

# **7 Minute Testosterone** Enhancer



**Jon Remington**

**HARD WOOD**  
TONIC SYSTEM

A woman with dark hair tied in a ponytail is captured in a dynamic running pose. She is wearing a black sports bra with pink trim, grey shorts, and black sneakers with pink laces. Her right leg is bent and lifted, and her left leg is extended forward. Her arms are in motion, with her right hand near her face. The background is a plain, light-colored surface.

**The Hard Wood  
Tonic System**

**7 Minute  
Testosterone  
Enhancer**

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The author does not mention the fact that new studies are constantly being carried out, the information in this book was as accurate as possible at the time of writing, but given the changing nature of the subject, the author hopes that the reader will be able to appreciate the basics that have been addressed in this book.

Despite every effort to verify each piece of information provided in this publication, the author assumes no responsibility for any error, omission, or misinterpretation of the subject matter in this book.

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If you are under medical treatment or have any doubt about the advice given here, please consult your doctor as soon as possible.

# Table of contents

<b>Introduction .....</b>	<b>5</b>
<b>Instructions .....</b>	<b>7</b>
<b>Beginner level exercise program.....</b>	<b>9</b>
<b>Beginner Program — Warm-up.....</b>	<b>10</b>
<b>Beginner program — Exercises.....</b>	<b>11</b>
Beginner program — Exercise 1 — Rising knee .....	11
Beginner program — Exercise 2 — Side jumps.....	12
Beginner program — Exercise 3 — Squats without weight.....	13
Beginner program — Exercise 4 — Side slits .....	144
Beginner program — Exercise 5 — Mountain climber.....	15
<b>Beginner program — Recuperation .....</b>	<b>16</b>
<b>Intermediate Exercise Program .....</b>	<b>17</b>
<b>Intermediate program — Warm-up.....</b>	<b>18</b>
<b>Intermediate program — Exercises .....</b>	<b>19</b>
Intermediate program — Exercise 1 — Burpees .....	19
Intermediate program — Exercise 2 — Boards .....	2020
Intermediate Program — Exercise 3 — Back beat of the leg .....	21
Intermediate program — Exercise 4 — Side slits.....	22
Intermediate program — Exercise 5 — Bridges.....	23
<b>Intermediate program — Recuperation .....</b>	<b>24</b>
<b>Exercise program Advanced level .....</b>	<b>25</b>
<b>Advanced program — Warm-up.....</b>	<b>26</b>
<b>Advanced program — Exercises .....</b>	<b>27</b>
Advanced program — Exercise 1 — Bike Crunch.....	277
Advanced program — Exercise 2 — Pumps.....	28
Advanced program — Exercise 3 — Star jumps.....	29
Advanced program — Exercise 4 — Mountain climber .....	30
Advanced program — Exercise 5 — Slots with jump.....	31
<b>Advanced program — Recuperation .....</b>	<b>32</b>
<b>End note.....</b>	<b>33</b>

### **Disclaimer of liability**

The information provided in this book is for information purposes only. We cannot be held responsible for injuries caused by the practice of the exercises. It is essential to obtain a doctor's authorization before starting this program or any of the exercises described in this guide.



# Introduction



The exercise program that you will find in this guide is based on a training method called "Tabata", itself based on the technique of High Intensity Interval Training (HIIT).

The principle is to alternate very short intensive effort sequences with recovery breaks, then to follow a new intensive sequence, and so on.

It has indeed been observed by doctors and scientists that when the muscles are stressed with a high intensity, this causes stress for the aerobic and anaerobic systems, unlike a conventional training that solicits only the aerobic system.

Anaerobic work is usually used to increase strength, speed and muscle mass.

When muscles are subjected to this intense stress and reach their limit, the body reacts by making new muscle fibers, first to "repair" the muscles after the effort, then to "develop" them so that the effort be easier the next time.

Stored fat is burned during exercise and then in the process of muscle development. In addition, the metabolism is increased in response to this stress and will work by burning more fat for more than 12 hours after exercise.

This is the beginning of a virtuous circle: the body burns fat to strengthen the muscles and hold the effort; more powerful muscles require more energy (including daily) and therefore increase the metabolism that burns more fat...

Unlike a "classic" training, which will mainly improve the cardiovascular system, the methods of fractional exercises at high intensity intervals will also develop all the muscles involved.

One study showed that a 4-minute session of "squat" jumps (described in the beginner program) following the 'Tabata' method, burned the same amount of calories as 30 minutes of conventional "cardio" exercises.

Apart from the scientific considerations mentioned above, it is a certainty that all the people who have exercised (whatever it may be) have acquired, it is that our body cannot be at the maximum of its capacities but for a short period of time.

The 'Tabata' training method and the split exercise types (HIIT) take this into account by limiting the maximum effort sequences to 20 seconds, followed by 10 seconds of rest before repeating the operation eight times (in the 'Tabata' method).

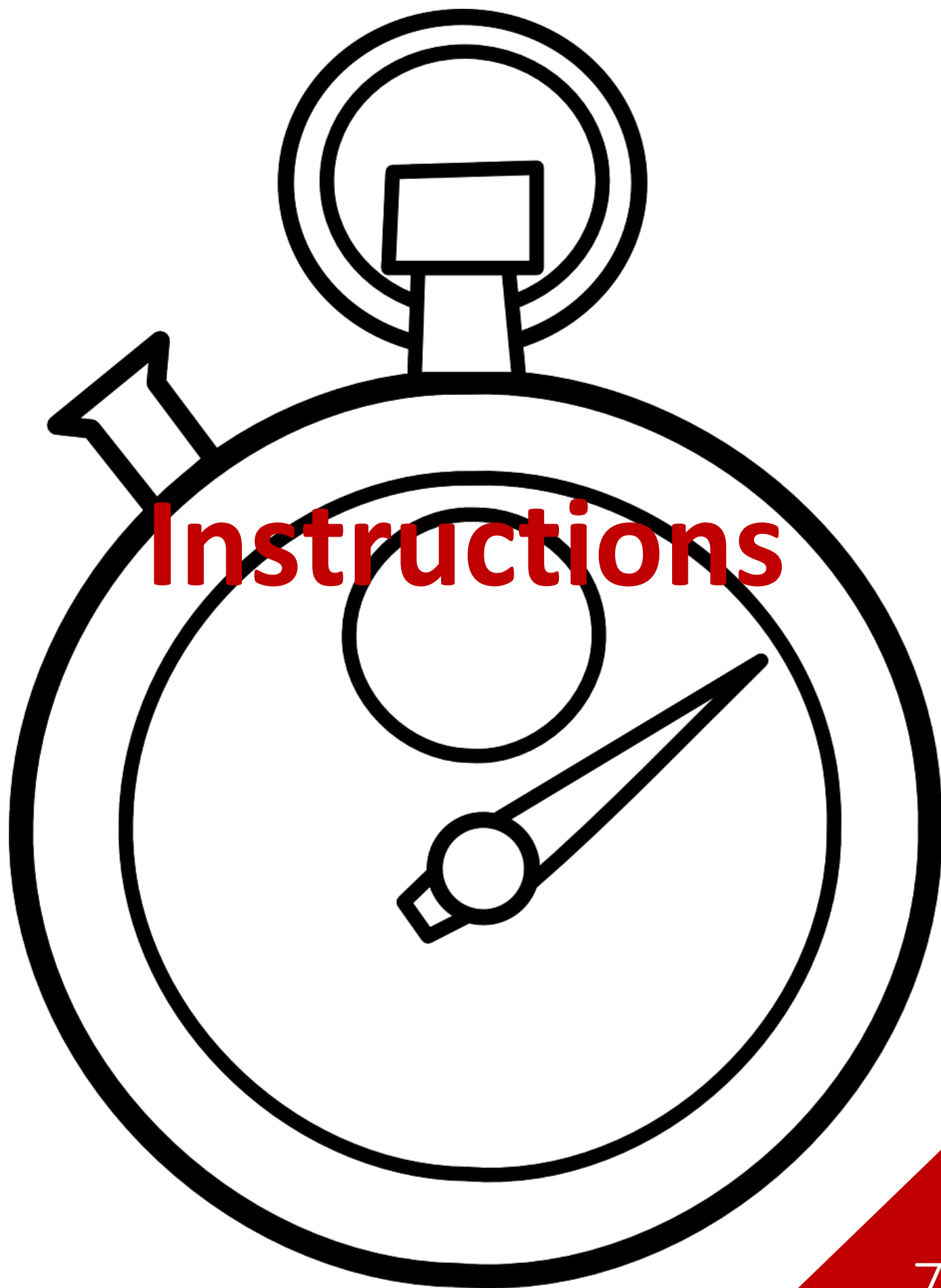
The exercise program presented in this manual, accompanied by videos, consists of exercises inspired by the 'Tabata' method.

We have voluntarily reduced the number of repetitions of each exercise to propose a complete program soliciting the different muscles of the body during a session (5 exercises per video).

You will quickly see the effectiveness of these programs with increased resistance, stamina and gradual transformation of fat into lean muscle.

The best way to convince yourself of this is to read the following chapter carefully ("Instructions") and then practice to measure the results on your body for yourself!

Reminder: Only practice the exercises after seeking the advice of your doctor and obtaining his agreement. Stop practicing immediately if you feel unwell or faint.





The three video sequences correspond to different levels of intensity: beginner, intermediate, advanced. Most people who read this guide and want to start this program will start with video sequence 1 (beginner) and then progress to sequence 2 (intermediate) and finally sequence 3 (advanced).

Each video sequence includes a program of 5 different exercises. You will find that the sequences are preceded in each video of a warm-up session of 3 minutes and end with a recovery session of 2 minutes.

It is extremely important to conscientiously perform warm-up and recovery to avoid injury.

The total duration of each exercise program, including warm-up and recovery, is only 15 minutes. This is the most appropriate exercise format in terms of efficiency and performance.

The exercise structure is always the same:

1. The movement is executed for 20 seconds at a steady pace.
2. A 10-second pause is taken.

Points 1 and 2 are repeated 2 times (3 reps in all), followed by a 30-second pause before moving on to the next exercise.

Practice the exercises every other day to give you enough recovery time.

It is quite possible to practice 3 times a week, on non-consecutive days.

**Important:** If you are not fit enough or want to resume a sport activity, you can start with one repetition of movement per exercise (instead of the 3 described in the program). You can then go on to two repetitions after 2 weeks and then 3 repetitions after 3 weeks. Most people should be able to start with 2 or 3 repetitions. The goal is to achieve 3 repetitions of each exercise for a perfectly effective program.

It is very important to respect pause times and exercise durations during repetitions.

Remember to breathe deeply and regularly during exercises and breaks. Using diaphragmatic breathing (or abdominal breathing) allows a better supply of oxygen to your blood and muscles.

A black silhouette of a person in a dynamic, athletic pose, possibly a dance or exercise move. The person's right arm is raised high and curved, while their left arm is bent at the elbow. Their legs are spread wide in a powerful stance. The silhouette is centered on the page, with the title text overlaid on it.

# Beginner level exercise program

**Beginner Program — Warm-up****Duration 3 minutes**

The warm-up movements below are given as an example; they have been chosen to warm up all the muscles of the body.

You must link them without interruption.

- **Legs:**
  - Feet spread slightly wider than the width of the shoulders, arms falling dangling along the body (very loose), make small jumps on the spot, both feet at the same time on the tip of your toes for 15 sec (about 30 jumps).  
Make lateral jumps from one foot to the other, like hopping, but with lateral movement (about approx. 3 feet apart) for 10 seconds (about 10 jumps).  
Put the one foot flat down on the ground and bring the body over it before jumping in the other direction. There should always be only one foot on the ground.
  - Feet apart the width of the shoulders, arms dangling along the body, make small jumps on the spot, both feet at the same time for 15 sec (about 30 jumps).
  - Jump on one foot for 10 sec (about 15 jumps).
  - Do the same as on the other foot for 10 seconds (about 15 jumps).
- **Arms:**
  - Feet slightly wider than shoulder width, arms apart, hands open, palms forward, pull hands back to open the rib cage and bring the shoulder blades closer together (pull 2 or 3 times farther back, let them return between each) then bring hands far forward and join them 2 or 3 times, slightly apart between each. Perform this movement for 15 sec (about 4 times).
  - Same starting position (arms spread apart), close your hands and make small circles in the air on the sides with your fists, increasing the circles slightly as you go for 15 sec (about 20 circles).
  - Keep your fists closed, raise one arm vertically and lower the other along your body, reverse the arms by keeping them straight and stretching well at the end of the movement for 15 sec (about 10 times).
  - Repeat the sequence of circles, but in the other direction for 15 sec.
- **Hips:**
  - Feet slightly wider than shoulder width, hands on hips, make circles with hips (Hula-Hoop style) for 15 sec (about 10 circles)  
Feet together, lift one knee bent on the side and then bring it forward and rest it next to the other by making a circular movement from the outside to the inside (the knee must move over the hip during the circle), and continue directly on the other leg. Be careful, the upper body must remain facing forward.  
Perform this movement for 15 sec (evening about 10 times).
  - Repeat the circles with the hips, but in the other direction for 15 sec (about 10 circles).
- **Shoulders:**
  - Feet slightly wider than the width of the shoulders, arms dangling along the body (very loose), make circles from front to back with the shoulders, letting the arms hang and then reverse the direction, all for 15 sec (about 5 circles in each direction).

At the end of the warm-up, you will link directly with the first set of exercises described on the next page.

## Beginner program – Exercises

### Beginner program — Exercise 1 — Rising knee

#### Starting position:

Standing, feet on the ground away from the width of the pelvis, both horizontal, elbows along the body, palms facing the ground.



hands

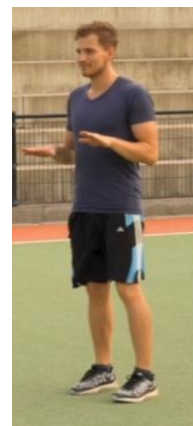
#### Description of the exercise (20 seconds):

The aim is to alternate knee raising while remaining on the spot

1. Lift the right knee until it touches the right palm



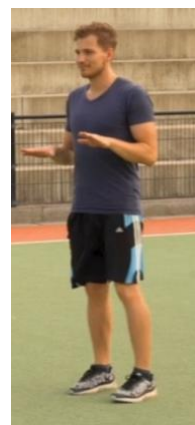
2. Put your right foot down on the ground



3. Immediately follow up by bringing the left knee into contact with the left palm

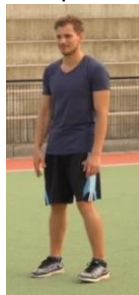


4. Put your left foot down on the ground



5. Repeat for 20 seconds, about 10 repetitions per knee.

**Rest:** For 10 seconds

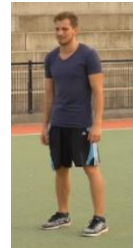


**Repetitions:** Repeat the above sequence twice (including rest)

## Beginner program — Exercise 2 — Side jumps

### Starting position:

Standing with feet on the ground wide apart from the width of the pelvis, arms dangling along the body.



### Description of the exercise (20 seconds):

The aim is to perform jumps by crossing your legs from behind

1. Put the right foot far to the left by passing it behind the left leg, bend it at the same time.

At the same time, swing your arms in the same direction as your right foot: the right arm naturally bends in front of your chest at shoulder height and the left arm extends towards your right foot.



2. Jump to return the right leg to its starting position while relaxing the left leg



3. In the jumping movement, move the left leg behind and far to the right, leaning on the right leg and bending it at the same time.

At the same time, extend your arms in the same direction as your left foot: the left arm bends naturally in front of your chest at shoulder height and the right arm extends towards your left foot.



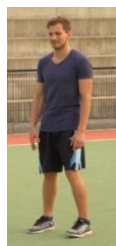
4. Jump to return the left leg to its starting position while relaxing the left leg



5. Repeat for 20 seconds, about 10 on each side.

**Note:** The movement must be dynamic and achieve real jumps with each change of legs.

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Beginner program — Exercise 3 — Squats without weight

### Starting position:

Standing with feet on the ground spread apart from the width of the shoulders.



### Description of the exercise (20 seconds):

The aim is to make jumps on the spot, bending each time before the jump.

1. Join your hands in front of your chin and in the same movement go down, bending your knees and keeping your feet flat on the ground.



2. When the knees are at an angle of about 90°, loosen them by jumping up and down with your hands joined at sternum level



3. Jump on both feet simultaneously, tiptoes first and bend again



4. Repeat for 20 seconds, about 15 jumps.

**Note: The movement must be dynamic and produce real jumps with each relaxation.**

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice



## Beginner program — Exercise 4 — Side slits

### Starting position:

Standing with feet on the ground wide apart from the width of the shoulders, hands joined in front of the chest.



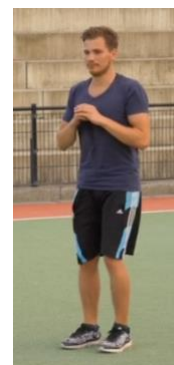
### Description of the exercise (20 seconds):

The aim is to put your foot far to the side and transfer the weight of the body to it by bending.

1. Put your right foot far to the right and bend your right leg at the same time until the knee is about 90°. Joined hands in front of the chin.



2. Return the right leg to its starting position. The joined hands are at the height of the sternum.



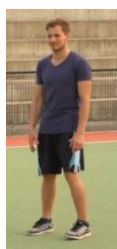
3. As soon as the right foot is on the ground, put the left foot far to the left and bend the left leg at the same time until the knee is about 90°. The joined hands are in front of the chin.



5. Repeat for 20 seconds, about 4 times on each side.

**Note:** It is a rather slow movement that should not lead to jumps when changing legs.

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Beginner program – Exercise 5 – Mountain climber

### Starting position:

Facial support on hands slightly wider than shoulders, fingers outwards. The legs are stretched out and the back close to the horizontal.



### Exercise description (20 seconds):

The aim is to perform a very fast "pedalling" movement.

1. Bring the right foot forward very quickly and place the tip of the foot, the knee should be as close as possible to the right elbow.



2. Swing the right leg backwards to return it to its stretched position and in the same movement bring the left leg forward (knee close to the left elbow).



3. As soon as the tip of the left foot is on the ground, reverse the movement by swinging this leg backward and bringing the other leg back.



5. Repeat for 20 seconds, about 25 on each side.

**Note:** It is a very fast and simultaneous movement of both legs (one that flexes and the other that extends). When the two legs cross, you should end up with a suspension on your arms - image 2.

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Beginner program— Recuperation

### Duration 2 minutes

The following recovery movements are given as examples, they have been chosen to stretch and relax all the muscles of the body.

You must link them without interruption.

- Arms:
  - Feet slightly wider than shoulder width, arms apart, hands open, palms forward, pull hands back to open the thoracic cage and bring the shoulder blades closer together (pull 2 or 3 times farther back and let them return between each) then move hands far forward and cross arms towards opposite shoulders 2 or 3 times, slightly apart between each during 15 sec (about 4 times).
  - Same starting position (arms spread apart), close your hands and make small circles in the air on the sides with your fists, increasing the circles slightly as you go for 15 sec (about 20 circles).
  - Keep your fists closed, raise one arm vertically and lower the other along your body, reverse the arms, keeping them straight when moving and insisting at the end (stretch hard up and down) for 15 sec (about 10 times).
  - Repeat the sequence of circles, but in the other direction for 15 sec (about 20 circles).
- Hips:
  - Feet slightly wider than shoulder width, hands on hips, make circles with hips (Hula-Hoop style) for 15 sec (about 10 circles).  
Feet together, lift one knee bent on the side and then bring it forward and rest it next to the other by making a circular movement from the outside to the inside (the knee must pass over the hip during the circle), and then move it straight to the other leg. Be careful, the upper body must remain facing forward.  
Perform this movement for 15 sec (evening about 10 times).
  - Repeat the circles with the hips, but in the other direction for 15 sec (about 10 circles).
- Shoulders:
  - Feet slightly wider than the width of the shoulders, arms dangling along the body (very loose), make circles from front to back with the shoulders, letting the arms hang and then reverse the direction, all for 15 sec (about 5 circles in each direction).

A black silhouette of a person in a squatting exercise position, viewed from the back. The person's feet are flat on the ground, knees are bent, and the back is straight. The silhouette is centered on the page.

# Intermediate Exercise Program

**Intermediate program — Warm-up****Duration 3 minutes**

The following warm-up movements are given as examples; they have been chosen to warm up all the muscles of the body.

You must link them without interruption.

- **Legs:**
  - Feet slightly wider than the width of the shoulders, arms dangling along the body (very loose), make small jumps on the spot, both feet at the same time on the tip of the feet for 15 sec (about 30 jumps).  
Make lateral jumps from one foot to the other, like a hop-hop, but with lateral movement (about 3 feet apart) for 10 sec (about 10 jumps).  
Put the landing foot fully down and bring the body over it before jumping in the other direction. There should always be only one foot on the ground.
  - Feet apart the width of the shoulders, arms dangling along the body, make small jumps on the spot, both feet at the same time for 15 sec (about 30 jumps).
  - Do hopping on site for 10 seconds (about 15 jumps).
  - Do the same as on the other foot for 10 sec (about 15 jumps).
- **Arms:**
  - Feet slightly wider than shoulder width, arms apart, hands open, palms forward, pull hands back to open the thoracic cage and bring the shoulder blades closer (pull 2 or 3 times farther back and let them return between each) then bring hands far forward and join them 2 or 3 times by slightly pulling between each. Perform this movement for 15 sec (about 4 times).
  - Same starting position (arms spread apart), close your hands and make small circles in the air on the sides with your fists, increasing the circles slightly as you go for 15 sec (about 20 circles).
  - Keep your fists closed, raise one arm vertically and lower the other along your body, reverse the arms, keeping them stretched during the movement and pressing hard at the end (stretch hard up and down) for 15 sec (about 10 times).
  - Repeat the sequence of circles, but in the other direction for 15 sec.
- **Hips:**
  - Feet slightly wider than shoulder width, hands on hips, make circles with hips (Hula-Hoop style) for 15 sec (about 10 circles).  
Feet together, lift one knee bent on the side and then bring it forward and rest it next to the other by making a circular movement from the outside to the inside (the knee must pass over the hip during the circle), and then link it directly to the other leg. Be careful, the upper body must remain facing forward.  
Perform this movement for 15 sec (evening about 10 times).
  - Repeat the circles with the hips, but in the opposite direction for 15 sec (about 10 circles).
- **Shoulders:**
  - Feet slightly wider than the width of the shoulders, arms dangling along the body (very loose), make circles from front to back with the shoulders, letting the arms hang and then reverse the direction, all for 15 sec (about 5 circles in each direction).

At the end of the warm-up, you will follow directly with the first set of exercises described on the next page.

## Intermediate program – Exercises

### Intermediate program — Exercise 1 — Burpees

#### Starting position:

Standing with feet on the ground wide apart from the width of the pelvis, arms dangling along the body.



#### Description of the exercise (20 seconds):

The idea is to alternate a pump and a squat jumped quite dynamically.

1. Bend your knees and put your hands on the ground, fingers forward in front of your feet. As soon as the hands touch the ground, toss both legs backwards to get into the pump position.



2. Perform a complete pump (chest flush with the floor)



3. Immediately follow up by bringing your knees back near your elbows



4. As soon as the feet touch the ground, push up on the legs (squat).



5. Jump upwards by loosening your legs and bringing your hands back near your neck.



6. As soon as you stand on both feet, repeat the sequence for 20 seconds, about 8 times.

**Rest:** For 10 seconds



**Repetitions:** Repeat the above sequence twice (including rest)



## Intermediate program — Exercise 2 — Boards

### Starting position:

Lying on your stomach, legs stretched and feet together, hands are joined, elbows bent and forearms rest on a towel.



### Description of the exercise (20 seconds):

The aim is to stay in a static position, straight back in suspension.

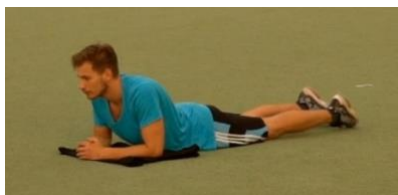
1. Stretch your legs and tighten your buttocks while lifting your body to bring your back to a horizontal position. Only the forearms and toes should be in contact with the ground.



2. Stay in this position for 20 seconds, making sure to maintain the horizontality of the back.

**Note: It is a static movement whose efficiency lies in perfect immobility.**

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Intermediate Program — Exercise 3 — Back beat of the leg

### Starting position:

Hands on the floor, fingers forward, knees bent and placed on a towel (four-legged position). The toes are placed on the ground (not the kick).



### Description of the exercise (20 seconds):

The aim is to alternate backward and upward leg kicking.

1. Stretch your left leg backwards by lifting your foot above the horizontal of your body



2. Bring the left leg back and put the knee back in its original position



3. Stretch the right leg backwards by lifting your foot towards the back and then lifting it.



Stretch the right leg backwards by lifting your foot above the horizontal of the body

4. Repeat for 20 seconds, about 5 times for each leg.

**Note:** The movement is quite slow and it is necessary to insist on stretching the leg backwards by marking a very slight pause in this position.

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Intermediate program — Exercise 4 — Side slits

### Starting position:

Standing with feet on the ground wide apart from the width of the pelvis, arms dangling along the body.



### Description of the exercise (20 seconds):

The aim is to slit forward, complete the "step" and alternate with the other leg.

1 Put your left foot about 1 meter forward and bend your left leg at the same time until your right knee is almost on the ground. The angle of the knee should be about 90°.



2. Bring the right foot back to the side of the left foot.



3. Rotate 180° on site to find yourself in your initial position.



4. Put your right foot about 3 feet forward and bend your right leg at the same time until your left knee almost touches the ground. The angle of the knee should be about 90°.



5. Bring the left foot back to the side of the right foot.



6. Rotate 180° on site to find yourself in your initial position.

7. Repeat for 20 seconds, about 4 on each side.

**Note:** It is a rather slow movement and the flexion must be well accentuated for a good efficiency.

**Rest:** For 10 seconds

**Repetitions:** Repeat the sequence described above twice



## Intermediate program — Exercise 5 — Bridges

### Starting position:

Lying on your back, arms along your body, hands open and palms on the ground. The feet are placed flat, knees bent at about 90°. The back must be flat on the ground.



### Description of the exercise (20 seconds):

The technique of raising the pelvis to form a bridge.

1. Tighten the buttocks and raise the pelvis so that it overhangs slightly from the top alignment of the upper legs of the body.



2 Rest your back and buttocks on the floor



3. Repeat for 20 seconds, about 8 times.

**Note:** It is a rather slow movement during which the contraction of the buttocks is important. It will be more effective if you pause slightly when the pelvis is at its highest point.

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Intermediate program — Recuperation

### Duration 2 minutes

The recovery movements below are given as examples; they have been chosen to stretch and relax all the muscles of the body.

You must link them without interruption.

- Arms:
  - Feet slightly wider than shoulder width, arms apart, hands open, palms forward, pull hands back to open the rib cage and bring the shoulder blades closer together (pull 2 or 3 times farther back and let them return between each) then bring hands far forward and cross your arms towards opposite shoulders 2 or 3 times, slightly apart between each for 15 sec (about 4 times).
  - Same starting position (arms spread apart), close your hands and make small circles in the air on the sides with your fists, increasing the circles slightly as you go along for 15 sec (about 20 circles).
  - Keep your fists closed, raise one arm vertically and lower the other along your body, reverse the arms, keeping them straight when moving and insisting at the end (stretch hard up and down) for 15 sec (about 10 times)).
  - Repeat the sequence of circles, but in the other direction for 15 sec (about 20 circles).
- Hips:
  - Feet slightly wider than shoulder width, hands on hips, make circles with hips (Hula-Hoop style) for 15 sec (about 10 circles).  
Feet together, lift one knee bent on the side and then bring it forward and rest it next to the other by making a circular movement from the outside to the inside (the knee must pass above the hip during the circle), and then follow directly on the other leg. Be careful, the upper body must remain facing forward.  
Perform this movement for 15 sec (evening about 10 times).
  - Repeat the circles with the hips, but in the opposite direction for 15 sec (about 10 circles).
- Shoulders:
  - Feet slightly wider than the width of the shoulders, arms dangling along the body (very loose), make circles from front to back with the shoulders, letting the arms hang and then reverse the direction, all for 15 sec (about 5 circles in each direction).



# Exercise program Advanced level



**Advanced program — Warm-up****Duration 3 minutes**

The warm-up movements below are given as examples, they have been chosen to warm up all the muscles of the body.

You must link them without interruption.

- **Legs:**
  - Feet slightly wider than the width of the shoulders, arms dangling along the body (very loose), make small jumps on the spot, both feet at the same time on the tip of the feet for 15 sec (about 30 jumps).  
Make lateral jumps from one foot to the other, like a hop hop, but with lateral movement (about 3 feet apart) for 10 seconds (about 10 jumps).  
Fully lay down the receiving foot and bring the body over it before jumping in the other direction. There should always be only one foot on the ground.
  - Feet apart the width of the shoulders, arms dangling along the body, make small jumps on the spot, both feet at the same time for 15 sec (about 30 jumps).
  - Do hopping on site for 10 seconds (about 15 jumps).
  - Do the same as on the other foot for 10 seconds (about 15 jumps).
- **Arms:**
  - Feet slightly wider than shoulder width, arms apart, hands open, palms forward, pull hands back to open the rib cage and bring the shoulder blades closer together (pull 2 or 3 times farther back and let them return between each) then bring hands far forward and join them 2 or 3 times, slightly apart between each. Perform this movement for 15 sec (about 4 times).
  - Same starting position (arms spread apart), close your hands and make small circles in the air on the sides with your fists, increasing the circles slightly as you go along for 15 sec (about 20 circles).
  - Keep your fists closed, raise one arm vertically and lower the other along your body, reverse the arms, keeping them straight when moving and insisting at the end (stretch hard up and down) for 15 sec (about 10 times).
  - Repeat the sequence of circles, but in the other direction for 15 sec.
- **Hips:**
  - Feet slightly wider than shoulder width, hands on hips, make circles with hips (Hula-Hoop style) for 15 sec (about 10 circles).  
Feet together, lift one knee bent on the side and then bring it forward and rest it next to the other by making a circular movement from the outside to the inside (the knee must pass over the hip during the circle), and then follow directly on the other leg. Be careful, the upper body must remain facing forward.  
Perform this movement for 15 sec (evening about 10 times).
  - Repeat the circles with the hips, but in the other direction for 15 sec (about 10 circles).
- **Shoulders:**
  - Feet slightly wider than the width of the shoulders, arms falling along the body (very loose), make circles from front to back with the shoulders, letting the arms hang and then reverse the direction, all for 15 sec (about 5 circles in each direction).

At the end of the warm-up, you will follow directly with the first set of exercises described on the next page.

## Advanced program – Exercises

### Advanced program — Exercise 1 — Bike Crunch

#### Starting position:

Lying on your back, legs stretched, feet together, hands crossed behind the neck.



#### Description of the exercise (20 seconds):

The aim is to pedal quickly with the legs while touching the bent leg with the opposite elbow.

1. Bend the left knee and bring it back to the head, in the same movement, lift the head and bring the right elbow to the left knee. The elbow must touch the opposite leg.



2. Reverse the movement by stretching the left leg, bending the right and bringing the right knee back to the left elbow.



3. Repeat the sequence for 20 seconds, about 10 times.

**Note:** The movement should not be too fast, but well accentuated, especially by touching the leg with the elbow.

**Rest:** For 10 seconds



**Repetitions:** Repeat the above sequence twice (including rest)

## Advanced program — Exercise 2 — Pumps

### Starting position:

On facial support, hands slightly wider than shoulders, palms flat and fingers stretched forward. The body is stretched in a single straight line (legs-trunk). Only the front part of the feet (toes) is in contact with the ground.



### Description of the exercise (20 seconds):

The aim is to raise and lower the body while keeping it perfectly aligned.

1. Bend the elbows, leaving them as far as possible along the body and lower the chest as close as possible to the ground without touching it. The body must remain perfectly aligned (legs-trunk) during the movement.



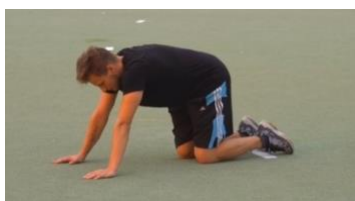
2. Stretch out your arms to return the body to its original position. The body must remain perfectly aligned (legs-trunk) during the movement.



3. Repeat the sequence for 20 seconds, about 15 times.

**Note:** The movement should not be too fast, the most important thing being to maintain the alignment of the body (sheathing).

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Advanced program — Exercise 3 — Star jumps

### Starting position:

Hands on the ground, fingers outwards, back horizontal. The front of the feet is placed on the ground (toes).



### Description of the exercise (20 seconds):

The aim is to jump forward on both legs simultaneously without taking off your hands.

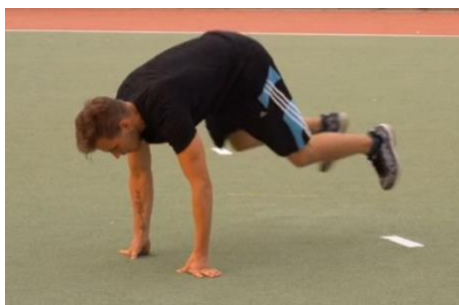
1. Simultaneously bring both feet forward in one jump.



2. Put your feet on either side of your hands and put your feet flat.



3. When the feet are on, throw both legs backwards in one jump.



4. Rest your feet in the initial position



5. Repeat for 20 seconds, about 12 times.

**Note: The movement must be dynamic and must produce a suspension on the hands when the legs move. Hands never leave the ground.**

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Advanced program – Exercise 4 – Mountain climber

### Starting position:

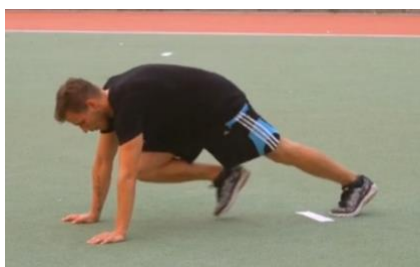
Facing down, your hands flat on the ground, slightly more apart than shoulders. The legs are stretched and the back close to the horizontal.



### Description of the exercise (20 seconds):

The aim is to perform a very fast "pedalling" movement.

1. Bring the right foot forward very quickly and place the tip of the foot, the knee should approach as close as possible to the right elbow.



2 Throw the right leg backwards to return it to its stretched position and in the same movement bring the left leg forward (knee close to the left elbow).



3. As soon as the tip of the left foot is on the ground, reverse the movement by throwing this leg backwards and bringing the other leg back.



5. Repeat for 20 seconds, about 25 on each side.

**Note:** It is a very fast and simultaneous movement of both legs (one that flexes and the other that extends). When the two legs cross, a suspension on the arms should be achieved — image 2.

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice

## Advanced program — Exercise 5 — Slots with jump

### Starting position:

Standing with feet on the ground wide apart from the width of the pelvis, arms dangling along the body.



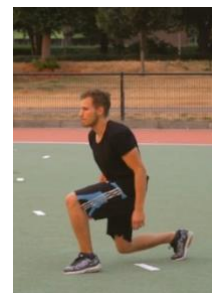
### Description of the exercise (20 seconds):

The principle is to make slots on the spot by jumping at each leg change.

1. Make a small jump on the spot and in the movement send the left leg forward, the other backward.



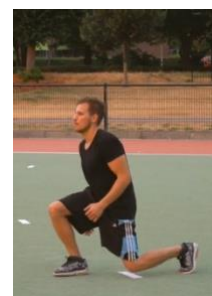
2. On landing (on both feet simultaneously), bend your left leg (in front) and bring your right knee as close to the ground as possible.



3. Loosen your legs by jumping upwards. When jumping, reverse the legs (right leg forward).



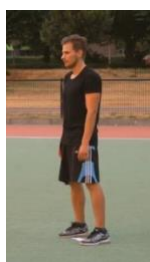
4. On landing (on both feet simultaneously), bend your right leg (in front) and bring your left knee as close as possible to the ground.



5. Repeat for 20 seconds, about 10 on each side.

**Note:** The movement is not very fast and it is necessary to take the time to accentuate the flexion by bringing the back knee as close as possible to the ground. Both feet must take off when changing legs.

**Rest:** For 10 seconds



**Repetitions:** Repeat the sequence described above twice



## Advanced program — Recuperation

### Duration 2 minutes

The recovery movements below are given as examples, they have been chosen to stretch and relax all the muscles of the body.

You must link them without interruption.

- Arms:
  - Feet slightly wider than shoulder width, arms apart, hands open, palms forward, pull hands back to open the rib cage and bring the shoulder blades closer together (pull 2 or 3 times farther back and let them return between each) then bring hands far forward and cross your arms towards opposite shoulders 2 or 3 times, slightly apart between each for 15 sec (about 4 times).
  - Same starting position (arms spread apart), close your hands and make small circles in the air on the sides with your fists, increasing the circles slightly as you go along for 15 sec (about 20 circles).
  - Keep your fists closed, raise one arm vertically and lower the other along your body, reverse the arms, keeping them straight when moving and insisting at the end (stretch hard up and down) for 15 sec (about 10 times)).
  - Repeat the sequence of circles, but in the other direction for 15 sec (about 20 circles).
- Hips:
  - Feet slightly wider than shoulder width, hands on hips, make circles with hips (Hula-Hoop style) for 15 sec (about 10 circles).  
Feet together, lift one knee bent on the side and then bring it forward and rest it next to the other by making a circular movement from the outside to the inside (the knee must pass over the hip during the circle), and then follow directly on the other leg. Be careful, the upper body must remain facing forward.  
Perform this movement for 15 sec (evening about 10 times).
  - Repeat the circles with the hips, but in the other direction for 15 sec (about 10 circles).
- Shoulders:
  - Feet slightly wider than the width of the shoulders, arms falling along the body (very loose), make circles from front to back with the shoulders, letting the arms hang and then reverse the direction, all for 15 sec (about 5 circles in each direction).

## End note

Before finishing this manual and letting you practice the exercises described above, we would like to emphasize that the practice of sport must be carried out in an appropriate nutritional framework. Indeed, whatever the effectiveness of a physical training, it will be reduced or cancelled by a poor lifestyle, especially food.

We therefore advise you to follow the dietary recommendations that you can find elsewhere and you will quickly notice the combined benefits of practicing this exercise program with a healthy lifestyle.

In the long run, you will certainly find that weight loss, although it is probably the first effect you are looking for, is only one of the many benefits that can result from it.

On the physical level, you will also significantly reduce the risk of serious diseases (especially cardiovascular diseases), joint pain and you will feel more energy and flexibility in your body.

But that's not all, because it can also improve sleep, concentration and reflection and give you a younger appearance.

Whatever your current state of fitness, your goal of weight loss or fitness improvement, you will find answers in this exercise manual if you take the time to try and stay motivated and focused towards your goal.