BUILD YOUR BODY SERIES

21 BODYWEIGHT-ONLY F.I.R.E. WORKOUTS

POWERED BY BLUE PHOENIX FITNESS

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DISCLAIMER

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

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DISCLAIMER

Don’t lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don’t perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting.

Don’t perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. Please follow your doctor’s orders.

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BODY, MIND, LIFE.

1,000,000 Canadians eating, moving & thinking better so that they can become the strongest version of themselves, feel 10 years younger & using fitness to enhance their life without consuming it - that's what drives Blue Phoenix Fitness.

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WHAT ARE F.I.R.E. WORKOUTS?

Full body.

high **I**ntensity.

Resistance-based.

Exercise.

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"OBSTACLES ARE THE COST OF GREATNESS."

-ROBIN SHARMA

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F.I.R.E. CHALLENGE WORKOUTS

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F.I.R.E. WORKOUT #1

DO THIS

Complete all 25 reps of each exercise with NO rest between exercises.

Rest 2 minutes and repeat for a total of 2 rounds.

Time yourself and try to beat your time the next time you do this workout

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- JUMPING JACKS - 25
- CLOSE-GRIP PUSH UPS - 25
- BURPEES - 25
- MOUNTAIN CLIMBERS - 25
- WALKING PRISONER LUNGES - 25
- LYING LEG RAISES - 25
- PRISONER JUMP SQUATS - 25
- PLANK TO PUSH UP - 25
- LATERAL LUNGES - 25
- SINGLE LEG HIP BRIDGE - 25

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F.I.R.E. WORKOUT #2

DO THIS

Complete as many GOOD reps as possible of each exercise in the recommended time.
Record your reps and try to beat yourself the next time you do this workout

CIRCUIT

3 minutes Burpees
REST 1 MINUTE
3 minutes Walking Lunges
REST 1 MINUTE
3 minutes Seal Jacks
REST 1 MINUTE
Plank (as long as possible)

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F.I.R.E. WORKOUT #3

SPADES ♠ = Burpees
HEARTS ♥ = Push Ups
DIAMONDS ♦ = Prisoner Walking Lunges
CLUBS ♣ = Mountain Climbers

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DO THIS

Start with a full deck of 52 cards. Pull a card from the deck and complete that number of reps of the corresponding exercise. Repeat until you've gone through the entire deck.

Ace = 14
King = 13
Queen = 12
Jack = 11
10 = 10
And so on...

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F.I.R.E. WORKOUT #4

OPTION 1: ROWING MACHINE

Row 5000 meters. Write down your time & try to beat it next time.

OPTION 2: WALK/RUN 1 MILE

Walk or run 1 mile. Write down your time & try to beat it next time.

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Whether you're looking for sustainable weight loss strategies or to simply live a healthier, fit life - Blue Phoenix Fitness Coaching can help.

Take the next step towards your best & strongest fit life by applying today at:

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F.I.R.E. LADDER WORKOUTS

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F.I.R.E. LADDER WORKOUTS

For all of the following workouts, start with 12 reps of each of the following exercises. Then do 11 reps of each, then 10 reps of each, then 9 reps of each and so on until you get to 1 rep of each.

Always do ALL reps on both legs/arms (i.e. Lunges, Split Jumps, TPush Ups etc.)

Rest when needed, but try not to until you're done.

Challenge yourself by going back UP when you get to 1 rep. So you would do 1 rep of each again, then 2 reps of each, 3 reps of each etc.

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F.I.R.E. LADDER WORKOUTS

WORKOUT 5

A. BURPEES
B. WALKING LUNGES

WORKOUT 6

A. BROAD JUMPS
B. WIDE PUSH UPS

WORKOUT 7

A. SEAL JACKS
B. PRISONER SQUATS

WORKOUT 8

A. DROP SQUAT
B. MOUNTAIN CLIMBER

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F.I.R.E. LADDER WORKOUTS

WORKOUT 9

A. SQUAT JUMP
B. PLANK TO PUSH UP

WORKOUT 10

A. ALTERNATING LUNGE JUMP
B. T-PUSH UP

WORKOUT 11

A. BOX JUMPS
B. DECLINE PUSH UPS

WORKOUT 12

A. SPIDERMAN PUSH UPS
B. PRISONER SQUATS

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"DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR."

A LITTLE BIT BETTER EVERY DAY.

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F.I.R.E. WORKOUT 13

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DO THIS

Alternate between 20 seconds of WORK and 10 seconds of REST for each of the following exercises.
Complete ALL sets of each exercise before moving onto the next exercise.

EXERCISES

1A. Burpee + Chin Up x 4 sets
1B. High Knee Sprint In Place x 8 sets
1C. Close Grip Push Ups x 4 sets
1D. Seal Jacks x 8 sets
1E. Prisoner Reverse Lunges x 8 sets

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F.I.R.E. WORKOUT 14

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DO THIS

Alternate between 20 seconds of WORK and 10 seconds of REST for each of the following exercises.
Complete ALL sets of each exercise before moving onto the next exercise.

EXERCISES

1. Jumping Jacks x 8 sets
2. Spiderman Mountain Climber x 6 sets
3. Single Leg Hip Extension x 4 sets
4. Wall Sit x 8 sets
5. Push Ups x 4 sets
6. Lateral Jump + Burpee x 8 sets

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F.I.R.E. WORKOUT 15

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DO THIS

Alternate between 20 seconds of WORK and 10 seconds of REST until you've completed all of the following exercises.

When you've completed every exercise, rest 1 minute and repeat for a total of 8 rounds.

EXERCISES

1. Lateral Jumps
2. Hip Extension
3. Inchworm
4. Lateral Lunge
5. Seal Jacks
6. Push Ups

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F.I.R.E. WORKOUT 16

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DO THIS

Complete the following workout in a circuit, resting 15 seconds between exercises.

When you finish all of the exercises, rest 1 minute and repeat for 4 total rounds

EXERCISES

1A. Split Jumps x 12 reps

1B. Plank Walk Up x 10 reps

1C. Single Leg Burpee x 10 reps (5/leg)

1D. “T” Side Plank x 30seconds/side

1E. Jumping Jacks x 25 reps

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F.I.R.E. WORKOUT 17

DO THIS

Complete all reps of each exercise before moving on to the next exercise.
Rest as needed, but try not to.
When you finish all exercises, rest 2 minutes and repeat for 2-3 rounds

EXERCISES

Seal Jacks x 25
Mountain Climbers x 20
Long Broad Jumps x 12
Push Ups x 12
Prisoner Walking Lunges x 10
Single Leg Hip Extension x 20

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F.I.R.E. WORKOUT 18

Do each group of exercises as a superset, alternating between exercises with
20 seconds of WORK and 10 seconds REST until you've completed all sets.
Rest 2 minutes and continue to the next superset.

SUPERSET 1

A. TUCK JUMPS
B. CROSS BODY MOUNTAIN CLIMBER
6 SETS

SUPERSET 2

A. LATERAL JUMP + BURPEE
B. PRISONER WALKING LUNGE
6 SETS

SUPERSET 3

A. SKIPPING
B. SINGLE LEG HIP BRIDGE
6 SETS

SUPERSET 4

A. SEAL JACKS
B. PUSH UPS
6 SETS

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F.I.R.E. WORKOUT 19

Do each group of exercises as a superset, alternating between exercises with 40 seconds of WORK and 20 seconds REST until you've completed all sets. Rest 2 minutes and continue to the next superset.

SUPERSET 1

A. ALTERNATING LUNGE JUMP
B. T-SIDE PLANK
4 SETS

SUPERSET 2

A. SKATER HOPS
B. MOUNTAIN CLIMBER
4 SETS

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SUPERSET 3

A. PRISONER SQUAT
B. PIKE PUSH UPS
4 SETS

SUPERSET 4

A. LATERAL LUNGE
B. PLANK TO PUSH UP
4 SETS

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F.I.R.E. WORKOUT 20

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DO THIS

Complete as many rounds of the following circuit as possible in 15 minutes, resting as needed.
Track how many rounds you do and try to beat yourself next time.

EXERCISES

1A. Single Leg Burpee x 12 (6/leg)
1B. Spiderman Mountain Climber x 10
1C. Lateral Lunge x 8
1D. Jumping Jacks x 25
1E. Hip Extension x 20

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F.I.R.E. WORKOUT 21

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DO THIS

Complete as many rounds of the following circuit as possible in 8 minutes, resting as needed.
Rest 3 minutes and repeat for another 8 minutes, trying to do a little more than the first set.

EXERCISES

1A. Seal Jacks x 20

1B. “T” Push Ups x 12 (6/side)

1C. Box Jumps x 6

1D. Prisoner Reverse Lunges x 16 (8/leg)

1E. Inchworm x 6

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BONUS F.I.R.E. KETTLEBELL WORKOUT

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DO THIS

Alternate between 20 seconds of WORK and 10 seconds of REST until you've completed all of the exercises in the circuit.

Rest 1 minute and repeat for a total of 5 rounds.

EXERCISES

1A. 2-Hand Kettlebell Swing

1B. Cross Body Mountain Climbers

1C. Single Arm Kettlebell Row

1D. Kettlebell Goblet Squat

1E. Single Arm Kettlebell Overhead Push Press

1F. Seal Jacks

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MEET YOUR COACH - CAMERON MAKARCHUK

Cameron Makarchuk is founder & CEO of The Blue Phoenix Company, International Best Selling Author ("Results Fitness"), Certified Personal Trainer (CSEPCPT), Certified Online Trainer (OTC) & Certified Precision Nutrition Level 1 (Pn1).

He also holds a 4 year Bachelor of Exercise & Sport Science degree as well as over 13 years working hands on with hundreds of successful clients.

He has devoted his life to helping 1,000,000 people eat better, move better and feel better while living awesome lives through his professionally designed training programs, flexible lifestyle-based nutrition coaching and strategies for living an optimal life.

You can see some of his real life client success stories at - BLUEPHOENIXFITNESS.COM/COACHING

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