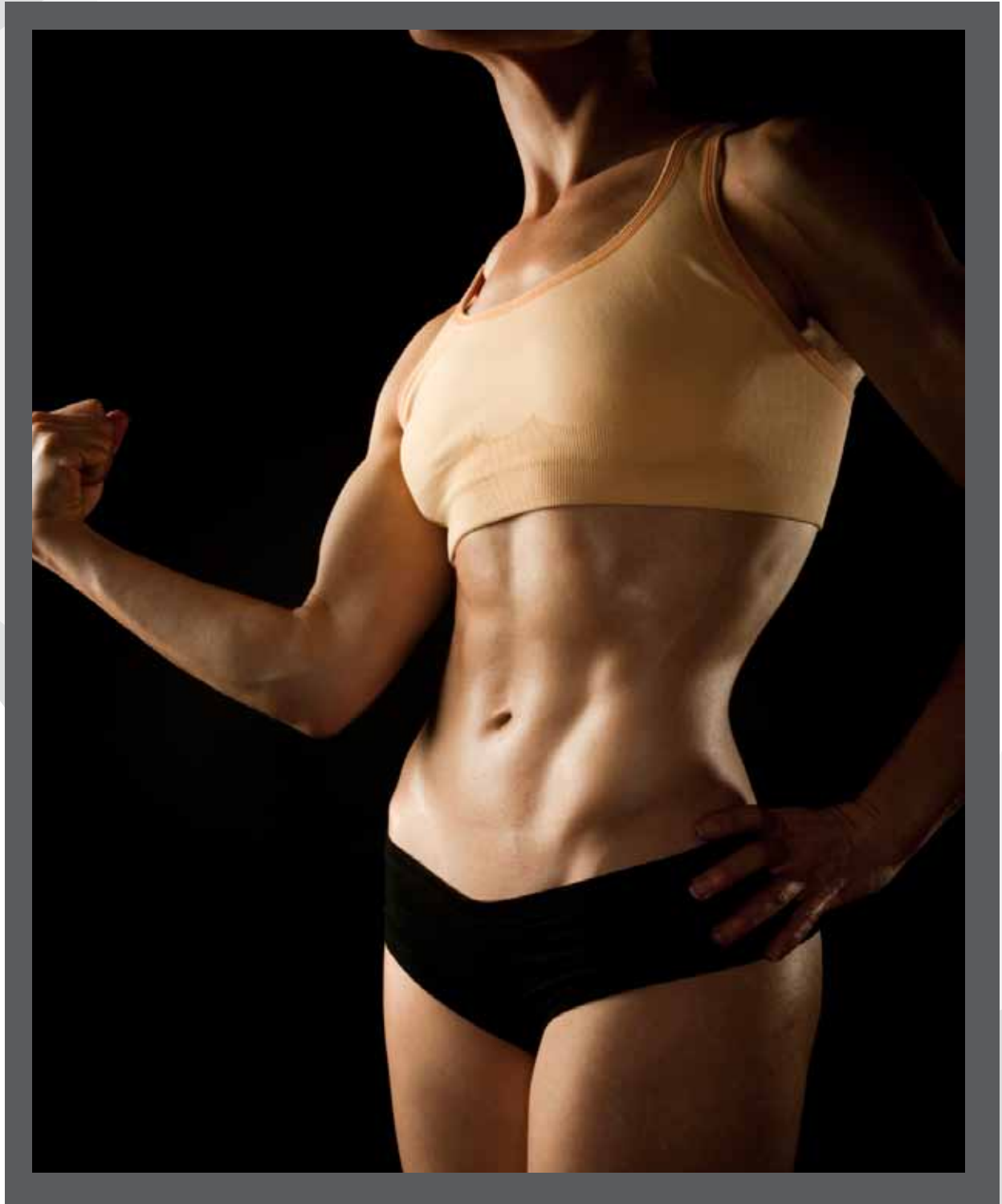




FAT BURNING  
express



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1

*QUADRICEPS, HAMSTRINGS, GLUTEALS***Standing on Ripcords® squat with the band up and over the shoulders / x20 Squats****START**

Stand on the Ripcords® with both feet shoulder width apart. Grasp one Ripcords® handle in each hand and bring the cord up and over until it is resting on both shoulders with the hands on either side of your head, just above shoulder height.

**FINISH**

Stabilize your core by tightening your midsection, press your hips back and bend your knees to 90 degrees or until your upper thighs are parallel to the floor. Don't let your knees extend past your front toes as you lower. Return to starting position and repeat.

## 2

ANTERIOR DELTOID/TRAPEZIUS

**Standing on the Ripcords® two arm upright row  
x15 Reps****START**

Stand on the Ripcords® with both feet shoulder width apart. Keep your back straight and hold both handles in front of your body with the palms facing towards the thighs.

**FINISH**

Lift both arms upward until they reach the upper chest and keep the hands approximately 6 inches apart. The elbows should remain above the hands throughout the movement. Return to starting position and repeat.

# 3

*LATISSIMUS DORSI, POSTERIOR DELTOID*  
**Standing on the Ripcords® Bent Over 1 Arm Row**  
x20 Reps



## START

Stand in a split stance and position the left foot on one end of the Ripcords® and the right foot behind the body. Grab one Ripcords® handle with your right hand and rest the left hand on the front leg. Rest the other handle on the floor. Keep your back and head straight and bend forward from your waist.

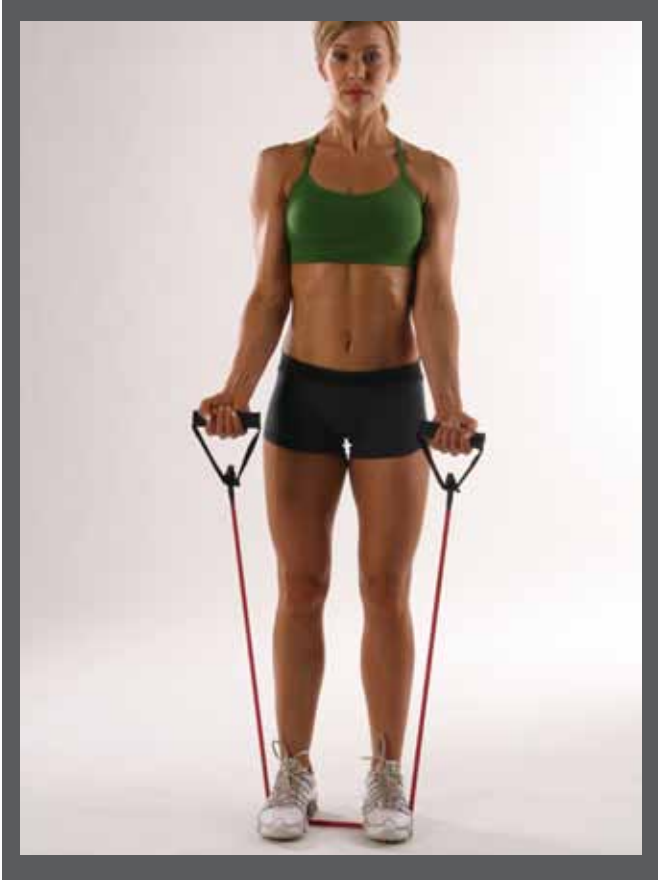


## FINISH

Pull upwards while keeping the elbow and hand tight to your body until you reach the mid chest. To increase resistance decrease the distance between your front foot and the handle. Return to starting position and repeat.

# 4

*ANTERIOR DELTOID, PECTORALIS MAJOR*  
**Standing on the Ripcords® Chest Squeeze**  
x12 Reps



## START

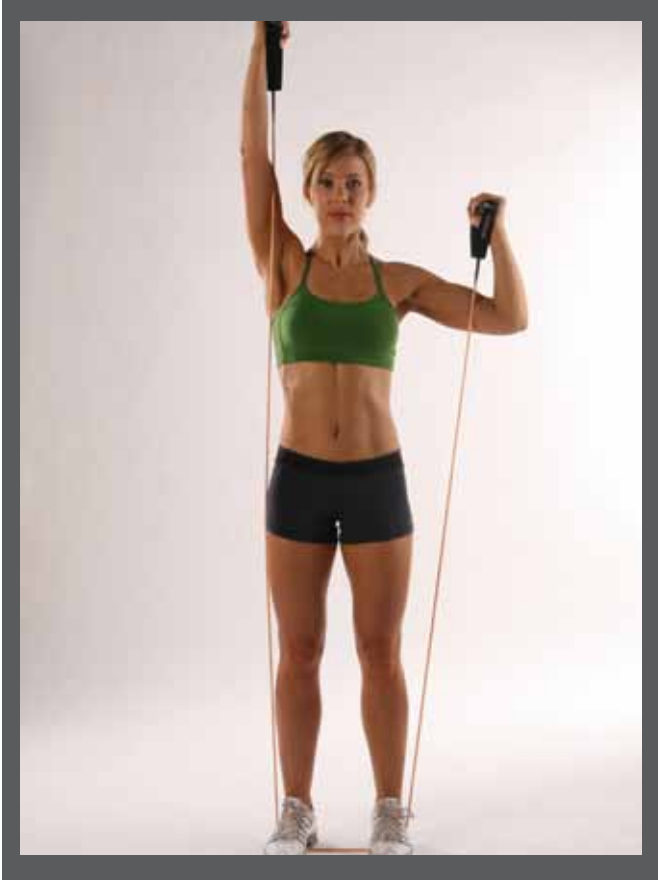
Stand on the Ripcords® with both feet shoulder width apart and grasp one Ripcords® handle in each hand. Extend both arms down towards the ground with the palms facing forward and shoulder width apart.



## FINISH

Bring the arms upwards towards the centerline of the body. Focus on bringing the elbows and handles together at chest height and squeezing the pectoral muscles together. Return to starting position and repeat.

## 5

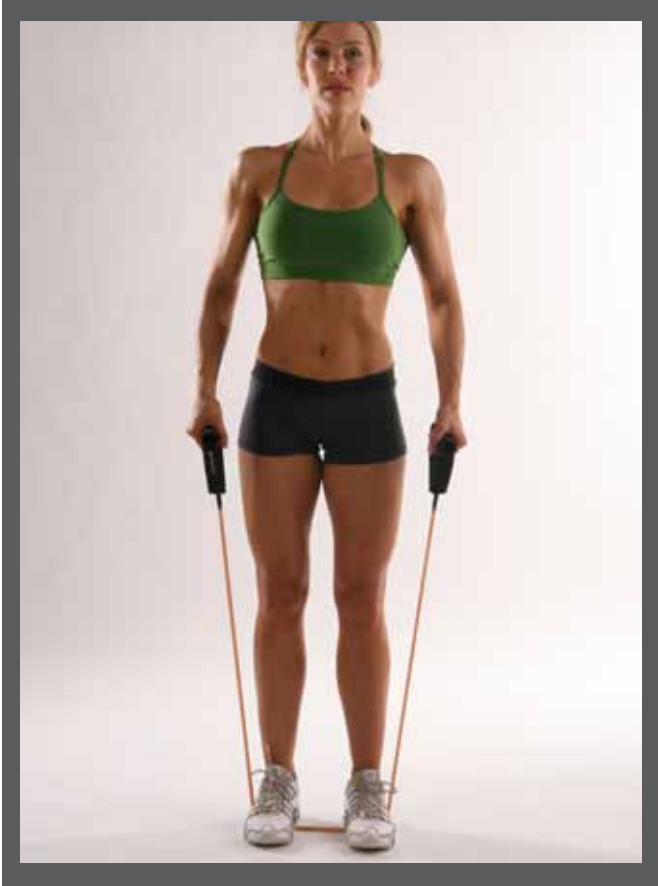
*ANTERIOR DELTOID, TRAPEZIUS, LATERAL DELTOID, TRICEPS***Standing Two Arm Overhead Press  
x12 Reps****START**

Stand on the Ripcords® with feet shoulder width apart. Grip one Ripcords® handle in each hand and bring your arms in front of your body to chin height. Keep your hands shoulder width apart and hold the Ripcords® on the inside of your arms.

**FINISH**

Press upwards in a triangle movement until your hands meet each other above the head. Be sure not to lock out the arms at the top, focus on keeping a slight bend in the elbows. Return to starting position and repeat.

## 6

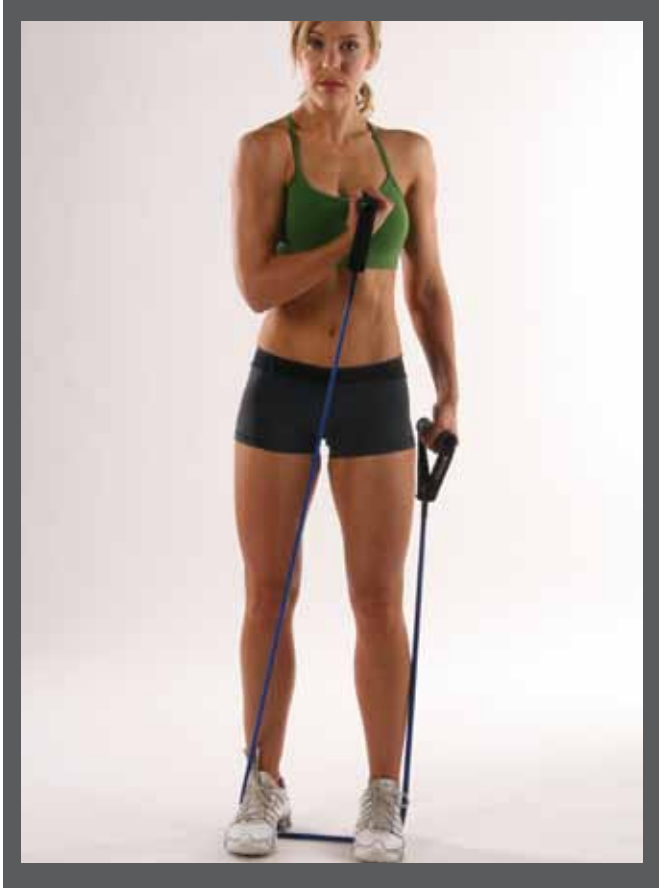
*LATERAL DELTOID, POSTERIOR DELTOID, TRAPEZIUS***Standing on Band Lateral Side Raise  
x12 Reps****START**

Stand on the Ripcords® with feet shoulder width apart. Hold one Ripcords® handle in each hand with the palms of the hands facing the thighs and position the arms at the side of the body.

**FINISH**

Bring both arms up and away from the sides of the body to shoulder height. Keep the elbows slightly bent throughout the motion. Return to starting position and repeat.

## 7

*BICEPS, BRACHIALIS***Standing Two-Arm Alternating Bicep Curl**  
x25 each arm**START**

Stand on the Ripcords® with feet shoulder width apart. Grip one Ripcords® handle in each hand and position the arms to the sides of the body.

**FINISH**

Bend the left elbow and arm and bring the hand in front of the body to shoulder height. As you return the starting position begin to pull the right handle in front of the body to shoulder height. Keep the wrist firm and elbow fixed at your side. Continue alternating each arm until the desired number of repetitions is completed and ensure you keep the core muscles tight throughout the exercise.



## 8

TRICEPS BRACHII

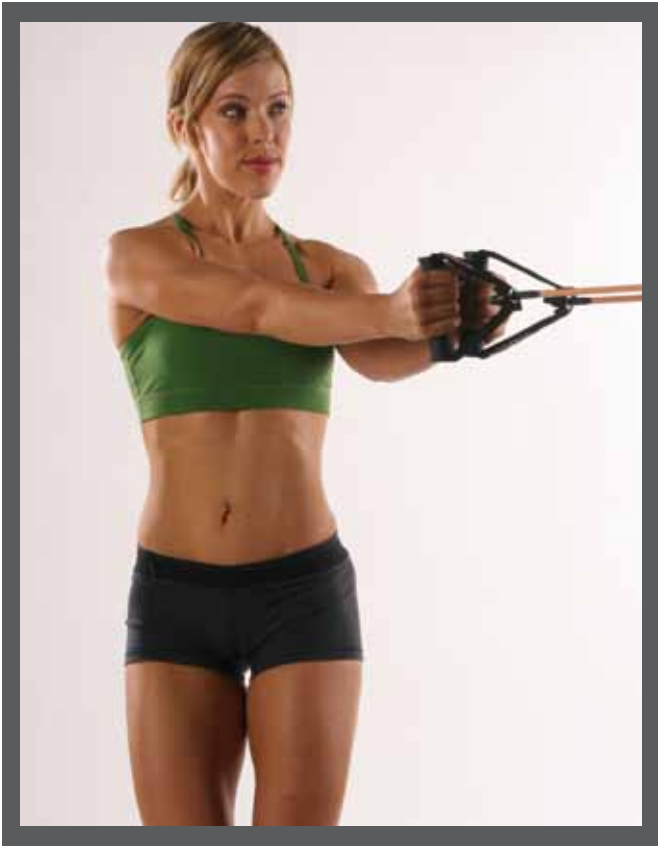
**Standing Two Arm Overhead Extension  
x15 Reps****START**

Stand on the Ripcord® with feet shoulder width apart. For less resistance, stand in a split stance and only use one foot to stand on the Ripcord®. Grip one Ripcord® handle in each hand and bring both hands and elbows up behind your head and neck with your elbows pointing upward and your hands pointing down.

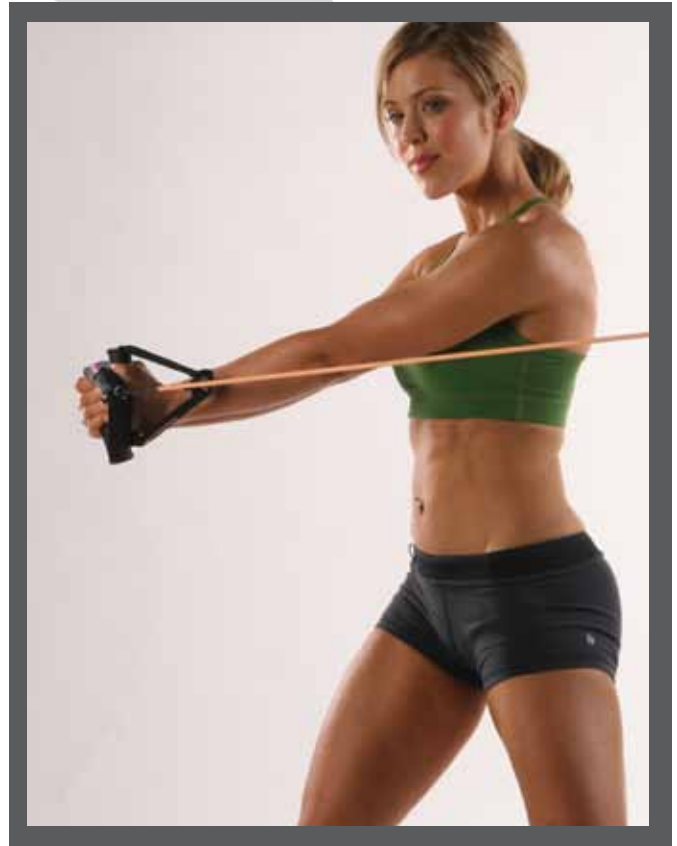
**FINISH**

Stabilize your core by tightening your midsection, then straighten your arms overhead directly above the shoulders and focus on keeping your elbows pointing upwards throughout the movement. Return to starting position and repeat.

## 9

*RECTUS ABDOMINOUS, OBLIQUES***Standing Torso Twist w / DH mid  
x15 per side****START**

Attach the Door Hook to the mid position on the door. Grasp both Ripcords® handles together and stand with your left shoulder facing the door and your front body angled away. Extend both arms straight towards the Door Hook and stand hip width apart.

**FINISH**

Stabilize the core muscles and twist your upper torso to the right. Keep your hips and legs stationary throughout the movement to isolate the oblique muscles. Return to starting position and repeat. After completing the set on your right side, repeat on the left.

## 10

*RECTUS ABDOMINOUS, OBLIQUES***Kneeling Door Hook Ripcords® Crunch w /  
Door Hook at top position facing the door / x20 Reps****START**

Attach the Door Hook to the top position on the door. Grasp both Ripcords® handles firmly together and stand with your chest and upper torso at a 90 Degree angle to the door and Door Hook. Hold both Ripcords® handles together and extend both arms to your right side and up towards the Door Hook.

**FINISH**

Keep the hands resting at the shoulders as you bend your upper torso forward and down towards the floor. Return to starting position and repeat.

## 11

*RECTUS ABDOMINOUS, OBLIQUES***Standing wood Chops with Door Hook high  
x15 per side****START**

Attach the Door Hook to the top position on the door. Grasp both Ripcords® handles firmly together and stand with your chest and upper torso at a 90 Degree angle to the door and Door Hook. Hold both Ripcords® handles together and extend both arms to your right side and up towards the Door Hook.

**FINISH**

Stabilize the core muscles and bring your arms down and forward towards your right knee. Focus on keeping the arms straight throughout the exercise. Return to starting position and repeat. After completing the set on your right side, repeat on the left.

## 12

*QUADRICEPS, HAMSTRINGS, GLUTEALS***Split squat with Ripcords® at the shoulders**  
x12 per leg**START**

Stand in a split stance and position the front foot on the Ripcords® and back foot one legs length (3-4 feet) behind the body. Hold one Ripcords® handle in each hand and then bring them up and rest them at shoulder height in front of the body.

**FINISH**

Bend both legs and remain on the toe of the back foot as you lower. Keep the back knee above the floor, and do not bend the front knee more than 90 degrees or forward over the toes. Return to the start and repeat.

## 13

QUADRICEPS, HAMSTRINGS, GLUTEALS, TRAPEZIUS, POSTERIOR DELTOID

## Standing Low Door Hook Jockey Row (Back and Legs) x20 Reps



### START

Attach the Door Hook to the low-position on the door. Grasp one Ripcords® handle in each hand, stand with your feet hip width apart, facing towards the door with both arms extended down towards the door hook. Stabilize your core by tightening your midsection, press your hips back and bend your knees to 90 degrees or until your upper thighs are parallel to the floor to strengthen the leg muscles. Keep the arms extended towards the door hook as you lower.



### FINISH

Press your hips forward to a straight standing position as you pull both your arms towards your ribs to strengthen your mid and upper back muscles. Return to starting position and repeat.

## 14

*ANTERIOR DELTOID, PECTORALIS MAJOR, TRICEPS***Low DH Standing Two-arm Incline Press  
x25 Reps****START**

Attach the Door Hook to the low position on the door. Stand approximately 2-3 feet away from the door and grasp one Ripcords® handle in each hand and bring it to the inside of the upper arms and body with your back facing the door and one foot in front of the other in a split stance.

**FINISH**

Slightly leaning forward, press both hands forward and up until the arms are extended and the handles meet in front of the body at head height. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.

## 15

TRICEPS BRACHII

**Low DH Two-arm Tricep Kickback  
x15 Reps****START**

Attach the Door Hook to the low position on the door. Grasp one Ripcords® handle in each hand with your back facing the Door Hook and stand approximately 1-2 feet away from the door. Stand with feet shoulder width apart, and slightly lean forward from the waist, maintaining a straight spine. Bend both elbows and hold the upper arm horizontally alongside the body with the palms facing downward.

**FINISH**

Keeping the upper arms in a fixed position alongside the body, press both hands backward until the handles are fully extended behind the body. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.



# 16

*BICEPS, BRACHIALIS*

## Lying face up Bicep Curl w/DH low (feet at wall) x15 Reps



### START

Attach the Door Hook to the low-position on the door. Begin by lying down on your back with your feet towards the door and the door hook. Grip one Ripcords® handle in each hand and ensure your body is far enough from the door and door hook that there is enough tension throughout the exercise.



### FINISH

Without moving your upper arms and shoulders, pull both handles towards the front of your shoulders. Focus on achieving a full range of motion and keeping the upper arms and shoulders stabilized throughout the exercise. Return to the starting position and repeat.

## 17

*BICEPS, BRACHIALIS***Standing Two Arm Hammer Curls w/ Door Hook at low door location / x15 Reps****START**

Grip one Ripcords® handle in each hand and attach the Door Hook to the low position on the door. Stand approximately 2-3 feet away from the door with your feet shoulder width apart. Facing the door, extend both arms straight down towards the door hook with the palms facing towards the body.

**FINISH**

Bend both the elbows and arms together and bring the hands in front of the body to shoulder height. Keep the wrists firm and elbows fixed at your sides. Ensure that the palms remain facing towards the body throughout the exercise. Return to the starting position and repeat.

## 18

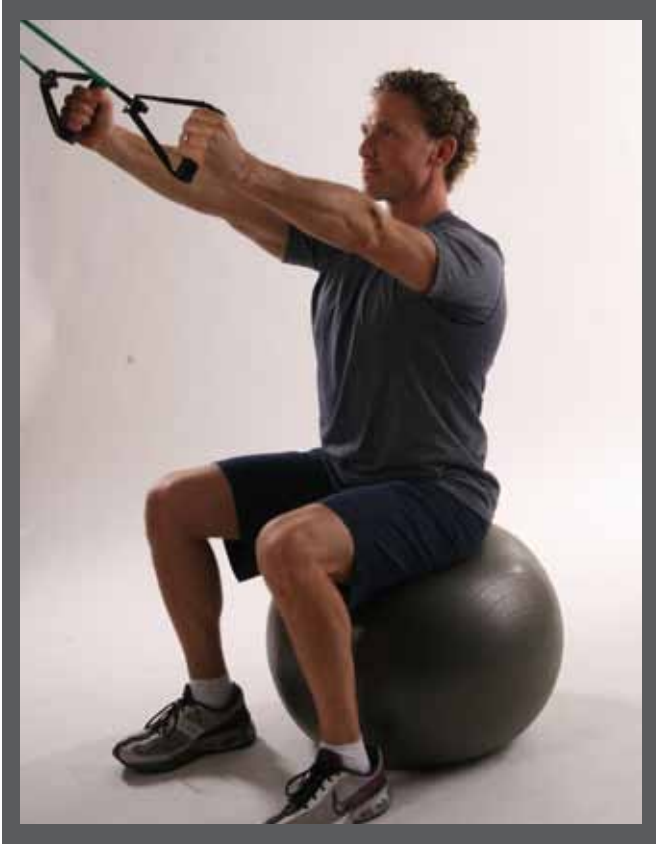
*ANTERIOR DELTOID, TRAPEZIUS, LATERAL DELTOID, TRICEPS***Standing Alternating Overhead Press w /  
Door Hook at low location / x15 Reps****START**

Attach the Door Hook to the low-position on the door. Facing the door, Grip one Ripcords® handle in each hand and bring your arms in front of your body to chin height. Keep your hands shoulder width apart and hold the Ripcords® on the inside of your arms.

**FINISH**

Press upwards in a triangle movement with your left hand until it is above the head. Be sure not to lock out the arm at the top of the movement and focus on keeping a slight bend in the elbow. As the left arm returns to starting position, repeat with the right arm. Keep a steady and consistent pace throughout the exercise. Continue alternating each arm until the desired number of repetitions is completed and ensure you keep the core muscles tight throughout the exercise.

## 19

*RHOMBOIDS, POSTERIOR DELTOID, TRAPEZIUS***Straight arm rear deltoid squeeze w / DH high  
x15 Reps****START**

Attach the Door Hook to the high-position on the Door. Stand with feet hip width apart, facing the door. Grasp one Ripcords® handle in each hand with palms facing inwards and arms extended straight towards the door hook.

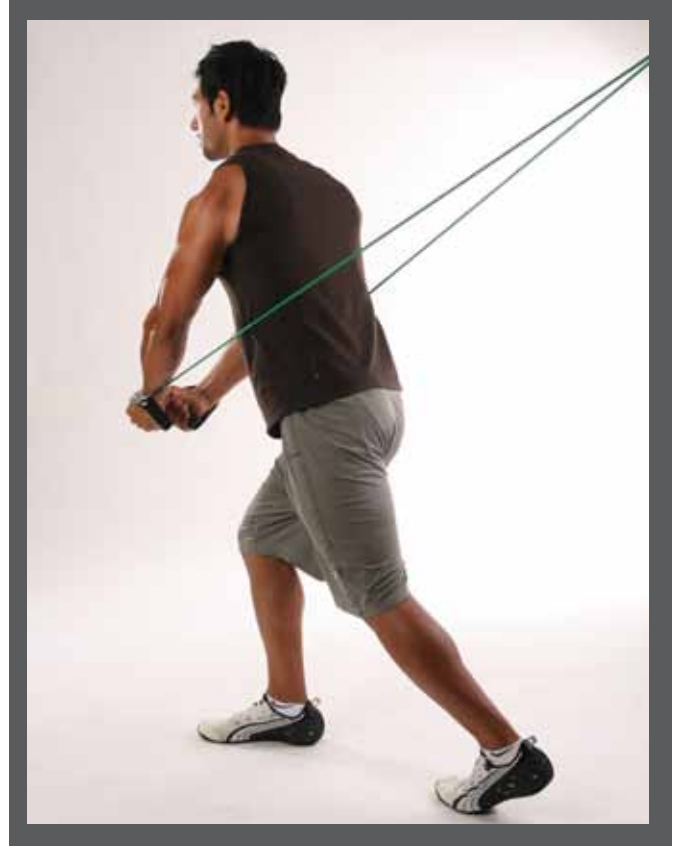
**FINISH**

Pull the arms back while keeping both arms straight throughout the movement. Focus on squeezing the shoulder blades together and bringing both arms through a full range of movement. Return to starting position and repeat.

## 20

*ANTERIOR DELTOID, PECTORALIS MAJOR***Standing Two Arm Downward Chest Fly  
with the Door Hook At the top door location / x20 Reps****START**

Attach the Door Hook to the top-position on the door. Grasp one Ripcords® handle in each hand and bring it to the inside of the upper arms and body. Keep both arms extended to the sides with a slight bend in the elbows and your back facing the door with one foot in front of the other.

**FINISH**

Slightly lean forward and bring both arms forward and down until the arms are extended and the handles meet in front of the body at waist height. Keep the core muscles tight and the arms extended with a slight bend in the elbows throughout the exercise. Return to starting position and repeat.

## 21

*LATISSIMUS DORSI, TRICEPS***Standing Straight Arm Pull-down  
with the Door Hook at the top door location / x20 Reps****START**

Attach the Door Hook to the top-position on the door. Facing the door, grasp one Ripcords® handle in each hand. Bring both hands up to shoulder height in front of the body with the palms facing down.

**FINISH**

Keep both arms straight throughout the movement and bring them down until they reach the front thigh of the leg. Keep the back straight and shoulders away from the ears throughout the exercise. Return to starting position and repeat.

# Food Journal

**NOTES:**

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Calories Burned: Water Intake: 8-12  
(8 ounces/ 236 ml) glasses per day 


**MONDAY:**

Meal 1	
Time	
Meal 2	
Time	
Meal 3	
Time	
Meal 4	
Time	
Meal 5	
Time	
Meal 6	
Time	

Calories Burned: Water Intake: 8-12  
(8 ounces/ 236 ml) glasses per day 


**TUESDAY:**

Meal 1	
Time	
Meal 2	
Time	
Meal 3	
Time	
Meal 4	
Time	
Meal 5	
Time	
Meal 6	
Time	

Calories Burned: Water Intake: 8-12  
(8 ounces/ 236 ml) glasses per day 


**WEDNESDAY:**

Meal 1	
Time	
Meal 2	
Time	
Meal 3	
Time	
Meal 4	
Time	
Meal 5	
Time	
Meal 6	
Time	

Calories Burned: Water Intake: 8-12  
(8 ounces/ 236 ml) glasses per day 


**THURSDAY:**

Meal 1	
Time	
Meal 2	
Time	
Meal 3	
Time	
Meal 4	
Time	
Meal 5	
Time	
Meal 6	
Time	

Calories Burned: Water Intake: 8-12  
(8 ounces/ 236 ml) glasses per day 


**FRIDAY:**

Meal 1	
Time	
Meal 2	
Time	
Meal 3	
Time	
Meal 4	
Time	
Meal 5	
Time	
Meal 6	
Time	

Calories Burned: Water Intake: 8-12  
(8 ounces/ 236 ml) glasses per day 

**SATURDAY:**

Meal 1	
Time	
Meal 2	
Time	
Meal 3	
Time	
Meal 4	
Time	
Meal 5	
Time	
Meal 6	
Time	

Calories Burned: Water Intake: 8-12  
(8 ounces/ 236 ml) glasses per day 

**SUNDAY:**

Meal 1	
Time	
Meal 2	
Time	
Meal 3	
Time	
Meal 4	
Time	
Meal 5	
Time	
Meal 6	
Time	



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