



15 **FAT** **INCINERATING** **WORKOUTS**

SHED FAT IN 30 MINUTES OR LESS!

CESAR PONCE M.S.

Intro

Hi, I'm Cesar Ponce

We will be getting to know each other in the coming months as I help guide you in your fitness journey. I am a personal trainer with one objective; to help YOU become the best version of YOURSELF!

Not just physically, but mentally as well. You see I strongly believe as the body strengthens so does the mind. It is my mission to assist you in not just losing weight, but strengthening yourself from the inside out.



God, my beautiful Fiancé, my handsome little boy, and helping others become confident in their own skin is what drives me in this life.

So, what separates me from the 1000's of other trainers? I have been in your shoes, I have been the skinny kid whom just wanted to put on some muscle, I have also been the guy whom is in medical terms "obese" and not comfortable in his own skin, I am now finally that guy whom is comfortable in his own skin. I'm not some trainer who doesn't know what it is like to be you, I understand YOU, that is what separates me from the rest. If you're interested in learning more of my story, [CLICK HERE](#).

Contents

Intro	2
Welcome	4
5 Isolated Muscle Group Workouts Guaranteed to Leave You Feeling Accomplished	6
5 Workouts to Shed Fat from Home	8
5 Cardiovascular Exercises That Will Incinerate Fat in Less Than 30 Minutes	11

Welcome

Welcome to 15 Fat Incinerating Workouts,

You have just taken the hardest step in your fitness journey, deciding to take the initiative and begin on a healthier you! I have worked hard on compiling these workouts in order to assist and guide you on this road to better health. Let's face it, we are all adults whom live busy lives, putting 2 hours aside each day to exercise is something many of us can't do, whether it is due to children, school, work or any other responsibilities we just cannot justify 2 hours per day at the gym. This is why every workout in this manual will be completed in 30 minutes or less. It may seem like 30 minutes is not enough time to get a beneficial workout, but I guarantee these workouts at a vigorous tempo as they are intended to be will be more than enough to help reach your goals.

As a rule of thumb ALWAYS warm up before doing any of these workouts, I recommend doing a light jog to get the blood flowing as well as stimulating your mind and getting yourself mentally prepared. If for whatever reason we cannot jog or are just not feeling it, jump on the Bicycle, elliptical, assault bike, or row machine and perform light movements until your mind is fully stimulated and your blood is flowing.

Using this manual

- You WILL complete your workout in less than 30 Minutes
- You WILL burn an hour's worth of calories in 30 Minutes
- You WILL get off the unwanted fat
- You WILL increase your Cardio aerobic threshold

- You Will feel more confident in the gym
- Most importantly you WILL feel more comfortable in your own skin

Unfortunately using this manual

- You WILL NOT be focusing on building strength
- You WILL NOT reap all the benefits if you do not follow the tempo
- You WILL NOT have time for social hour at the gym
- Most importantly you WILL NOT regret any workout



Isolated Muscle Group Workouts Guaranteed to Leave You Feeling Accomplished

For each of these workouts Set a timer for 30 minutes, complete as many rounds as possible with a maximum of 5 rounds. For each workout, the goal is to work hard enough to complete 5 rounds of each movement. For cardiovascular movements, I recommend using a row machine/assault bike, if these are not available any movement such as high knees, jumping jacks and sprints will work.

Chest

- 1a. Bench Press with 60% of your 1RM x 10 Reps
- 1b. DB Chest Flys x 12 Reps
- 1c. Incline pushups x 15-25
- 1d. Chest Dips x 12-15
- 1e. Cardio Vascular Movement Burst x 30-45 Sec

Back

- 1a. Deadlifts with 60% of your 1RM x 10 Reps
- 1b. Inverted pullups x 8-12 Reps
- 1c. Supermans x 15
- 1d. Bent Over Rows x 12
- 1e. Cardio Vascular Movement Burst x 30-45 Sec

Shoulders

- 1a. Barbell strict shoulder press x 12
- 1b. Med Ball Slams x20
- 1c. Barbell High Pulls x 12
- 1d. DB Shrugs
- 1e. KB Swings x 15
- 1f. Cardio Vascular Movement Burst x 30 Sec

Biceps/Triceps

Only one set of 1a./1b.

- 1a. EZ bar Bicep Curls 10>9>8>.....
- 1b. Skull Crushers 10>9>8>.....

Aim for 3 sets of 1b.-4b.

- 2a. DB Hammer Curls x 12
- 2b. Tricep Bench Dips x 15-20
- 3c. DB ½ Curl x 10
- 4d. Triceps Rope Extensions x20

Legs

- 1a. Barbell/DB Squat @60% of 1RM x 10
- 1b. Walking DB Lunges x 8 Per Leg
- 1c. Sumo KB Deadlift x 10
- 1d. Jumping Squats x 15
- 1e. Cardio Vascular Movement Slow Tempo x 60 Seconds



Workouts to Shed Fat from Home

Complete a light warm up before doing any of these exercises, our blood should be flowing and our mind focused.

As many rounds as possible in 20 minutes, adjust rest times as needed.

- 1a. Pushups x 30 sec / Rest 15 Sec
- 1b. Mountain Climbers x 30 Sec / Rest 15 Sec
- 1c. Decline Pushups x 30 Sec / Rest 15 Sec
- 1d. Pushup Position Hold with Reach x 30 Sec (alternate) / Rest 15 Sec
- 1e. Jumping Jacks x 45 sec / Rest 60 sec

Complete as many rounds as possible in 30 minutes.

- 1a. Alternating Walking Lunges x 10 per side
- 1b. Air Squats x20
- 1c. Glute Bridges x 20
- 1d. Sit-ups/crunches x25
- 1e. Leg Raises (abs) x20
- 1f. Plank x 30- 60 Sec

Complete each section 3 times

1a. Shoulder Pushups x 12

1b. Plank Reaches x 20

1c. Plank Build Up x 10

1d. Mountain Climbers x 20

2a. Star Jumps x12

2b. Jumping Jacks x 30

2c. Burpees x 10

Complete 5 Rounds

1a. Jumping Split Squats x 20

1b. Incline Pushups x25

1c. Star Jumps x 10

1d. Army Pushups x 15

1e. Burpees x 5

Complete 3 Rounds

1a. Glute Bridges x20

1b. Leg ins (abs) x20

1c. ½ Crunch x20

1d. V Ups x15

1e. Supermans x 12

Complete 2-3 Rounds

2a. Push Up Throws x 15

2b. Sprint Mountain Climbers x 45 Sec

5

Cardiovascular Exercises That Will Incinerate Fat in Less Than 30 Minutes

Complete a total of 1.5 - 2 miles

1a. Jog .25 of a mile

1a. 10 Burpees

1a. 25 Jumping Jacks / Rest 45 Sec

Complete 2 miles

1a. Jog .20 of a Mile

1a. Sprint .20 of a Mile

1a. Walk .10 of a Mile/ No Rest

Complete 5 rounds

1a. Cardio Vascular Movement Burst x 60 Sec

2a. Mountain Climber Sprint x 45 Sec Burst

3a. Box Jumps x 30 Sec / rest 90 Sec

Complete 5 rounds

1a. Burpees x10

2a. Jumping Jacks x30

3a. Row Machine/assault bike/treadmill x .25 of a mile/ Rest 90 Sec

Complete 5 Rounds

1a. Frog Jumps x 10

2a. Sprint x 5

3a. Fast Tempo Burpees x 8

4a. Elbow Plank x 30 sec / rest 45 sec