Use My 7 Day Express Workout Program to IGNITE Your Metabolism, for EXTREME FAT BURN and Boost Your Growth Hormones to Build LEAN HARD MUSCLES.
MEDICAL DISCLAIMER

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide.

The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, weight training and nutrition while using the Funk Roberts 7 Day Express Fat Burn Workout Program. No health claims are made for this guide.

The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

If you have been sedentary and are unaccustomed to vigorous exercise, you should NOT do this program and obtain your physician’s clearance before beginning any exercise program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual.

The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described herein.
Use My 7-Day Express Fat Burn Workout Program to Ignite your Metabolism, Boost Your Growth Hormones and Build Lean Muscle

Use this 7-Day Express Fat Burn Workout Program to Help Ignite Your Metabolism, Boost Your Growth Hormones and Increase Your cardio so you can get leaned and ripped or start to build muscle and burn fat.

My scientific proven 7 Method Solution to Staying Muscular and Ripped 365/24/7
Follow this combination and you too can be ripped 24-7.

WHAT IS METABOLIC TRAINING?

Metabolic Training and how it will help you burn fat and build lean muscle mass

The short definition of metabolic training is completing compound exercises with little rest in between in an effort to maximize calorie burn and increase metabolic rate during and after the workout.

Unlike traditional weight training routines that exercise isolated muscle groups one at a time, compound exercises target multiple joints and muscles concurrently. Only this method will raise your metabolism, burn fat and develop lean, dense muscle mass each and every day.

HOW DOES METABOLIC TRAINING HELP BUILD LEAN MUSCLE AND BURN FAT?

Metabolic training is high intensity anaerobic exercise that makes you breathless. If you are completing a metabolic workout and you are not breathing hard and sweating, something is wrong. Ideally you should be lifting as heavy as you can or performing as many bodyweight reps as possible in the interval with little rest in between.

Work capacity is the ability to perform an amount of work in a specified period of time. The more work you can do in a shorter period of time, the more power you will produce. Power is a
key element to getting a lean, fit body as power production triggers the natural release of Human Growth Hormone (HGH).

HGH metabolizes fat for energy that your body uses for muscle growth. Simply stated, you lose fat while gaining dense muscle. HGH also enhanced protein synthesis in your muscles making them stronger and larger.

Ladies, please don’t worry….you will never bulk up on this program unless you choose to use steroids. This is not something I endorse.

In summary, higher intensity begets you more power. Increased power equals more HGH. The higher the production of HGH the more your body will metabolize fat and increase muscle mass.

Using Metabolic Training also triggers what is called the Afterburn effect, which give you the potential to increase your metabolic rate for 38 to 48 hours after doing just one 15 to 35 minute session.

This relates to what is called EPOC Excess Post Exercise Oxygen Consumption.

In other words, after a metabolic workout your body’s metabolism is very high. Basically because you are resting at this time your body is tapping into the fat stores for energy through oxygen. Oxygen burns fat.

Your body takes a lot longer to recover after metabolic workouts; therefore your body is burning fat for a longer period. Science shows that your body can burn fat up to 36 after a Metabolic Workout.

These workouts also enable you to increase the flow of blood to increase fat loss faster to those stubborn hard burn areas like the gut.

As you can see Metabolic Training use scientifically proven strategies that can TRIPLE your results by increasing your HGH, while igniting the “After Burn Effect”. And helping you to target the stubborn hard to lose fat and finally help you break through your training plateaus and get results.

**FORMS OF METABOLIC TRAINING**

There are many forms of Metabolic Training and my workouts just scratch the surface. Most Metabolic Training is in the form of a circuit; a series of exercises performed consecutively with rest periods in between. The common thread among all metabolic workouts is that they will
improve your cardio; build strength and muscle mass and burn lots of fat.

To familiarize yourself with the different terminology used for Metabolic Training, take a look at this list:

- Metabolic Resistance
- Metabolic Conditioning
- HIIT (High Intensity Interval Training)
- Tabata Protocol
- Circuit Training
- p90X
- Insanity
- Spartan Workout Challenges

These are alternative names for Metabolic Training.

[GET IT DONE]

Having read this section you should now have a basic understanding of how pivotal Metabolic Workouts are to your overall fitness. You have stunted your progress if you use and continue to use typical fitness club equipment.

It’s time to stop using traditional weight training and cardio sessions and start using the Spartan Training System metabolic workout at least four days per week so you can rapidly burn fat, build lean muscle and get into the best shape of your life!

[HOW TO USE THIS 7-DAY WORKOUT PROGRAM]

This 7-day workout plan is designed to help you ignite fat burning and build lean muscle

The 7-day workout plan assumes that you know each of the exercises, so there are no step-by-step instructions. On the download page there is a demo of each workout with modified versions of some of the exercises.

Follow the workout schedule provided and the workout protocols for each workout session.
The workouts use timed intervals and are generally 10 exercise circuits. With each session you will complete 2-3 rounds of 10 exercises done one after the other for a determined length of time. For example, perform as many reps for a single exercise as fast as possible with good form for 45 seconds and rest for 15 seconds and start the next exercise.

After finishing all 10 exercises then you rest for 90 seconds and repeat for sequence for 2-3 rounds all together.

Ensure that you warm up before and stretch after each workout. No exceptions!

WHAT ARE THE TOOLS TO SUCCESS

Your tools for success during some of the workouts are kettlebells, dumbbells, barbells, pull up bars, stability ball, your own bodyweight and a GymBoss Timer to ensure you are not cheating yourself through each interval.

These will be the core weapons you will take into the battle as you transform your body into a fit, lean and strong Spartan Warrior.
[**WORKOUT SCHEDULE**]

<table>
<thead>
<tr>
<th>DAY</th>
<th>WORKOUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lower Body Leg Blast</td>
</tr>
<tr>
<td>2</td>
<td>Bodyweight After Burn Crusher</td>
</tr>
<tr>
<td>3</td>
<td>Rest Day</td>
</tr>
<tr>
<td>4</td>
<td>Upper Body Strength Builder Workout</td>
</tr>
<tr>
<td>5</td>
<td>Full Body Metabolic Melt Down</td>
</tr>
<tr>
<td>6</td>
<td>Get Ripped Abs and Core Circuit</td>
</tr>
<tr>
<td>7</td>
<td>Rest Day</td>
</tr>
</tbody>
</table>

[**WORKOUTS**]

**METABOLIC LOWER BODY LEG BLAST WORKOUT**

<table>
<thead>
<tr>
<th>WORK TIME</th>
<th>REST TIME</th>
<th>EXERCISES</th>
<th>REST BETWEEN SETS</th>
<th>ROUNDS</th>
<th>TOTAL WORKOUT TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 SEC</td>
<td>15 SEC</td>
<td>10</td>
<td>60-90 SEC</td>
<td>2-3</td>
<td>36 MIN</td>
</tr>
</tbody>
</table>

As one round, perform as many reps as possible for each exercise for **45 seconds** followed by **15 seconds rest** one after the other, with no rest in between. After you complete all 10 exercises rest for **60-90 seconds** before repeating this circuit. Complete **2-3 rounds**.

Total Workout Time = 36 minutes

**WORKOUT TIP:** Move quickly between exercises. Set up the circuit before starting. Use challenging weight when necessary but start the first round with a lower weight.

**WARM UP THOROUGHLY BEFORE STARTING THIS CIRCUIT**

1. DOUBLE FRONT DB SQUATS
2. BARBELL SPEED DEADLIFTS
3. JUMPING SIDE TO SIDE LUNGES
4. KB SWINGS, DB SWINGS
5. KB/DB CLEANS FROM FLOOR
6. BENCH RUNS - JUMP ROPE
7. DB MEET THE QUEEN LUNGES
8. BENCH HIP BRIDGE
9. MED BALL JUMPS SQUATS
10. WALL SITS

**Metabolic Bodyweight After Burn Crusher**

<table>
<thead>
<tr>
<th>Work Time</th>
<th>Rest Time</th>
<th>Exercises</th>
<th>Rest Between Sets</th>
<th>Rounds</th>
<th>Total Workout Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 SEC</td>
<td>15 SEC</td>
<td>x 10</td>
<td>60-90 SEC</td>
<td>2-3</td>
<td>36 MIN</td>
</tr>
</tbody>
</table>

As one round, perform as many reps as possible for each exercise for **45 seconds** followed by **15 seconds rest** one after the other, with no rest in between. After you complete all 10 exercises rest for **60-90 seconds** before repeating this circuit. Complete **2-3 rounds**.

**Total Workout Time = 36 minutes.**

**WORKOUT TIP:** Move quickly between exercises. Set up the circuit before starting. Use challenging weight when necessary but start the first round with a lower weight.

**WARM UP THOROUGHLY BEFORE STARTING THIS CIRCUIT**

1. THRUSTERS - HALF BURPEES
2. WIDE GRIP PUSH UPS
3. REVERSE LUNGE AND KNEE RAISE
4. PLANK WITH ALTERNATE LEG RAISE
5. JUMPING JACKS
6. MOUNTAIN CLIMBERS
7. SUMO SQUATS
8. SUPERMANS
9. ONE LEG V- UPS
10. TUCK JUMPS
Metabolic Upper Body Strength Builder Workout

As one round, perform as many reps as possible for each exercise for 45 seconds followed by 15 seconds rest one after the other, with no rest in between. After you complete all 10 exercises rest for 60-90 seconds before repeating this circuit. Complete 2-3 rounds.

Total Workout Time = 36 minutes.

WORKOUT TIP: Move quickly between exercises. Set up the circuit before starting. Use challenging weight when necessary but start the first round with a lower weight.

WARM UP THOROUGHLY BEFORE STARTING THIS CIRCUIT

1. CHIN UPS - PULL UPS - ASSISTANT PULL UPS
2. EXPLOSIVE PUSH UPS - REGULAR PUSH UPS
3. DUMBBELL HIGH PULLS
4. UPPER BODY BURPEES THRUSTERS
5. PARALLEL BAR DIPS
6. DUMBBELL CLEAN AND PRESS
7. ALTERNATING DUMBBELL FLOOR PRESS
8. RENEGADE ROWS
9. WALKOUTS
10. TABLE KICK UPS

Full Body Metabolic Melt Down

As one round, perform as many reps as possible for each exercise for 45 seconds followed by 15 seconds rest one after the other, with no rest in between. After you complete all 10 exercises rest for 60-90 seconds before repeating this circuit. Complete 2-3 rounds.

Total Workout Time = 36 minutes.

WORKOUT TIP: Move quickly between exercises. Set up the circuit before starting.
Use challenging weight when necessary but start the first round with a lower weight.

WARM UP THOROUGHLY BEFORE STARTING THIS CIRCUIT

1. KB HIGH PULLS
2. DIVE BOMBERS
3. BURPEES
4. LEG RAISES
5. ALTERNATING DB ROWS
6. STATIONARY LUNGES
7. SWISS BALL CRUNCHES
8. GOBLET SQUAT
9. RUNNING ON THE SPOT
10. ALTERNATE LEG AND ARM RAISE

Metabolic Hard Core Ripped Abs Workout

As one round, perform as many reps as possible for each exercise for 30 seconds followed by 10 seconds rest one after the other, with no rest in between. After you complete all 10 exercises rest for 60-90 seconds before repeating this circuit. Complete 2-3 rounds.

Total Workout Time = 24 minutes

WORKOUT TIP: Move quickly between exercises. Set up the circuit before starting.

Use challenging weight when necessary but start the first round with a lower weight.

WARM UP THOROUGHLY BEFORE STARTING THIS CIRCUIT

1. PLANK WITH SINGLE ARM LIFTS
2. PLANK BODY RAISES
3. PUSH UP POSITION ALTERNATING KNEE TO CHEST
4. SWISS BALL ROLL UPS
5. STABILITY BALL SIDE PLANK LEFT
6. STABILITY BALL SIDE PLANK RIGHT
7. ABS WINDSHIELD WIPERS
8. ABS HIP THRUSTS
9. LEG RAISES
10. ABS IN AND OUTS
HOW TO REACH FUNK ROBERTS

SOCIAL MEDIA

- Funk Roberts Fitness Blog: http://www.funkrobertsfitness.com
- MMA Strength & Conditioning Workouts: http://www.funkmma.com
- YouTube: http://www.youtube.com/user/marcroops?feature=mhee
- Facebook: https://www.facebook.com/funkrobertsfitness
- Twitter: @FunkMMA

OTHER PROGRAMS

- Funk Roberts Spartan Training System 10 Week Program: http://www.10weekfatloss.com

  ![Spartan Training System](image)

- Funk Flex Elite Strength and Conditioning for Combat Athletes: http://www.funkflexmmaworkouts.com

  ![Funk Flex Elite](image)

- Funk Flex Heavy Bag Conditioning Program: http://www.funkflexheavybag.com

  ![Heavy Bag Conditioning](image)

- Funk 6-Week Jump Training Program: http://www.funkjumptraining.com

  ![Jump Training](image)