

THREE DAY TOOL TO A FLATTER BELLY

**You can lose the weight with any workout.
It's all in the pacing!**

Sure, you could spend hours doing cardio in the gym- but you're better off doing short bursts of intense fat-burning work. It's called interval training, and it's the fastest way to jumpstart your metabolism and save time. Best of all you're not losing muscle which could happen during long bouts of cardio! Perform this workout just 3 Days a Week!

1. **Dumbbells: Do 10 Reps of each exercise with no rest between repetitions. Rest 1 minute, and repeat the sequence two more times.**

SUMO DEADLIFT: Stand with your feet about twice shoulder-width apart and your toes pointed out. Grab a dumbbell and hold it in front of your thighs. Without allowing your back to round, bend at your hips and knees until the dumbbell touches the floor. Stand back up.

DUMBBELL PUSH PRESS: Hold a pair of dumbbells next to your shoulders with your elbows bent. Dip your knees and explosively push up with your legs as you press the dumbbells over your head. Return to the starting position.

BENT-OVER ALTERNATING DUMBBELL ROW: Hold a pair of dumbbells with your palms facing behind you. Bend at your hips until your torso is nearly parallel to the floor. Lift one dumbbell to your side, lower, and repeat with your other arm.

2. **Your Body: Do each Exercise for 40 seconds, rest 20 seconds, and then move on to the next one. Doing all five exercises should take 5 minutes. Rest for 1 minute, and then repeat the entire sequence.**

JUMP LUNGE: Step forward with your right foot into a lunge position, hold it, and then jump and land in a lunge position with your left foot forward.

JUDO PUSHUP: In a pushup position, move your feet forward and raise your hips. Bend your elbows to lower your chin almost to the floor, and then lower your hips as you raise your head and shoulders up. Hold, and reverse the move.

MOUNTAIN CLIMBER: Assume a pushup position with your arms straight; bring your right knee in toward your chest. Return to the starting position, and repeat with your left knee.

JUMP SQUAT: Jump as high as you can, and when you land, immediately squat.

INVERTED ROW: Hand under a bar with your body forming a straight line from head to ankles. Pull your chest to the bar, pause, and lower your body down.

3. **Stairs (or Stepper): Run the steps as fast as you can for 30 seconds- make sure it's a full-effort sprint. Then slow down and move at a walking pace for 90 seconds. Never stop moving. Repeat the sequence four more times, for 10 minutes total.**

4. **Jump Rope: Jump rope for 30 seconds as fast as you can, and then rest for 30 seconds. Repeat four more times for a total of 5 minutes.**