



**Fitness by Design, Inc.**  
1355 W 96<sup>th</sup> Street, Indianapolis, IN 46260  
317.574.0782 [www.fbdindy.com](http://www.fbdindy.com)



**Can't come see us  
but want to keep  
moving each day  
on your own?**



Fitness by Design loves being part of your wellness routine. Maintaining your positive habits is an important part of staying healthy, feeling strong, and being your best. Though we miss you when you're not with us, we want to encourage your consistency and success!

Sometimes getting started moving is the hardest part. With this booklet, you now have quick reference and easy resources to get your body going – and to keep it going – until we see you again. As your personal trainers, we are here to support, encourage, and hold you accountable to your fitness goals. Together, we are a great team!

See you soon,

Team FBD

**LEGAL DISCLAIMER:**

*This e-book is for information purposes only. The information presented is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.*

*You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician, you are agreeing to accept full responsibility for your actions.*

*By utilizing the exercise strategies contained herein, you recognize that despite all precautions on the part of **Fitness by Design** there are risks of injury or illness that can occur.*

*You assume all risks and waive, relinquish, and release any claim to which you may have against **Fitness by Design and its employees** in the event of any physical injury or illness incurred in connection with, or as a result of, the use or misuse of the information in this e-book.*

**\*\*IMPORTANT:** *This e-book is copyrighted. To copy, share, or reproduce is in violation of the law and prosecution will be enforced.*

**Fitness by Design, Inc.**  
1355 W 96<sup>th</sup> Street, Indianapolis, IN 46260  
317.574.0782 [www.fbdindy.com](http://www.fbdindy.com)



## **Warm-Up & Cool Down:**

This is a very important part of your workout! The warm-up primes your body, and starts getting more blood and oxygen to your muscles for the workouts. This is important not only to make the most of your workout, but to reduce injury also!

The cool down is equally as important! It helps to return your heart rate back to normal levels, and definitely helps to reduce the effect of DOMS (delayed onset muscle soreness) that you feel 24-48 hours after working out! Stretching also helps to keep your muscles at a more optimal length so you are not as tight throughout the day.

The Warm-Up & Cool Down should be a part of each workout you do in this manual.

### **Warm-Up:**

- 30 sec body weight squats
- 30 sec alternating backwards lunges
- 30 sec push-ups
- 30 sec bicycle crunches
- 30 sec plank
- 30 sec mountain climbers

### **Stretching & Cool-Down:**

Hold each stretch for at least 20-30 seconds for the greatest benefit.

- 5-8 Worlds Greatest Stretch (each side)
- 5-8 Down Dog into Cobra
- 20-30s Hip Flexor Stretch
- 20-30s Hamstring Stretch (both legs)
- 20-30s Hamstring Stretch (cross legs- 20-30 sec on each side)
- 20-30s Piriformis Stretch
- 20-30s Quadriceps Stretch (each)
- 20-30s Inner Thigh Stretch
- 20-30s Torso Stretch
- 20-30s Chest
- 20-30s Triceps
- 20-30s Shoulders
- 10 Large Arm circles forward & backward



## **Workout #1: Total Body Blaster (30 minutes total)**

### **Warm-Up (5-10 minutes)**

**Timed:** (10 minutes) As many cycles through as possible

- 10 push-ups
- 10 full sit-ups
- 10 regular burpees

### **1-3 minutes rest**

**Timed:** (10 minutes) As many cycles through as possible

- 10 body weight squats
- 10 reverse lunges (5 on each side)
- 20 mountain climbers

### **1-3 minutes rest**

**Core:** 2 sets

- 45 sec alternating quadruped
- 30 sec jackknife (left side)
- 30 sec jackknife (right side)
- 30 sec of Reverse Crunches
- 30 sec of oblique Crunches (left)
- 30 sec of oblique crunches (right)

### **Cool Down & Stretch (5-10 minutes)**



## **Workout #2: Total Body Challenge (20-30 minutes total)**

### **Warm-Up (5-10 minutes)**

Complete this circuit in the best time possible with perfect form. (modify where necessary)

- ¼ Mile Run
- 50 Push-Ups
- ¼ Mile Run
- 50 Squats
- ¼ Mile Run
- 50 Burpees
- ¼ Mile Run
- 50 Bicycle Crunches

### **Cool Down & Stretch (5-10 minutes)**



### **#3: Tabata Time (30-35 min workout)**

Tabata Time! (Reminder: 20 seconds on, 10 seconds recovery for 8 sets/4 minutes) Alternate between the following exercises throughout the Tabata section. You will need a stopwatch for this one!

**Allow a 1-2 minute rest period between EACH Tabata!**

#### **Warm-Up (5-10 min)**

##### **Tabata #1:**

20 sec 3" Lunges (alternate each work period between right and left side)  
10 sec Recovery

##### **Tabata #2:**

20 sec Suicide Tap-Downs  
10 sec Recovery

##### **Tabata #3:**

20 sec Push-Ups  
10 sec Recovery

##### **Tabata #4:**

20 sec Jump Squats  
10 sec Recovery

##### **Tabata #5:**

20 sec Knees-to-Elbows  
10 sec Recovery

##### **Tabata #6:**

20 Spiderman Plank  
10 sec Recovery

#### **Cool Down & Stretch (5-10 minutes)**



## **Workout #4: Legs (30 min workout)**

### **Warm-Up (5-10 min)**

**Strength Circuit: 3 sets. Allow 1-2 minutes rest between sets.**

30 sec Lateral Lunges Left (stationary or stepping)  
30 sec Lateral Lunges Right (stationary or stepping)  
30 sec 1-Leg Reaches (Left)  
30 sec 1-Leg Reaches (Right)  
30 sec Suicide Push-Ups  
30 sec Bench Crunches  
30 sec Plank

### **1-2 min rest**

**Tabata #1:** (20 seconds work/10 sec recovery for 4 minutes). Example: 20 sec high knees, 10 sec rest, 20 sec flutter kicks, 10 sec rest, REPEAT until you reach 4 minutes total.

**Exercises:** High Knees vs. Big Flutter Kicks

### **1-3 min rest**

**Tabata #2:** (20 seconds work/10 sec recovery for 4 minutes)

**Exercises:** V-Jumps vs. Tuck Jumps

### **1-3 min rest**

**Core:** 2 sets. Allow 30-60 sec rest between sets.

60 sec Jackknives (switch legs after 30 seconds)  
60 sec Plank  
30 sec Quadruped (alternating)  
30 sec Opposite Arm- Opposite Leg

### **Cool Down & Stretch (5-10 min)**





## **Workout #5: 20 min Quickie!**

### **Warm-Up (5-10 min)**

**Timed (10 minutes)** As many cycles through as possible

8 squat jumps

8 push-ups

15 bicycle crunches

### **Rest 1-3 minutes**

**Timed (10 minutes)** As many cycles through as possible

8 lateral lunges (4/side)

8 dips (on a bench)

16 mountain climbers (16/side)

### **Cool Down & Stretch (5-10 min)**

## **Workout #6: Core & Metabolic Booster**

### **Warm-Up (5-10 min)**

**Timed: (10 minutes)** As many cycles through as possible

8 floppy burpees

10 1-legged reaches per side

10 flutter kicks

**then... (core!)** 10 exercises for 10 minutes (45 seconds of work with 15 seconds of recovery)

- Jack knife (Right leg extended)
- Bicycle crunches
- Jack knife (Left leg extended)
- Superman hold
- Oblique crunches (Right side)
- Plank
- Oblique crunches (Left side)
- Reverse crunches
- Side plank with dip (Right side)
- Side plank with dip (Left Side)

### **Cool Down & Stretch (5-10 min)**





## **Workout #7: Lucky 7's Challenge (25-30 min)**

### **Warm-Up (5-10 min)**

**7 Rounds** of this circuit without stopping in your best time possible!

- 7 Pike Push-ups
- 7 V-jump into Tuck jump (7 of each)
- 7 Inchworms OR Deck Squats
- 7 Basic Squats
- 7 Straight Leg Sit-ups (Full sit-ups with the legs straight)
- 7 Reverse Lunges (7 per side)
- 7 Floppy Burpees

### **Cool Down & Stretch (5-10 min)**

## **Workout #8: The Smoker! (A 40-50 min boot camp FAVORITE!)**

### **Warm up (5-10 minutes)**

Complete this ENTIRE workout in your best time possible. Modify anything needed (for example rep count, distance on the ¼ mile etc, and even the exercise itself if you have any limitations.)

- ¼ mile run
- 50 Lunges (25/side)
- ¼ mile run
- 50 Dips (on a bench or chair)
- ¼ mile run
- 50 Rows (25/side) (Bicycle Crunches if you don't have weights)
- ¼ mile run
- 50 squats
- ¼ mile run
- 50 Bicep Curls (Push-Ups if you don't have weights)
- ¼ mile run
- 50 Mountain Climbers
- ¼ mile run
- 50 Lunges (25/side)
- ¼ mile run

### **Cool Down & Stretch (5-10 min)**



## **Workout #9: The Twisted Ladder Challenge!**

### **Warm up (5-10 minutes)**

Complete this ENTIRE circuit at one time in your best time possible (with perfect form). Use modifications and scale when necessary.

- ½ mile run
- 10 Full Sit-ups
- 40 Box Jumps (mod with 40 burpees or 40 step-ups *per side*)
- 20 Full Sit-ups
- 30 Box Jumps (mod with 30 burpees or 30 step-ups *per side*)
- ¼ mile run
- 30 Full Sit-ups
- 20 Box Jumps (mod with 20 burpees or 20 step-ups *per side*)
- 40 Full Sit-ups
- 10 Box Jumps (mod with 10 burpees or 10 step-ups *per side*)
- ½ mile run

### **Cool Down & Stretch (5-10 min)**



## **Workout #10: The 100's Workout!**

### **Warm up (5-10 minutes)**

You must complete these in order, and finish ALL 100 reps. You can break the exercises into different reps (ex 25 reps instead of 100, but you must do 25 reps of each exercise in a row, and then go back and complete 3 more sets.) Minimal rest periods!! Have fun! Don't forget to cool down when you are done.

- 100 Jumping Jacks
- 100 Alternating Backward Lunges
- 100 Assisted/ Regular Push-ups
- 100 Squat Jumps
- 100 Dips (use a chair or bench)
- 100 V-Jumps
- 100 Inchworms
- 100 Alternating Front Kicks
- 100 Prisoner Squats (quick- no lock at the top)
- 100 Supermans
- 100 Mountain Climbers
- 100 Crunches (Legs down)
- 100 Bicycle Crunches

### **Cool Down & Stretch (5-10 min)**



## **Workout #11: Quick Core & Glute Buster (20 min)**

### **Warm up (5-10 minutes)**

#### **Core Set #1: 2-3 sets each:**

30 sec Scissor Kicks  
30 sec Flutter Kicks  
30 sec Bicycle Crunches  
30 sec Spiderman Plank  
3 x 10 sec hold Hip Bridges  
30-60 sec rest between sets

#### **Glute Set # 1: 2-3 sets**

30 (15 + 15) Abduction (15 full range straight to 15 top ½ of range) left side  
30 (15 + 15) Abduction (15 full range straight to 15 top ½ of range) right side  
20 Fire Hydrants left  
20 Fire Hydrants right  
20 Donkey Kicks left  
20 Donkey Kicks right  
30-60 sec rest between sets

#### **Core Set #2: 2-3 sets**

30 sec Opposite hand, opposite leg (left hand, right leg)  
30 sec Opposite hand, opposite leg (right hand, left leg)  
30 sec Side plank (left side)  
30 sec Side plank (right side)  
30 sec Plank (1-leg up)  
30 sec Hip Bridges  
30-60 sec rest between sets

### **Cool Down & Stretch (5-10 min)**



## **Workout #12: Fat Blaster Cardio & Core:**

### **Warm up (5-10 minutes)**

#### **Cardio Training:**

Interval Training 30 minutes: bring a watch with you that keeps seconds. Run at a fast pace for 1:30 (minute and a half) and recover (slow jog/very fast walk) 1 min. Keep repeating this until you complete the 30 minutes. The time will go by faster than you think because you will be watching the clock. Do the best that you can! Cool down and stretch well when you are finished.

#### **Core Work:**

- 60 seconds Jackknife (30 sec on each side)
- 50 basic crunches (for speed)
- 40 Supermans
- 35 Scissor Kicks
- 30 Sec Left Side Plank
- 25 Reverse Crunches
- 20 Second Regular Plank
- 25 Crunches Legs Up (as straight as you can make them)
- 30 Sec right Side Plank
- 35 Second Flutter Kicks
- 40 bicycle crunches
- 50 Sea Turtles
- 60 seconds Jackknife (30 sec on each side)

### **Cool Down & Stretch (5-10 min)**



## **Workout #13: Sculpting for Tight Glutes, Hips, & Thighs**

**Warm up (5-10 minutes)**

**Circuit 1: Repeat 3 times with minimal rest between circuits**

- 20 Basic Squats
- 20 Mountain Climbers
- 20 Walking Lunges
- 10 Burpees

**Circuit 2: Repeat 3 times with minimal rest between circuits**

- 10 Lateral Lunges
- 20 V-Jump to Tuck Jump (the set counts as 1 rep)
- 20 Sumo Squat
- 20 High Knees (Each Side!)

**Circuit 3: Repeat 2 times with minimal rest between circuits**

- 20 Groucho Walk Forward (a favorite of mine from P90X!)
- 20 Groucho Walk Backward
- 20 Jumping Jacks
- 20 Front Kicks (each side)

**Circuit 4: Repeat 1 time with minimal rest between circuits**

- 25 Abduction- on each side
- 25 Fire Hydrants on EACH side
- 25 Donkey Kicks on EACH side
- 25 Supermans
- 25 Hip Bridges

**Cool Down & Stretch (5-10 min)**



## **Workout #14: Upper Body Strength & Toning (weights needed)**

### **Warm Up with:**

- 15 Large Arm Circles (forward and backward)
- 10 Down Dog with SCOOP into Cobra
- 10 Push-Ups (assisted or Regular)

### **Then, complete 3 Sets (straight though without rest if possible):**

- 10 Push-Ups *straight into* 30 seconds Plank

### **Then complete this GIANT Circuit: Repeat 2-3 times (use 5-10 lb weights)**

- 18 Rows (on each side with weight)
- 18 Tricep Kickbacks (with weight)
- 18 Bicep Curls (with weight)
- 18 Presses (left arm) (with weight)
- 18 Flys (with weight)
- 18 Reverse Flys (with weight)
- 18 Dips on a chair or bench
- 18 Hammer Curls (for Biceps - with weight)
- 18 Presses (right arm) (with weight)
- 18 Push-Ups
- 18 Pullovers (with weight)
- 18 Skull Crushers (with weight)

After you have completed your 2-3 sets, your upper body should be pretty fatigued! Finish it off with 2 MINUTES of arm circles! 60 seconds to the front and *another* 60 seconds backward. Enjoy!

### **Cool Down & Stretch (5-10 min)**





## **Workout #15: WICKED Challenge (Mostly Lower Body)**

### **Warm up (5-10 minutes)**

Complete this ENTIRE workout at one time in your best time possible. Use modifications and scale when necessary. It looks easy- but this one is VERY deceptive!

### **Complete 3 Rounds in your best time possible:**

- ¼ mile run
- 30 Squat Jumps
- 30 Dips (on a bench)
- 30 Walking Lunges (30 per side)
- 30 Sit-ups

### **Cool Down & Stretch (5-10 min)**

## **Workout #16: Fast Total Body Metabolic Challenge**

### **Warm up (5-10 minutes)**

Complete **2 SETS** of this ENTIRE workout at one time in your best time possible. Use modifications and scale when necessary.

- 50 reps of Jump Rope
- 40 reps of Squats
- 30 reps of Push-ups
- 20 reps of Burpees
- 10 reps of Deck squats or Inch Worms

### **Cool Down & Stretch (5-10 min)**



## **Workout #17: Ladder & Core Conditioning!**

### **Warm up (5-10 minutes)**

**Ladder Challenge:** Ladder the following exercises from 10 → 1 with the exercises listed below. Challenge will run as follows: 10 reps set-ups (left side), 10 reps step-ups (right side), 10 dips, 10 Floppy Burpees, then 9 reps set-ups (left side), 9 reps step-ups (right side), 9 dips, 9 Floppy Burpees, and so on until you reach one rep for each exercise.

- Step-ups (left leg)
- Step-ups (right leg)
- Dips
- Floppy Burpees Baby!

**Rest as needed and then...**

### **Core: 2-3 sets**

- 30 sec regular plank (1-leg up if possible)
- 60 sec Jackknives (30 sec left & 30 sec right)
- 2 x 10 sec hold on hip bridges

### **Cool down & Stretch (5-10 minutes)**



## **Workout #18: Body Weight Conditioning**

### **Warm up (5-10 minutes)**

**Complete this GIANT Circuit: 3 Sets** as fast as you can (with perfect form). 20 seconds each exercise:

- 20 sec Push-ups
- 20 sec Knees-to-elbows
- 20 sec Burpees
- 20 sec High knee
- 20 sec Basic squats
- 20 sec Bicycle crunches
- 20 sec V-jumps
- 20 sec Flutter kicks
- 20 sec Superman plank
- 20 sec Jump lunges
- 20 sec Russian twist

### **3 minutes rest between each set**

**Then, complete 3 Sets** of the following core circuit (30 sec per exercise):

- 30 sec Plank
- 30 sec Side plank with a dip – left side
- 30 sec Plank
- 30 sec Side plank with a dip – right side

### **1 minute rest between sets**

### **Cool down & Stretch (5-10 minutes)**



## **Workout #19: Glass Box of Emotion...**

Great workout and it's a camper favorite! (weights needed)

**Warm up (5- 10 min)**

**Complete each circuit below once, allow 1-2 minutes rest between each set**

**Set #1: 6 minutes - Complete As Many Rounds As Possible (AMRAP)**

- 15 Squat Jumps
- 10 Sumo-Deadlift High-Pulls
- 5 Push-ups

**Set #2: 5 minutes AMRAP**

- 5 Reverse Lunges (5 per side)
- 7 Presses (7 Shoulder Presses per side)
- 9 Sit-Ups

**Set #3: 4 minutes AMRAP**

- 5 One-legged Reaches
- 10 Cross-Body Mountain Climbers
- 15 Bicycle Crunches

**Set #4: 3 minutes AMRAP**

- 6 Step-Ups (6 each side)
- 6 Dips

**Set #5: 2 minutes AMRAP**

- 5 Bicep Curls
- 5 Suicide Push-ups
- 5 Bench Crunches

**Set #6: 1 minute (As many reps as possible!!)**

- Floppy Burpees!

**Cool down & Stretch (5-10 minutes)**



## **Workout #20: KILLER 500 Workout Challenge!**

This is the ULTIMATE Hotel Workout that is guaranteed to kick your butt! ☺

### **Warm up (5-10 minutes)**

**Challenge:** Complete this entire circuit in your best time possible with perfect form. Modify where needed and rest ONLY as needed only. The ¼ mile run should be used as a “recovery run.” Go as slow as needed to recover! DO this outside if possible, if not a hotel gym will usually have everything you need.

25 One-legged burpees (Left leg)  
50 Push-ups  
50 Box Jumps (50 step-ups/ side on a bench, or 100 jumping jacks)

¼ mile run

50 3” Lunges (25 each side)  
50 Floor wipers (Flutter kicks if no weights)

¼ mile run

25 Dive bombers  
25 Rows Left Side (if no weight, do 25 sit-ups)  
25 Rows Right Side (if no weight, do 25 sit-ups)

¼ mile run

50 Snow angels/Plank jacks  
50 Bicycle Crunches

¼ mile run

50 Windmills (25 per side- zero or light weight!)  
25 V-Ups OR Bench Crunches  
25 One-legged burpees (Right leg)

¼ mile run – A very easy recovery jog/walk

### **Cool Down & Stretch (5-10 minutes)**



## **BONUS Workouts: 5 Ten-Minute Timed Workouts**

Use these when you are short on time!

\*\*\*Always Warm Up the Joints before you workout for about 5 minutes.  
Remember to Cool-Down & Stretch afterwards!

### **BONUS Workout 1:**

Complete each exercise until 10 minutes are done

- 10 Jump Squats
- 10 Push Ups
- 10 Bent Over Rows

### **BONUS Workout 2:**

Complete each exercise until 10 minutes are done

- 25 Jumping Jacks
- 25 Bicycles – Abs
- 25 Box Jumps (use a step or mat)
- 25 Push Ups

### **BONUS Workout 3:**

Complete each exercise for 1 minute, repeat through 2 times

- Plank
- Bodyweight Squats
- Suicide Push Ups
- Jogging High Knees with Hands Overhead
- Mountain Climbers

### **BONUS Workout 4:**

Complete each exercise for 30 seconds, repeat through 4 times'

- Inchworms
- Reverse Lunges with Hands Overhead
- Burpees
- Tricep Dips off a Bench or Chair
- Walking Kicks with Clap

### **BONUS Workout 5:**

Interval Cardio Workout- Wind Sprints (Repeat for 10 minutes)

- 20 seconds hard run
- 10 seconds walk (recovery)