



Phil Bennett

100

METABOLIC
Workouts

Short
Brutal
Workouts
Designed
to

BURN FAT
BUILD MUSCLE
BOOST FITNESS

100 METABOLIC WORKOUTS

*TORCH FAT, BUILD MUSCLE WITH LITTLE TIME
AND NO EQUIPMENT*

PHIL BENNETT



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“IF YOU WANT TO BE A
CHAMPION.
YOU NEED TO TRAIN
LIKE ONE”

GSP

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THE WORLD OF METABOLIC WORKOUTS

The days of steady state cardio are over. Plodding along on a treadmill at a slow, meaningless pace is a thing of the past. If you are looking to burn fat, increase your overall athleticism, look and feel great, metabolic circuits are for you.

WHAT EXACTLY IS A METABOLIC WORKOUT?

Metabolic workouts are all about intensity and efficiency. They are short, often no more than 20 minutes of work. The number one benefit of metabolic training though is the fat burning potential. This is done by raising your post exercise oxygen consumption or EPOC for short. In its simplest form, EPOC means that you will continue to burn calories and fat even after your workout is over. The more intense your workout, the more you raise your EPOC. This means you can be burning fat all day long with a workout that is just 20 minutes of 100% intensity training.

You may be wondering “how is it possible to replace a long jog with a short circuit?” You wouldn’t be alone in thinking this.

It was once believed that only aerobic exercise (the long steady state jog) increased cardiovascular health. Numerous studies are now showing that anaerobic exercises (short intense exercises) condition your heart to the same, if not higher levels than aerobic exercises do. Perhaps the most famous study comes from Dr. Izumi Tabata. His results shown that athletes after completing intense burst of anaerobic

sprinting experienced higher levels of VO₂ max improvement than that of the control group performing 60 minutes of moderate exercise.

BENEFITS OF THIS KIND OF TRAINING

8 reasons you need to do these workouts regardless of whether you are a seasoned athlete or just looking to get fitter.

A large, stylized red number '1' with a textured, brush-stroke appearance, centered on a light gray grid background.

GET RESULTS QUICKLY

This short, intense style of training wakes up your metabolism. This in turn will increase your cardio levels, build lean muscle and burn fat.

A large, stylized red number '2' with a textured, brush-stroke appearance, centered on a light gray grid background.

HIGHER LEVELS OF ATHLETICISM

Performing even the most basic of exercises with high levels of intensity in a circuit will effectively raise your heart rate and increase your over all levels of athleticism.

A large, stylized red number '3' with a slightly distressed or hand-drawn appearance, centered on a light gray grid background.

LEAN MUSCLE GAINS

Your body is an amazing machine, when you push its limits, it will respond as needed. In this case that means more HGH (human growth hormones) to keep up with the work load and power outputs.

A large, stylized red number '4' with a slightly distressed or hand-drawn appearance, centered on a light gray grid background.

THE MENTAL PUSH

Mental toughness is a huge aspect in achieving the things you want. Exercise is no different. You must push yourself as hard mentally as you do physically to complete the workouts. If you are an athlete performing these routines as finishers to your main workout, this mental toughness you develop will carry over into your sport, forcing you to work as hard as you can till the end.

A large, stylized red number 5 with a hand-drawn, brush-stroke texture, centered on a light gray grid background.

A BREAK FROM THE NORM

Exercise at the end of the day should be fun and something you enjoy. Plodding along on the treadmill or road is not fun, it's tedious and frankly quite boring. This kind of training is interesting, challenging and never the same twice. It may be tough while you are doing it, but it's an enjoyable tough.

A large, stylized red number 6 with a hand-drawn, brush-stroke texture, centered on a light gray grid background.

CALORIE BURN

It's possible to burn anywhere from 300-650 calories per workout based on your height, weight, gender, fitness levels and intensity. Not bad for something that is less than 30 minutes!

A large, stylized red number 7 with a hand-drawn, brush-stroke texture, centered on a light gray grid background.

THE EPOC

I mentioned earlier the benefits of EPOC. The workouts in this book are short and intense in nature, setting you up nicely for the EPOC afterburn. The benefits of EPOC have been shown in cases to continue burning calories up to 36 hours after completing the routine. If that isn't enough incentive to put in 100% effort I don't know what is.



THE CHALLENGE

These workouts are hard. They will feel like torture when you are grinding through them. You have to constantly remind yourself of the benefits and just how little time the workouts take.

Challenge yourself, beat your former performance and in no time you will look, feel and perform exactly like you want to.

WHO IS THIS BOOK FOR?

This book is a guideline for anyone who wants to lose weight, get fitter and become overall more athletic. It's for those who are short on time, those who work full time with a family and have no time for the gym. It's for full time moms with kids who get very little time to exercise. It's for full time students who have no cash for a gym membership.

It's also for those who want to push their conditioning levels to new limits. The exercises contained within this book have all been used by me and the fighters I train. After any practise is over, the group will perform one of the circuits listed. When the circuits provided are performed at the end of workouts or practice, they are designed to make sure you have burnt every single bit of energy you have left. They become an exercise in not only conditioning but also mental toughness and satisfaction.

So, if you are looking to drop a little weight, don't have the time or cash for a gym membership or you are a competing athlete looking to push your conditioning levels there is something in this book for you.

“ IF IT DOESNT
CHALLENGE YOU
IT DOESNT
CHANGE YOU ”

ZIG ZIGLAR

HOW TO GET THE MOST OUT OF THE WORKOUTS

1

-Check in with your physician first. This is the case with any new program and this one is no exception.

2

-Always make sure you know the correct form on any exercise. Form is not only key to getting the most out of any exercise, but it is the way to prevent injuries. Consult a professional who can coach you in the correct form.

3

-Never go into a workout hurt. Training with an injury is just going to slow down your healing and potentially make things worse. Feeling tight or working through DOMS is perfectly fine however.

4

-Be sure to scale the exercises to your level of fitness. Going too heavy too soon is going to hurt you. Be realistic, make proper progressions and you will be a beast in no time.

5

-Be constantly aware of signs of overtraining. Rest is as much a part of training as going hard is. If you are feeling super beat up, stressed, struggling to sleep, fatigued, you need a rest. Make sure you are always eating well and healthy, resting well, sleeping well and practising stretching and soft tissue work.

6

-Progress at a clever rate. Don't assume you can go from beginner to beast in 1 week. Training strength and conditioning takes time, just like learning a new technique. Consistency and small gains are key.

7

-If you follow this program 100% and put in your maximum effort, you will burn fat and increase fitness levels.

8

-Performing a warm-up is a must. Never underestimate a quality warm-up.

9

-I touched on this earlier but it needs repeating. Do not start this program if you are nursing an existing injury. Rest, rehab and get yourself to full health before you begin.

10

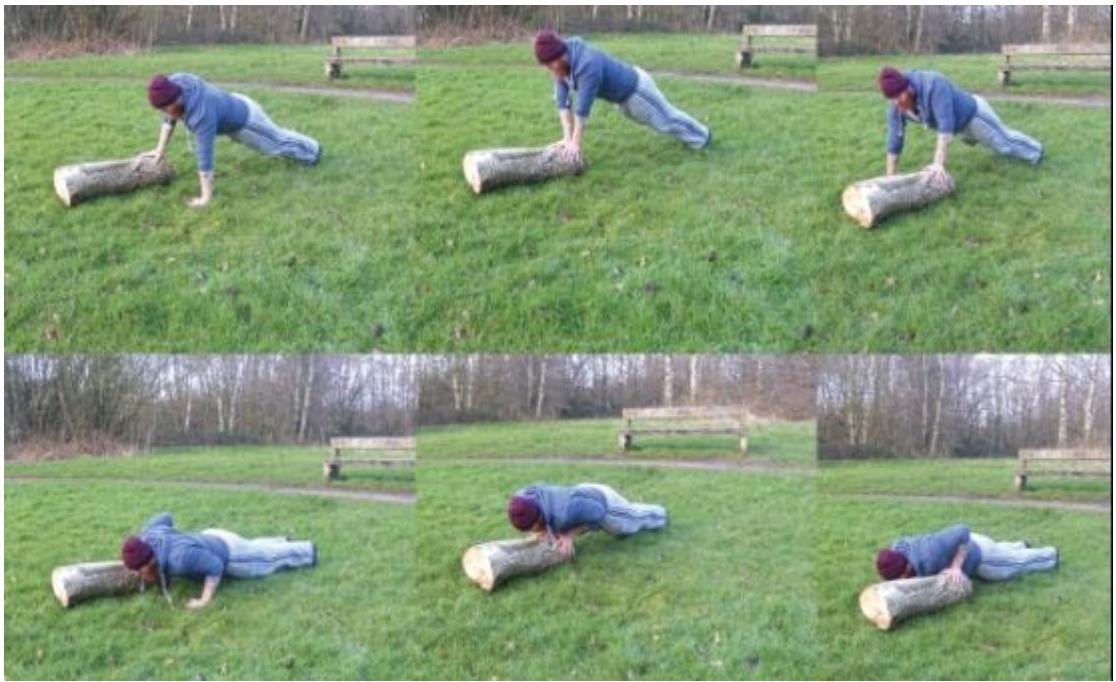
-If you put 100% effort into the training for that day, you will never need to perform more than one circuit. If you feel you have the energy for a second, you didn't push yourself enough on the first.

“THE **BEGINNING**
IS THE MOST
IMPORTANT
PART OF THE WORK”
PLATO

WORKOUT GUIDELINES

FREQUENCY: HOW MANY DAYS A WEEK DO YOU NEED TO TRAIN?

This is really up to you as an individual. In a perfect world 4 times a week would be ideal. This isn't always an option though. Even just twice a week will make a huge difference to your health, attitude and appearance. As I mentioned earlier if you are training in a sport or martial art, fitting one workout in at the end of practice will be incredibly beneficial to your performance. Depending on your schedule, fitting in a workout should be pretty easy because they are all very short in nature.



INTENSITY: WHAT EFFORT ARE YOU EXPECTED TO GIVE?

Simply, this is the amount of work you put in, in the time given. If you are given 30 seconds to perform an exercise, you need to be performing as many as you possible can fit in within the tie frame. If the exercise is not times, but rather repetitions. Each repetition needs to be 100% of your focus and effort.



TIME: HOW LONG DO THESE WORKOUTS TAKE?

Depending on your current level of fitness, or the level of the exercise, the routines take anywhere from 2 minutes to 30 minutes. On average you are looking at a 20 minute routine including the warm-up.

EQUIPMENT: WHAT DO YOU NEED TO PERFORM THESE WORKOUTS?

As I mentioned earlier, all the workouts contained within this book require just your body weight, no other resistance or weight is needed. Trust me, this will be enough!

For certain exercises you will need something to hang from. This could be a pull-up bar, a door attachment pull-up bar, a goal post or a tree. Whatever will work as long as you can safely hand from it.

The only other requirement for certain exercises is an open space. A garden, sports pitch or open field will work well for this. This isn't the case for every workout though, many of the workouts contained within this book can be done in a single room with enough space hold your arms out to the sides. I am 6ft 6 and frequently perform these workouts in hotel rooms, so really you have no excuse there!

ONE FINAL POINT

It's inevitable that you will tire during these workouts. They are tough and brutal and designed to get you to your limits. That said though, never let your form suffer because of fatigue! There is nothing cool about terrible form. Swallow

your pride and go to easier variations of the exercises if your form is suffering. Adjusting the exercises in this manner will avoid potential injury.

THE WARM UP

Warming your body up is essential. A comprehensive full-body workout will not only increase your body temperature, but also increase mobility, coordination and prepare your body for the workout ahead. Your brain will get fired up and your central nervous system will get prepped.

NEVER SKIP OVER
YOUR WARM UP!

It is essential to remain healthy, prevent injuries and increase your performance.

FOAM ROLLING

The first part of your warm up is a self-myofascial release. This is the fancy term for a self-massage. This can be done with a foam roller, a hard ball such as a lacrosse ball or your own hands. You will apply pressure to specific parts of your body to remove knots, trigger points and scar tissue that accumulates in your body. By doing this self-massaging, you will eventually restore your muscles natural length and reduce lingering pains. This is a fairly quick process where you want to spend a few minutes rolling over your calves, quads, groin, hips, glutes, lats and upper back. Go over roughly 10 rolls on each of these parts, sticking on any particularly tight or tender spots. Once you are thoroughly rolled, you are onto the dynamic part of the warm up.

“BEFORE ANYTHING
ELSE.
PREPARATION
IS THE KEY TO
SUCCESS”

ALEXANDER BELL



DYNAMIC WARM UP

1. Jump Rope x 3mins
2. Big Arm Circles x 10 forward, 10 backwards
3. Front to Back Leg Swings x 10 each leg
4. Cross Body Leg Swings x 10 each leg
5. Lunges x 5 each leg
6. Squats with Arms Overhead x 10
7. Inch Worms x 5
8. Push-up x 10
9. Jumping Jacks x 25
- 10A. Jog Forward/ Jog Backwards x 15 yards
- 10B. Side Shuffle x 10 yards each way
- 10C. High Skips x 15 yards

“IT'S HARD TO BEAT A
PERSON THAT
NEVER GIVES UP”
BABE RUTH

HERES THE GOOD STUFF

REMEMBER TRAIN HARD, BUT SAFE.

A large, red, hand-drawn number 1, centered on a white background. The number has a slightly irregular, brush-stroke appearance.

BRUTAL BASICS

Prisoner Squats x 30 seconds

Push-ups x 30 seconds

Rest x 30seconds

***REPEAT THIS PATTERN FOR A TOTAL OF 5
ROUNDS.***



RACE TO 100 BURPEES

*AS THE NAME IMPLIES, START A TIMER AND
STOP IT ONCE YOU HAVE COMPLETED 100 FULL
BURPEES.*



PUSH-UP MADNESS

Wide Grip Push-ups x 12 reps

Push-ups x 9 reps

Diamond Push-ups x 6 reps

Clap Push-ups x 3 reps

***REST FOR UP TO 2 MINUTES AND REPEAT FOR A
TOTAL OF 3 TIMES.***



AIR BORN INSANITY

Burpee x 2 reps

Jump Squat x 2 reps

Clap Push-up x 2 reps

***COMPLETE AS MANY ROUNDS AS POSSIBLE IN
10 MINUTES.***



ISOMETRIC KILLER

Wall Handstand x 30 seconds

Plank x 30 seconds

Rest x 30 seconds

***REPEAT THIS PATTERN FOR A TOTAL OF 5
ROUNDS.***



POSTERIOR POWER

Glute Bridge x 10

Superman Raise x 10

Deep Squat x 10

***REPEAT THIS CIRCUIT 4 TIMES WITH MINIMAL
REST BETWEEN EACH.***

“ SUFFER THE PAIN OF
DISCIPLINE
OR SUFFER THE PAIN OF
REGRET ”

JIM ROHN



PULLING MADNESS

Inverted Row x 50 total reps

Chin-up x 40 total reps

Pull-up x 30 total reps

Dead Hang x 2 total minutes

***REST AS NEEDED. JUST FINISH THE REPS
PRESCRIBED ABOVE.***



TRICEP TORTURE

Diamond Push-up x 30 seconds

Dips x 30 seconds

Bodyweight Tricep Extensions x 30 seconds

Rest 60 seconds

***REPEAT THE PATTERN ABOVE FOR A TOTAL OF 5
ROUNDS.***



. SLOW STRENGTH PUSH-UPS

Each push-up will take 20 seconds to complete.

5 seconds hold at the top

5 seconds lowering

5 seconds at the bottom (1 inch from the floor)

5 seconds rising to the top.

***COMPLETE AS MANY AS POSSIBLE IN 10
MINUTES.***

10

CRAWL SPRINT

Bear Crawl x 25 meters

Sprint Back x 25 meters

***COMPLETE AS MANY ROUND AS POSSIBLE IN 15
MINUTES.***



GASSERS

Set up cones at 10 meters, 20 meters, 30 meters, 40 meters and 50 meters.

Sprint to the first cone, then back to the start line.

Immediately sprint to the second cone and back to the start line.

Then to the third cone and back.

Forth cone and back.

Finally to the fifth cone and back.

THIS IS ONE GIANT SET. REST 2 MINUTES AND REPEAT 3 TIMES TOTAL.



BOXER STYLE

Burpees x 10 reps

Simulated Jump Rope x 100 reps

If you have access to a jump rope, perform 100 rope turns each round. If you do not have access to a rope, simulate the motion alternate foot hopping as if you were jumping rope.

***COMPLETE 10 ROUNDS FOR A TOTAL OF 1000
ROPE TURNS AND 100 BURPEES.***

13

JUMPING POWER

Box Jump x 2

Broad Jump x 4

Squat Jump x 8

Rest 60 seconds

REPEAT FOR A TOTAL OF 5 ROUNDS.



BASICS LADDER

Push-ups x 10,9,8,7,6,5,4,3,2,1

Squats x 10,9,8,7,6,5,4,3,2,1

Dips x 10,9,8,7,6,5,4,3,2,1

Pull-ups x 10,9,8,7,6,5,4,3,2,1

PERFORM THESE IN WHICH EVER ORDER YOU CHOOSE. IF YOU START WITH THE PULL-UPS FOR EXAMPLE YOU MUST COMPLETE ALL THE PRESCRIBED REPS BEFORE GOING ONTO THE NEXT EXERCISE.

15

CORE CRUSHER

Mountain Climber x 30 seconds

Plank x 30 seconds

Double Crunch x 30 seconds

Hollow Hold x 30 seconds

Rest 60 seconds

REPEAT FOR A TOTAL OF 3 TIMES

10

FEEL THE BURN!

Wall Squat x 30 seconds

Squat x 30 reps

***REPEAT AS MANY TIMES AS POSSIBLE IN 10
MINUTES.***

**“ WHEN YOU ARE
GOING THROUGH HELL,
KEEP GOING ”**

WINSTON CHURCHILL

17

DEATH BY BURPEE

Burpees x 1 rep, then 2 rep, then 3 rep up to 20 reps, then back down, 19 reps, 18 reps until you get back down to 1 again.

THIS IS A TOTAL OF 400 REPS.



FEEL LIKE A CLIMBER

Side to Side Pull-ups x 4 each side

Pull-up Hold x 10 seconds

***REPEAT AS MANY TIMES AS POSSIBLE IN 15
MINUTES***

19

HAND WALKS

Inch Worms x 5

Handstand Wall Walks x 3

REPEAT FOR A TOTAL OF 4 TIMES.

A large, stylized number '20' rendered in a thick, red, brush-stroke font. The number is centered on a white background.

FIGHTERS FATIGUE

Shadow Box x 30 seconds

Sprawls x 30 seconds

Drop Steps x 30 seconds

Clinch Knees x 30 seconds

Shadow Box x 30 seconds

REPEAT FOR 8 ROUNDS TOTAL.

21

ANIMAL MADNESS

Bear Crawl x 20 seconds

Crab Walk x 20 seconds

Monkey Hops x 20 seconds

Rest 30 seconds

REPEAT FOR A TOTAL OF 10 ROUNDS

22

BURPEE SPRINTS

Sprint 20 meters

Burpee x 10 reps

REPEAT FOR 10 ROUNDS TOTAL

**“30 MINUTES OF
WORKING OUT IS
JUST 2 PERCENT OF
YOUR DAY.
NO EXCUSES”**

23

SPIDERMAN WORKOUT

Spiderman Push-up x 6 each side

Spiderman Crawl x 10 meters

Broad Jump x 5

REPEAT FOR A TOTAL OF 5 ROUNDS

24

SINGLES

Pistol Squat x 3 each leg

One arm push-up x 3 each arm

Complete the reps on the left side of your body before going onto the reps for the right side of your body.

*COMPLETE FOR AS MANY ROUNDS AS POSSIBLE
IN 10 MINUTES.*

A large, stylized number '25' rendered in a thick, red, hand-painted font. The number is centered on a white background.

Big 500

Squat x 100

Burpee x 100

Push-up x 100

Pull-up x 100

Dip x 100

*NO GUIDELINES, REST AS YOU NEED, PERFORM
AS YOU LIKE. JUST GET THE 500 REPS
FINISHED.*

A large, stylized number '26' rendered in a thick, red, brush-stroke font. The number is centered on a white background.

AROUND THE WORLD

Bulgarian Split Squat x 30 seconds

Thai Push-ups x 30 seconds

Russian Twists x 30 seconds

Rest 30 seconds

REPEAT FOR A TOTAL OF 6 ROUNDS

27

NO CRUNCHES IN SIGHT

Flutter kicks x 50

Mountain Climber x 50

*REST AS LITTLE AS POSSIBLE. REPEAT FOR A
TOTAL OF 10 ROUNDS*

A large, stylized number '28' rendered in a thick, red, hand-painted font. The number is centered on a white background.

BOXERS ENDURANCE

Jab Cross x 60 seconds

Alternating Uppercuts x 60 seconds

Alternating Hooks x 60 seconds

Rest 30 seconds

REPEAT FOR A TOTAL OF 5 ROUNDS

A large, stylized number '29' rendered in a thick, red, hand-drawn font. The number is centered on the page.

100 STEPS

Walking Lunges x 100 total reps per leg

Step ups at Mid Thigh Height x 100 total reps per leg

***REST AS NEEDED, JUST COMPLETE ALL THE
REPS PRESCRIBED.***

30

HARDCORE 100

Burpee/Pull-up combo x 20

Clap Push-up x 20

Pistol Squat x 20 per leg

Tuck Jump x 20

COMPLETE THE REPS AS FAST AS POSSIBLE.

31

TABATA SPRINTS

Sprint Flat out for 10 seconds

Walk for 20 seconds

REPEAT THIS 10 TIMES.

32

200 REPS OF HELL

100 Judo Push-ups

100 Tuck Jumps

*COMPLETE THE REPS HOWEVER YOU WANT,
JUST GET THE REPS DONE.*

“FITNESS IS NOT ABOUT
BEING BETTER THAN
SOMEONE ELSE.

IT'S ABOUT
BEING BETTER THAN
YOU

USED TO BE”

BRETT HEOBEL

33

BOULDER SHOULDERS

Pike Push-up x 10

Handstand Push-up x 5

Handstand Hold x 30 seconds

Rest 60 seconds

REPEAT 4 TIMES TOTAL.

34

BJJ ENDURANCE

Chin-up Holds x 20 seconds

Shrimp x 20 seconds

Technical Get-ups x 20 seconds

Egg Beaters x 20 seconds

Sit through x 20 seconds

Rest 30 seconds

REPEAT FOR A TOTAL OF 5 ROUNDS

35

ONE MOVE MURDER

*BURPEE WITH PUSH-UP AND THE BOTTOM AND
A TUCK JUMP AT THE TOP X AS MANY AS
POSSIBLE IN 8 MINUTES.*



36

LUNG BUSTER

Hill Sprint x 50 meters

Hindu Push-up x 10

COMPLETE 4 ROUNDS TOTAL.

37

LEGS DON'T STOP

Run 400 meters

Walk 100 meters

Run 300 meters

Walk 100 meters

Run 200 meters

Walk 100 meters

Run 100 meters

38

SPRINTERS DELIGHT

10 x 10 Meters Sprints- Rest 20 seconds between each.

5 x 100 Meters Sprints- Rest 60 seconds between each.



39

FINGER, HAND AND WRIST STRENGTH

Finger Push-ups x 5

Knuckle Push-ups x 10

Finger Push-up Hold x 10 seconds

Knuckle Push-up Hold x 20 seconds

*COMPLETE 3 ROUNDS IN TOTAL, RESTING WELL
BETWEEN EACH.*

40

MORE ANIMAL MADNESS

Alligator Walk x 30 seconds

Duck Walk x 30 seconds

Kangaroo Hop x 30 seconds

Rest 30 seconds

REPEAT FOR A TOTAL OF 5 ROUNDS.

41

BEAR NECESSITIES

Bear Crawl for a total of 10 minutes.

*DO THIS IS AS MANY SETS AS YOU WANT,
RESTING WHENEVER YOU WANT. JUST GET A
TOTAL TIME OF 10 MINUTES BEAR CRAWLING.*

42

WALK, RUN, SPRINT

Walk x 60 seconds

Run x 60 seconds

Sprint x As long as possible.

*CONTINUE THIS CYCLE UNTIL YOU HAVE
COMPLETED 8 ROUNDS.*

43

LATERAL THINKING

Lateral Step-ups x 10 each side

Lateral Lunges x 10 each side

Burpees with lateral Jump x 4 each side

Rest 60 seconds

REPEAT FOR A TOTAL OF 3 ROUNDS.



AS MANY AS POSSIBLE

Pull-ups x As many as you possibly can

Push-ups x As many as you possibly can

Squats x As many as you possibly can

“MOTIVATION
IS WHAT GETS
YOU STARTED.

HABIT
IS WHAT KEEPS
YOU GOING **”**
JIM RYAN

45

FIGHTING AGAINST YOUR MIND

Wall Squat x failure

Inverted Row top position hold x failure

Back Bridge x failure

Plank x failure

Hollow Hold x failure

Push-up Bottom Position Hold x failure

Cliff Hanger x failure

REST WELL BETWEEN EACH EXERCISE AND BE SURE TO FIGHT AGAINST YOUR MIND TELLING YOU TO STOP. HOLD EACH FOR AS LONG AS PHYSICALLY POSSIBLE.

The image shows the numbers '46' in a red, hand-drawn, brush-stroke style. The '4' has a thick vertical stem and a horizontal crossbar. The '6' is a simple, rounded shape with a small loop at the top. The numbers are centered on a white background.

INVERTED WORLD

Hold a Handstand for a total time of 8 minutes.

47

99's

Tuck Jumps x 33

Burpees x 33

Broad Jumps x 33

*PERFORM THE REPS AS YOU LIKE, JUST
COMPLETE THE REPS PRESCRIBED.*

The image shows the numbers '48' in a large, bold, red, hand-drawn font. The numbers are centered on a white background.

4 WAY CORE

Plank x 30 seconds

Left Side Plank x 30 seconds

Right Side Plank x 30 seconds

Superman Hold x 30 seconds

REPEAT FOR A TOTAL OF 3 TIMES.

49

LOAD OF L'S

L-sit Chin-up x 8 slow reps

L-sit Hold x failure

Hanging Leg Raise x 8 slow reps

*THE KEY HERE IS PERFORMING THE REPS SLOW,
INCREASING YOUR MUSCLES TIME UNDER
TENSION. THIS CIRCUIT WILL ONLY NEED TO BE
DONE 2 TIMES.*

50

Row AND Go

Inverted Rows x 12

Burpee x 12

***PERFORM AS MANY ROUNDS AS POSSIBLE IN A
10 MINUTE PERIOD.***



THE DIVE BOMBER

Complete a total of 250 Divebomber push-ups

52

MMA CONDITIONING

Jab Cross Sprawl x 60 seconds

Hip Escape/Shrimp x 60 seconds

Shadowbox x 60 seconds

Simulated Armbar from Mount x 60 seconds

Drop shots/Duckwalks x 60 seconds

Rest 60 seconds

***CHALLENGERS COMPLETE 3 ROUNDS,
CHAMPIONS COMPLETE 5 ROUNDS.***

53

HOPPING MAD

Frog Jump x 100 meters

*REST AS LONG AS YOU NEED AND COMPLETE 4
LENGTHS IN TOTAL.*

54

RUN AGAINST THE CLOCK

On the minute Sprint 100 meters. Rest the remaining time left
in the minute.

***REPEAT THIS PATTERN UNTIL YOU CANNOT BEAT
THE CLOCK ANYMORE.***

55

EVEN MORE SADISTIC BURPEES

Begin flat on your back. Stand and perform a burpee with a push up at the bottom and a broad jump at the top.

***COMPLETE AS MANY REPS AS POSSIBLE IN 5
MINUTES.***

56

RUNNERS DELIGHT

Run as far as you can in 60 seconds

Walk for 60 seconds

REPEAT FOR A TOTAL OF 5 TIMES.

57

FIGHTERS 100

Straight Punches x 100

Clinch Knees x 100

Front Kicks x 100

Elbows x 100

**“ITS NOT WHO
YOU ARE THAT HOLDS
YOU BACK.
ITS WHO YOU THINK
YOU'RE NOT.”**

DENIS WAITLEY

58

TRADITIONAL TABATA

Flat out High Knee Sprint in place x 20 seconds

Light Shadowbox x 10 seconds

REPEAT THE PATTERN FOR A TOTAL OF 8 TIMES.

59

FEELING ON FIRE

Ab Bicycle x failure

Plank x failure

Mountain Climbers x failure

***REST 60 SECONDS AND REPEAT FOR A TOTAL
OF 5 TIMES.***

60

DEFEND TO ATTACK

Sprawl to Jumping Knee x 100 total reps per leg



BYE BYE LEGS

Squats x 200

Burpee x 100

Tuck Jump x 75

Frog Jump x 50

Broad Jump x 25

***PERFORM IN ANY ORDER YOU CHOOSE, JUST
COMPLETE THE REPS PRESCRIBED.***

The number '62' is written in a bold, red, brush-stroke style. The '6' has a thick, rounded top and a circular bottom. The '2' has a curved top and a sharp, pointed bottom.

GROUND FIGHTER COMPLEX

Sit Throughs x 20 per side

Hindu Push-ups x 20

***COMPLETE AS MANY ROUNDS AS POSSIBLE IN
10 MINUTES.***

03

THE ARCHER

Archer Push-ups x 5 each side

Archer Pull-ups x 3 each side

***COMPLETE AS MANY ROUNDS AS POSSIBLE IN
15 MINUTES.***

64

PISTOLEROS

Pistol Squats x 50 per leg

**“BEING
CHALLENGED
IN LIFE IS INEVITABLE.
BEING DEFEATED IS
OPTIONAL”**

ROGER CRAWFORD

65

MONKEY FITNESS

Monkey Hops x 30 seconds

Chin-ups x 10

Monkey Hops x 30 seconds

Pull-ups x 5

Monkey Hops x 30 seconds

Dead Hang from bar x failure

***REST AS NEEDED AND REPEAT FOR A TOTAL OF
3 TIMES.***



FURIOUS BOX JUMPS

Burpee to Box Jump x 2

Box Jump x 4

Burpee x 6

Box Jump x 4

Burpee to Box Jump x 2

***REST AS NEEDED, REPEAT FOR A TOTAL OF 3
TIMES.***

The image shows the numbers '67' in a large, bold, red, hand-drawn font. The numbers are centered on a white background.

HOLD AND EXPLODE

Wall Squat Hold x 30 seconds

Squat Jump x 5

Push-up Bottom Hold x 30 seconds

Clap Push-up x 5

Rest for 60 seconds

REPEAT THE CIRCUIT FOR A TOTAL OF 5 TIMES.



GYMNAST INSPIRED

Pseudo Planche Lean x 10 seconds

Handstand Hold x 20 seconds

Hollow Hold x 30 seconds

*REST AS NEEDED AND REPEAT FOR A TOTAL OF
5 TIMES.*



SLOWING TIME

Pull-up that takes a full 10 seconds to get to the bar

Hold for 3 seconds at the bar

Take a further 10 seconds to lower to a Dead Hang

Dead Hang for a further 3 seconds

COMPLETE 10 REPS TOTAL.

70

PUSH AND CRUNCH

Diamond Push-up x 10

Crunch x 40

Push-up x 20

Crunch x 30

Wide Grip Push-up x 30

Crunch x 20

***REST 60 SECONDS AND REPEAT FOR A TOTAL
OF 3 TIMES.***



SINGLE LEG HELL

Cossack Squat x 50 total each leg

Pistol Squats x 50 total each leg

72

ANCIENT MARTIAL ARTS

Horse Stance Hold x 10 Minutes Total

**“ TO BE A
CHAMP
YOU HAVE TO BELIEVE
IN YOURSELF WHEN
NOBODY ELSE WILL ”**

SUGAR RAY ROBINSON

73

SIMPLE BUT EFFECTIVE

Diamond Push-up x 10

Chin-up x 10

*REST AS NEEDED, COMPLETE 10 ROUNDS IN
TOTAL.*

The image shows the numbers '74' in a bold, red, hand-drawn style font. The numbers are centered on a white background.

BANANA STYLE

Hollow Hold x 30 seconds

Superman Hold x 30 seconds

***REST 30 SECONDS AND REPEAT FOR A TOTAL
OF 4 ROUNDS.***

75

DEAD MAN WALKING

Walking Lunge x 100 meters

*REST 60 SECONDS AND REPEAT FOR A TOTAL
OF 3 TIMES.*



76

SUBMISSION SPECIAL

Kimura Sit-up x 10 each side

Guard Triangle attack x 10 each side

REPEAT FOR A TOTAL OF 5 ROUNDS.



HANDSTAND POWER

Handstand Hold x 30 seconds

Handstand Shoulder Taps x 10 each shoulder

78

PUSHING FROM ALL ANGLES

Handstand Push-up x 3

Pike Push-up x 6

Decline Push-up x 9

Push-up x 12

***REST 90 SECONDS AND REPEAT FOR A TOTAL
OF 3 ROUNDS.***

79

TIGERS AND DRAGONS

Tiger Push-ups x 30 total

Dragon Flag x 30 total

80

HOP, SKIP, JUMP

Lateral Jumps x 30 seconds

Bounds x 30 seconds

Burpee x 30 seconds

REPEAT FOR A TOTAL OF 5 ROUNDS

81

HOW DOES SPIDERMAN DO IT?

Spiderman Crawl x 50 meters

Broad Jump x 50 meters

***REST AS NEEDED, REPEAT FOR A TOTAL OF 3
TIMES.***

“ THE MEANING OF
LIFE IS NOT SIMPLY
TO EXIST.

BUT TO MOVE
AHEAD, TO

CONQUER”

ARNOLD SCHWARZENEGGER

82

HINDU STRENGTH

Hindu Squats x 250 total

Hindu Push-ups x 250 total

83

MENTAL TOUGHNESS TEST

400 meter run

50 Squats

300 meter run

50 Squats

200 meter run

50 Squats

100 meter run

50 Squats



TOWEL GRIP CIRCUIT

Towel Grip Pull-ups x 3

Towel Grip Chin-up x 5

Towel Grip Inverted Row x 7

Towel Isometric Squeeze x 10 seconds

***REST 60 SECONDS AND REPEAT FOR A TOTAL
OF 3 TIMES.***

85

ISOMETRIC HELL

L-sit x failure

Tuck Planche x failure

Plank x failure

Right Side Plank x failure

Left Side Plank x failure

Bridge x failure

Hollow Hold x failure

***PUSH YOURSELF ON EACH EXERCISE. YOU ARE
ONLY PERFORMING EACH ONCE, SO MAKE IT
COUNT!***



ROCKY SPECIAL

Jump Rope Sprint x 100 rope turns

One Arm push-up x 3 each arm

REPEAT FOR 5 TOTAL ROUNDS.

87

DIRTY 30

Dragon Flag x 10

Hanging Leg Raise x 10

Lying Leg Raise x 10

*REST 90 SECONDS AND REPEAT FOR A TOTAL
OF 3 TIMES.*



FOOTBALL SPECIAL

Up Downs x 20 seconds

Lateral Shuffles x 20 seconds

10 Yard Sprint

***REST 60 SECONDS AND REPEAT FOR A TOTAL
OF 5 ROUNDS.***



THE COMMANDO

Commando Pull-ups x 50 each side total.

90

GIANT ARMS CIRCUIT

Diamond Push-ups x 12

Bodyweight Tricep Extension x 10

Push-up x 10

Chin-up x 8

Bodyweight Bicep Curl x 6

***REST 60 SECONDS AND REPEAT FOR A TOTAL
OF 3 TIMES.***

“ THE
GREATEST
PLEASURE IN LIFE IS
DOING WHAT PEOPLE
SAY YOU CANNOT DO ”

WALTER BAGEHOT



SHADOW WRESTLING

Stay in stance, move in all directions.

Sprawl ever 10 seconds.

Take a shot every 15 seconds

KEEP THIS GOING FOR A TOTAL OF 8 MINUTES.



HEART POUNDER

Burpee x 10

Squat x 1

Burpee x 9

Squat x 2

Burpee x 8

Squat x 3

Burpee x 7

Squat x 4

Burpee x 6

Squat x 5

Burpee x 5

Squat x 6

Burpee x 4

Squat x 7

Burpee x 3

Squat x 8

Burpee x 2

Squat x 9

Burpee x 1

Squat x 10

A large, stylized number '93' rendered in a thick, red, hand-painted or brush-stroke font. The '9' has a circular top and a curved bottom, while the '3' has a pointed top and a rounded bottom. The background is a light gray square.

THE GRINDER

Push-ups x 2 minutes

Squats x 2 minutes

Pull-ups x 2 minutes

Burpee x 2minutes



94

HANGING GYMNAST

Skin the Cat x 3

Muscle-up x 1

*REST AS MUCH AS NEEDED, REPEAT FOR A
TOTAL OF 5 TIMES.*

The image shows the numbers '95' rendered in a thick, red, hand-painted brushstroke style. The numbers are centered on a white background.

MUAY THAI ENDURANCE

Skipping Knee Twists x 30 seconds

Close Grip Chin-up x 30 seconds

Alternating Single Leg Knee Bridge x 30 seconds

Spiderman Push-up x 30 seconds

Rest 30 seconds

REPEAT THE CIRCUIT FOR A TOTAL OF 6 TIMES.



TOTAL STRENGTH AND AGILITY

Alternating Pistol Squats x 100 total

Side to Side Push-ups x 100 total

Side to Side Pull-ups x 50 total

Handstand Hold x 5 minutes total



97 CORE HELL

Flutterkicks x 97 total

Plank Push-ups x 97

Mountain Climbers x 97 total

Hollow Hold x 97 seconds total

REST AS NEEDED. JUST GET THE REPS DONE.



POWER GLUTES

Glute Raises x 15

Deep Squat x 12

Reverse Plank x 60 seconds

Rest 60 seconds

COMPLETE 5 ROUNDS TOTAL.



ADVANCED PUSH AND PULL

Handstand Push-up x 5

L-sit Pull-up x 5

Decline Push-up x 5

One Arm Inverted Row x 2 each arm

***COMPLETE AS MANY ROUNDS AS POSSIBLE IN 15
MINUTES.***



100

TOTAL STRENGTH AND AGILITY

Alternating Pistol Squats x 100 total

Side to Side Push-ups x 100 total

Side to Side Pull-up x 50 total

Handstand Hold x 5 minutes total

“WHAT DOESN'T
KILL YOU
MAKES YOU
STRONGER”

NIETZSCHE

THERE YOU HAVE IT, 100
WORKOUTS TO PUSH YOU TO NEW
LEVELS OF FITNESS!

FREQUENTLY ASKED QUESTIONS

WHEN SHOULD I USE THESE WORKOUTS?

These workouts are in no way meant as a full workout program. They are however one hell of a resource for those who are short on time, those looking to push cardio limits and those looking for a quick workouts for fat loss.

If you are looking to complete any of the routines within this book, I urge you to scale them to your level of fitness. The level of intensity however remains the same. Regardless of the level of the exercises, you must put in 100% effort and intensity. Limit your workouts to once per day, which with 100% effort, will be more than enough.

For coaches and athletes I strongly recommend you end your sessions with one of the workouts within this book. Attacking the routines in this book as a workout finisher is an amazing way to destroy your training session. It will improve cardio levels, burn fat, build muscular endurance and the mindset alone will help you get more results in the main part of your training session.

HOW SHOULD I USE THESE WORKOUTS?

You should use the workouts in this book as guide rather than a program. If you are looking for a workout with little time and no equipment, there is something in here for you. Set aside a small amount of time (30 minutes is enough) and complete one of the 100 contained in here. Keep things consistent. Be sure to do this at least twice a week, if possible four times to see maximum benefits. Challenge yourself. Choose a new workout each time you train. Don't stick with the same few

you have become familiar with, push yourself and break through your limits.

Coaches and athletes have the added benefit of competition. Finish the training session with a group challenge. This added competition element will push you and your athletes harder and to new levels of fitness.

Even though I mentioned earlier it's best to mix things up and use as many of the workouts within this book as possible, it's inevitable you will end up repeating one you have previously done. Keep note of your performance last time you completed the challenge. The time it took you, the reps you managed to do, how you felt. It's these simple gauges that will

ARE THESE ROUTINES JUST FOR FAT LOSS?

Nope. While the routines found in this book will ultimately get you leaner, they will also get you stronger and more athletic. There are workouts out of the 100 that will challenge you even if you are a seasoned athlete. By working with this style of training you are going to lose weight, build muscle and get fitter regardless of your current level of fitness.

I'M STRUGGLING TO THINK OR REASONS NOT TO TRAIN.

I'm glad! The workouts within this book are the perfect excuse breakers. If you want to get fitter, leaner and stronger it's your responsibility to find the time. I understand that not everyone has hours a day to train, but luckily some of the routines in this book are as short as 5 minutes work! If you are short on time these workouts are fast and best of all, effective.

“20 YEARS FROM NOW
YOU WILL BE MORE
DISAPPOINTED BY
THE THINGS THAT
YOU DIDN'T DO
THAN BY THE ONES
YOU DID DO”

H. JACKSON BROWN JR



ABOUT THE AUTHOR

Phil Bennett is Strength Coach from the UK whose methods stray a little from the ordinary. He's more likely to be spotted outside, training out in nature with a variety of odd objects rather than inside a gym's walls. His methods forge strength, sports performance and physical and mental toughness.

Phil currently lives a somewhat nomadic lifestyle, training himself and others with whatever is on hand, be it a log, stone, kettlebell, barbell or training partner. In his words "I can get you strong with anything and everything"

He writes frequently for his blog [Complete MMA Training](#) with training advice, unusual workouts, strength training, MMA and combat sport specific strength and generally how to train without the need for a gym or everyday fitness conventions.

