

21ST CENTURY

BONUS

HEALTH REVOLUTION

5 *Quick
Easy &
Effective*



*Fat-Burning, Heart-Strengthening Workouts
Anyone Can Do!*

TONY INCASSATI AKA "HEALTH COACH TONY"

Workout #1) "The 7/10"

An easy, fun & simple 7 minute aerobic/interval, bodyweight workout

"THE 7/10" WORKOUT
1) JUMPING JACKS – 45 SEC.
REST – 15 SEC.
2) SQUATS – 45 SEC.
REST – 15 SEC.
3) PUSHUPS – 45 SEC.
REST – 15 SEC.
4) HIGH KNEES – 45 SEC.
REST – 15 SEC.
5) CRUNCHES – 45 SEC.
REST – 15 SEC.
6) LUNGES – 45 SEC.
REST – 15 SEC.
7) BURPEES – 60 SEC.
REST, STRETCH & DRINK FOR 3 MINUTES
REPEAT 2, 3 or more times depending on fitness level & goals

Workout #2) "The Mighty 12"

A more challenging 12 minute aerobic/interval, bodyweight workout

"THE MIGHTY 12" WORKOUT
1) JUMPING JACKS – 45 SEC.
REST – 15 SEC.
2) SQUATS – 45 SEC.
REST – 15 SEC.
3) PUSHUPS – 45 SEC.
REST – 15 SEC.
4) HIGH KNEES – 45 SEC.
REST – 15 SEC.
5) CRUNCHES – 45 SEC.
REST – 15 SEC.
6) LUNGES – 45 SEC.
REST – 15 SEC.
7) TRICEP DIPS – 45 SEC.
REST – 15 SEC.
8) MOUNTAIN CLIMBERS – 45 SEC.
REST – 15 SEC.
9) PLANKS – 45 SEC.
REST – 15 SEC.
10) STEP-UPS/STAIRS – 45 SEC.
REST – 15 SEC.
11) LEG RAISES – 45 SEC.
REST – 15 SEC.
12) BURPEES – 60 SEC.
REST, STRETCH & DRINK FOR 3 MINUTES
REPEAT 2 or 3 times depending on your fitness level and goals

Workout #3) "The 7-UP"

A fun twist on "The 7/10" workout

Note: The up in "7-UP" indicates upper body

"THE 7-UP" WORKOUT
1) ARM CIRCLES – 45 SEC.
REST – 15 SEC.
2) PUSHUPS – 45 SEC.
REST – 15 SEC.
3) CRUNCHES – 45 SEC.
REST – 15 SEC.
4) PLANKS – 45 SEC.
REST – 15 SEC.
5) TRICEP DIPS – 45 SEC.
REST – 15 SEC.
6) WALKOUTS – 45 SEC.
REST – 15 SEC.
7) SIDE PLANKS – 45 SEC.
REST – 15 SEC.
REST, STRETCH & DRINK FOR 3 MINUTES
REPEAT or combine with "THE 7-DOWN" for total body

Workout #4) "The 7-DOWN" Workout

A fun twist on "The 7/10" workout

Note: The down in "7-DOWN" indicates lower body

"THE 7-DOWN" WORKOUT
1) JUMPING JACKS – 45 SEC.
REST – 15 SEC.
2) SQUATS – 45 SEC.
REST – 15 SEC.
3) HIGH KNEES – 45 SEC.
REST – 15 SEC.
4) LEG RAISES – 45 SEC.
REST – 15 SEC.
5) LUNGES – 45 SEC.
REST – 15 SEC.
6) STEP-UPS/STAIRS – 45 SEC.
REST – 15 SEC.
7) MOUNTAIN CLIMBERS – 45 SEC.
REST – 15 SEC.
REST, STRETCH & DRINK FOR 3 MINUTES
REPEAT or combine with "THE 7-UP" for total body

Workout #5) HIIT Sprints Workout

A fun & easy true HIIT workout that can be done anywhere

The key to success with this workout, is to go **100% ALL OUT when sprinting*

"HIIT SPRINTS" WORKOUT		
Interval #1	ALL OUT SPRINT * Run as far and as fast as you can for 20 seconds	20 SEC.
	Walk back to where you started	90 SEC.
REST & STRETCH		30 SEC.
Interval #2	ALL OUT SPRINT * Run as far and as fast as you can for 20 seconds	20 SEC.
	Walk back to where you started	90 SEC.
REST & STRETCH		30 SEC.
Interval #3	ALL OUT SPRINT * Run as far and as fast as you can for 20 seconds	20 SEC.
	Walk back to where you started	90 SEC.
REST & STRETCH		30 SEC.
REPEAT 2 or 3 times depending on your fitness level and goals.		