

# 4 WEEKS – 4 KILOS “NO WEIGHTS” WORKOUT

## A result-oriented blend of cardio & Functional Training

Get ready to discover the “short burst exercise system” that promises to help you boost your metabolism, escalate your fat loss, and burn belly fat

### THE EXERCISE PLAN

**Slow Cardio:** Your routine begins with a slow warm-up cardio at a low intensity to get your body nice and warm for the exercises ahead.

**Low intensity Calisthenics:** Low impact calisthenics will form a major part of your cardio workout. Calisthenics lead to an improvement in overall body strength and energy, in turn promoting overall health. A Calisthenics workout can help burn unwanted fat in the body, thus providing you with a lean and fit physique.

**Core training:** Core training targets all 4 muscle groups that make up your core, i.e., your abdominals. Combining the above routines with this intense ab circuit training exercises for upper and lower abs and oblique muscles will do you a world of good physically.

**Explosive Calisthenics:** Explosive calisthenics work to increase the heart rate and lung capacity. There are several types of calisthenic exercises such as impact exercises (jump squats, quad burners), strength-building and muscle toning activities.

**HIIT Cardio:** This form of cardio is a very intense method of cardio training called HIIT (High Intensity Interval Training) which burns a very high amount of calories and keeps your body's metabolism increased for much longer periods than conventional "long & slow" cardio training. HIIT cardio is recommended for only 20 minutes because it's extremely intense.