



SWEAT SESSIONS



**Chicago Fit
PERFORMANCE**



Once you fall in love with your fit lifestyle you'll find it difficult to stay still; you'll want to move every single day, building on the momentum you've created and contributing to your healthy habits. You'll want to sweat.

That's why I put together for you 25 BONUS workouts. These sessions are designed to be done on non-gym days in order to encourage more metabolic disturbance without impeding recovery.

There are three levels of intensity: easy, moderate, and challenging. This allows you to pick your 'poison' based on your energy levels, previous workout, or future planned activity. Make sure you pick the correct level of intensity in order to encourage maximum fat loss and avoid exhaustion. While the sessions are intended to, of course, make you sweaty, they are optional and should only be used as a supplement to your regular metabolic and strength workouts we do at CFP. They should never be used as a replacement for your regular workouts.

On top of these three intensity levels, you're getting travel workouts to help keep you on track - no matter where life takes you. The adaptability is the key to success. If you can adapt to your surroundings and stay on track during travel, then you have fully embodied adaptability and are well on your way to a sustainably fit life. Use these workouts to stay active during business travel or vacation, and watch your fit and healthy lifestyle flourish and grow.

When choosing your workouts, always remember - more isn't better; better is better...

...or as we always say QUALITY over QUANTITY.

Now, go get sweaty!

EASY

The easy workouts are intended for those days when you just want to move, but aren't looking to push it. These are relatively easy workouts that absolutely will not smoke you—they'll just keep you active. The easy workouts can even be used on gym days since they are such low intensity workouts.

Exercise	Duration	Work:Rest	Notes
Walk	NA	NONE	Walking is one of the easiest ways to incorporate more movement into your exercise program. Simply walk whenever possible, for as long as you'd like. Ritualize it if possible, such as your morning walk, or your after dinner stroll.

Exercise	Duration	Work:Rest	Notes
Treadmill Walk	15-30 minutes	NONE	Treadmill walking does not provide the same mental benefit as outdoor walking, but it's a good alternative to have in your toolbox. Walk on an incline and read or catch up on your favorite shows. You would be doing those things anyway, so why not move while you do them?

Exercise	Duration	Work:Rest	Notes
Easy Intervals	15-30 minutes	60/90	Any cardio machine you prefer, or activities such as jump rope. 50-60% effort

Exercise	Duration	Work:Rest	Notes
Easy Intervals	15-30 minutes	60/60	Any cardio machine you prefer, or activities such as jump rope. 50-60% effort

Exercise	Duration	Work:Rest	Notes
Battling Ropes	3-5 sets	20/40	
Medicine Ball Slam	3-5 sets	20/40	Back and forth between the two exercises. 60-70% effort

MODERATE

The moderate workouts are for those days when you want to work up a good sweat, but aren't looking to ramp the intensity up too high. These are your Goldilocks sweat sessions! They are just right. Use these sessions when you want to encourage fat loss but perhaps are slightly sore or fatigued from your gym workouts. They won't smoke you, but they will work you harder than the easy sessions.

Exercise	Duration	Work:Rest	Notes
Moderate Intervals	15-20 minutes	30/60	Any cardio machine you prefer, or activities such as jump rope. 65-75% effort

Exercise	Duration	Work:Rest	Notes
Moderate Intervals	15-20 minutes	45/45	Any cardio machine you prefer, or activities such as jump rope. 65-75% effort

Exercise	Duration	Work:Rest	Notes
Moderate Intervals	10 minutes	20/20 20/40 20/20 20/40 20/20 20/40 20/20 20/40 20/20 20/40 20/20 20/40	Any cardio machine you prefer, or activities such as jump rope. 65-75% effort

Exercise	Duration	Work:Rest	Notes
Treadmill Incline	2-3 sets	30/60 30/45 30/30 20/40 20/30 20/20	Set the incline and a speed to a reasonable pace that allows you to complete the suggested work duration. You'll want to either slow down for the rest or jump to the sides of the treadmill. Jumping to the sides of the treadmill takes a lot of practice and caution. Complete the work: rest breakdown 2-3 times.

Exercise	Duration	Work:Rest	Notes
Moderate Hill Runs	15-20 minutes	NA	Jog up a hill and walk back down. Rest at least 60 seconds in between jogs. This should not be a full sprint, rather a 65-75% effort. Be sure to use the first few as warm-up jogs.

Exercise	Duration	Work:Rest	Notes
Battling Ropes	3-5 sets	20/20	
Medicine Ball Slam	3-5 sets	20/20	Back and forth between the two exercises. 65-75% effort

CHALLENGING

The challenging workouts are reserved for those really special days — those days when you have all the energy in the world and you want to take your metabolic disturbance to the next level. These sweat sessions should only be utilized when they will not impede recovery from CFP gym workouts.

Exercise	Duration	Work:Rest	Notes
Challenging intervals	15-20 minutes	30/30	Any cardio machine you prefer, or activities such as jump rope. 80-90% effort

Exercise	Duration	Work:Rest	Notes
Treadmill Incline	2-3 sets	30/60 30/45 30/30 30/15 20/40 20/30 20/20 20/10	Set the incline and a speed to a reasonable pace that allows you to complete the suggested work duration. You'll want to either slow down for the rest or jump to the sides of the treadmill. Jumping to the sides of the treadmill takes a lot of practice and caution. Complete the work: rest breakdown 2-3 times.

Exercise	Duration	Work:Rest	Notes
Buildups (any cardio machine)	15-30 minutes	30/30/ 30/30	<p>Every 30 sec you will increase the intensity level. You will do this 4 times, which = 2 minutes. 2 minutes is one round, and then you begin a new round with a low intensity.</p> <p>Example: 0-30: Work at 40% 30-60: 60% 60-90: 75% 90-120: 90%</p>

Exercise	Duration	Work:Rest	Notes
Hill Sprints	15-20 minutes		Sprint up a hill and walk back down. Rest at least 60 seconds in between jogs. This should be a full sprint at 75-90% effort. Be sure to use the first few as warm-up sprints.

Exercise	Duration	Work:Rest	Notes
Shuttle runs	15-20 minutes	NA	<p>Set 3 markers about 5 yards apart from one another.</p> <p>Start at marker #1, run to #3 and back to #1, then to #2 and back to #1, REST. Repeat.</p>

Exercise	Duration	Work:Rest	Notes
Battling ropes	3-5 sets	20/10	
Medicine ball slam	3-5 sets	20/10	<p>Back and forth between the two exercises. 75-90% effort</p>

TRAVEL SWEAT SESSIONS

The travel workouts are designed to help keep your fit momentum, even when you're on the road. While the workouts are designed for kettlebells, you can certainly adapt them to whatever equipment you have available while traveling. But, sometimes you might not have access to any equipment at all! The following 3 bodyweight circuits have got you covered. There's an easy, intermediate, and advanced version to account for varied energy levels.

I've also included 5 hotel workouts to help keep you on track. When I travel I workout in my fair share of hotel gyms. Some of them are amazing and others could hardly be called "gyms." But the one thing they all have in common? Dumbbells! Your 5 hotel workouts all use nothing but a pair of dumbbells and your bodyweight — and in some cases a bench. Utilize the hotel workouts when you want to pop into the hotel gym for a quick workout.

EASY TIMED BODYWEIGHT CIRCUIT

Exercise	Sets	Reps	Notes
1) Deadbug Or V-Sits	NA	5-10	For this bodyweight circuit you won't count sets. Simply set your timer for anywhere from 10-20 minutes, and rest when you need rest. The idea is to get in as much work as possible within a set time frame.
2) One Leg Deadlift	NA	8-10 R/L	
3) Reptile Pushup	NA	5-10	You can replace this with reptile planks or regular pushups.
4) Glute Bridges	NA	10-15	You can also do one leg bridges.
5) Jumping Jacks	NA	10-20	

INTERMEDIATE BODYWEIGHT TIMED CIRCUIT

Exercise	Sets	Reps	Notes
1) Squat	NA	8-12	For this bodyweight circuit you won't count sets. Simply set your timer for anywhere from 10-20 minutes, and rest when you need rest. The idea is to get in as much work as possible within a set time frame.
2) Pushup	NA	5-10	Incline, decline, or floor
3) Lunge	NA	5-10 R/L	Alternating reverse lunges, or walking lunges
4) BW Thruster	NA	5-10 R/L	This is like a burpee without a pushup.

ADVANCED BODYWEIGHT TIMED CIRCUIT

Exercise	Sets	Reps	Notes
1) Squat	NA	8-12	For this bodyweight circuit you won't count sets. Simply set your timer for anywhere from 10-20 minutes, and rest when you need rest. The idea is to get in as much work as possible within a set time frame.
2) Pushup	NA	5-10	Incline, decline, or floor
3) Lunge	NA	5-10 R/L	Alternating reverse lunges, or walking lunges
4) Hand Touches	NA	5-10 R/L	
5) Squat Jump	NA	8-12	
6) Burpee	NA	5-10	You can swap out the burpee for either pushups or BW thrusters (burpee without the pushup).
7) Lunge Jump	NA	5-10 R/L	Alternating legs

HOTEL CIRCUIT 1

Exercise	Sets	Reps	Notes
1) Db Goblet Squat	3	8-10	Take as little rest as possible between exercises, and a longer break at the end of each circuit.
2) DB Bent Over Row	3	8-10	Alternating, one or two arm
3) DB One Leg Deadlift	3	8-10 R/L	DB in each hand
4) Db Bench Press	3	8-10	Alternating, one or two arm

HOTEL CIRCUIT 2

Exercise	Sets	Reps	Notes
1) DB goblet reverse lunge	3	8-10	Take as little rest as possible between exercises, and a longer break at the end of each circuit.
2) DB rear delt raise	3	8-10	Standing and bent over, or off a bench
3) DB goblet Bulgarian split squat	3	8-10 R/L	Back foot elevated on a bench
4) Pushup	3	8-10	Incline, decline, or floor

HOTEL CIRCUIT 3

Exercise	Sets	Reps	Notes
1) Hip Thrust	5	8-10	Take as little rest as possible between exercises, and a longer break at the end of each circuit. Shoulders on a bench
2) DB Thruster	5	8-10	Squat into dynamic overhead press. Use a pair of dumbbells.
3) Pushup	5	8-10	Incline, decline, or floor
4) Lunge Jumps	5	8-10 R/L	Rest and repeat

DUMBBELL COMPLEX

Exercise	Sets	Reps	Notes
1) Overhead Press Or Push Press	3-5	5-8	Use two dumbbells for this complex.
2) Squat	3-5	5-10	
3) Reverse Lunge	3-5	5-10 R/L	
4) Romanian Deadlift	3-5	5-10	
5) Bent Over Row	3-5	5-8	Rest 1-2 minutes, repeat.

ADVANCED DUMBBELL COMPLEX

Exercise	Sets	Reps	Notes
1) Clean	3-5	5-8	Use two dumbbells for this complex.
2) Jerk	3-5	5-8	
3) Squat	3-5	5-10	
4) One Leg Deadlift	3-5	5-10 R/L	
5) Alternating Bent Over Row	3-5	5-8 R/L	Rest 1-2 minutes, repeat.