

BREATHLESS BODY:® The Ultimate Calorie Burn

Created by Amy Dixon

You've heard the hype, now come experience what it is all about in this super effective calorie torching body-weight workout. Breathless Body combines High Intensity Interval Training including TABATA inspired intervals, and Threshold Training for an all-out drain your tank experience. GO BIG, GO BREATHLESS AND FEEL THE DIFFERENCE!

Drills	Time
Warm Up	
<ul style="list-style-type: none"> •Sumo Squat <ul style="list-style-type: none"> ○ Reach ground and overhead ○ Hold in squat flat back brace with alt. elbow drives ○ Alt. straight arm with rotation/look @ hand 	~ 1-2 minutes
<ul style="list-style-type: none"> •Bilateral arm drive with rock on feet <ul style="list-style-type: none"> ○ Add small squat ○ Add small propulsion ○ Jump higher and drive arms straight over head 	~1-2 minutes
<ul style="list-style-type: none"> •Bob & weave <ul style="list-style-type: none"> ○ High diagonal strike ○ Low diagonal strike/legs tap out ○ Add jump to low strike 	~ 1 minute
<ul style="list-style-type: none"> •Wide athletic stance/box arms - 1,2,3 KNEE/rotation through core (start R) <ul style="list-style-type: none"> ○ Add jump to knee ○ Lateral lunge (L) with tap in/runner's arms ○ Lateral lunge (L) with rear leg lift/long arms ○ REPEAT ENTIRE SEQUENCE OTHER SIDE LEADS 	~2-4 minutes
<ul style="list-style-type: none"> •Alt. front lunges R to L <ul style="list-style-type: none"> ○ Add straight arm swing ○ HOLD Static Lunge R arms overhead ○ Add straight arm chop from L to R ○ Straight arm lateral bends R ○ Knee pulls arm grab R ○ Knee lift w/ arm drive ○ Add jump & arm drive ○ Jump rope center ○ REPEAT ENTIRE SEQUENCE OTHER SIDE LEADS 	~2-4 minutes
Power Jacks	
<ul style="list-style-type: none"> ○ Jumping jacks ○ Squat hop jacks ○ Air jacks 	Tabata Interval ~ 20 sec push X 10 sec rec X 8 sets = 4 min
Core Kicks	
<ul style="list-style-type: none"> ○ Mountain Climbers ○ Double butt kicks ○ Donkey kicks 	Tabata Interval ~ 20 sec push X 10 sec rec X 8 sets = 4 min
Boxer Jumps	
<ul style="list-style-type: none"> ○ Sumo squat w/4 punches - 2 high - 2 low alt. sides ○ Sumo squat w/2 punches - 1 high - 1 low w/jump turn ○ Sumo squat w/1backhand punch w/jump turn 	Tabata Interval ~ 20 sec push X 10 sec rec X 8 sets = 4 min
Athletic Beach Volleyball	

<ul style="list-style-type: none"> ○ Squat touch the floor w/OH block & heel lift ○ Squat plank to standing OH block & heel lift ○ Squat to sprawl to standing OH block with jump 	Tabata Interval ~ 20 sec push X 10 sec rec X 8 sets = 4 min
3-Way Power Play - Circuit #1	
<ul style="list-style-type: none"> ○ X-lunge jumps (alt. diagonal lunge, X-lunge switch jump stop in center, don't stop in center) ○ Russian dance (low heel tap, add quick jumps touch heel to ground, quick jumps with kicks don't let heel touch) ○ Plank jacks (Alt. taps, jump out and in legs only, jump out w/ push-up & jump back in) 	Repeat each drill in succession - 30 sec push X 15 sec rec X 3 rounds = 6:45 sec
3-Way Power Play - Circuit #2	
<ul style="list-style-type: none"> ○ Up and over (tap, small jump, BIG jump) ○ Broad jumps (step forward-shuffle back alt., squat jump forward shuffle back, Squat butt-kick jump forward shuffle back) ○ Plank tuck-ins (double knee taps, legs jump in walk back, legs jump in and back out) 	Repeat each drill in succession - 30 sec push X 15 sec rec X 3 rounds = 6:45
Threshold Push - Anaerobic Edge	
<ul style="list-style-type: none"> ○ Power Jacks, Core Kicks, Boxer Jumps, Athletic Beach Volleyball, X-lunge Jumps, Russian Dance, Plank Jacks, Up & Overs, Broad Jumps & Plank Tuck Ins. 	Repeat each drill in succession - 30 sec each ZERO recovery = 5 minutes

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