Lateral Jumps (20 secs), rest 10 secs  
2B) Bodyweight Renegade Row (20 secs), rest 10 secs
Bare Minimum Workout #9 – Density Complex

Choose a weight in which you can lift for 4-6 more reps than prescribed for your weakest exercise. Use that same weight for the entire complex. Do the following circuit 5 times, resting only as needed. After the 5th circuit, rest 1 minute and move into the finisher.

1A) Barbell Squat (8)
1B) Barbell Row (8)
1C) Barbell Military Press (8)

Finisher:

2) Lunge Jump (20 secs), rest 10 secs – Do this 6 times

No-Equipment Option

Do the following circuit 5 times, resting only as needed. After the 5th circuit, rest 1 minute and move into the finisher.

1A) Bodyweight Triple Squat (12)
1B) Bodyweight Row (12)
1C) Pushup (12)

Finisher:

2) Lunge Jump (20 secs), rest 10 secs – Do this 6 times
Bare Minimum Workout #14 – Meathead 5 X 5

Do the following 5 times, resting for 1 minute between sets.

1) Barbell or Goblet Squat (5)

Do the following superset 5 times, resting for 1 minute between supersets.

2A) DB Chest Supported Row (5)
2B) Bench Press or DB Chest Press (5)

**No-Equipment Option**

Do the following 5 times, resting for 1 minute between sets.

1) Bodyweight Split Squat (1-1/2 rep style) (5/side)

Do the following superset 5 times, resting for 1 minute between supersets.

2A) Bodyweight Row (squeeze your shoulder blades together for 5 seconds at the end of each rep) (5)
2B) Eccentric Pushup (Take 5 seconds to lower yourself and 1 second to come up (5)
Bare Minimum Workout #20 – Climb the Ladder and Swing

Do the following circuit, resting when needed. In the first circuit, you’ll do 8 reps of each exercise. In the next circuit, you'll do 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, rest 1 minute and move into the finisher.

1A) Goblet Bulgarian Split Squat (8/side...1/side)
1B) Chin-up or Strap Row (8...1)
1C) DB Incline Chest Press (8...1)

Finisher

Do the following, resting when needed. Use a weight you can do for no more than 15 reps. Do as few sets as possible and rest as little as possible.

2) KB or DB Swings (100)

No-Equipment Option

Do the following circuit, resting when needed. In the first circuit, you'll do 8 reps of each exercise. In the next circuit, you'll do 7 reps of each exercise. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, rest 1 minute and move into the finisher.

1A) Bodyweight Bulgarian Split Squat or Split Squat (8/side...1/side)
1B) Bodyweight Row or Stick-up (8...1)
1C) Triple Stop Pushup (8...1)

Finisher

Do the following, resting when needed.

2) Total Body Extension (150)
Bare Minimum Workout #21 – Strength After Sweat

This is a rare combination where you’ll do the finisher first, then you’ll do strength. Because it’s a fun change-up, that’s why...

Do the following superset as many times as possible in 3 minutes, resting only when needed. Once the 5 minutes are up, rest 1 minute and move into 2A.

1A) Burpee/Spiderman Pushup Combo (5)  
1B) Prisoner Lunge Jump (5/side)

Do the following superset 6 times, resting for 1 minute after each superset.

2A) DB Row (6/side)  
2B) Stability Ball Leg Curl (10)

No-Equipment Option

Do the following superset as many times as possible in 3 minutes, resting only when needed. Once the 5 minutes are up, rest 1 minute and move into 2A.

1A) Burpee/Spiderman Pushup Combo (5)  
1B) Prisoner Lunge Jump (5/side)

Do the following superset 6 times, resting for 1 minute after each superset.

2A) Bodyweight Row or Stick-up (12)  
2B) Waiter’s Bow (12)
Veteran Workout Schedule
Week 5 Day 1

Bare Minimum Workout #4 – Ladder Density Madness

Do the following resting only as needed. In circuit one, you’ll do 1 rep of each exercise. In the next circuit, you’ll do 2 reps of each exercise. Continue in this fashion, adding one more rep with every circuit, until 20 minutes are up. Once you reach 20 minutes, rest 1 minute and move into the finisher.

1A) DB Reverse Lunge (1/side, 2/side, etc., etc.)
1B) DB Incline Chest Press (1, 2, etc., etc.)
1C) DB Row (1/side, 2/side, etc., etc.)

Finisher

Do the following, resting when needed.

2) Jumping Jacks (100)

No-Equipment Option

Do the following resting only as needed. In circuit one, you’ll do 1 rep of each exercise. In the next circuit, you’ll do 2 reps of each exercise. Continue in this fashion, adding one more rep with every circuit, until 20 minutes are up. Once you reach 20 minutes, rest 1 minute and move into the finisher.

1A) Bodyweight Reverse Lunge (1/side, 2/side, etc., etc.)
1B) Plank to Pushup (1, 2, etc., etc.)
1C) Stick-up or Bodyweight Row (1, 2, etc. etc.)

Finisher

Do the following, resting when needed.

2) Jumping Jacks (100)
Veteran Workout Schedule
Week 5 Day 3

Bare Minimum Workout #39 – 5 X 5 Frenzy

Do the following superset 5 times, resting for 1 minute after each superset.

1A) King Press (5/side)
1B) Barbell Row or 2-Arm DB Row (5)

Do the following superset 5 times, resting for 1 minute after each superset.

2A) Bench Press or DB Chest Press (5)
2B) *Ab Wheel Rollout with 3 second eccentric (5)

*Take 3 seconds to bring the wheel back in towards your abs.

No-Equipment Option

Do the following superset 5 times, resting for 1 minute after each superset.

1A) Bodyweight Bulgarian Split Squat (1-1/2 rep style) (5/side)
1B) Bodyweight Iron Cross (20 secs)

Do the following superset 5 times, resting for 1 minute after each superset.

2A) *Pushup with 5 second eccentric (5)
2B) Inchworm (5)

*Take 5 seconds to lower yourself and 1 second to push up.
Bare Minimum Workout #29 – Deadlift Dynamite

Do the following circuit as many times as possible in 20 minutes, resting when needed. Once the 20 minutes are up, rest 1 minute and move into the finisher.

1A) Deadlift (6)
1B) 1-Arm DB Incline Chest Press (8/side)
1C) Renegade Crawl (10/side)

Finisher

Use a weight in which you can lift for about 30 reps. Do the following 4 times, resting for 30 seconds between sets.

2) Deadlift (20)

No-Equipment Option

Do the following circuit as many times as possible in 20 minutes, resting when needed. Once the 20 minutes are up, rest 1 minute and move into the finisher.

1A) Bodyweight Split Squat (1-1/2 rep style) (6/side)
1B) Elevated or 1-Arm Switch Pushup (8/side)
1C) Bear Crawl (30 secs)

Finisher

Do the following 4 times, resting for 30 seconds between sets.

2) Bodyweight Sumo Squats (20)
Bare Minimum Workout #16 – Muscle Burn

Do the following superset 4 times, resting for 1 minute after each superset.

1A) *DB Romanian Deadlift/Reverse Lunge Combo (6)
1B) Goblet Step-up (8/side)

*This is when you do a Romanian Deadlift, then return to the starting position. You then do 1 rep per side on the DB Reverse Lunge. You do this 6 times.

Do the following superset 4 times, resting for 1 minute after each superset.

2A) DB Piston Row (12/side)
2B) Close-Grip DB Chest Press (12)

No-Equipment Option

Do the following superset 4 times, resting for 1 minute after each superset.

1A) *Waiter’s Bow/Bodyweight Reverse Lunge Combo (6)
1B) Bodyweight Step-up (8/side)

*This is when you do a Waiter’s Bow, then return to the starting position. You then do 1 rep per side of the Bodyweight Reverse Lunge. You do this 6 times.

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Bodyweight Renegade Row (12/side), *rest 30 secs
2B) Close-Grip Pushup (15)

You will need a little rest because the Bodyweight Renegade Row challenges your shoulders, too.
**Bare Minimum Workout #3 – Bare Minimum Meathead**

Do the following circuit 6 times, resting for 1 minute after each circuit.

1A) Barbell Squat or Goblet Squat (6)  
1B) DB Chest-Supported Row (6)  
1C) DB Chest Press (6)

**Finisher**

Do the following 4 times, resting for 20 seconds after each set

2) Hanging Leg Raise (8)

**No-Equipment Option**

Do the following circuit 6 times, resting for 1 minute after each circuit.

1A) Bodyweight Split Squat (1-1/2 rep style) (6/side)  
1B) Bodyweight Row (8 – but squeeze your shoulder blades for 2 seconds at the end of each rep)  
1C) Spiderman Pushup (6/side)

**Finisher**

Do the following 4 times, resting for 20 seconds after each set

2) Squat Thrust (8)
Bare Minimum Workout #8 – Endurance Challenge

Do the following circuit 6 times, resting for 1 minute after each circuit.

1A) DB Split Squat (15/side)
1B) DB Squeeze Press (20)
1C) DB Row (15/side)

No-Equipment Option

Do the following circuit 6 times, resting for 1 minute after each circuit.

1A) Prisoner Split Squat (15/side)
1B) Close-Grip Pushup (2 reps short of failure)
1C) Stick-up (15)
Bare Minimum Workout #13 – Crossover Gauntlet

Do the following circuit 4 times, resting for 1 minute after each circuit.

1A) Crossover Lunge (8/side)
1B) 1-Arm DB Shoulder Press (8/side)
1C) Crossover Lunge (8/side)

Finisher:

Do the following 4 times, resting as shown.

2) Renegade Row (20 secs), rest 10 secs

No-Equipment Option

Do the following circuit 4 times, resting for 1 minute after each circuit.

1A) Prisoner Crossover Lunge (8/side)
1B) Plank to Tricep Extension (8)
1C) Prisoner Crossover Lunge (8/side)

Finisher:

Do the following 4 times, resting as shown.

2) Bodyweight Renegade Row (20 secs), rest 10 secs
Bare Minimum Workout #38 – Finisher First

Another doozy where we put the finisher FIRST...

Do the following circuit as many times as possible in 10 minutes, resting only when needed. Once the 10 minutes are up, rest 1 minute and move into 2.

1A) Lunge Jump (6/side)  
1B) Bench Vault (6/side)  
1C) Spiderman Climb (6/side)

Do the following 6 times, resting for 1 minute between sets.

2) Deadlift and Press (8)

**No-Equipment Option**

Do the following circuit as many times as possible in 10 minutes, resting only when needed. Once the 10 minutes are up, rest 1 minute and move into 2.

1A) Lunge Jump (6/side)  
1B) Skater Hops (6/side)  
1C) Spiderman Climb (6/side)

Do the following 6 times, resting for 1 minute between sets.

2) *Bodyweight Squat and Bodyweight Row Combo (8)*

*Do a Bodyweight Squat, and then immediately a Bodyweight Row. That’s ONE rep.*
**Veteran Workout Schedule**

**Week 7 Day 5**

**Bare Minimum Workout #28 – Meatheads Unite**

Do the following superset 4 times, resting for 1 minute after each superset.

1A) DB Row (8/side)
1B) DB Triple Press (6 per movement)

Do the following superset 4 times, resting for 1 minute after each superset.

2A) *DB Romanian Deadlift/Reverse Lunge Combo (10)
2B) Iron Cross (30 secs)

*This is when you do a Romanian Deadlift, then return to the starting position. You then do 1 rep per side on the DB Reverse Lunge. You do this 6 times.

**No-Equipment Option**

Do the following superset 4 times, resting for 1 minute after each superset.

1A) Bodyweight Row or Stick-ups (15)
1B) *Triple Pushup (6 per version)

*Do 6 Decline Pushups, then 6 Close-Grip Pushups, then 6 Pushups

Do the following superset 4 times, resting for 1 minute after each superset.

2A) Y-Squat (12)
2B) *Alternating Bodyweight Chop (30 secs)

*No sub for these really, so you might as well work your abs even more 😊
Bare Minimum Workout #34 – Complex Compounds

Choose a weight that you can lift for 4-6 more reps than prescribed for your WEAKEST exercise. Use that weight for the entire circuit. Do the following circuit as many times as possible in 20 minutes, resting when needed.

1A) Barbell Squat (6)
1B) Barbell Row (6)
1C) Barbell Military Press (6)
1D) Barbell Romanian Deadlift (6)

**No-Equipment Option**

Do the following circuit as many times as possible in 20 minutes, resting when needed.

1A) Bodyweight Squat (12)
1B) Bodyweight Row or Stick-up (12)
1C) Pike Pushup (6) or Pushup (12)
1D) Bodyweight 1-Leg Romanian Deadlift (6/side)
Bare Minimum Workout #15 – Guts and Glory

Do the following circuit as many times as possible in 15 minutes, resting when needed. Every move hits your abs. You’re welcome. Once the 15 minutes are up, move into the Finisher.

1A) DB Pullover (10)  
1B) Offset Lunge (12/side)  
1C) Renegade Pushup (15)

Finisher

Do the following 6 times, resting for 30 seconds between sets.

2) Box or Bench Jump (8)

No-Equipment Option

Do the following circuit as many times as possible in 15 minutes, resting when needed. Every move hits your abs. You’re welcome. Once the 15 minutes are up, move into the Finisher.

1A) Bodyweight Renegade Row (6/side)  
1B) Bodyweight Lunge (12/side)  
1C) Close-Grip Pushup (15)

Finisher

Do the following 6 times, resting for 30 seconds between sets.

2) Prisoner Jump Squat (8)
Bare Minimum Workout #30 – Work You to Depth

Do the following circuit, resting as needed. In the first circuit, you'll do 8 reps of each exercise. In the next circuit, you'll do 7 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, rest 1 minute and move into the finisher.

1A) DB Squat-Curl-Press (8...1)  
1B) X-Body Mountain Climber w/Feet Elevated (8/side...1/side)  
1C) DB Pullover (8...1)

Finisher

Do the following 4 times, resting for 30 seconds between sets.

2) Depth Jump (6)

No-Equipment Option

Do the following circuit, resting as needed. In the first circuit, you'll do 8 reps of each exercise. In the next circuit, you'll do 7 reps. Continue in this fashion until you complete 1 rep of each exercise. Once you complete 1 rep of each exercise, rest 1 minute and move into the finisher.

1A) Alternating Diagonal Lunge (8/side...1/side)  
1B) X-Body Mountain Climber (8/side...1/side)  
1C) Bodyweight Row or Stick-ups (8...1)

Finisher

Do the following 4 times, resting for 30 seconds between sets.

2) Jump Squat (8)
And to think.... you still have **17 more** Bare Minimum workouts to choose from that you haven’t even touched ;)

Now let’s take a look at the “Go BareFit” nutrition side of things...
Go BareFit Lifestyle Eating

This isn’t some “new voodoo” scientific eating plan.

Look, you ALREADY know what to eat. It doesn’t matter how “cute” any nutrition expert makes it, dieting is HARD.

Suck it up buttercup. It’s the truth. Accept this FIRST before you even start and you’re already “ahead of the game”.

Now if you’re like me and you can stick to a plan pretty easily Monday through Thursday, but struggle on the weekends. I’ve got a plan for that called “Diet Free Weekends”.

Let me be clear – you’ll need to be focused like a ninja Monday through Thursday, but you do get to “play” a lot more with some fun weekend food on the weekends. You can check that out (as well as the PROVEN study) here:

>> [http://trainwithfinishers.com/dietfreeweekends](http://trainwithfinishers.com/dietfreeweekends)

Moving on for the rest of you...

This is the simplest diet approach you’ll ever use. It’s not easy (no diet really is). But I tested this with my OWN Dad as well as some of my private coaching clients and they raved about it with great success.

By the way, my Dad dropped 20 pounds in 8 weeks using this method.

I consulted with my friend James Gaida, a Precision Nutrition Expert in Canada and I must give credit to him for this approach. It’s brilliantly simple and it’s not fancy.

Just do it. Don’t over-complicate it. Don’t over-analyze it. It works. Cool? Alright, here we go...
Step 1 – Skip Eating Every Day for 14 – 16 Hours, Followed by an 8-hour Eating Window.

So if you ate dinner at 6 last night, your next bite shouldn’t be until between 8AM and 10AM the following morning. Taking medication or don’t like fasting? Eat something that has 100 calories or less.

That’s right. No snacking at 8pm while watching another mind-blowing episode of “Dancing with the Stars”. Drink water and suck it up.

You’ll benefit from this by burning more fat, improving your hormones and improving your digestion for when you do eat.

Step 2 – Drink 2 Protein Shakes Before Dinner

Choose a good protein powder:

- 4 grams of fat or less per serving
- 4 grams of sugars or less per serving

I personally use BioTrust protein powder because they don’t add unnecessary “fillers” and they taste incredible. I dig the vanilla. You can check it out below:


Have the protein shakes with some fat and fiber. Your best bet would be 2 tbsp of Chia Seeds. This will keep you feeling fuller and give you a consistent energy during the day. You can have the shake with Almond Milk or water. That’s your call (12 - 16 ounces).

Don’t want to use chia seeds? That’s fine. Eat the calorie equivalent in mixed nuts, cashews, almonds and/or nut butters.

Here’s my shake recipe that takes about 30 seconds to make...
2 scoops of BioTrust with 16 ounces of Almond Milk
2 tbsp of Chia Seeds (you can get these at your local grocery store or Amazon.com)

**Step 3 – Eat a “C’mon, You Know What to Eat” Plate for Dinner**

You probably already know what to eat, but just in case, here’s what you’ll do for dinner (or as the southern folks call it... “supper”).

**Your dinner should look like this:**

1-2 servings from the “Proteins” column. A serving is the size of your palm:

![Protein Serving Example](image1)

A minimum of 1 serving (these are “free” foods so feel free to eat more – chow down baby) from the “Vegetables” column. A serving is the size of your fist.

![Vegetable Serving Example](image2)

**OPTIONAL** – 1 serving from the carbohydrate column. A serving is one heaping handful.

![Carbohydrate Serving Example](image3)
Here’s the table I’m referring to (thanks to James Gaida for providing this.)

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean Ground Beef</td>
<td>Spinach</td>
</tr>
<tr>
<td>Beef Steak (any cut)</td>
<td>Water Cress</td>
</tr>
<tr>
<td>Chicken Breast</td>
<td>Bell Peppers</td>
</tr>
<tr>
<td>Chicken Thigh</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Turkey Breast</td>
<td>Spinach</td>
</tr>
<tr>
<td>Turkey Thigh</td>
<td>Water Cress</td>
</tr>
<tr>
<td>Whole Eggs</td>
<td>Spinach</td>
</tr>
<tr>
<td>Egg Whites</td>
<td>Water Cress</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>Spinach</td>
</tr>
<tr>
<td>Ham</td>
<td>Water Cress</td>
</tr>
<tr>
<td>Pork Tenderloin</td>
<td>Spinach</td>
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<tr>
<td></td>
<td>Water Cress</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quinoa</td>
</tr>
<tr>
<td>Beans (any kind)</td>
</tr>
<tr>
<td>Yams</td>
</tr>
<tr>
<td>Sweet Potato</td>
</tr>
<tr>
<td>Wild Rice</td>
</tr>
<tr>
<td>Steel Cut Oats</td>
</tr>
<tr>
<td>Rolled Oats</td>
</tr>
<tr>
<td>Red Potatoes</td>
</tr>
</tbody>
</table>
Now here’s where diets can go wrong... you jump into it with aggression. You paint your face and yell “This is Spartan!” as you dominate your first Monday of your diet.

By Friday, you’re bored.

Look, food is like a drug, so you’ll “wean” yourself off of junk, 1 week at a time. So do this:

**Week 1** – Follow the plan above, with 6 reward meals

**Week 2** – Follow the plan above, with 5 reward meals

**Week 3** – Follow the plan above, with 4 reward meals

**Week 4** – Follow the plan above, with 3 reward meals

**Weeks 5 through 8** – Follow the plan above, but replace lunch with a “C’mon You Know What to Eat” plate. Also, indulge in 3 reward meals.

**A quick note on “reward meals”**... this does mean anything goes. Pancakes, pizza, cake, etc. The only rule is to eat only until you’re satisfied.

After week 8, you should be “in the groove”. You can continue with this or move into my Diet Free Weekends program found here:

[http://trainwithfinishers.com/dietfreeweekends](http://trainwithfinishers.com/dietfreeweekends)

Yep, that’s about it.

**Now to track your success...**
Alright, you have all the tools you need to succeed. The only thing missing...

... is **YOU actually tracking your success**.

I can’t tell you how valuable tracking your daily and monthly progress is. You’ll eliminate obstacles, hold yourself accountable, and so much more.

Below is a tracking journal to ensure your success.

It’s super-simple to use and it’s what I’ve used with my private and online clients. It’s the “bare minimum” if you will...

**PRINT it out and use it!**

To your success,

*Mike Whitfield, Master CTT*
Go BareFit
Success Tracker

4-Week Tracking
(Do this every 4 weeks)

Weight: __________

Measurements:

Hips: __________ (largest part of your glutes AKA butt)

Thighs: __________ (thickest part of thigh)

Waist: __________ (from belly button)

Chest: __________ (across nipples)

Neck: __________ (thickest part of neck)

Take photos in tight clothing from side view and front view
Daily Tracking
(Follow this daily... it takes VERY little time!)

Date: ____________

Did you do your workout today (if planned)? (Circle One)
Yes  No  Day Off
If no, why not? What are 2 solutions to avoid this next time?

Did you stick to your nutrition plan today? (Circle One)
Yes  No  Reward Day
If no, why not? What are 2 solutions to avoid this next time?

How did you feel today?

Comments: