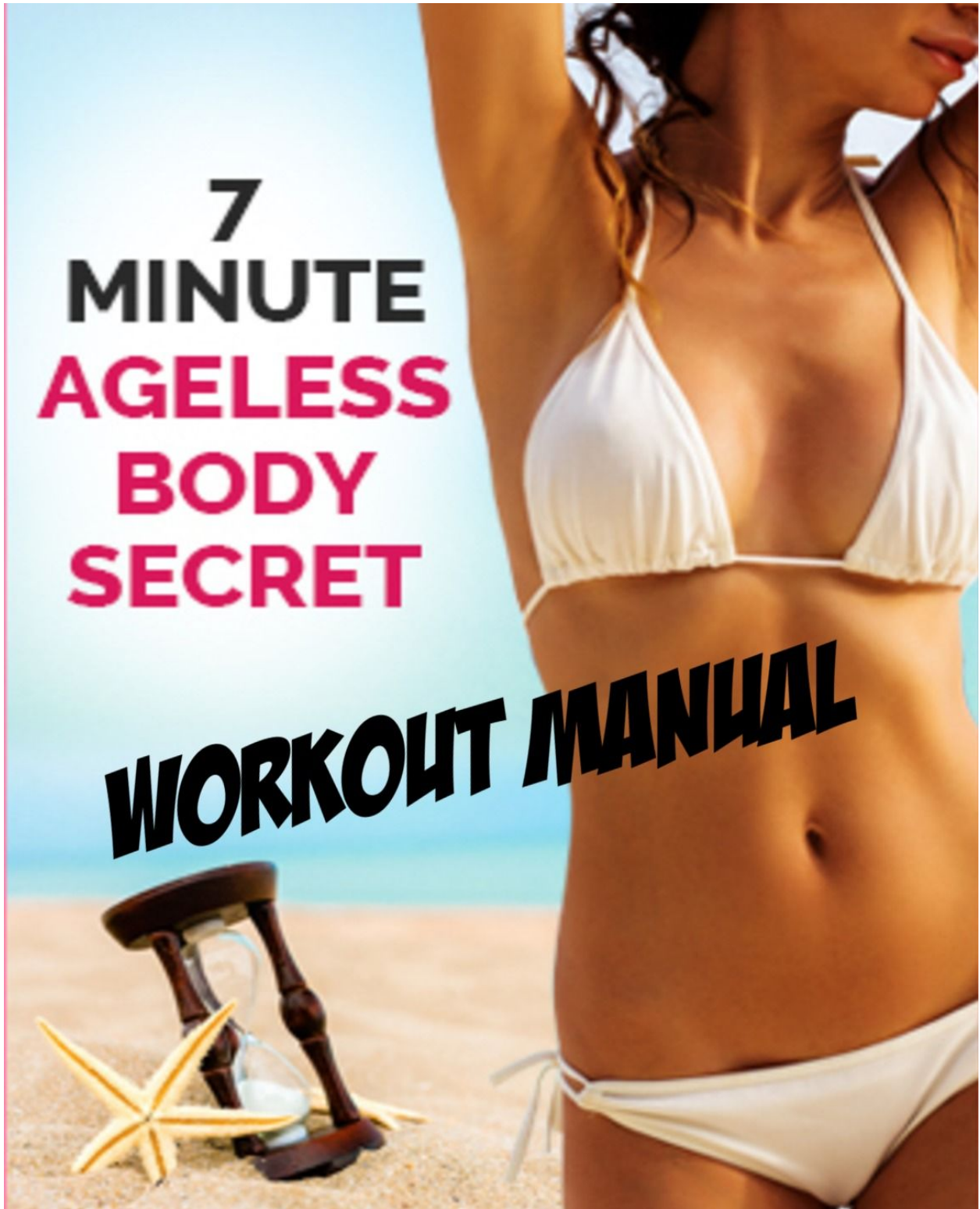


7
MINUTE
AGELESS
BODY
SECRET

WORKOUT MANUAL



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**The Workouts in this Plan
are Meant to Challenge and Sculpt Your Body
with Movement Patterns
that Work Each Group of Muscles,
Including Your Core,
in Every 7 Minute Workout Session**

Congratulations! You are now an action taker and are ready to get started with the 7 Minute Ageless Body Workouts so that you can see and feel quick results.

I HIGHLY RECOMMEND TAKING A BEFORE PICTURE WITH MEASUREMENTS. (you'll want to see your after shots for comparison and I will too!)

The scale is NOT a good judge as it only shows your overall bodyweight. It does not show how much muscle you have on your frame or how much fat you have lost. A tight pair of jeans can tell you how your body is changing as can a sports bra and shorts, or a bathing suit...or your mirror!

Please e-mail me with your before and after pictures and any questions or concerns at : constantenergy1@gmail.com

I welcome feedback and would love to hear how you are progressing.

Your Friend and Coach,
Dawn

HOW TO USE THE WORKOUTS IN 7 MINUTE AGELESS BODY SECRETS

The workouts are all only 7 minutes, and you will choose one workout daily depending on your fitness level. As you get into Stages 2 and 3, you will need a day of rest between sessions, or you can do Stage 1 as it is bodyweight only.

Always warm up first and cool down after every exercise session.

These workouts are known as AMRAP which means “As many reps as possible” in the time allowed. In every exercise session, the working time is 20 seconds followed by a 20 second rest.

Example: Timer is set for 20 seconds on, 20 Seconds off or “resting”. This means performing the exercise for 20 seconds, then resting for 20 seconds.

So if the exercise is a bodyweight squat, you might only be able to do 6 at Stage 1 in 20 seconds, however, as you get stronger, you might be able to do 12 or more later on in the same amount of time.

- **Note: As you get stronger and more fit, you will be able to perform more reps per 20 second interval than when you started the program. That’s what makes this 3 Stage Workout Plan one that can be done endlessly. You will keep seeing results based on either adding reps, or adding heavier dumbbells even though you are doing the same workout. This is how your body will be sculpted and get firm, burn fat and calories EVEN WHEN YOU ARE DONE WORKING OUT, CREATING THE “AFTERBURN.”**

*** The Stage 1 Workout is done with bodyweight only.**

This session can be done by those new to exercise or that have not been exercising for a while.

***I recommend that you do these sessions 4-6 times weekly.**

As you get stronger and able to add dumbbells, you can move to Stage 2.

* Stage 1 could take anywhere from a week to three weeks depending on your level of fitness at the starting point, and how often you do each session.

You will see results even if you are only using the Stage 1 workouts if you are a beginner.

*** The Stage 2 Workout is done with a single set of dumbbells.** When you are strong enough to get through the exercises in Stage 1 and are ready to add weights, you will start using the Stage 2 workouts.

I recommend starting with 5 lb. dumbbells.

As you build up your strength, it is recommended that you gradually work up to a heavier set of dumbbells in the 8-12 lb range. However be sure that you can control and manage them with perfect form. (but don't be afraid to use heavier weights!)

KEY: Heavier dumbbells will burn more calories and build more muscle in less time, thus raising your resting metabolic rate and sculpting your muscles while burning off the bulges faster!

Your body will be challenged more, so you can either take a rest day inbetween if you are only using the Stage 2 workout or use the Stage 1 workout the day after to speed up your results between days.

***I recommend that if you are using both Stage 1 and 2, that you workout 4-5 times weekly.**

***The Stage 3 Workout uses a single set of dumbbells.**

This workout is more challenging and advanced, burning the largest amount of calories and creating the most efficient “afterburn!”

*The Stage 3 workout is meant to be done when you have mastered the workouts in Stage 1 and Stage 2, and are ready to advance to a more difficult session.

**** I recommend that at this point, Stage 3 session can be done by itself 3-4 X weekly, or 1-2 X weekly in addition to Stage 1 and Stage 2 workouts.**

This will all depend on your level of fitness and how much time you need to fully recover from the previous workout. Your body will let you know!

The workouts are meant to Engage Every Muscle while Optimizing Blood Flow and Oxygen Levels for FASTER FAT BURNING while creating a Stronger Body with Tighter and Firmer YOUTHFUL Curves

This is how you will release the “Youth Cocktail” of Anti-Aging Hormones responsible for Sculpting Your Body with Tighter, Firmer Muscles and skin.

Remember...NOTHING IS MORE IMPORTANT THAN PERFECT FORM. WE ARE COACHING OUR BODIES TO "AGE BACKWARDS" so that you can keep your fat burning hormones on turbocharge, and an injury will just put us on the sidelines stalling our weight loss and body sculpting goal

Tips

*Form and movement patterns are more important than speed, however, you want to push yourself out of your comfort zone to get results.

*Do not skip an exercise for a bodypart, if you need to, modify with an exercise that is meant for that same muscle group.

*Fatigue is ok, a burn in the muscle is ok, weakness is ok, however, pain that is either sharp or shooting is NOT ok. Discontinue the exercise and move on to the next one if you feel this kind of pain.

**These 7 Minute Workouts are "THE SECRET"
for Maximizing Fat Burn and Sculpting Your Body
so that you NEVER have to count another calorie
EVER AGAIN!**

Warm Up and Cool Down

Warm up (2 minutes)

10 Full body extensions

5 Bodyweight Squats

10 Open Chest Flyes (palms together in front, lead with elbows back to open chest)

10 Jumping Jacks

10 Side then back to Center Lunges (step out with right foot to the side, hinging hips into a squat, then back to center, repeat with left side, and back to center)

10 Mock Standing Bent over Rows

Lay on floor on back with heels close to buns and knees bent, pushing hips up to

5 Hip Bridges

Cool Down (2-3 minutes)

Walk hands out on floor to Downward Dog

Hinge hips back, pushing through heels stretching hamstrings and calves into downward dog.

Knees to floor into table position, push spine up to ceiling while tucking tailbone under.

Sit back onto heels, reaching forward with forehead on matt.

Reach with arms stretching shoulders, while stretching lower back

Sit back onto floor with heels together, spine elongated into

Butterfly, hold to stretch inner thighs

Roll onto Back hugging knees, with arms reached out to sides palms down while flattening shoulders into the ground, drop hips with control to left, hold for 5 seconds then back to center, then drop to right, hold for 5 seconds.

While on back, with feet close to glutes, Push up into hip bridge and hold for 10 seconds.

Roll up to squat, with feet hips width apart and with hands on knees, slowly come to a stand.

Reach to sky with hands clasped, reach overhead to right counting to 3, then left holding again for 3 counts.

Reach hands behind back clasping hands together, opening up chest and keeping chin tucked, breathing deeply.

Take 3 deep slow breaths in through your nose filling your belly, and exhale out through your mouth.

The Workouts

You will be doing as many reps as possible of each exercise in 20 seconds followed by a 20 second rest.

This is know as an (AMRAP)workout.

The idea is to workout intensely for a short period of time with a short period of time between exercises for rest.

If you are doing the workouts while NOT watching the videos, set a timer for 20 working seconds, with a break for 20 seconds after each exercise. This looks like 20 on/20 off on a timer.

Stage 1 Workout (bodyweight only)

Warm Up First, then

Set timer for 20 working seconds on, 20 seconds off of rest. You will do As Many Reps as Possible in the following sets. (AMRAP)

Full body extensions

Rest for 20 seconds

Prisoner Squats

Rest for 20 seconds

Mock two armed standing row

Rest for 20 seconds

Alternating Backward Curtsy Lunges

Rest for 20 seconds

Down onto Floor in Plank Position:

Hand or Elbow Plank

Rest for 20 Seconds

Alternating Spiderman Plank (Pull knee towards same side elbow)

While Holding Plank)

Rest for 20 Seconds

Superman. (Lay face down while squeezing glutes to raise chest up off of floor while simultaneously lifting legs off of floor, with palms at armpits facing down and elbows out at sides squeezing upper back.

Rest for 20 Seconds

Roll Over onto back to:

Knees to chest crunch with extended legs and controlled heel tap
(tucking pelvic bone in towards belly button)

Rest for 20 Seconds

Side to side Oblique Rocker Crunches (outer toe reach from laying
down on back position with head lifted and chin tucked, reaching
hand towards foot)

Rest for 20 Seconds

Roll over to Push Up Position

Negative Push Ups

Rest for 20 Seconds

Stand Up

Mock two armed standing row

Rest 20 Seconds

Alternating Prisoner Forward Lunges

Rest for 20 Seconds

DONE!!

FOLLOW UP WITH COOL DOWN ROUTINE

Hydrate, and Replenish with a Post Workout Smoothie for Recovery!

STAGE 2 WORKOUT (bodyweight & dumbbells)

Warm Up First, then

Set timer for 20 working seconds on, 20 seconds off of rest. You will do As Many Reps as Possible in the following sets. (AMRAP)

Skater Lunges

Rest for 20 Seconds

Dumbbell Squats

Rest for 20 Seconds

Dumbbell Alternating Curtsy Lunges

Rest for 20 Seconds

Down onto Floor into Plank Position:

Plank with Alternating Shoulder Taps

Rest for 20 Seconds

Alternating Plank from hands to elbows

Rest for 20 Seconds

Side Plank on Left (tap left knee to right elbow and reach overhead)

(can be on elbow to modify)

Rest for 20 Seconds

Side Plank on Right (tap right knee to left elbow and reach overhead)

(can be on elbow to modify)

Rest for 20 Seconds

From Standing Position:

Standing Dumbbell Bent Over Rows
Rest for 20 Seconds

Dumbbell Squats to Alternating Shoulder Presses
Rest for 20 Seconds

Dumbbell Stiff Legged Deadlifts
Rest for 20 Seconds

Set Down Dumbbells

5 Push ups
Rest for 20 Seconds

Alternating Spiderman Plank (Pull knee towards same side elbow while in plank)

DONE!

FOLLOW UP WITH COOL DOWN ROUTINE

Hydrate, and Replenish with a Post Workout Smoothie for Recovery!

STAGE 3 WORKOUT (bodyweight & dumbbells)

Warm Up First, then

Set timer for 20 working seconds on, 20 seconds off of rest. You will do As Many Reps as Possible in the following sets. (AMRAP)

Skater Lunges

Rest for 20 Seconds

Alternating Dumbbell Lunges

Rest for 20 Seconds

Standing Bent over Dumbbell Rows

Rest for 20 Seconds

Down onto Floor into Plank Position

Alternating Spiderman Plank (Pull knee towards same side elbow while in plank)

Rest for 20 Seconds

Roll Over onto Back

Side to side Oblique Rocker Crunches (outer toe reach from laying down on back position with head lifted and chin tucked, reaching hand towards foot)

Rest for 20 Seconds

Criss Cross (or scissor) Kicks

Rest for 20 Seconds

Come to Standing Position

Dumbbell Squats to Alternating Shoulder Presses
Rest for 20 Seconds

Alternating Dumbbell Renegade Rows
Rest for 20 Seconds

Come up to Standing Position

Burpees
Rest for 20 Seconds

Alternating Single Leg Dumbbell Deadlifts (or try without dumbbells)
Rest for 20 Seconds

Set Down Dumbbells:

Alternating Switch Jump Lunges
Rest for 20 Seconds

Push Ups with Single count pause before going into next push up
DONE!

FOLLOW UP WITH COOL DOWN ROUTINE

Hydrate, and Replenish with a Post Workout Smoothie for Recovery!

Modification Exercises:

Burpees : Full body extensions or jump squats landing with soft knees

Elbow to Hand Plank: Plank with shoulder taps

Jump Squats: Full Body Extensions

Push Ups : Against object as in counter or sturdy table, Instead of thinking of raising your body from the ground or the object, think of pushing the ground AWAY from you. This gives you more power!

*Do not start or keep doing these on knees (you will never strengthen core or get chest stronger)

Single Leg Dumbbell Deadlifts : Do w/o weights to low bench. This is a core and hip balancing move. Focus and see modification in video.

Side Plank with Elbow to Knee: Side Plank with elbow on floor, with overhead reach.

Weighted Renegade Rows : Mock Renegade Alternating rows (from plank on hands, pretend that you are pulling hand back to hip while core and glutes are tight so that hips do not shift)

Congratulations!

If you are to this point, then you are well on your way to the most youthful and sculpted body ever, and fad diets and boring cardio will be a thing of the past!

Please e-mail me your before and after pictures. I want to hear from you, and you can consider me your "personal online coach" that is committed to your success!

Contact me with any questions or concerns at

Dawn@constantenergyfitness.com