

"Ageless Energy Powerful Mind"

A Simple, Easy to Follow, 7 Day guide to Healthy Living



by Dawn Sylvester

For educational purposes only. Please consult with your physician before start any exercise or nutrition program.

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7 TURBOCHARGED FAT BLASTING WORKOUTS

Please take the time to click on the exercises and watch the videos.
You will get better results if you are doing the exercises properly.

Workout #1

Warm-up

- 20 seconds [running in place](#)
- 25 [jumping jacks](#)
- 10 [bodyweight squats](#)
- 5 [arm circles](#) each way
- 5 [hip bridges](#)
- 5 [push-ups](#)
- 5 [walking lunges](#) each leg
- 5 [up / down dogs](#)

“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.”

-Christian D. Larson



30 Seconds Bodyweight Squats

20 seconds rest

30 Seconds Push Ups

20 seconds rest

30 Seconds [Alternating Split Jump Lunges](#)

20 seconds rest

30 Seconds Push Ups

20 seconds rest

30 Seconds [Jump Squats](#)

20 seconds rest

30 Second Plank with no rest right into 10 Push ups

1 minute rest

Repeat for a total of 3 rounds

Workout #2

Warm-up

- 20 seconds [running in place](#)
- 25 [jumping jacks](#)
- 10 [bodyweight squats](#)
- 5 [arm circles](#) each way
- 5 [hip bridges](#)
- 5 [push-ups](#)
- 5 [walking lunges](#) each leg
- 5 [up / down dogs](#)



“If you can dream it, you can do it”

-Walt Disney

75 [Jump Ropes](#)

15 [Kettlebell Swings](#)

15 [Kettlebell Goblet Squats](#)

10 Push Ups

Rest 1 minute

50 Jump Ropes

15 Kettlebell Swings

15 [Kettlebell Deadlifts](#)

10 Push Ups

Rest 2 minutes

Repeat for a total of 3 rounds

Workout #3

Warm-up

- 20 seconds [running in place](#)
- 25 [jumping jacks](#)
- 10 [bodyweight squats](#)
- 5 [arm circles](#) each way
- 5 [hip bridges](#)
- 5 [push-ups](#)
- 5 [walking lunges](#) each leg
- 5 [up / down dogs](#)



“What you do today can improve all your tomorrows.”

-Ralph Marston

30 Seconds Bodyweight Squats

20 seconds rest

30 [Burpees](#)

20 seconds rest

30 Seconds Push Ups

20 seconds rest

30 Seconds [Forward Alternating Lunges](#)

20 seconds rest

30 Seconds Jump Squats

20 seconds rest

30 Second [Plank](#)

30 Seconds [Backward Alternating Lunges](#)

rest 2 minutes

Repeat for a total of 3 rounds

Workout #4

Warm-up

- 20 seconds [running in place](#)
- 25 [jumping jacks](#)
- 10 [bodyweight squats](#)
- 5 [arm circles](#) each way
- 5 [hip bridges](#)
- 5 [push-ups](#)
- 5 [walking lunges](#) each leg
- 5 [up / down dogs](#)



“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.”

-Mark Twain

Set 1

20 Walking lunges
Sprint back to starting point
5 Push Ups
15 Bodyweight Squats

rest 30 seconds

Set 2

20 Walking Lunges
Sprint back to starting point
5 Jump Squats
10 Alternating Backward Lunges
5 Push Ups

rest 45 seconds

Set 3

10 Burpees
15 Bodyweight Squats
5 Push Ups
10 Alternating Lunges

rest 1 minute

Repeat sets 1-3 for a total of 3 rounds

Workout #5

Warm-up

- 20 seconds [running in place](#)
- 25 [jumping jacks](#)
- 10 [bodyweight squats](#)
- 5 [arm circles](#) each way
- 5 [hip bridges](#)
- 5 [push-ups](#)
- 5 [walking lunges](#) each leg
- 5 [up / down dogs](#)



“Go for it now. The future is promised to no one.”

-Wayne Dyer

10 Walking Lunges

rest 15 seconds

10 Walking Lunges + 5 Push Ups

rest 15 seconds

10 Walking Lunges + 5 Push Ups + 5 Jump Squats

rest 15 seconds

10 Walking Lunges + 5 Push Ups + 5 Jump Squats + 10 Backward Lunges

rest 15 seconds

10 Walking Lunges + 5 Push Ups + 5 Jump Squats + 10 Backward Lunges + 10 Bodyweight Squats

Rest 1 Min

Repeat for a total of 3 rounds

Workout #6

Warm-up

- 20 seconds [running in place](#)
- 25 [jumping jacks](#)
- 10 [bodyweight squats](#)
- 5 [arm circles](#) each way
- 5 [hip bridges](#)
- 5 [push-ups](#)
- 5 [walking lunges](#) each leg
- 5 [up / down dogs](#)



“Do not wait to strike till the iron is hot; but make it hot by striking.”

-William Butler Yeats

Set 1

20 [Alternating Split Jump Lunges](#)

10 Bodyweight Squats

5 Burpees

30 Second Plank

rest 15 seconds

Set 2

10 Jump Squats

4 [Push Ups w/ One Arm Alternating Reach](#)

5 Jump Squats

4 [Push Ups w/ One Arm Alternating Reach](#)

rest 30 seconds

Set 3

10 [Mountain Climbers](#)

20 [Flutter Kicks](#)

10 Burpees

rest 1 minute

Repeat sets 1-3 for a total of 3 rounds

Workout #7

Warm-up

- 20 seconds [running in place](#)
- 25 [jumping jacks](#)
- 10 [bodyweight squats](#)
- 5 [arm circles](#) each way
- 5 [hip bridges](#)
- 5 [push-ups](#)
- 5 [walking lunges](#) each leg
- 5 [up / down dogs](#)



“Your own resolution to succeed is more important than any other.”

-Abraham Lincoln

- 10 [One Legged Jumps](#) on right leg
- 10 One Legged Jumps on left leg
- 10 Bodyweight Squats
- 10 Push Ups w/ One Arm Alternating Reach
- 10 [V Sits](#)

rest 30 seconds

- 10 [Frog Jumps](#)
- 10 Alternating Backward Lunges
- 10 [Side to Side Lunges](#)
- 10 Push Ups w/One Arm Alternating Reach
- 10 [Bicycle Crunches](#)

rest 30 seconds

Repeat for a total of 3 rounds

7 BREAKFAST SMOOTHIES TO ENERGIZE AND DETOXIFY!



Berries and Greens Alkalinizing Smoothie

- 1 1/2 C. Water
 - 1 Scoop Protein Powder
 - 1 T. Ground Flax Seeds
 - 1 T. Ground Chia Seeds
 - 1/4 Avocado
 - 1/4 C. Blueberries
 - 1/4 C. Raspberries
 - 1 bunch Spinach
 - 1 bunch Mint
- Blend!**

Coconut Almond Joy Smoothie

- 1 1/2 C. Water
 - 1 Scoop Chocolate Protein Powder
 - 1/2 C. So Delicious Coconut Non-Dairy Coconut Milk
 - 2 T. Almond Butter
- Ice + Blend!**



Black and Blue and Green Smoothie

- 1 1/2 C. Water**
 - 1 Scoop Protein Powder**
 - 1/3 Avocado**
 - 1 Bunch Spinach**
 - 1/3 Cup Frozen Blackberries**
 - 1/3 Cup Frozen Blueberries**
- Blend!**

Wake Up to Greens & Fiber Smoothie

- 1 1/2 C. Water**
 - 1 Scoop Protein Powder**
 - 1/2 Cup Mixed Berries**
 - 1/4 Avocado**
 - 1 Bunch Parsley**
 - 1 Bunch Kale**
 - 1 Bunch Spinach**
 - 1 T. Ground Flax Seeds**
 - 1 T. Ground Chia Seeds**
- Ice + Blend!**

Morning Detox Smoothie

1 C. Green Tea
1/2 C. Water
1 Bunch Parsley
1 Bunch Mint
1 Bunch Spinach
1/4 Cup Frozen Berries
Blend!

Green Tea Energizer

1 C. Green Tea
1/2 C. Water
1 Scoop Protein Powder
2 T. Fresh Ginger (or organic paste)
1 Banana
Ice + Blend!

Yogurt, Greens, and Berry Smoothie

1 C. Plain Greek Yogurt
1/2 C. Water
1/8 C. Strawberries
1/8 C. Blueberries
1 Bunch Spinach
Ice + Blend!

7 SNACKS TO ENERGIZE YOUR BODY WHILE BURNING FAT!



12 Raw Almonds, or Cashews

Fage 2% Greek Yogurt

**2 Low Fat Mozzarella Cheese Sticks w/ Multigrain
crackers**

Apple w 2 T. Almond Butter

**1 Slice Ezekiel bread with Almond butter and sliced
bananas**

**Protein Shake (keep dry protein powder in a shaker cup
mixed with 2 tablespoons flax seeds, mix with water)**

Sabra Hummus w/Multigrain crackers

Congratulations on completing
7 Days to a Flatter Belly and
Extreme Energy!



To Continue the Healthy Lifestyle that you started
7 Days ago. Please check out
FinalFatMeltdown.com

A 30 Day Guide of Daily Steps with Follow Along Workout Videos
Geared towards Raising your Metabolic Rate so that you LOSE WEIGHT,
and KEEP IT OFF FOR LIFE!