

# **THE STUBBORN HOLIDAY FAT WORKOUTS**

**12 DAYS OF FITNESS PROMOTION  
4 WEEK WORKOUT PROGRAM**

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# The Holiday Stubborn Fat Loss Bootcamp Workouts

Most people want to get results as fast as possible. This is a book about how to jack up the intensity of your workouts. For some people reading this, this will take your workouts to the next level. For other people reading this, it will completely revolutionize what you think working out is.

## Here is what you need to know about fat loss workout programs:

- 1.) **Intensity is the most important factor in a fat loss workout.** We increase intensity in three ways:
  - Exercise selection is paramount - choose the biggest, most athletic, most intense movements.
  - Use a timer and keep score - The intensity of your workouts will skyrocket.
  - Your workout program needs to change every four weeks.
  
- 2.) **The leanest people are usually the strongest.** We need strength in four movements:
  - Pushing - Pushups, bench press, and any overhead presses
  - Pulling - Pullups and any kind of rowing movements
  - Squatting - Squats, lunges, split squats, one legged squats
  - Hip Extension - Deadlifts, kettlebell swings, one leg deadlifts

## **Week One: Workout One - Bootcamp**

How many rounds in 20 minutes:

10 Explosions

10 Bent Over Rows

## **Week One: Workout Two - Bootcamp**

How many rounds in 20 minutes:

15 dumbbell swings

10 renegade rows (5 each arm)

## **Week One: Workout Three - Strength**

Single Leg Deadlifts 2 x 15 left leg + 15 right leg

Floor press 2 x 15

Split Squats 2 x 15 left leg + 15 right leg

Bent Over Rows 2 x 15

## **Week Two: Workout One - Bootcamp**

How many rounds in 20 minutes:

10 Burpees

10 Floor Presses

10 Bent Over Rows

## **Week Two: Workout Two - Bootcamp**

How many rounds in 20 minutes:

15 dumbbell swings

10 renegade rows (5 each arm)

## **Week Two: Workout Three - Strength**

Single Leg Deadlifts 3 x 15 left leg + 15 right leg

Push Press 3 x 15

Dumbbell Front Squats 3 x 15

Bent Over Rows 3 x 15

### **Week Three: Workout One - Bootcamp**

15 dumbbell swings  
10 explosions

### **Week Three: Workout Two - Bootcamp**

How many rounds in 20 minutes:  
15 dumbbell swings  
10 renegade rows (5 each arm)

### **Week Three: Workout Three - Strength**

Single Leg Deadlifts 4 x 15 left leg + 15 right leg  
Floor Press 4 x 15  
Split Squats 4 x 15 left leg + 15 right leg  
Bent Over Rows 4 x 15

### **Week Two: Workout Four - Bootcamp**

How many rounds in 20 minutes:  
10 Explosions  
10 Bent Over Rows

### **Week Four: Workout Three - Bootcamp**

How many rounds in 20 minutes:  
15 dumbbell swings  
10 burpees

### **Week Four: Workout Three - Strength**

Single Leg Deadlifts 2 x 15 left leg + 15 right leg  
Push Press 2 x 15  
Dumbbell Front Squats 2 x 15  
Bent Over Rows 2 x 15

# The Stubborn Holiday Fat Bootcamp Workouts

The bootcamp workouts are going to be 20 minutes long.

Inside of that 20 minute time frame you are going to do a circuit including two or three exercises.

We're going to see how many circuits you can complete in that 20 minute time frame.

This serves one major purpose - it provides the exact right amount of intensity we want, every single time. We already know intensity is the key.

If you complete less than three rounds in 20 minutes, the weight is too heavy. If you complete seven rounds or more in 20 minutes, then the weights you are using are too light.

You can rest any time you like. The more you rest, the less rounds you can complete in the 20 minute time frame. If you're doing right around five rounds (which would be perfect) you *will* have to rest to maintain good form. I mention this because a lot of times people are afraid of resting. Resting is totally ok.

You'll need to keep a workout log where you write down all the sets and reps (your score). You have to know exactly what you've done in the past to set up your current workouts. Logging every workout is the only way to know if you're progressing.

## The Score and Progression

On the bootcamp circuits, if you can do more than 7 circuits, then you're ahead of those weights. It's time to bump up the weight on that workout.

Your goal, every time you repeat a workout, is to either beat your score from last time (complete more circuits), or to do it with more weight than you did last time.

Any reps done with bad form don't count. If it's worth doing, it's worth doing right.

If you're going to keep score, then don't count half reps. You'll get more benefit from full, complete, perfect reps.

It should be *extremely challenging*, but you need to maintain perfect form.



## The Strength Workouts

The strength workouts are pretty straightforward.

The strength workouts are going to have 3 sets of 15 reps.

There is going to be three minutes rest between each set. We're working the opposite end of the spectrum from the fighter workouts, so there's no reason to compress rest. We want to lift as heavy as possible, so we get full rest.

# Nutrition for Fat Loss -

**In terms of Nutrition, we are playing three games:**

**1.) Lose Fat** - Consume less calories, or burn more calories.

**2.) Hold or build muscle** - consume enough protein and do smart enough resistance training workouts that we hold on to muscle while we lose fat.

**3.) Be Full, happy, and satisfied** - Eat good whole foods. Eat protein and good fats. Eat good, clean, low calorie, high volume carbs. Eat the least processed food you can. Shop at the outer edges of the super-market; Get fruit, vegetables, nuts, fish, poultry, pork and lean beef.

## The Food Log

Look, if you aren't keeping a food log, you aren't in the game. If you don't know how many calories you are consuming, you can't make smarter decisions about food. Your food log will be your best education. I'll give you a head start - the "cleanest", most whole, fresh food usually has the least calories. And it's the best for you.

Keeping a food log is the only way you can really know. If you want to get really lean, if you want to acutally get the body you've always wanted, then keeping a food log is an absolute requirement. You need to know how many calories you are consuming. You need to know if you are getting enough protein.

# Food As Fuel

You have to treat food like fuel. Seriously, food is not entertainment, it's fuel. The reason that fighters are so lean is because they eat as fuel for performance. And because they *have* to make weight. If you *had* to make weight, do you think you would *ever* eat fast food?

***Everything you eat is either taking you closer to your body composition goal, or it's taking you farther away.***

If you want hardcore results, you've got to get hardcore about your food. Trust me, we're definitely going to have you doing some hardcore workouts.

You should eat real food 90% of the time. That means that if you eat 35 meals per week (5 meals per day) that means you get 3.5 "free" meals per week. Seriously, 9 out of 10 meals should be tight.

**You can get your fuel on the outside edges of the supermarket:**

**1.) Protein** - Meat, bison, poultry, fish, chicken, and pork.

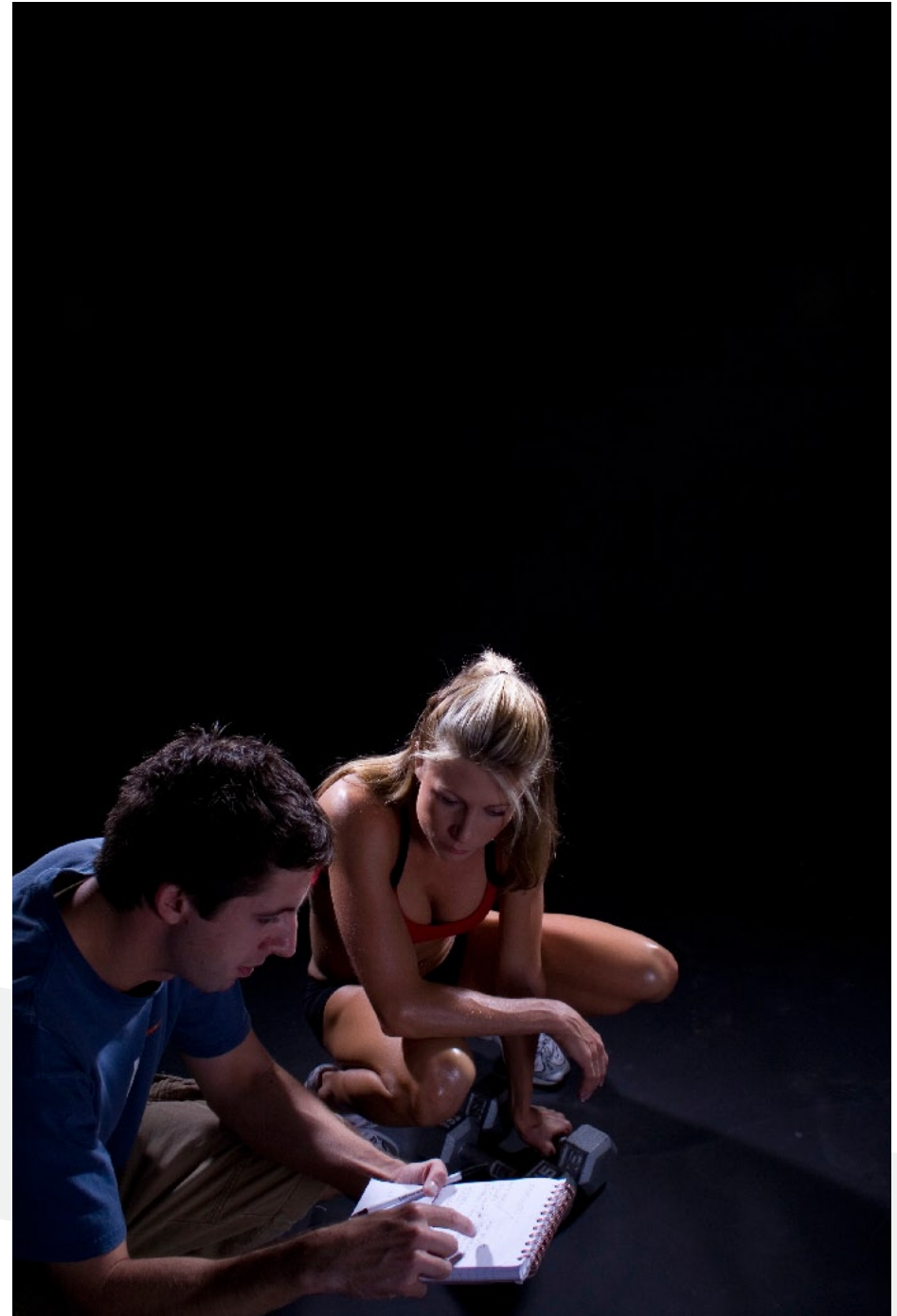
**2.) Carbs** - Fruit, vegetables, oatmeal, brown rice, sprouted bread

**3.) Fat** - Fish oil, nuts, avocado

## The Bottom Line

If you aren't losing fat, the first place to look is always total calories. If you are eating more calories than you are burning, you'll get bigger. If you are eating less calories, you'll get smaller.

The second place to look is quality of food. Shop at the outside edges of the supermarket. Ask yourself: [“Could a caveman hunt it or gather it?”](#)



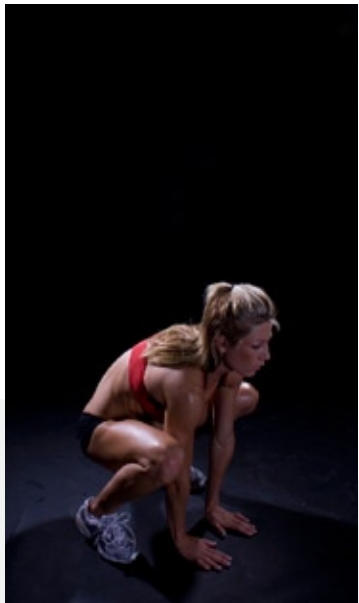
# Burpees

Burpees are a full body ass kicking.

Drop your hands to the floor, then kick your feet out.

Lots of people would have you do a pushup at this point, but I'm going to have you skip the pushup - we usually pair the burpee with some other pushing movement.





Next, jump your feet back under you.

Immediately jump up in the air.

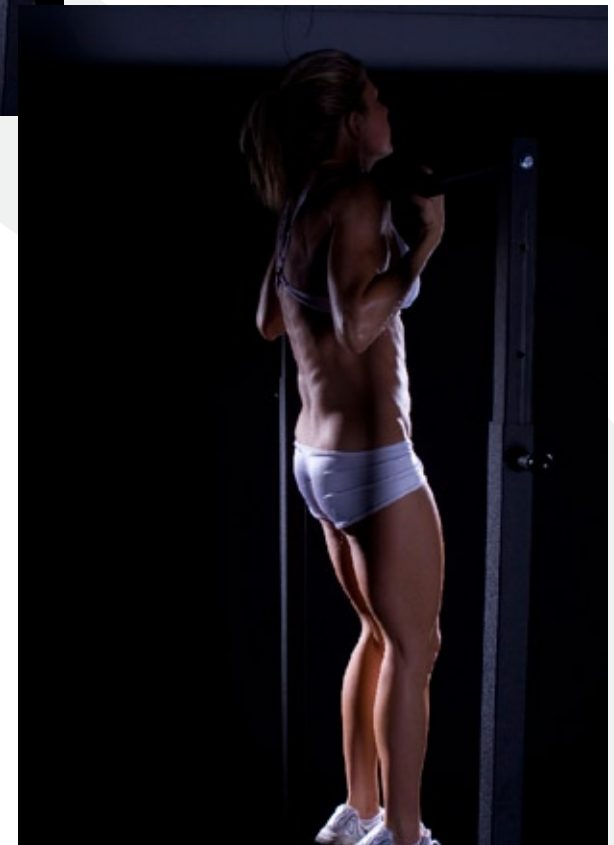
That's one rep.

# Pullups

I tend to use the words ‘pullups’ and ‘chinups’ interchangeably, all though technically a pullup is overhand and a chinup is underhand.

I don’t care which way your hands face, just pull yourself up until your chin is over the bar.

If you can’t do full pullups, feel free to use an assisted pullup machine. Another option is to loop a jumpstretch band (basically a giant rubber band) over the pullup bar, and then stick your foot in it. Using jumpstretch bands is a great way to make pullups easier.



# Renegade Rows

In a pushup position, put all of your weight on your left hand.

Then row with your right hand.

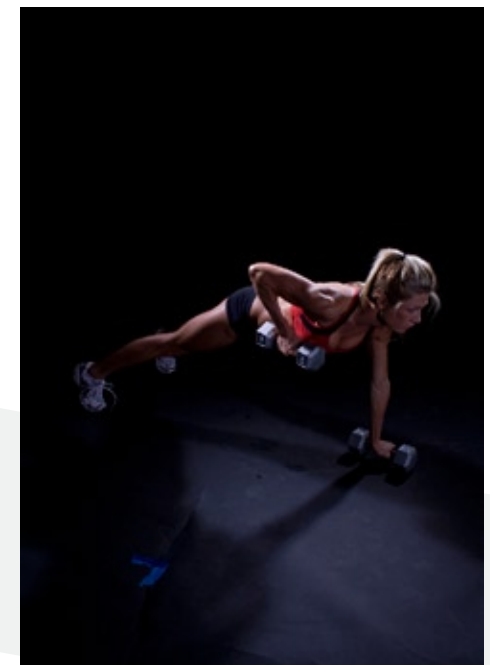
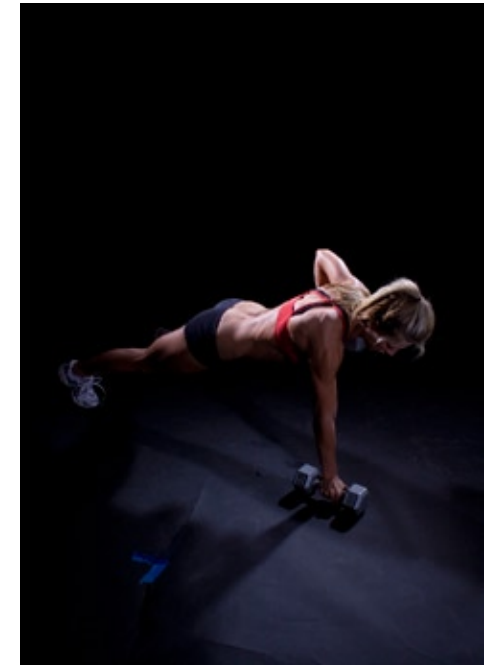
Set the weight down, then put all of your weight on your right hand.

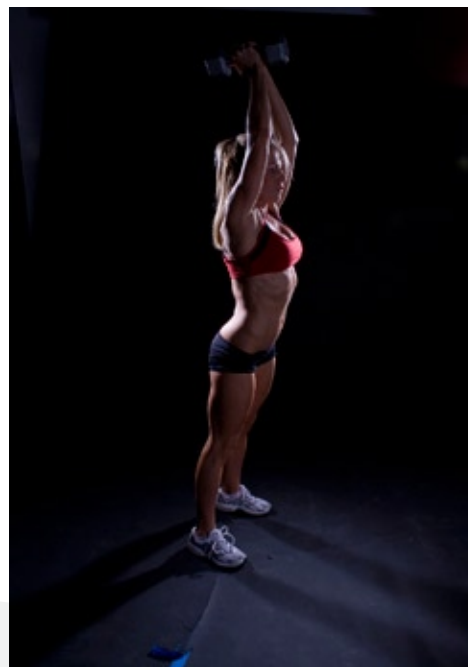
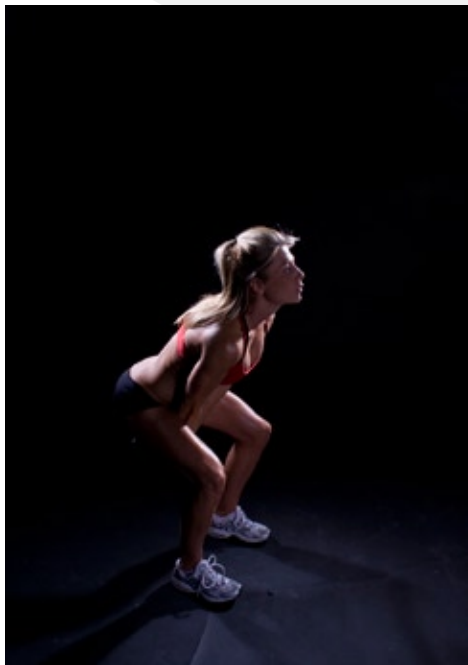
Then row with your left.

You want to keep your hips square to the floor. To keep them from twisting, you'll need to brace all of the muscles in your core.

Brace your abs like you are bracing for a punch.

Flex your butt like you are bracing to get kicked in the butt.





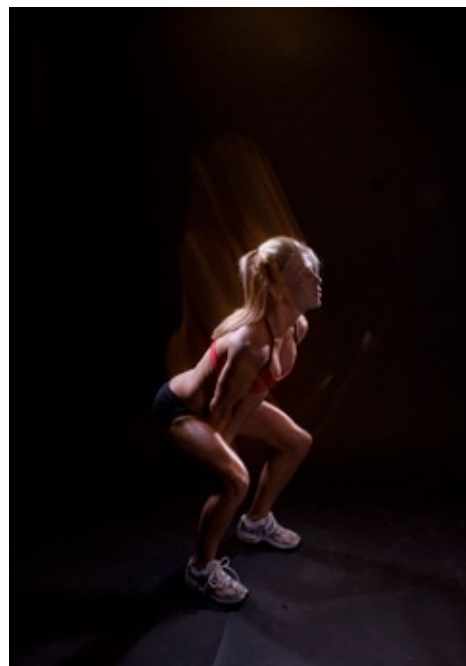
## Kettlebell Swings

**The mechanics of the swing looks very similar to how we have learned to squat correctly, but the speed is the same as a jump.** In fact it's almost exactly like a jump, except that instead of projecting the force into your body so you jump, you are projecting the force forward into the dumbbell.

Keep your back arched and your eyes up. Sit back just like in a squat, but it's OK to be folded a little more forward at the hips. Notice I said folded forward at the *hips*. It is not ok to be bent forward at the *lower back*.

**Snap your hips forward hard and fast. Think about the same velocity as throwing a punch.**

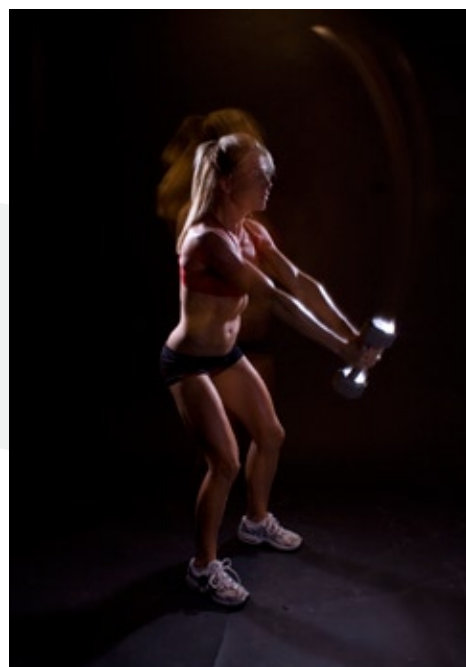
At the same time you are snapping your hips



forward, your legs straighten out completely. Imagine you are jumping the weight up. The power comes from your legs. It should be all glutes and hamstrings.

Don't use your arms. At all. If your shoulders or arms are getting tired, that means you are using them, which is bad and wrong. This is not a front raise.

If your lower back is getting more tired than your glutes and hamstrings, that's another indicator that you are using your arms too much.



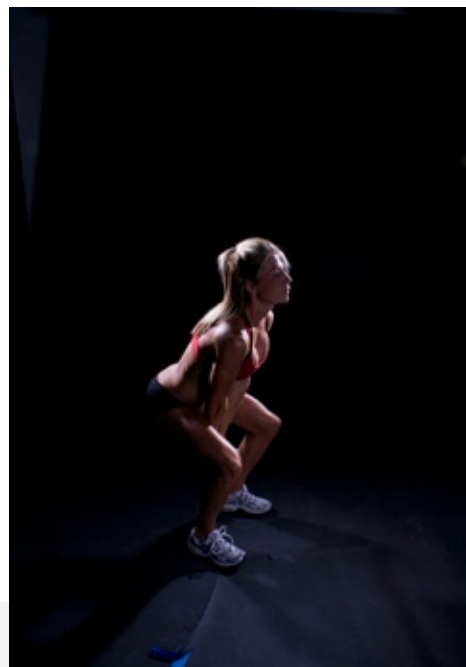
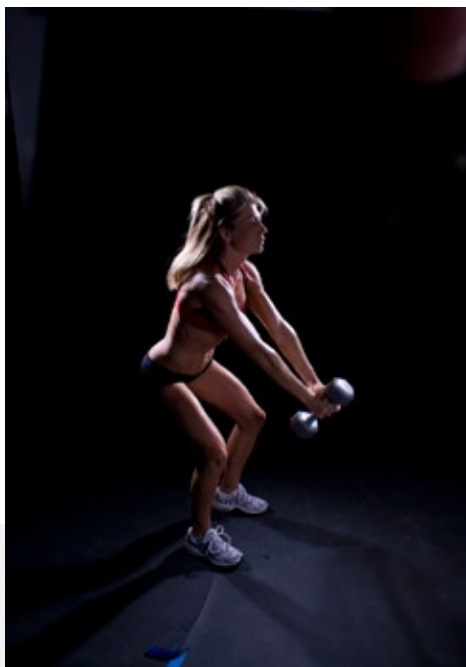
The dumbbell only moves because of hip snap. Just imagine your arms are loose like rope. Imagine the dumbbell is a wrecking ball. Hip snap only!

Get a feel for it. Develop some finesse. It's a skill move, you're practicing developing power from the ground up.



Full body exercises require form and concentration and practice, but that is also what makes them interesting. And it's all worth it because of the massive effect that full body exercises have on your body composition.

After you've popped the weight up with your hips, it will go weightless for a second. At that point you want to snap it back behind you. Just like hiking a football.



When it drops behind you, you want to immediately snap your hips forward again. One rep goes immediately into the next.

Dumbbells are fine, but I prefer to use a gripper plate or kettlebell if available. Here Cody has demonstrated swings with a dumbbell.

Swings are like a one exercise fat burning supercharger. Have fun!



# Explosions

Arch your back.

Chest Out.

Eyes up.

Push your butt back and sit into a good squat.

Flex your butt hard and push through your heels exploding up.

The momentum from your legs should drive the weights off your shoulders and overhead.

Think about it like “jumping” the weight up (although your feet do not leave the ground).

It should be one fluid full body movement.

The goal is to do as much of the work as possible with your legs, and as little of the work as possible with your arms.

## The Floor Press

The floor press is great when you don't have a bench.

Press the weight up and into the center.

Bring the weight down slowly and under control. Don't bang your elbows on the ground.



# Dumbbell Front Squats

All of the weight should be on your heels.

Arch your back.

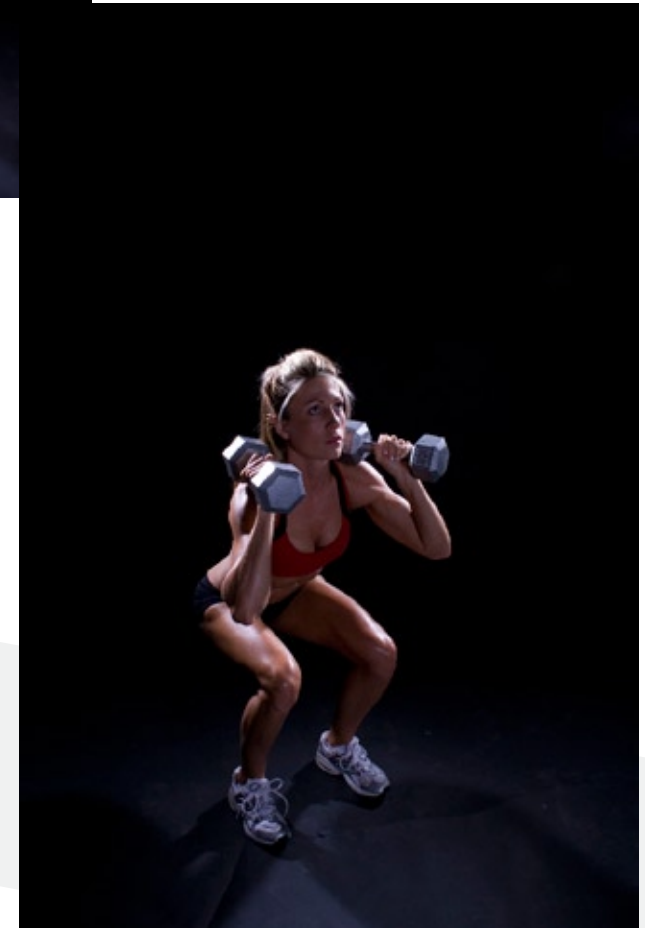
Sit your butt back.

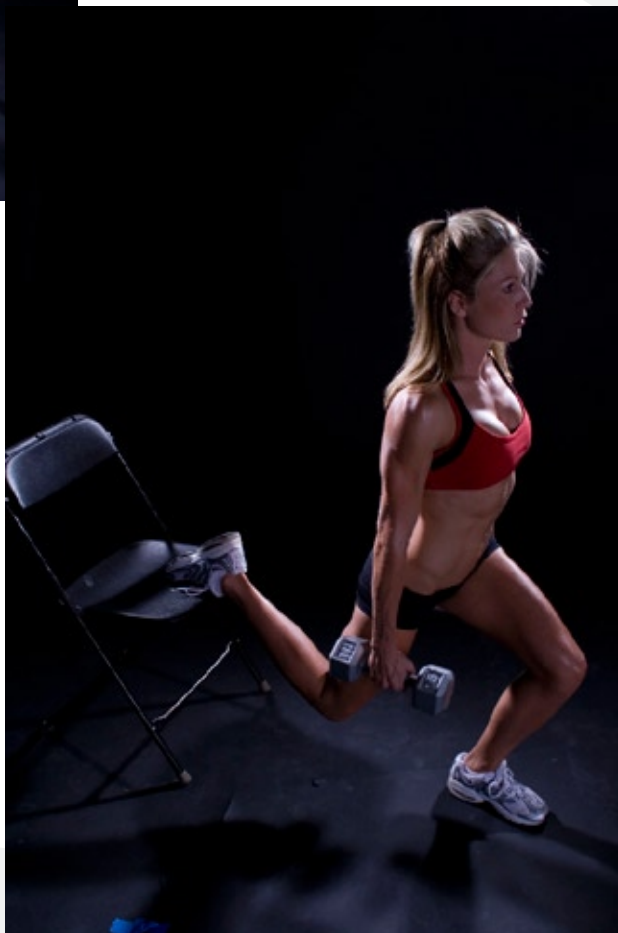
Keep your chest up.

Keep your eyes up.

Flex your butt hard, drive through your heels, and stand back up.

The biggest mistake people make is sitting down instead of sitting back. Squatting is all about your butt going backwards. If you sit your butt back, down will take care of itself.





# Split Squats

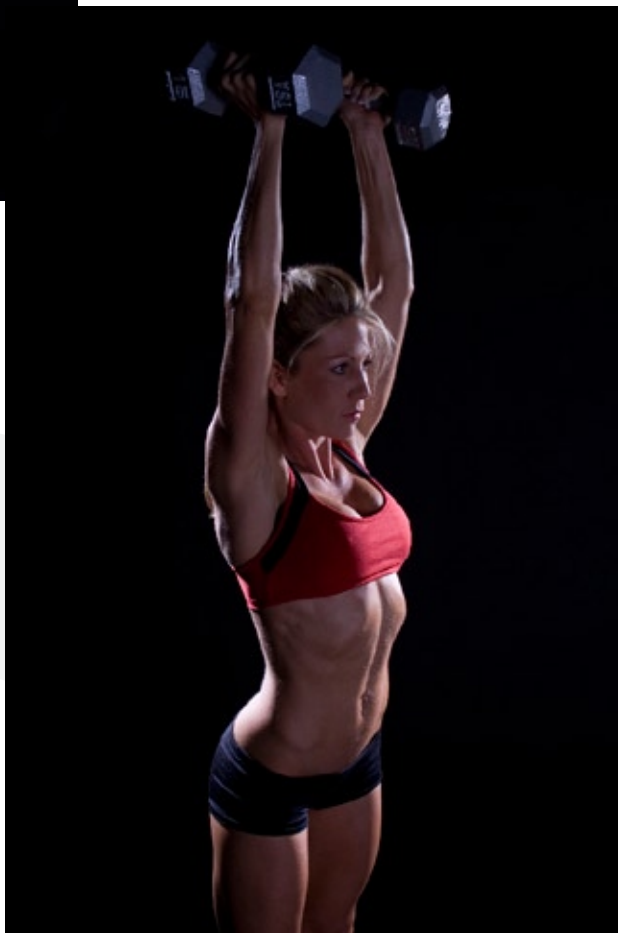
Put your back foot up on something.

Keep the weight on the heel of your front foot.

Drop down, keeping all of the weight on the heel of your front foot.

Flex your butt hard, drive through your heel, and stand back up.

Complete all of your reps on one leg, then switch to the other leg.



## The Push Press

Start with the dumbbells resting on your shoulders and your elbows forward.

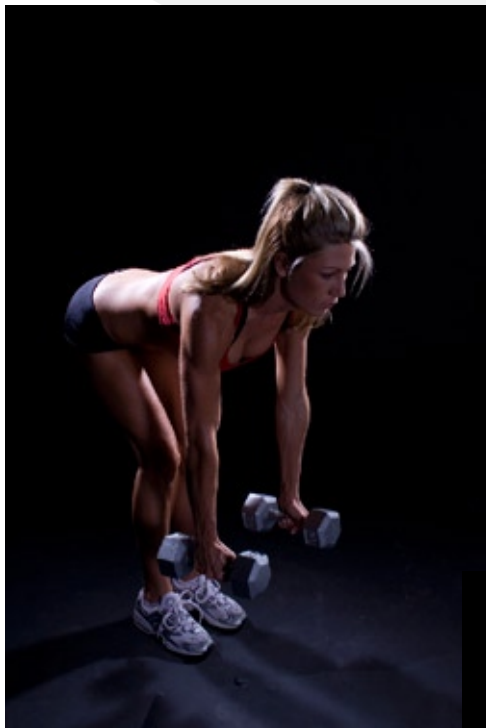
Dip your knees a little.

Then immediately explode up driving the dumbbells up over you.

Lock out your arms at the top.

Think about it like jumping the weight up over you.

Make sure to drive through your heels at the bottom.



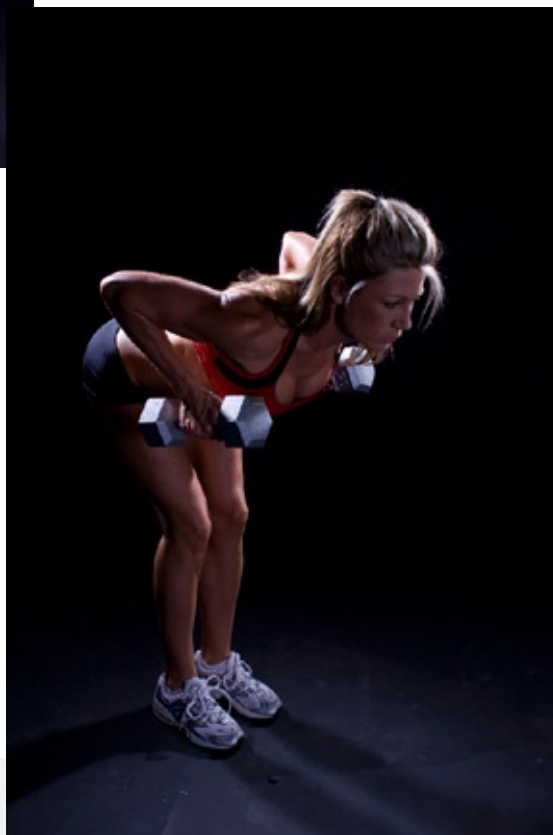
## Bent Over Row

Start with the weights hanging below you.

Pull the weights up and back.

Imagine pulling your elbows back instead of your hands.

The entire exercise, you should be folded forward as much as possible, but with your lower back arched and your chest up.

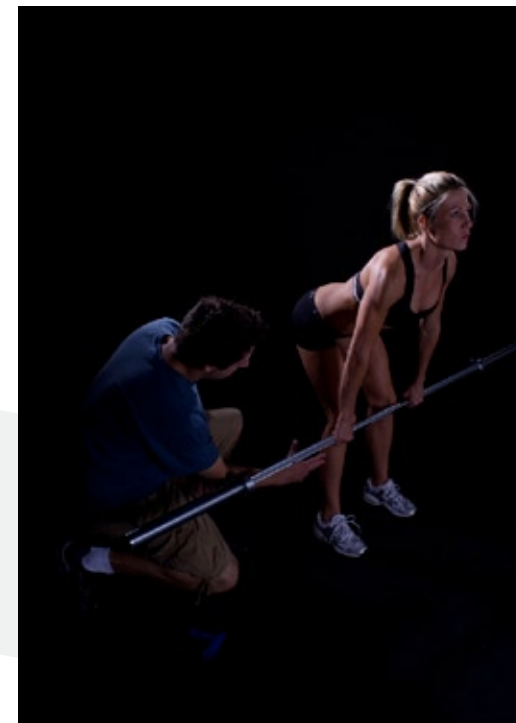
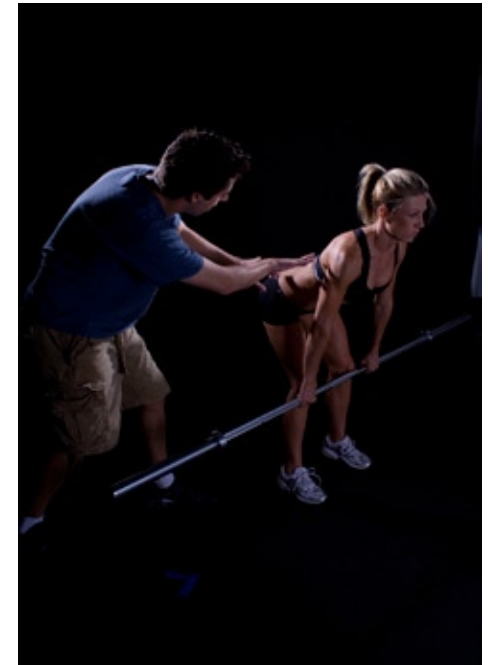
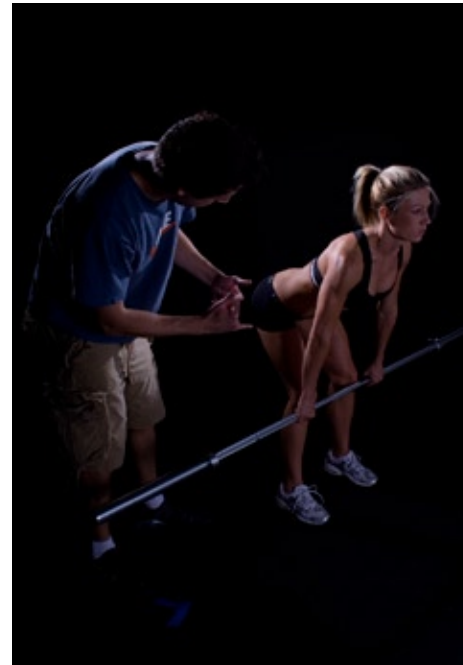


# The Stubborn Seven Pounds Story

I started off studying fitness because I was getting my butt kicked in Brazilian Jiu Jitsu. Unlike Krav Maga which had come very naturally to me, Brazilian Jiu Jitsu took me a long time to get a handle on.

I was getting beaten not because of skill, but on my lack of strength and conditioning. I started studying BJJ specific strength and conditioning night and day.

Fast forward three years.



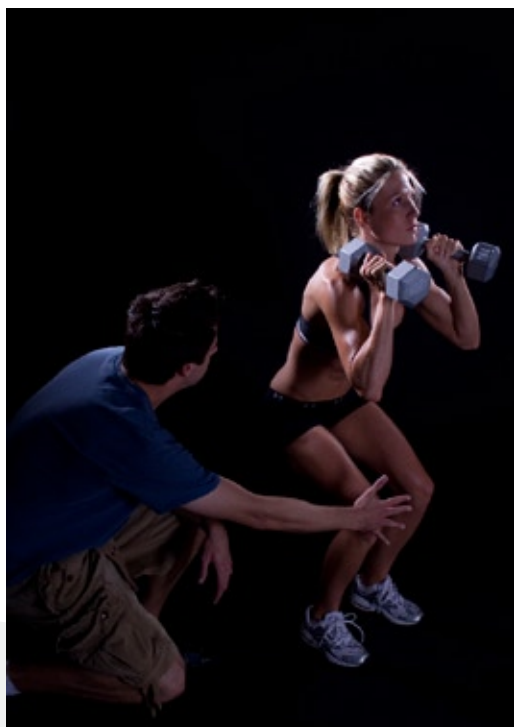


I've been to the Russian Kettlebell Challenge Instructor Certification, and their Combat Applications Course.

I've studied Brazilian Jiu Jitsu at Gracie Barra in Rio De Janeiro. (and I also happened to meet my wife at the same time!)

I'd become a NASM certified personal trainer, and then a performance enhancement specialist.

As it happened, instead of guys looking for fighting sport conditioning, the clients I always got were women who had been working out consistently, but still were stuck with stubborn fat they

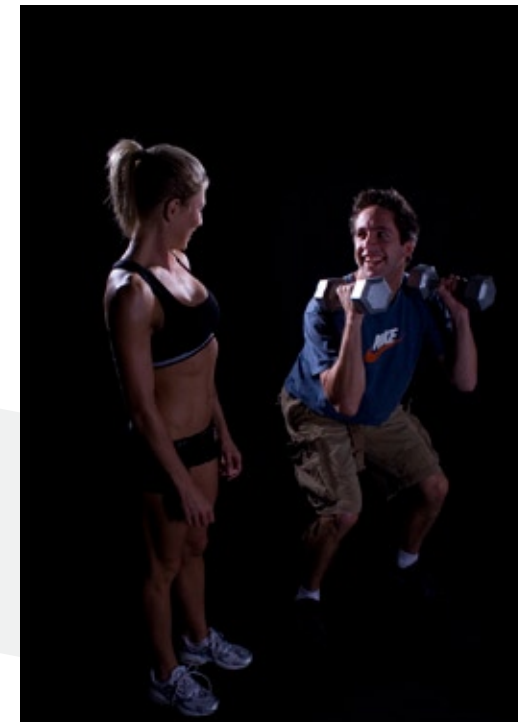
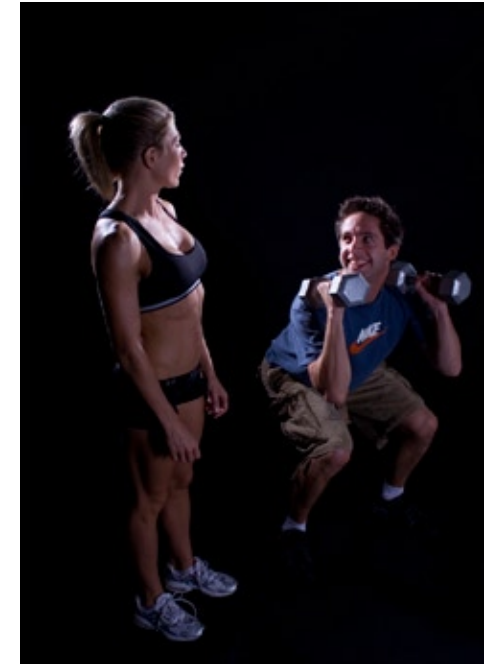
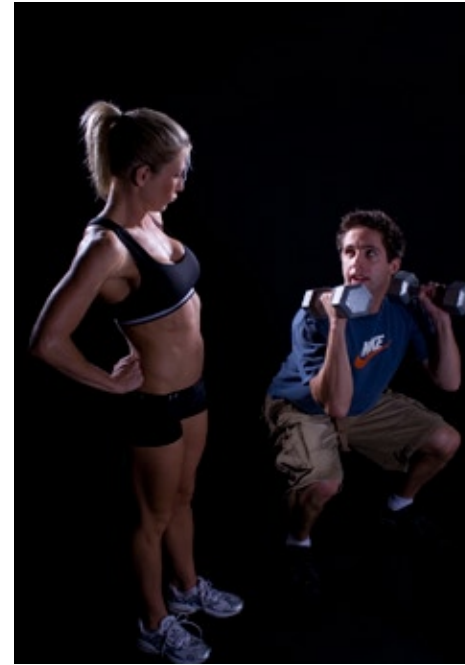


wanted to get rid of.

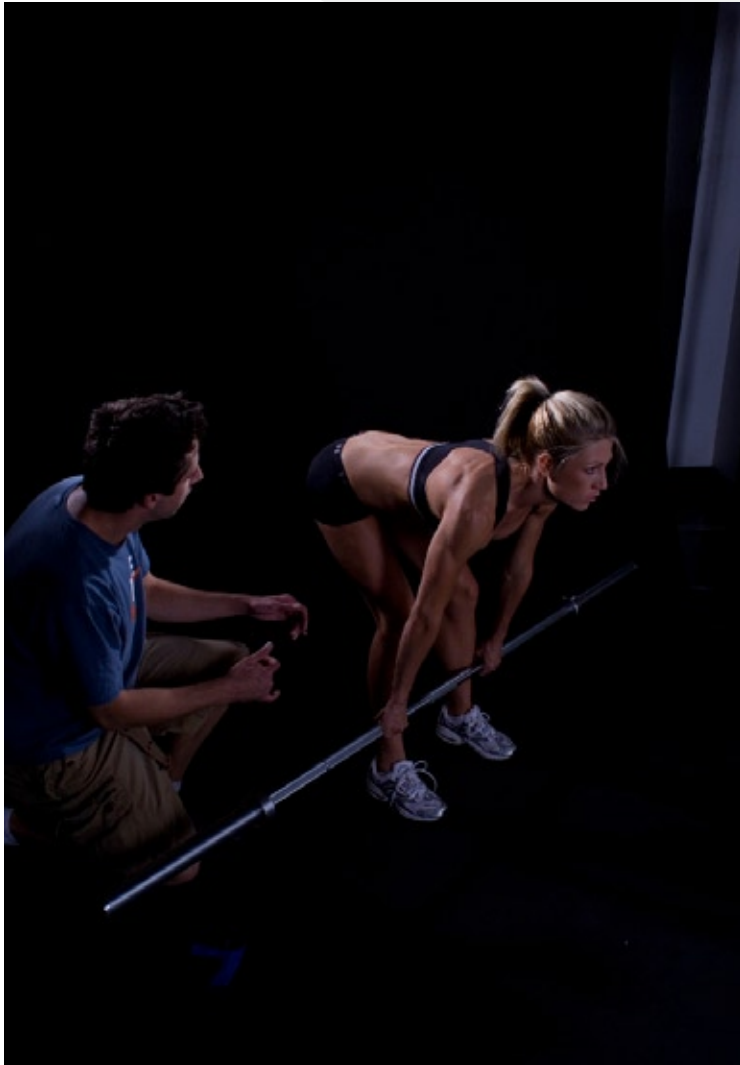
I'd get women who were getting ready for weddings, getting ready for 10 year reunions, or getting ready for vacations in Mexico. What ever the event was, my job was to get them in wicked hot shape fast - when nothing else had worked for them before.

It turned out to be better at helping clients lose stubborn fat than anything else, and it was what was the most fun for me.

I had a breakthrough in client results when I start bringing more and more athletic elements of strength and con-



ditioning into the workouts for my fat loss clients.



We'd do fairly standard fat loss workouts two days per week, but the third workout each week we'd do what I'd call "bootcamp workouts" or "fighter workouts" - timed circuits of really intense full body movements. This was our "fun day".

People loved it. It was way more fun, way more interesting.

I knew it would be fun -

What surprised me was that my clients started getting results faster.

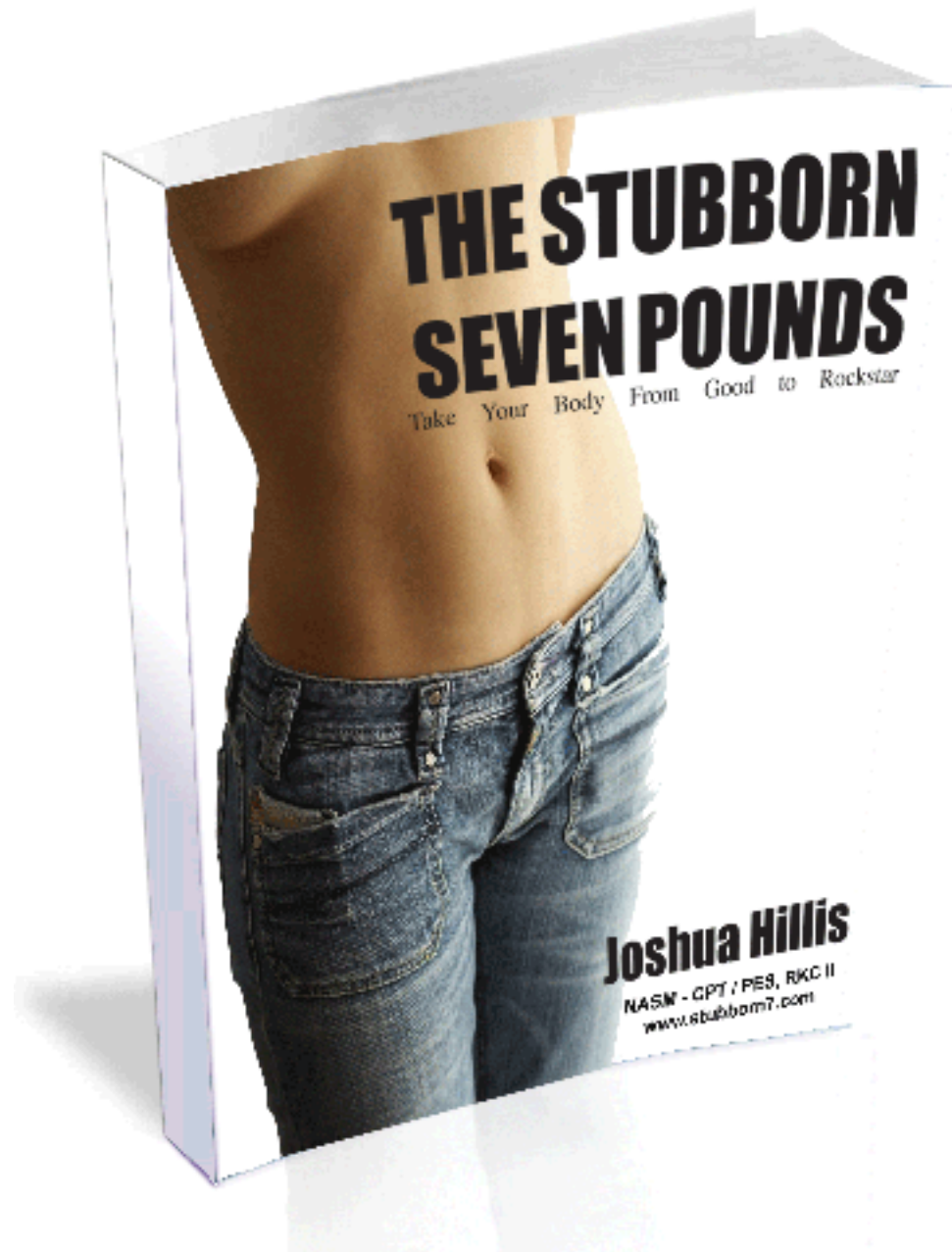


Much faster.

I started phasing out the more traditional workouts that I'd been taught, and bringing in more and more of the athletic conditioning. My clients were getting results twice as fast as before.

Since then I've been continually re-working the phases, tuning them up for fat loss.

These are the most intense, most powerful fat loss workouts you can do. Rock these workouts, keep your food log tight, and you'll get the results you're looking for.



Josh Hillis is the author of [The Stubborn 7 Pounds: How To Go From Good to Rockstar.](#)

Josh is one of the fat loss experts in [The Ultimate Fat Loss Answers](#) roundtable interview.

Josh has been featured in The Denver Post and USA Today.

Every week you can read Josh's advice on how to get fit and lose stubborn fat at [www.joshsarticles.com.](http://www.joshsarticles.com)