

“Transform your body & get healthy in LESS TIME
with MORE RESULTS with these *unconventional*
strategies for unconventional results.”



Full Body BLAST

Gerilyn Burnett, CSCS

Full Body Blast

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Please note that the content of this page can change without prior notice.

Dear Friend,

I am so excited to give you the EXACT STRATEGIES that transformed my perspective on fitness and health. But first, I want to share my background so you will know you are in good hands.

My journey began in the summer of 2006. After leaving a lifestyle of drug use, my weight ballooned. I was never morbidly obese growing up, but you could definitely say I was *thick and curvy*, and I had definitely packed on forty pounds from my ‘amphetamine-loving’ days.

First, I crash-dieted with very low-fat and low-calories. A pound dropped off of the scale. Then, I requested the diet pill Phentermine from my doctor. A few more pounds left the scale, but I felt so jittery and shaky all of the time. The same went with caffeine pills and they reminded me too much of the speed to continue using them.

So **I threw myself into exercise classes at the gym.** Kickboxing, aerobics, and spin classes were graced by my attendance several times per week, sometimes twice a day. I was encouraged to lose almost ten pounds, but when I plateaued, the instructors **told me I wasn’t doing enough!** *If I just do more, I thought, I can look like my instructor.*

I resolved to do better. I saw long distance runners and saw they were **skinny** and **‘healthy’**, so I began running. It was always an effort and I never really enjoyed it, but the more I ran, the more results I got! ... At least at first. After the first five pounds, another plateau hit me in the face.

I sustained some mysterious injuries along the way that my physical therapist could not find the cause of. They finally diagnosed it as a trunk instability and over-flexibility issue and warned me NOT to do yoga or pilates because I was too flexible. *Why did I have to endure injuries just to be “healthy”?*

I ran 5Ks, 1/2 marathons, and a marathon! I should have a fit body, right?! Wrong. Check me out on the day of my marathon.

No matter what I did, it was always dependent on my effort, on more work, on more investment, discipline, and misery. I resigned my struggle to something I would have to deal with for the rest of my life. This got in the way of my faith, my friendships, and my confidence.

But I was exercising 8-10 hours EVERY WEEK! In addition to the misery of ‘dieting’.
For a paltry 8-10 pounds?

I remember someone telling me then that “you just gain weight when you get older and there is nothing you can do about it.”

I felt like a hamster on a wheel, doing all the “right” things to get healthy and lose fat without experiencing the results they said I would. Who do I mean by they? The health ‘experts’, the www.Fitinitiative.com

gym rats, the dietitians, the USDA Food Pyramid, the ones in authority who give us our nutrition and health advice.

Again, I resolved to do better.

I must not be eating right, I thought next. If I ate the way I was supposed to, then I wouldn't be fat and wouldn't have any health concerns like acne, bloating and other digestive issues. So I became a vegetarian and eventually a raw vegan in my quest for health and vitality.

This did not work either.

My weight had been up and down over the past few years, but I always lost ten pounds and plateaued. What began as encouraging quickly filled me with envy for other women's bodies. Why couldn't I eat whatever I wanted? What couldn't I look like her? Why did I have to work so hard and still not achieve my goals?!

I'm sharing all of this with you because I've been there. I know what it's like to struggle endlessly to eat the right foods, do all of the right things on the 'Checklist of Healthy' and STILL NOT lose weight (or not enough for the effort), STILL deal with health concerns, and STILL have this struggle plague me endlessly.

And I propose to you today that IT IS NOT YOUR FAULT if you are following the low-fat, low-calorie diet methods to lose weight. If you do eat less and move more and STILL DO NOT see your body transform, it's NOT YOU, but THE METHOD.

You see, no one asks "*Should I be eating less food and more exercise to lose fat and get healthy?*" Instead, they ask, "*How can I do more exercise and do the diet right this time?*"

My life transformed the day I discovered circuit training and interval training in 2008. Instead of running more, it said run LESS. Instead of exercising longer, it said exercise LESS with *weights* (or bodyweight) and a *targeted order of exercises*.

I thought this was CRAZY at first because *it sounded too good to be true!* It felt too good to be true! Finally, after all these years of struggling, I could do less work and get more results! Instead of 6-8 hours EVERY WEEK exercising, I trained 3 hours a week (at the most), building lean sexy muscle and losing fat.

Measuring my inches told much more than the scale as my clothes got looser and looser. I learned that 'weight' really doesn't matter because one person can weigh 135 lbs. and have over 30% body fat while another person can weight the same with 18% body fat!

To date, I've lost over 30 lbs. of flabby fat while maintaining lean muscle mass. *No more misery and struggle.* No more frustrating hours of my life spent in the gym WITH NO RESULTS!

And I've dedicated my life to sharing this powerful message with women so no one else has to
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waste another second on this same struggle. **Healthy is not boring and healthy doesn't have to be hard.** It does not have to be this lifelong struggle so many go through with little return!

So I began studying fitness and exercise professionally and am certified as a Strength and Conditioning Specialist through the National Strength & Conditioning Association. I'm also a CrossFit Level 1 Trainer.

Over the past two years, I've worked with clients one-on-one and in groups. I LOVE watching them transform as they *throw off the 'methods' that held them back from experiencing the results they desire most!*

But exercise isn't the main part. I also learned that **diet** accounts for **80% of RESULTS** while **exercising makes up the remaining 20%**.



You see, raw veganism isn't the healthiest way to live. In fact, through my personal research and professional training, I've learned that **what we think are the "healthiest" foods are the EXACT foods that are MOST HARMFUL!**

High quality nutrition is the basis of health, wellness, a fit body and mind. If you ever want to go deeper into nutrition, check out my website paleomadesimple.net for free training. I also help people transition into this lifestyle simply and enjoyably through exclusive one-on-one private coaching.

The purpose of this Full Body Blast Workout is to jump start your transformation with simple at-home, bodyweight only workouts. Try it and see. You'll never be the same. :)

To your success!

- Gerylyn

Gerilyn Burnett, CSCS
The Vitality Expert
GerilynBurnett.com
Founder, The Fitinitiative

The BEST Tool For Fat Loss is ... Bodyweight

That's right. **Your own bodyweight is the VERY best tool** you have. And the best part? It's FREE.

Used properly, your bodyweight can build lean sexy muscle and *burn fat*! Lots of it. This one month workout will focus on three things using bodyweight:

- **Strength** is vitally important for health and vitality throughout life. You see, at around age 30, we begin *losing* muscle mass IF we do not properly *stress* our muscles to build and maintain the muscle mass we already have. That's not to say that you cannot build muscle mass after age 30, but it becomes vitally important for health and preventing osteoporosis and other bone deteriorating disorders.
- **Technique** is our second focus that will prevent injury, build core strength in the appropriate places and allow for increased capacity over time. Who cares if you can do 50 push-ups if they are sloppy and poorly executed? I would rather my clients perform 2 beautiful push-ups than 50 sloppy ones. Technique keeps you honest, builds strength, AND promotes SAFETY. It's the difference between blown out knees and 'no pain'.
- **Intensity** is another tool for health and vitality. Higher intensity is what allows my clients and I to do a 4 minute (that's right - 4 minute) workout and be done for the day. Intensity is our new best friend!

I've specially designed the workout in this manual to produce the proper combination of technique and intensity to build a solid strength foundation, burn fat, and start you on your way of achieving the impossible!

Full Body Blast

Be sure to review and fully understand each technique video and movement guidelines before attempting the workout. **Click on each link** or **see the corresponding exercise technique description on the following pages.**

This workout is designed for one month on an every-other-day training cycle. For example, Monday, Wednesday and Friday or Tuesday, Thursday and Saturday. Each workout will be performed once per week. If you are unable to do a certain exercise, there are always modifications.

Always perform a proper warm-up before beginning exercise.

The workouts are divided into **supersets** (e.g., A1/A2). Perform all the repetitions and sets for a given superset BEFORE moving on to the next one. The first number is the number of repetitions and the second is the number of sets. **For example**, Workout A's first superset is: A1) push-ups 8x3, A2) squats 8x3. Perform 8 push-ups then 8 squats three times before moving on to part B.

Workout A

A1) [Squats](#) 8x3

A2) [Push-ups](#) 8x3 (or [knee-push-ups](#))

B1) [One-legged deadlifts](#) (per side) 5x3

B2) [Bird-dogs](#) (per side) 5x 3

C1) [Hip extensions](#) 10x3

C2) Plank ([front/sides](#)) 30-90sec.x3

Workout B

A1) [Lunges](#) (per side) 8x3

A2) Body rows 8x3

B1) [Over-unders](#) (per side) 5x3

B2) [Bear crawl](#) 25'x3

C1) Dips 8x3

C2) Off-set push-ups (per side) 4x3

Workout C

[Burpees](#) 8x4

Note: Burpees are meant to be an intense exercise (i.e. do them as quickly as possible, then rest for 1 min. between sets)

Full Body Blast Training Journal

- Use this journal to **log and track your workouts**.
- Record the number of sets and repetitions you completed AND the difficulty of each.
- Keeping a Training Journal is THE way to track your progress over time.

Workout	Week 1	Week 2	Week 3	Week 4
Workout A A1) Squats 8x3 A2) Push-ups 8x3 (or knee-push-ups) B1) One-legged deadlifts (per side) 5x3 B2) Bird-dogs (per side) 5x3 C1) Hip extensions 10x3 C2) Plank (front/sides) 30-90sec.x3				
Workout B A1) Lunges (per side) 8x3 A2) Body rows 8x3 B1) Over-unders (per side) 5x3 B2) Bear crawl 25'x3 C1) Dips 8x3 C2) Off-set push-ups (per side) 4x3				
Workout C Burpees 8x4				

BONUS CHALLENGE!

Add 3 repetitions to each exercise each week as you become comfortable with them to *spice it up!* Really FOCUS on SQUEEZING the appropriate muscles and becoming AWARE of how your body moves.

That's it! I realize this workout sounds *deceptively simple* and like it isn't enough to do anything. But I encourage you to try me for one month. Lay all else aside and honestly do this wholly. If you do not experience more results than what you are currently doing, contact me and *I'll give you 3 months of Nutrition Coaching absolutely free*.

I really hope this workout serves you and helps you transform your body, not just for vanity purposes, but so you can *get on with your life's purpose* instead of wasting precious time and energy worrying and focusing on your weight, how your clothes fit, and how you look in the mirror.

You'll have to see it to believe it and I CANNOT WAIT TO HEAR FROM YOU! Email me at gerilyn@fitinitiative.com to let me know YOUR results and your progress. :)

If you liked this free workout, I program custom workouts for my clients every month through *Fitinitiative*. It's for busy people who want great results in less time and simply want the plan to get there. This is that plan. Click here to get custom workouts delivered to your inbox (and mailbox) every single month, along with my exclusive newsletter full of recipes, nutrition and exercise strategies, and

Be sure to leave a comment on my website, www.GerilynBurnett.com or my Facebook Page www.facebook.com/gerilynburnettfan, to let me and others know about your progress and success with this type of training.

On the next page are some Exercise Technique Descriptions. Until we meet or correspond face to face, may you use your life to *BE a blessing*.

Bye for now!

- *Gerilyn*

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The Vitality Expert
www.GerilynBurnett.com
Founder, The Fitinitiative

Exercise Technique

(for unlinked exercises only)

Body Rows

Note: This is one of the only exercises in which you need “equipment”.

Needed: sheet, towel or rope

SET-UP

- Tie one end of the sheet in a knot. Shut the knot in a doorway with the long end on the other side. You should also be on the opposite side of the doorway as the knot.

START

- With feet about shoulder-width apart, grab hold of the sheet and lean back so that your weight is supported by the sheet.
- Your shoulder blades should be squeezed down into their sockets. Hold them there.
- Arms should be locked out (i.e. elbows not bent at all)

MOVEMENT

- Pull forward by squeezing your shoulder blades together behind your back and then bending your arms. If I put my fingers on your spine, you should be able to pinch them.
- Return to locked out start position.
- Continue for the recommended repetitions.

(Source: I want to give a shout out to Robb Wolf for this great at-home modification of the inverted row.)

Dips

START

- Find a chair, step or other object that is a few feet off the ground.
- Put the heel of your palms on the chair and your feet out in front of you. Your fingers should be pointed towards the rest of your body.
- Your body should be close to the chair and your elbows directly above your wrists/palms.

MOVEMENT

- Descend until your upper arm is parallel or below to the ground.
- Squeeze through the heel of your hand to return to start.
- Repeat for desired number of repetitions.

TIP

- Foot placement determines the difficulty of this exercise. If your knees are bent and feet close to your hands, it will be easier. If legs are straight and feet far away from hands, it will be more difficult.

Off-set Push-ups

START

- Same start position as regular push-ups, except for HAND PLACEMENT
- Place hands in normal position, then move one hand a few inches ahead and the other hand a few inches behind their normal positions.

MOVEMENT

- Same as a regular push-up
- Perform recommended repetitions, then swap hands.