



Medical Disclaimer

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, bodyweight training and Fit to Eat nutrition while using the Funk Roberts Bodyweight Workouts for Fat Loss.

No health claims are made for this guide. The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

If you have been sedentary and are unaccustomed to vigorous exercise, you should NOT do this program and obtain your physician's clearance before beginning any exercise program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described herein.



The Funk Roberts Bodyweight Fat Loss Program

Copyright © 2011 by Funk Roberts – All Rights Reserved. No part of this work may be modified by any means without express written permission of Funk Roberts.

You are **FREE** to distribute this program to any fitness fan or enthusiast who you think may be interested in stripping away fat and defining their muscle by using this proven workout program. I actually encourage it! - In order to get access to the bodyweight videos you must click [FUNK ROBERTS BODYWEIGHT WORKOUT VIDEOS](#) or go to **FREE 4 WEEK BODYWEIGHT WORKOUT PROGRAM:** <http://www.spartanworkoutblog.com/gift/>



THE FUNK ROBERTS BODYWEIGHT WORKOUTS FOR FAT LOSS

4 WEEK WORKOUT PLAN

Introduction

Congratulations on taking the first step into your journey to improve your health, nutrition and fitness in your life, while taking a path to a better and fitter you. The Funk Roberts Bodyweight Workout Program will help you to reach your goals. I am looking forward to helping you get that body of your dreams with this powerful program.



Over the past year I received a lot of feedback from my subscribers and there were countless requests for bodyweight specific workouts. So I have created 5 exclusive Workout videos that you will not find on YouTube or any other websites but here.

I am excited about presenting the workouts to you and hope that these will help you to get into the best shape of your life.

Who is Program For?

Anyone can use workouts – Men, Women and Teens, Beginners to Advanced Athletes, Workout geeks and Fitness enthusiasts, MMA athletes, Weekend Warriors, People who want to lose weight, and Personal Trainers can use these workouts with clients, Gym Owners.



How to Use the Workout Plan and Videos

The workouts directions are easy to follow and allow you to choose the plan that corresponds to your current skill level (Beginner, Intermediate, or Advanced).

Each workout has directions for an Intermediate level and has each exercise listed in the order that you perform them. The workout videos can be downloaded onto your IPOD or MP3 player, so you can take them to the gym with you.

There is a separate 4 Week Workout Schedule PDF that you can get access to on the website.

The bodyweight workout videos can be found at the link below

<http://blog.spartacusworkout.com/bodyweight-workouts/>

Bodyweight Workout



You will perform the Funk Roberts Bodyweight Workout as a 10 exercise circuit that collectively works every part of your body, doing one set of each exercise in succession.

Each exercise is timed for 30-60 seconds. You will do as many reps as you can, in that duration (with perfect form), then move on to the next station in the circuit. Lucky for you, you'll get 15 seconds to transition between stations, and then move onto the next exercise.

After you complete all 10 exercises or one circuit in succession you will rest for 2 minutes. Then repeat 1 to 2 more times. That is what is called a 60-15 interval workout (60 seconds of work followed by 15 seconds of rest). The total workout takes between 27- 41 minutes depending on what level you choose.



These High Intensity bodyweight workouts are designed to maximize your metabolism and take your workouts to another level. Guaranteed to bring a new level of excitement and change to your training.

They are filled with tons of challenging exercises that target the entire body and ensure you NEVER get bored!



Funk Roberts Bodyweight Workouts Target

The Bodyweight Workouts will help you to burn Fat, build Strength, Speed, Explosiveness, Power, Muscular Endurance and overall Cardio and Conditioning.

Men, Women and Teens alike can use these workouts that target your upper body, lower body, back, glutes, abs and core using plyometrics, calisthenics, strength, agility and power movements.





HIIT (High Intensity Interval Training)

High Intensity Interval Training (HIIT) has become one of the most popular methods of conditioning. This method is highlighted in programs such as p90x, Crossfit, Spartacus Workouts, etc.

HIIT combines a high intensity burst with short rest periods or low intensity training. For example these Bodyweight Workouts can be done using 45 seconds of work followed by 15 seconds of rest.

Check out these two studies that show the benefits of HIIT training.

What the Bodyweight Workouts Target



1. Lower Body/Knee Dominant -- squats, lunges, split squats, Romanian one leg deadlifts.
2. Horizontal Push -- pushups, side to side pushups, spider pushups, Thai pushups.
3. Abs - Flexion -- crunches, reverse situps, resistance or incline reverse situps, leg raise. Also included are oblique moves like side lying crunches.
4. Core Static -- 4 point prone bridge, planks, side planks, superman's.

5. Vertical Push -- pike pushup, Hindu pushup, dive-bomber pushup.

6. Cardio and Conditioning – burpees, jumping jacks, stationary runs, leg kicks. You can also use your body to give you aerobic benefits at the same time. Calisthenics exercises consist of cardiovascular movements which are used to improve endurance and conditioning.



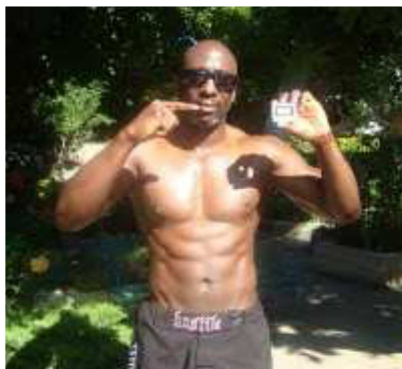


7. Plyometrics – Jump Squats, Skaters, Jumping Lunges, Burpees. Bodyweight plyometrics are designed to produce fast, powerful, explosive movements, and improve the functions of the nervous system.





Gymboss Workout Timer



The [GYMBOSS Timer](#) is a small, easy to use, repeating interval timer. This multi-use timer has many versatile functions that make it beneficial to virtually any type of exercise program.

The flexibility of the GYMBOSS timer allows you to set any 2 intervals of your choice from 2 seconds to 99 minutes, you can start your HIIT workout routine with precise work interval and rest interval time periods, and slowly increase or decrease as you see fit. Using the GYMBOSS interval timer you also set the number of repeats that you desire allowing you to focus on your workout, not the clock.

The Gymboss interval timer will give your workout the discipline and structure necessary to take your workout to the next level. This easy to use timer will allow you to control intensity and allow you to focus on the workout to get the best results possible!

[CLICK HERE TO GET YOUR GYMBOSS TIMER](#)





FUNK ROBERTS BODYWEIGHT WORKOUT DIRECTIONS

Work Time, Rest Time, Rounds

-Beginners-

30 seconds of work followed by 15 seconds of rest.

Complete 3 rounds with 90 sec rest in between

-Intermediate-

45 seconds of work followed by 15 seconds of rest.

Complete 3 rounds with 90 sec rest in between

-Advanced-

60 seconds of work followed by 15 seconds of rest.

Complete 3 rounds with 90 sec rest in between



FUNK ROBERTS BODYWEIGHT 4 WEEK WORKOUT PLAN				
Sample 4 Weekly Training program				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	GRIND IT OUT WORKOUT #1	GRIND IT OUT WORKOUT #1	GRIND IT OUT WORKOUT #1	GRIND IT OUT WORKOUT #1
TUESDAY	REST	"UNLEASH THE WARRIOR" WORKOUT #2	"UNLEASH THE WARRIOR" WORKOUT #2	"UNLEASH THE WARRIOR" WORKOUT #2
WEDNESDAY	"UNLEASH THE WARRIOR" WORKOUT #2	REST DAY	REST DAY	"NO PAIN, NO GAIN" WORKOUT #3
THURSDAY	REST	"NO PAIN, NO GAIN" WORKOUT #3	"NO PAIN, NO GAIN" WORKOUT #3	"ATTACK THE FAT" WORKOUT #4
FRIDAY	"NO PAIN, NO GAIN" WORKOUT #3	"ATTACK THE FAT" WORKOUT #4	"ATTACK THE FAT" WORKOUT #4	"PUSH YOURSELF TO THE LIMIT" WORKOUT #5
SATURDAY	REST	REST	"PUSH YOURSELF TO THE LIMIT" WORKOUT #5	BONUS WORKOUT 1 OR 2
SUNDAY	REST	REST	REST	REST



“GRIND IT OUT” WORKOUT #1

INTERMEDIATE WORKOUT DIRECTIONS:

Complete **3 rounds** of this **10 exercise** circuit with **90 seconds rest** between sets.
Perform each exercise for **30 seconds of work** followed by **15 seconds of rest**.

WORK TIME	REST TIME	EXERCISES	REST BETWEEN SETS	ROUNDS	TOTAL WORKOUT TIME
45 SEC	15 SEC	10	90 SEC	3	35 MINUTES

NO	EXERCISE
1	Sprawls
2	Push ups
3	Reverse Lunge and Knee Raise
4	Plank with Alternate Leg Raise
5	Jumping Jacks
6	Pike Pushups
7	Jump Squats
8	Alternate Leg and Arm Raise
9	Abs Knee Grab V-ups
10	Frog Thrusts and Sprawls (Speed)



“UNLEASH THE WARRIOR” WORKOUT #2

INTERMEDIATE WORKOUT DIRECTIONS:

Complete **3 rounds** of this **10 exercise** circuit with **90 seconds rest** between sets.
Perform each exercise for **30 seconds of work** followed by **15 seconds of rest**.

WORK TIME	REST TIME	EXERCISES	REST BETWEEN SETS	ROUNDS	TOTAL WORKOUT TIME
45 SEC	15 SEC	10	90 SEC	3	35 MINUTES

NO	EXERCISE
1	Burpee and Side Raise Combo
2	Push Up to Punch
3	Alternate Front Lunges
4	Plank
5	Bunny Hops - Side to Side
6	Plank Knee to Elbow
7	Prisoner Squats
8	Plank Side Jumps
9	Abs Hip Thrusts
10	Side To Side Plyo-Lunges



“NO PAIN, NO GAIN” WORKOUT #3

INTERMEDIATE WORKOUT DIRECTIONS:

Complete **3 rounds** of this **10 exercise** circuit with **90 seconds rest** between sets.
Perform each exercise for **30 seconds of work** followed by **15 seconds of rest**.

WORK TIME	REST TIME	EXERCISES	REST BETWEEN SETS	ROUNDS	TOTAL WORKOUT TIME
45 SEC	15 SEC	10	90 SEC	3	35 MINUTES

NO	EXERCISE
1	Power Sprawls
2	Side Tap Pushups
3	Lateral Lunges
4	Alternating Side Planks
5	Fast Feet Drill - Forward and Backs
6	MMA Push Ups
7	Sumo Squats
8	Superman/Superwoman
9	Abs Crunch Elbows to Knees
10	Plyo Split Squats - Jump Lunges



“ATTACK THE FAT” WORKOUT #4

INTERMEDIATE WORKOUT DIRECTIONS:

Complete **3 rounds** of this **10 exercise** circuit with **90 seconds rest** between sets.
Perform each exercise for **30 seconds of work** followed by **15 seconds of rest**.

WORK TIME	REST TIME	EXERCISES	REST BETWEEN SETS	ROUNDS	TOTAL WORKOUT TIME
45 SEC	15 SEC	10	90 SEC	3	35 MINUTES

NO	EXERCISE
1	Half Burpee Thrusters
2	Side Reach Push Ups
3	Warrior Lunge
4	Plank Roll
5	High Knees Runs
6	Pushup Plank Kick Thru's
7	Hindu Squats
8	Upper Body Superman/ Superwoman
9	Lying Scissor Kicks
10	Side to Side Jumps



“PUSH YOURSELF TO THE LIMIT”

WORKOUT #5

INTERMEDIATE WORKOUT DIRECTIONS:

Complete **3 rounds** of this **10 exercise** circuit with **90 seconds rest** between sets.
Perform each exercise for **30 seconds of work** followed by **15 seconds of rest**.

WORK TIME	REST TIME	EXERCISES	REST BETWEEN SETS	ROUNDS	TOTAL WORKOUT TIME
45 SEC	15 SEC	10	90 SEC	3	35 MINUTES

NO	EXERCISE
1	Football Hit the Decks
2	Side to Side Push Ups
3	Prisoner Lunge
4	Hip Bridge
5	Butt Kicks
6	Mountain Climbers
7	Mini Squats
8	Lower Body Superman/Superwoman
9	Abs Reverse Crunch
10	Tuck Jumps



“QUITTING IS NOT AN OPTION” WORKOUT – BONUS #1

INTERMEDIATE WORKOUT DIRECTIONS:

Complete **3 rounds** of this **10 exercise** circuit with **90 seconds rest** between sets.
Perform each exercise for **30 seconds of work** followed by **15 seconds of rest**.

WORK TIME	REST TIME	EXERCISES	REST BETWEEN SETS	ROUNDS	TOTAL WORKOUT TIME
45 SEC	15 SEC	10	90 SEC	3	35 MINUTES

NO	EXERCISE
1	One Legged Burpees
2	Alternating One Leg Push Ups
3	Bodyweight Romanian Dead-Lift -RDL (5 Per Side)
4	Bridge With Rotation to Alternating Sides
5	Alternating Knees
6	Spider Climbers
7	Ski Squats
8	Alternating One Arm One Leg Superman/Superwoman
9	Leg Raises
10	Crouching Tiger Tuck Jumps



“GET IT DONE” WORKOUT – BONUS #2

INTERMEDIATE WORKOUT DIRECTIONS:

Complete **3 rounds** of this **10 exercise** circuit with **90 seconds rest** between sets.
Perform each exercise for **30 seconds of work** followed by **15 seconds of rest**.

WORK TIME	REST TIME	EXERCISES	REST BETWEEN SETS	ROUNDS	TOTAL WORKOUT TIME
45 SEC	15 SEC	10	90 SEC	3	35 MINUTES

NO	EXERCISE
1	Burpees
2	Wide Grip Push Ups
3	Reverse Lunge
4	Plank to Side Rotations
5	Stationary Runs
6	Quad Squat Push Ups
7	Y Squats
8	Bodyweight Renegade Rows
9	Alternate One Leg V-ups
10	Terminators