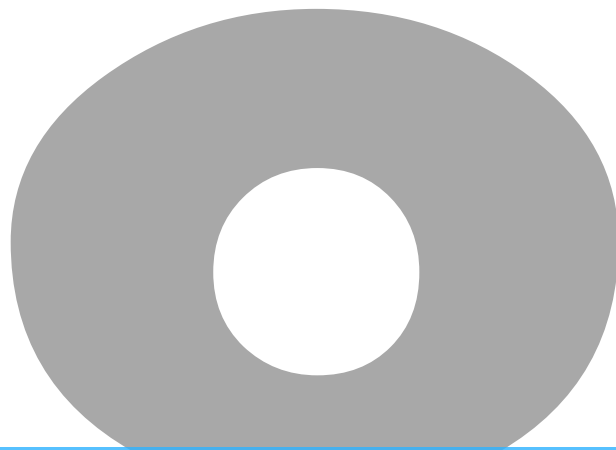


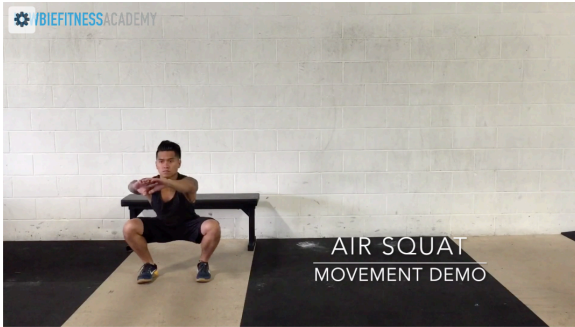
NEWBIEFITNESSACADEMY

NO GYM MEMBERSHIP * NO EQUIPMENT * NO WEIRD
MOVEMENTS * ALL YOU NEED IS A GOOD ATTITUDE AND
A LITTLE MOTIVATION :)

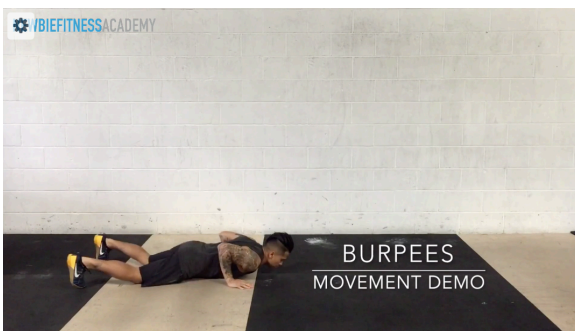


THE ULTIMATE BODYWEIGHT MOVEMENT TEMPLATE

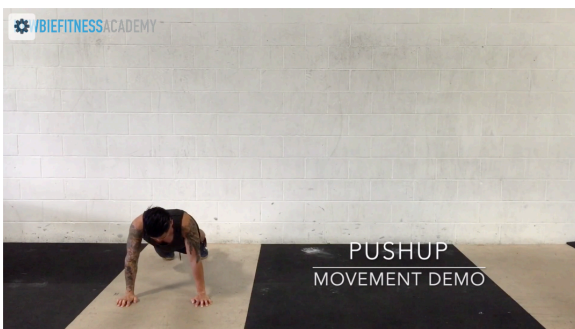
THESE ARE THE ONLY 8 MOVEMENTS YOU NEED
IN ORDER TO FIND A FITTER, LEANER, AND
MORE AWESOME VERSION OF YOU



[CLICK HERE to see the movement demo](#)



[CLICK HERE to see the movement demo](#)



[CLICK HERE to see the movement demo](#)

1. Air Squat

If you're looking for a powerful way to boost your overall fitness and get some serious results -- fast -- from your workout routine, look no further than performing squatting exercises.

This is one exercise that should be a part of virtually everyone's routine, as it's relatively simple to perform, requires no equipment, and can be done just about anywhere.

2. Burpee

The king of bodyweight movements. Burpees are a full body workout and they help you gain strength in the entire body. With each repetition, you will work your arms, chest, quadriceps, glutes, hamstrings, and core. It's the ultimate example of a functional fitness movement.

Learn to love them!

3. Push-up

While they're often the go-to exercise for building chest strength, push-ups do double duty. In order to stabilize your body to achieve perfect form, the muscles of your core, including your abs, obliques and lower back are hard at work when you perform this movement



[CLICK HERE to see the movement demo](#)

4. Lunge

Lunges are unilateral exercises, meaning that they train one side of your body independently from the other.

Lunges target the glutes, hamstrings, quadriceps, hip flexors, core muscles and calves. Lunges work the lower body, especially the glutes and hamstrings, as these muscles are fully engaged when supporting your body in a full lunge.



[CLICK HERE to see the movement demo](#)

5. Mountain Climber

If you value efficient moves in your strength-training workouts, mountain climbers are a perfect fit.

They are a compound exercise, meaning they work several joints and muscle groups simultaneously. The steady running motion targets your glute and leg muscles, including your quadriceps and hamstrings.



[CLICK HERE to see the movement demo](#)

6. Sit-up

Sit-ups are effective at one thing: strengthening your core muscles. Stronger core muscles help stabilize your body as you move through the world. This means you'll be less likely to trip, which can help protect against injuries and falls when you play sports. Stronger core muscles also mean that you can maintain better

posture because it won't strain your back to stand and sit up straight.

7. Jumping Jack

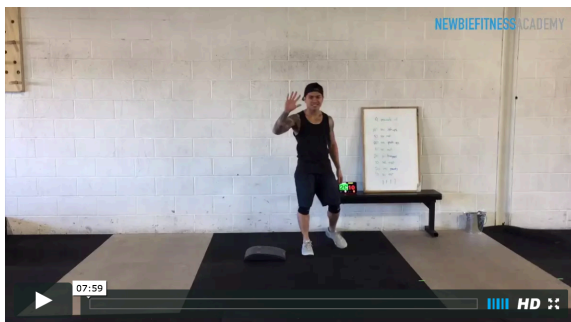
The primary benefit from doing jumping jacks is that it elevates your heart rate. You breathe heavier while jumping, which delivers oxygen to your bloodstream and ultimately to your muscles. You burn fat at a rapid rate, promoting weight loss. It is an effective exercise for the joints and to strengthen them and is a full-body workout. When was the last time you did jumping jacks??



[CLICK HERE to see the movement demo](#)



[CLICK HERE to see the movement demo](#)



[CLICK HERE to see the workout demo](#)

8. Plank

Planks are one of the most effective exercises you can do. Why? Because they require a small time investment on your part, and offer the chance to achieve substantial results in a relatively short span of time. Plus, it's one of the easiest exercises to execute!

YOUR FIRST WORKOUT

Tabata Style: 20 seconds on/10 seconds off

4 Rounds of:
Situps
Pushups
Burpees
Squats

Workout length: 8 minutes



Fitness doesn't have to be hard.

It doesn't have to be complicated for it to be effective.

Sometimes it's better to master just a few exercises and execute them really well than be a jack-of-all-trades and a master of none.

If anything doesn't make sense or is confusing in any way...don't fret!

I'll be back soon with more great stuff to answer any questions and make it all so-very-crystal-clear.

Need some help applying these movements in to awesome fat burning workouts?

Join the 21 Day Spud-To-Stud Fitness Challenge!

[CLICK HERE to sign up!](#)

-Carlo Macapinlac