

The Ultimate

FULL BODY

Training Routine

By: **Daniel Hall**

Certified Fitness Instructor / Motivational Speaker



**KISS
MY ABS**
CLUB



Introduction

Where are you at with your body?

Are you in charge or do you feel like a child at the wheel of a runaway car? Do you daily wake up feeling that your physique is operating optimally, or do you drag yourself out of bed, drowsy and lethargic, your back aching and your gut drooping? Are you confident in the skin you're in, or are you self-conscious about the way you look, the way you move and the way you feel?

If you're like most guys who are into their 30's, 40's or beyond, there's plenty of room for improvement. The problem, of course, is where to begin. When you look back on your youthful vigor and compare it to your current self, the challenge of getting back in shape can just seem too overwhelming.

This guide provides you with the path forward.

At the end of just 28 days, you'll be able wake up every day feeling that you are living inside of a well maintained, tight machine that not only looks good but is functioning optimally.

That feels fantastic.

It builds confidence, self esteem and identity. It lets others know what you stand for and that you are a person with self discipline and self respect.

Boosting your testosterone levels is the fastest way to create an anabolic environment for muscle building. Taking **AndroForce X10** before your workout will help build muscle faster and increase your workout strength. This 100% legal and natural "T" booster is the best thing I've found to stimulate the muscle building process while helping you to get shredded at the same time.

It will make your daily tasks easier to perform.

You will not be hit with the twin demons of lethargy and apathy.

In short, every thing in your life will be better if you are able to gain mastery over your body. The Ultimate Full Body routine will give you that control back.

My Story

I was 35 when it hit me.

I was walking along the beach with my 8-year-old daughter, Sasha, on a beautiful Sunday afternoon in Cancun. As we walked along, I stripped my shirt off in hopes of improving my lilly white skin tone. Within seconds, though, my horrified daughter turned to me and demanded that I put my shirt back on – immediately.

Surprised at the intensity of her outburst, I pointed out that plenty of other guys had their shirts off, too. Her reply cut right to the bone . . .

“But they don’t look like you, dad!”

That little episode caused me to take stock of my physical condition. A decade before, I’d been buff, lean and in control. Now my own daughter was embarrassed to be seen in public with me.

I knew I had to get in shape. So, I joined a gym and began following a cookie cutter workout routine. After six months, I was less than impressed. Although I was a little stronger, my flabby body hadn’t changed one iota. And, looking around me in the gym, it looked the same for other guys my age. We were all going through the motions – and basically spinning our wheels.

That’s when I discovered the full body training routine that flicked the switch in my physical transformation. After just 28 days, I’d lost 3 inches around my waist, put on a half inch around my arms and regained the V taper that used to make me proud to take my shirt off. What’s more my strength level shot up.

I was back in control of my body. That was a year and a half ago, Since then, I’ve built on the foundation provided by the 28 day full body transformation and am now in the best shape of my life – I’m even stronger than I was at 25 – and I’ve got abs!

Daniel Hall

The 28 Day Full Body Workout

The 28-day program that will transform your physique will be a combination of resistance training and high intensity interval training. You will be doing resistance training four days per week and cardio three times per week as follows . . .

RESISTANCE TRAINING

Monday	Tuesday	Friday	Saturday
--------	---------	--------	----------

CARDIO TRAINING

Wednesday	Thursday	Sunday
-----------	----------	--------

Your resistance program will involve weight training and will require access to barbells, dumbbells, a pull up bar and an exercise bench.

Your high intensity interval training sessions will involve running on a track and doing stair exercises.

ACT NOW. CLAIM YOUR BOTTLE TODAY!

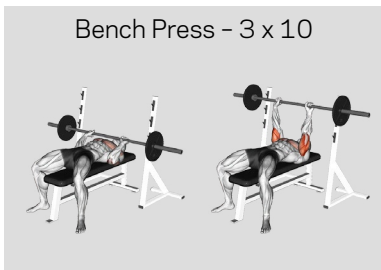
GET 30% MORE MUSCLE MASS IN 30 DAYS OR LESS

RUSH MY FREE TRIAL BOTTLE NOW >>

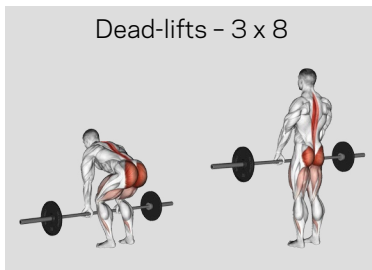
Day One

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only

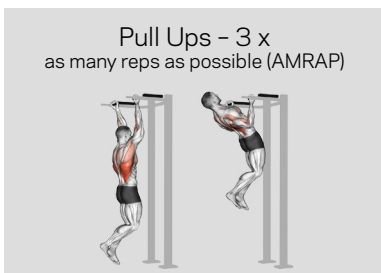
Bench Press - 3 x 10



Dead-lifts - 3 x 8



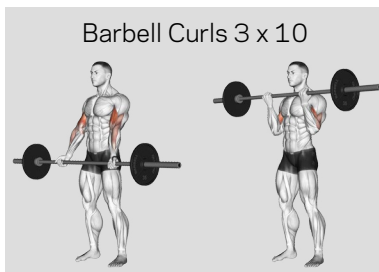
Pull Ups - 3 x
as many reps as possible (AMRAP)



Military Press 3 x 10



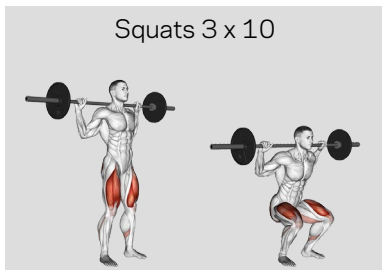
Barbell Curls 3 x 10



Day Two

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only

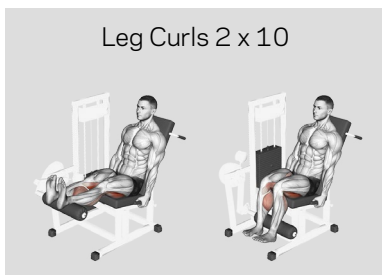
Squats 3 x 10



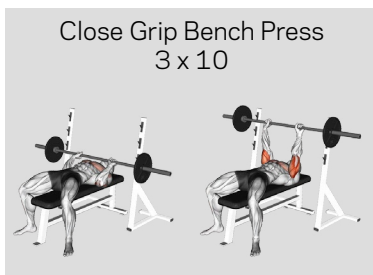
Lunges 3 x 10



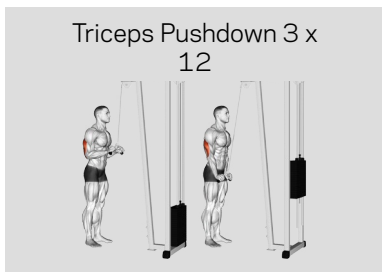
Leg Curls 2 x 10



Close Grip Bench Press 3 x 10



Triceps Pushdown 3 x 12



Hanging Leg Raises 2 x 15



Day Three

HIIT Cardio - Get yourself down to a running track or open field. Mark off 100 yards. After a one lap jogging warmup, get ready for your first sprint. Run as fast you can from one end of the 100-yard track to the other. Push as hard as you possibly can. Then walk back to your start point. The second you get there, turn on your heels and begin your second sprint. Continue until you have completed 8 sprints.

Day Four

Stair Circuit - Make your way down to a stadium or other place with at least a dozen stair steps. Warm up by jogging up and down 3-4 times and then doing some dynamic stretching. You will now complete a circuit which involves bodyweight exercises and sprinting up and down the stairs as follows . . .

- Stair Sprint
- Push Ups x 15
- Stair Sprint
- Bodyweight Squats x 15
- Stair Sprint
- Burpees x 10
- Stair Sprint
- Plank (1 minute)
- Stair Sprint

Rest for two minutes then repeat the circuit

Day Five

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar onlyeww

Bench Press - 3 x 10



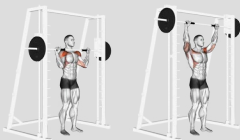
Dead-lifts - 3 x 8



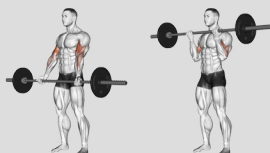
Pull Ups - 3 x
as many reps as possible (AMRAP)



Military Press 3 x 10



Barbell Curls 3 x 10



Day Six

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only

Bench Press - 3 x 10



Dead-lifts - 3 x 8



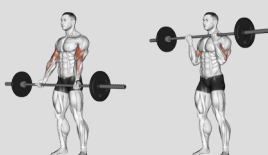
Pull Ups - 3 x as many reps as possible (AMRAP)



Military Press 3 x 10



Barbell Curls 3 x 10



Day Seven

HIIT Cardio

ACT NOW. CLAIM YOUR BOTTLE TODAY!

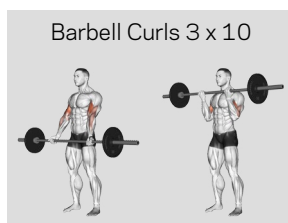
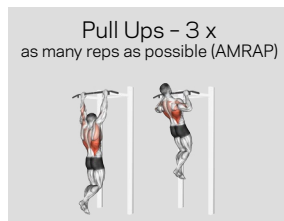
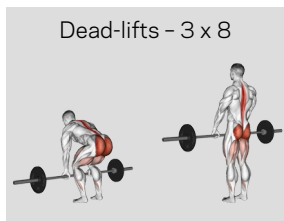
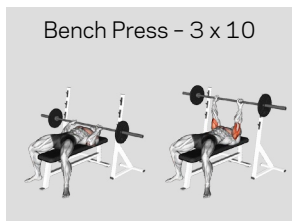
**GET 30% MORE
MUSCLE MASS
IN 30 DAYS OR LESS**

RUSH MY FREE TRIAL BOTTLE NOW >>



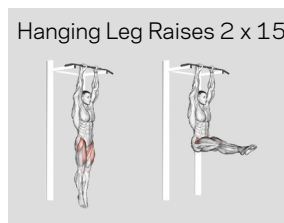
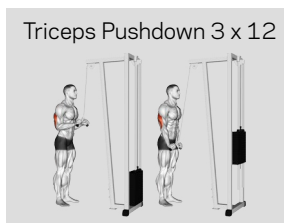
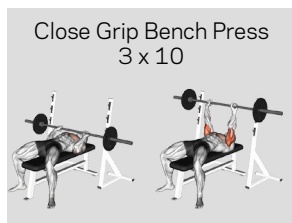
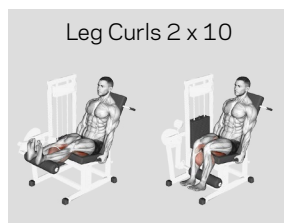
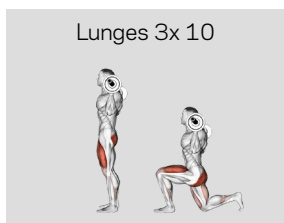
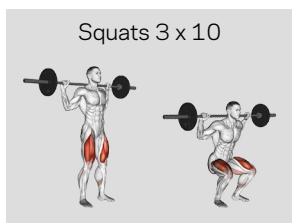
Day Eight

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only



Day Nine

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only



Day Ten

HIIT Cardio - this time you will complete 9 x 100 yard sprints. Remember your only rest time is when you walk back to the start point!

Day Eleven

Stair Circuit - today you will complete 3 circuits of the stair circuit. Rest for two minutes between circuits.

Day Twelve

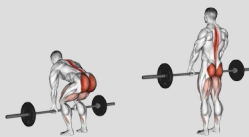
Today, you will perform a high rep workout with the same exercises you have been using for your upper body resistance workout. Lower the weight so that the last 2-3 reps are very challenging.

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only

Bench Press - 3 x 20



Dead-lifts - 3 x 15



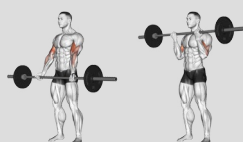
Pull Ups - 3 x
as many reps as possible (AMRAP)



Military Press 3 x 15

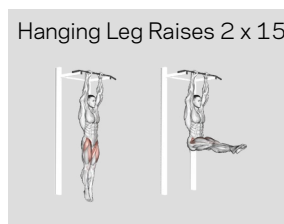
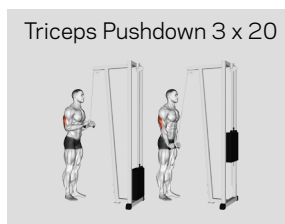
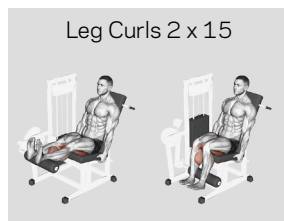
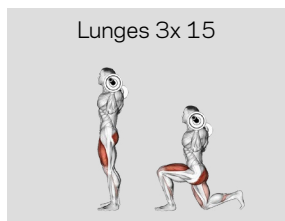


Barbell Curls 3 x 20



Day Thirteen

Today, you will perform a high rep workout with the same exercises you have been using for your lower body resistance workout. Lower the weight so that the last 2-3 reps are very challenging.



Day Fourteen

HIIT Cardio - this time you will complete 9 x 100 yard sprints. Remember your only rest time is when you walk back to the start point!

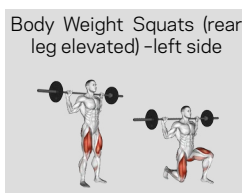
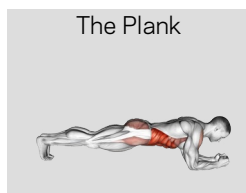
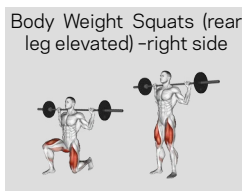
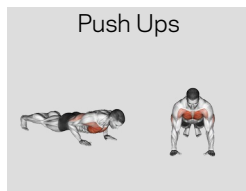
Day Fifteen

Stair Circuit - today you will complete 3 circuits of the stair circuit. Rest for two minutes between circuits.

Day Sixteen

Midway Challenge – today you will test yourself with a bodyweight challenge. You don't have to use any equipment today apart from a pull up bar.

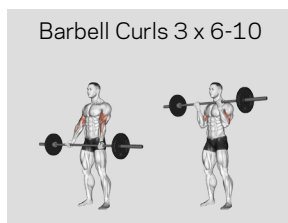
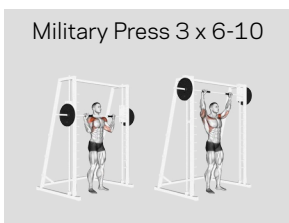
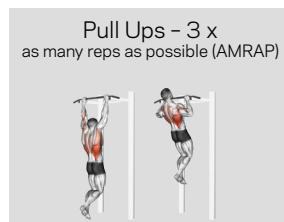
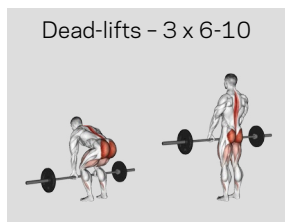
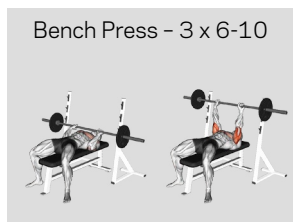
You will perform as many reps as you can continuously of the following exercises . . .



Day Seventeen

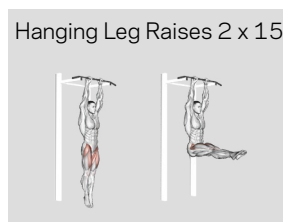
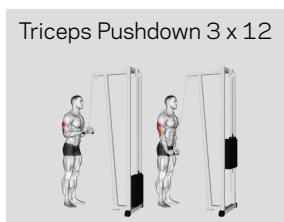
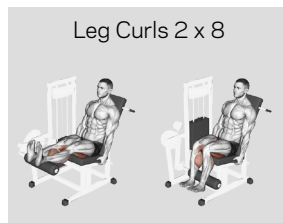
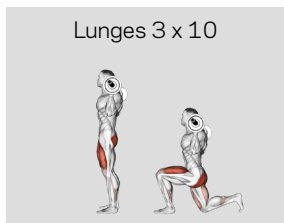
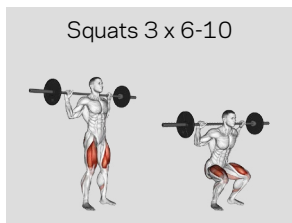
During the last two weeks of the program, your focus will be on increasing the intensity of your resistance training – do this by adding weight, reducing rest time and focusing on isolating and tensing the working muscle group.

Warm Up – Dynamic Stretching, one warm up set on each exercise with bar only



Day Eighteen

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only



Day Nineteen

HIIT Cardio - this time you will complete 10 x 100 yard sprints. Remember your only rest time is when you walk back to the start point!

Day Twenty

Stair Circuit - today you will complete 4 circuits of the stair circuit. Rest for two minutes between circuits

ACT NOW. CLAIM YOUR BOTTLE TODAY!

GET 30% MORE MUSCLE MASS IN 30 DAYS OR LESS

RUSH MY FREE TRIAL BOTTLE NOW >>

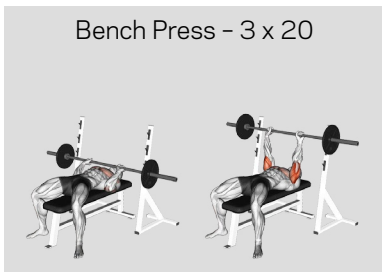
MUSCLE ENHANCEMENT
ANDROFORCE X10
TESTOSTERONE BOOST
Daily Supplement of Tablets

Day Twenty-One

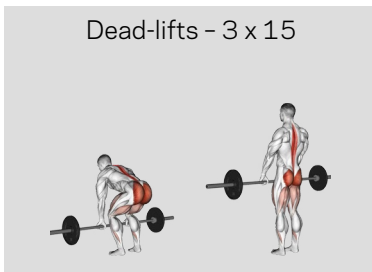
Today, you will perform a high rep workout with the same exercises you have been using for your upper body resistance workout. Lower the weight so that the last 2-3 reps are very challenging. Your weights should be about 10% higher than on Day 12.

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only

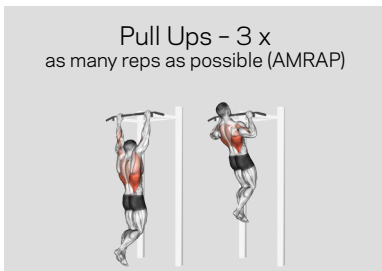
Bench Press - 3 x 20



Dead-lifts - 3 x 15



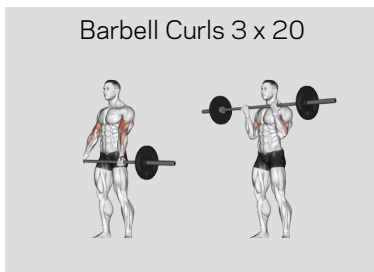
Pull Ups - 3 x
as many reps as possible (AMRAP)



Military Press 3 x 15



Barbell Curls 3 x 20



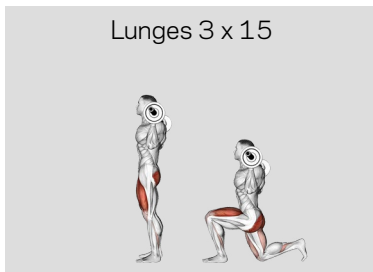
Day Twenty-Two

Today, you will perform a high rep workout with the same exercises you have been using for your lower body resistance workout. Lower the weight so that the last 2-3 reps are very challenging. You should be able to use 10% more weight than you did on Day 13.

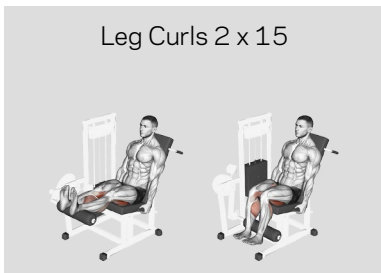
Squats 3 x 20



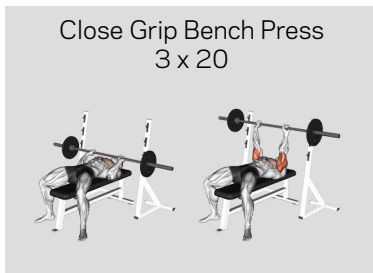
Lunges 3 x 15



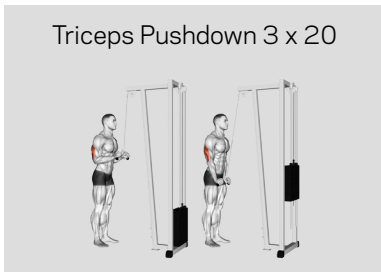
Leg Curls 2 x 15



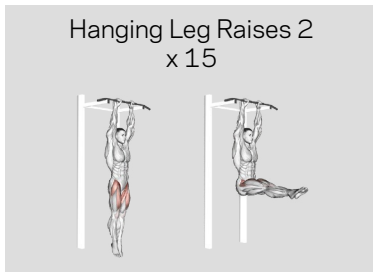
Close Grip Bench Press
3 x 20



Triceps Pushdown 3 x 20



Hanging Leg Raises 2
x 15



Day Twenty-Three

HIIT Cardio - this time you will complete 10 x 100 yard sprints. Remember your only rest time is when you walk back to the start point!

Day Twenty-Four

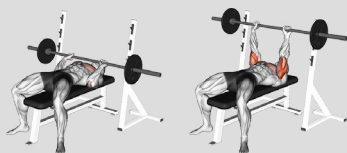
Stair Circuit – today you will complete 5 circuits of the stair circuit. Rest for two minutes between circuits. This is your last Stair Circuit – don't leave anything in the tank!

Day Twenty-Five

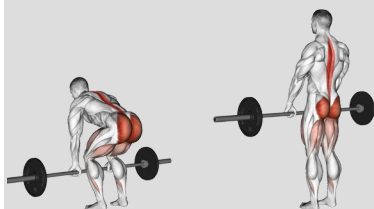
This is your last workout for your upper body – push it to achieve your maximum lifts today!

Warm Up – Dynamic Stretching, one warm up set on each exercise with bar only

Bench Press – 3 x 3-10



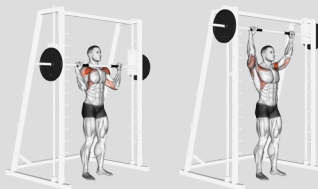
Dead-lifts – 3 x 6-10



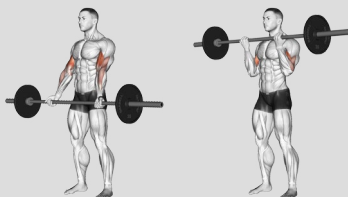
Pull Ups – 3 x
as many reps as possible (AMRAP)



Military Press 3 x 6-10



Barbell Curls 3 x 6-10



Day Twenty-Six

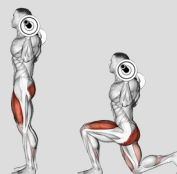
This is your last workout for your lower body. Push hard to achieve your maximum lifts today.

Warm Up - Dynamic Stretching, one warm up set on each exercise with bar only

Squats 3 x 6-10



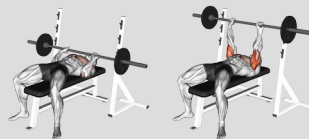
Lunges 3 x 10



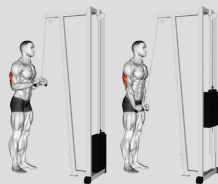
Leg Curls 2 x 8



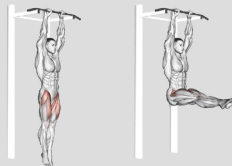
Close Grip Bench Press 3 x 6-10



Triceps Pushdown 3 x 12



Hanging Leg Raises 2 x 15



Day Twenty-Seven

Cardio Challenge - today you will put all of that sprint and stair training to the test by completing a 5K run. You might want to map out the route in your car first. Warm up thoroughly and push to achieve your best possible time. Set your goal to come in under 28 minutes!

Day Twenty-Eight

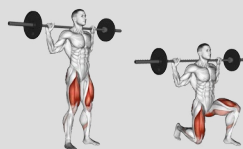
This is it - the last day of the challenge! Today, you will repeat the Challenge that you did on Day 16. Push to the extreme and show what your month of hard work has been able to achieve!

You will perform as many reps as you can continuously of the following exercises . . .

Push Ups



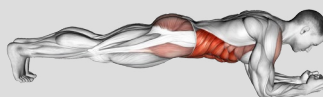
Body Weight Squats (rear leg elevated) -right side



Body Weight Squats (rear leg elevated) -left side



The Plank



ACT NOW. CLAIM YOUR BOTTLE TODAY!

**GET 30% MORE
MUSCLE MASS
IN 30 DAYS OR LESS**

RUSH MY FREE TRIAL BOTTLE NOW >>



Conclusion

What a month!

You have taken up the challenge and, in so doing, overhauled your body. You are now leaner, more muscular, fitter and stronger than you've been in a long while - maybe ever.

You have adopted a fitness lifestyle and made it habitual. We know that you will now be a lifelong exerciser. After all, when you see the kind of results that you are now witnessing, why would you stop?

Continue training with weights 3-4 days per week and doing high intensity cardio 2-3 times. Change up your workouts every six weeks and take a complete break from training for 7 days every 12 weeks.

Congratulations on what you've already achieved - and what is to come.

Yours in good health,

Daniel Hall

The Kiss My Abs Club Team.

www.KissMyAbsClub.com

ACT NOW. CLAIM YOUR BOTTLE TODAY!

GET 30% MORE MUSCLE MASS IN 30 DAYS OR LESS

RUSH MY FREE TRIAL BOTTLE NOW >>

MUSCLE ENHANCEMENT
ANDROFORCE X10
TESTOSTERONE BOOST
Dietary Supplement
60 Tablets