FULL BODY BURNERS
7 Fast Paced Workouts To Get You Lean And Strong In As Little As 10-Minutes!

BY: KELSEY HEENAN
DISCLAIMER: The information provided in this guide is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based upon my own experiences as well as my own interpretations of the current research that is available. The advice and tips given in this guide are meant for healthy adults only. You should consult your physician to insure advice and tips given in this guide are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibility for any liabilities or damages, real or perceived, resulting from the use of this information. All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, without the written permission and signature of the author.
This plan will be a great addition to your health and fitness repertoire. This plan will drastically improve your fitness, confidence and help you reach goals that you never thought were possible.

My name is Kelsey Heenan, and I’m the creator of Full Body Burners!

I am a lifestyle and health coach and have worked with over 11,000 people build happier, healthier lives.

In this plan, you will find seven different workouts, that are all unique, and very powerful. These workouts utilize a variety of types of programming, including bodyweight, weights, high intensity interval training (HIIT), sprints and so much more! 😊

These workouts are all different to give you a taste of how fun different types of workouts can be. They are all designed so that if you push yourself, you will be completely spent!

Challenge yourself in each workout, because you will be amazed with how quickly you improve, and how you are capable of doing so much more than you think possible.

Let’s dive in!

-Kelsey
Train Hard But Train SAFE!

① If you are unsure of how to do an exercise, be sure to get instruction from a trainer.

② If something hurts or feels off, don’t do that exercise. There are plenty of alternates that you can add in. Please feel free to email: kelsey (at) HIITBURN (dot) com for ideas.

③ Always be sure to start slow to avoid injury. Pushing too hard after not working out for a while will only lead to injury or being overly sore.

④ If you find you need more rest in between exercises, take it. It's better to take more rest and keep great form.

⑤ Always warm up properly. Be sure you are fully warmed up before starting your workouts.

⑥ Use a foam roll and stretch consistently. This will greatly help with eliminating soreness throughout the program.

⑦ Get good rest. You must allow your body to recover from your workouts so be sure you are getting good sleep.

⑧ Drink lots of water. This will keep you hydrated and allow you to lose fat more easily.

⑨ Have a cool down period at the end of each workout that includes stretching and foam rolling.

⑩ And again... Always, always, ALWAYS remember to warm up before starting any of these workouts!
The Workouts
WORKOUT #1

“The Pyramid”

Workout Goal: Each time you perform this workout, your goal is to beat your previous time. For example, if this takes you 15-minutes the first time you do this, your goal is to beat that the next time.

For this workout, you may choose what type of exercise you want to do for your “sprint.” You can choose from exercises such as running, rowing, biking, burpees or jump rope. The key for the sprint is that you are pushing yourself as HARD as you can go.

Complete everything you see below one time through as fast as possible, only resting when needed:

• 10 second sprint (running, rowing, biking, burpees or jump rope)
• 20 pushups
• 20 squat jumps

• 15 second sprint
• 18 pushups
• 18 squat jumps

• 20 second sprint
• 16 pushups
• 16 squat jumps

• 25 second sprint
• 14 pushups
• 14 squat jumps

• 30 second sprint
• 12 pushups
• 12 squat jumps

• 35 second sprint
• 10 pushups
• 10 squat jumps

• 40 second sprint (finish with this one last, all-out sprint!)
**WORKOUT #2**

“+2”

**Workout Goal:** Each time you perform this workout, your goal is to beat your previous round total. For example, if you complete 5 rounds the first time, your goal should be to get 6+ rounds the next time.

You will need a dumbbell or kettle bell for this workout. You will also need access to a bar for pull-ups or bodyweight rows.

You will start each round with 30-seconds of sprints in place. Then move to the circuit:

Start with 2 reps on each exercise. After each full round, add 2 reps to each exercise. For example, Round One: 2 reps, Round Two: 4 reps, Round 3: 6 reps, etc.).

Complete as many rounds as possible in 12-minutes only resting when needed.

30 seconds of sprints in place Exercises:
- Goblet Squat
- Pushups
- Burpees
- Kettlebell Swings (or Dumbbell Swings)
- Pull-Ups*

*If you are working on getting pull-ups, you can substitute in Bodyweight Rows, Jumping Pull-ups, or Negative Pull-Ups)
“Sprinting Climb”

Workout Goal: Each time you perform this workout, your goal is to beat your previous time. For example, if this takes you 15-minutes the first time you do this, your goal is to beat that the next time.

This workout is written to be completed using a rowing machine. If you don't have a rowing machine, use a jump rope, which is also a GREAT option. Don’t have either? Sub in Sit Throughs for your sprint! You will also need either a kettle bell or a dumbbell for the kettlebell swings.

If you use the jump rope, do 60-seconds of jump rope (as fast as you can go). If you are more advanced, complete double unders with the jump rope.

Complete everything you see below as fast as possible. Rest only when needed. Remember, it is important to allow yourself to recover enough so that you are going full speed on the rowing machine and keeping perfect form on all exercises:

Rowing Machine: 100 meters
• 10 burpees
• 10 kettlebell swings
• 10 squat jumps
• 10 sit ups

Rowing Machine: 200 meters
• 10 burpees
• 10 kettlebell swings
• 10 squat jumps
• 10 sit ups

Rowing Machine: 300 meters
• 10 burpees
• 10 kettlebell swings
• 10 squat jumps
• 10 sit ups

If you dare, repeat 2 or 3 times!
“Jumpin’ Jumpin’”

**Workout Goal:** Each time you perform this workout, your goal is to keep perfect form for all of your exercises and complete each circuit with as little rest as possible.

You will need a jump rope to complete this workout. If you don't have a jump rope, here are a few alternate exercises: sprints in place, sit throughs or burpees.

Complete everything you see below as fast as possible, rest only when needed. For each circuit, complete the jump rope exercise and then more directly into 4 rounds of the two exercises below. Remember, rest when needed. It is better to go hard on all exercises than to do them with bad form.

**Circuit 1:**
Start with: Jump rope or sprints in place: 30 seconds
Then complete 4 rounds of:
• Bodyweight Squats: 20 seconds
  • Squat Holds: 10 seconds

**Circuit 2:**
Start with: Jump rope or sprints in place: 45 seconds
Then complete 4 rounds of:
• Squat Jumps: 20 seconds
  • Bodyweight Squats: 10 seconds

**Circuit 3:**
Start with: Jump rope or sprints in place: 60 seconds
Then complete 4 rounds of:
• Alternating Lunges: 20 seconds
  • Squat Hold: 10 seconds
WORKOUT #5

“Pushing Limits”

Workout Goal: Each time you perform this workout, your goal is to beat your previous round total. For example, if you complete 5 rounds the first time, your goal is to get 6+ rounds the next time.

This workout is completely bodyweight, so no equipment needed... besides yourself! 😊

Complete as many rounds as possible of the exercises below in 10- minutes:

- Bodyweight Squats: 10 reps
- Pushups: 10 reps
- In-n-Outs: 10 reps
- Burpees: 5 reps
“Strength + Burpee Burner”

**Workout Goal:** Each time you perform this workout, your goal is to keep perfect form for all of your exercises and complete each circuit with as little rest as possible.

For this workout you will need a pair of dumbbells (or a barbell if you are more advanced).

Move from one exercise to the next resting only when needed. Perform 3 full rounds.

- Dumbbell Front Squat: 10 reps
- Burpees: 10
- Dumbbell Deadlift: 10 reps
- Burpees: 10
- Dumbbell Squat Thrusters: 10 reps
- Burpees: 10

Rest and repeat 3 full rounds!
**WORKOUT #7**

**“Bullet Proof Abs”**

**Workout Goal:** Each time you perform this workout, your goal is to beat your previous time. For example, if this takes you 15-minutes the first time you do this, your goal is to beat that the next time.

For this workout, you may choose what type of exercise you want to do for your “sprint.” You can choose from exercises such as running, rowing, biking, burpees or jump rope. The key for the sprint is that you are pushing yourself as HARD as you can go.

Start and end each round with a 20-second sprint. In between sprints, complete the exercises below. Rest only when needed:

20-second sprint
- In-n-Outs: 10 reps
- Rocking Planks: 20 reps (10 each side)
- Mountain Climbers: 20 reps (10 each side)
- Side Plank Reach Through: 20 reps (10 each side)

Repeat 3 times for a total of 6 sprints
<table>
<thead>
<tr>
<th>Exercise Descriptions</th>
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| **Alternating Lunges** | Stand with your feet shoulder-width apart  
Step forward with one leg, taking a slightly larger than normal step.  
Plant your foot on the ground and use it to help keep your balance.  
Lower your body until your front thigh is parallel to the ground.  
Keep your upper body upright with chest proud.  
Push back to the start position and switch legs. |
| **Bodyweight Squat** | Start with your feet a little wider than shoulder width apart and arms placed straight out in front of you.  
Place your feet in a comfortable position facing straight forward or a little outwards  
Slowly lower yourself down, as if you were going to sit down in a chair. Your weight should be on your heels with your core tight.  
Once you have reached the bottom of your squat, pause then return to the starting position. This is considered one repetition. |
| **Bodyweight Rows** | Set a bar at hip height on the squat rack.  
Lie underneath the bar and grab it with an overhand grip with palms facing forward. Row yourself up the top position with your upper back and lats.  
Keep the abs braced and body in a straight line.  
Slowly return to the start position. |
| **Burpees** | Stand with your feet shoulder-width apart.  
Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.  
Perform a pushup (optional)  
Thrust your feet back up and then stand back up.  
Add a vertical jump at the end (optional) |
| **Dumbbell Deadlift** | Start holding a dumbbell in each hand with the dumbbells about an inch away from your shins. Your back should be naturally arched, with your knees bent, and butt down.  
Keeping your back straight, tense your body and stand up with the dumbbells Keep the dumbbells close to your body throughout the exercise.  
Once you have reached the top, slowly lower the dumbbells back down into the starting position. |
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<tbody>
<tr>
<td><strong>Dumbbell Front Squats</strong></td>
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<tr>
<td>• Hold the dumbbells in front of your chin</td>
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<tr>
<td>• Complete a squat, keeping your back straight</td>
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<tr>
<td>• Stand back up into the starting position</td>
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<tr>
<td><strong>Dumbbell Squat Thrusters</strong></td>
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<td>• Start with the dumbbells in each hand resting on your shoulders. Complete a bodyweight squat.</td>
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<tr>
<td>• Then, explode as you stand bringing the dumbbells above your head, like in an overhead press</td>
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<tr>
<td><strong>Goblet Squat</strong></td>
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<td>• Stand with your feet just wider than shoulder-width apart.</td>
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<td>• Hold a dumbbell in a “cupped” position at chest height.</td>
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<td>• Squat as deep as possible, but keeping your core tight throughout.</td>
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<td>• Don’t let your lower back become rounded.</td>
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<td>• Push with your glutes, hamstrings, and quadriceps to return to the start position.</td>
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<tr>
<td><strong>In-n-Outs</strong></td>
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<td>• Start laying on the ground with your legs straight and together, about an inch off of the ground. Hold your arms straight behind your head</td>
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<td>• Crunch forward, bringing in your knees and your arms to the center, squeezing at the center</td>
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<tr>
<td>• Lower back down to the starting position and repeat</td>
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<tr>
<td><strong>Kettlebell Swings</strong></td>
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<td>• Start with your stance a little wider than shoulder width apart with your toes pointed slightly outwards.</td>
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<td>• Squat down with your back completely straight, dropping the dumbbell between your legs. When you have reached the bottom on your squat, you will slightly push your forearms against your groin area to get momentum to swing the dumbbell back up. You will then squat back up while the dumbbell swings up in a fluid motion with the squat. This is a continual movement so once you have stood back up and the dumbbell has reached about chest height, you will repeat the movement again.</td>
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<tr>
<td><strong>Mountain Climbers</strong></td>
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<td>• Start in the push-up position with your core tight and back straight.</td>
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<td>• Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.</td>
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<tr>
<td>• Return your leg to the starting position and repeat with the other leg.</td>
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# Exercise Descriptions

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| **Pull Ups**          | • Take an overhand grip on the bar with the palms facing forward.  
• Pull your body up until the chest reaches bar level.  
• Slowly lower yourself keeping control of your body the entire time.                                                                                     |
| **Pushups**           | • Place your hands just wider than shoulder-width apart.  
• Slowly lower your chest and body down to the floor, keeping your core tight and back straight.  
• After you hit the bottom of the movement, push with your arms & chest to get your body back up to the start position.  
• If it is too hard, drop to the knees or perform pushups with your hands on a bench.                                                                       |
| **Rocking Planks**    | • Get in the plank position with your forearms on the floor facing forward, core tight, and back straight.  
• Using your core, push yourself forward bending at the elbows while keeping your body in a straight line. Once you reach out as far as you can go, return to the starting position and repeat. |
| **Side Plank Reach Throughs** | • Place your left forearm on the ground and place your right arm straight above you pointing towards the sky.  
• Place your left foot on the ground so that you are resting on the side of your foot, then place your right foot on top of your left.  
• Keeping your back straight, squeeze your core and oblique’s to hold yourself up.  
• Take your hand that is in the air and reach it through the space between the body and the floor – reaching back as far as possible while remaining balanced. |
| **Sit Through**       | • Start with your hands and toes on the floor with your knees off the ground  
• In a fast, fluid motion, twist your body to the left, and kick your right leg through to the other side.  
• Repeat the motion on the left side.                                                                                                                      |
### Exercise Descriptions

#### Squat Hold
- Start with your feet shoulder width apart and arms placed straight out in front of you.
- Place your feet in a comfortable position facing straight forward or a little outwards.
- Lower yourself down, as if you were going to sit down in a chair. Your weight should be on your heels with your core tight.
- Once you have reached the bottom of your squat, explosively jump into the air and repeat the motion for the duration of the exercise.

#### Squat Jumps
- Start with your feet shoulder width apart and arms placed straight out in front of you.
- Place your feet in a comfortable position facing straight forward or a little outwards.
- Lower yourself down, as if you were going to sit down in a chair. Your weight should be on your heels with your core tight.
- Once you have reached the bottom of your squat, explosively jump into the air and repeat the motion for the duration of the exercise.

### The Sprint Exercises

#### Double Unders
- Jump over the rope as you swing it, like a traditional jump rope motion, but swing the rope faster, so that the rope passes under your feet two times with each jump.

#### Rowing Machine
- Pull the handle bar of the rower with your hands, as you push with your feet on the foot holders.
- You will slide back on the seat, and pull the handles as hard as you can.
- Repeat the motion for the duration of the set.

#### Run-in-Place
- Start standing with feet shoulder-width apart.
- Raising one leg at a time, run in place for the duration of the exercise.
Thanks for joining me for Full Body Burners!

I want to hear about your incredible results. Get in touch with me to tell me about your experience with the program.

Feel free to email me at: kelsey@hiitburn.com

Can’t wait to stay in touch!

-Kelsey Heenan