



FITNESS VIDEO GUIDE

Fitness & Nutrition Expert Program

FIT CHICKS® ACADEMY



DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. Readers and users should not perform any of the workouts or exercises in this guide until they have been shown proper technique by a qualified fitness professional.

The workouts in this guide are designed to be used by healthy individuals only and may be too strenuous for some people. This library offers fitness information and fitness programs and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this guide. The use of any information provided in this guide is solely at your own risk.

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FITNESS VIDEO GUIDE

At FIT CHICKS, we have tons of awesome video resources to help you learn, grow, study and practice your fitness teaching skills at home.

This Fitness Video Guide is a quick reference tool to help you find videos to assist in your home study and teaching. It is packed with video explanations, creative exercises, short workouts to do on the fly and long workouts to help with cuing, program design, etc.



Please note that this is just a starting point for you to build your library of fierce exercise variations. There are tons of free resources for exercises, variations, modifications, etc and this will help to creatively set you apart in the world of fitness!



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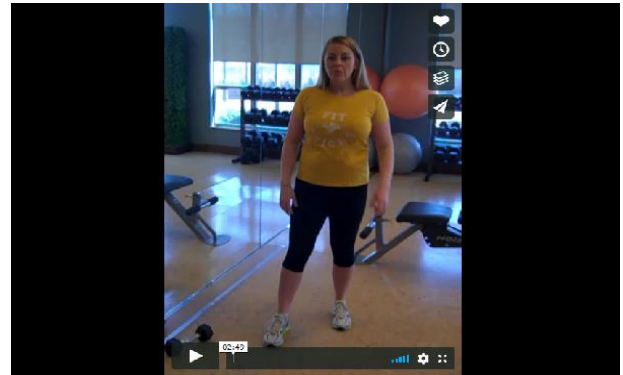
BASIC TRAINING

BASIC TRAINING LEVELS 1, 2, 3

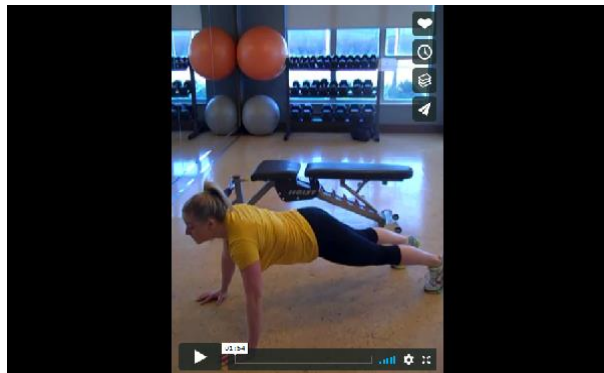
All videos listed here show the basic training movements and their levels and modifications for each.



Squat



Lunge



Push Up



Ab Crunch



Burpee



Tricep Dip



PARTNER WORK EXERCISES & GROUP WORK

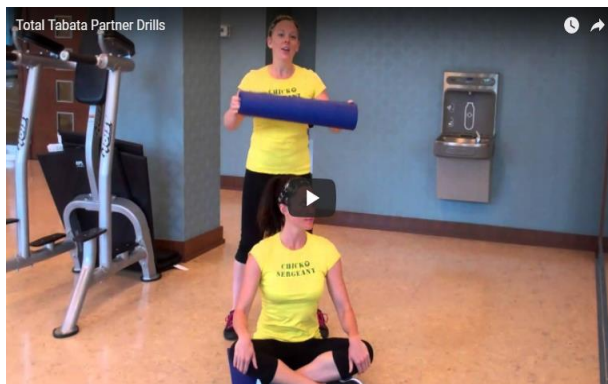
PARTNER EXERCISES AND GROUP WORK



Partner Cardio and punching Drills



Partner exercise using mats



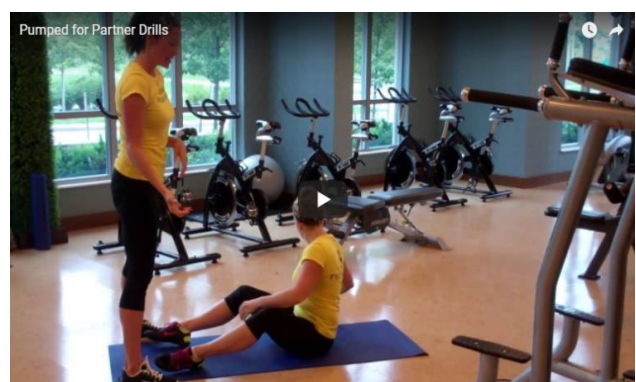
Total Tabata Partner Drill



Crazy Cardio Partner Drills



We heart Burpee Partner Drills



Pumped for Partner Drills



[Partner Drills](#)



[Partner Upper Body Exercises](#)



[Partner Lunge and Squat Variations](#)



[Partner Core Exercises](#)



PUSH UPS & UPPER BODY VARIATIONS

PUSH UP VARIATIONS



Walking Push ups



Superstar Push Ups



Reverse Push Ups



Pike Push-ups



Lever Push Ups



Dynamo Push Ups



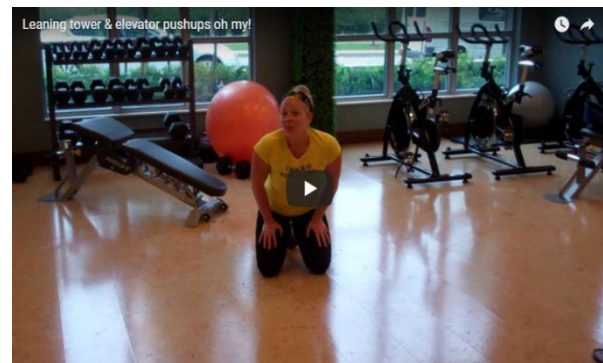
[Divebomber Push Ups](#)



[Commando Push Ups](#)



[Side to Side Push Ups](#)



[Leaning Tower Push ups](#)

UPPER BODY VARIATIONS



Flying Wing (ie Military) Presses)



Windshield Wiper Triceps



Tricep Kick Back



Shoulder Press



Wing Rows



Concentrated Bicep Curl with a Squat



“Arnettes” aka Arnolds Shoulder Press



SQUATS, LUNGES & LOWER BODY VARIATIONS

LOWER BODY VARIATIONS



X & Y Squats



Hindu Squats



Ninja Squats



Figure 8 Squats



Kettle Bell meets Samurai



Chick Get Ups



Prisoner Squats



[How to do lovely lunges](#)



[4 x 4 Lunges](#)



[Side Lunge with Leg Lift](#)



[Side Lunges with variations](#)



[2 Side Lunge Variations](#)



[Lunge Squat Combo](#)



[Ninja Lunges](#)



CORE & MORE

PLANK VARIATIONS



Side Planks



Forward & Back Planks



Around the World Planks



Forward Plank Reaches



Angled Plank Reaches



Superstar Planks



[Reach Thru Planks](#)



[Hip Tap Planks](#)



[Hip Circle Planks](#)

AB VARIATIONS



Tornado Tummy



Bicycle Abs



Fab Abs with Weights



The 3 point Ab Crunch



CARDIO, BURPEES & OTHER VARIATIONS

CARDIO & OTHER



[Incorporating Wacky Weights](#)



[Chick Sergeant Says Cardio](#)



[Chick wall climbers](#)



[Yoga Stretches](#)



[Sports Conditioning Exercises](#)



[Sports Conditioning Part 2](#)



[Sports Conditioning Part 3](#)



[Exercises Using Mats part 2](#)



[Exercises using Mats Part 3](#)



[Mixed Martial Arts Lower Body](#)



[Animal Inspired Exercises Part 1](#)



[Animal Inspired Exercises Part 2](#)

BURPEE VARIATIONS



[Bootcamp Basic Burpees](#)



[180 Degree Burpees](#)



[Mountain Climber Burpees](#)



[Burpees with 3 Push Up Variations](#)



[Starfish Burpees](#)



[Squat Burpees](#)



[Knee Up Burpees](#)



[Sleeping Chick Burpees](#)



[Hot Potato Burpees](#)



[3 Point Burpees](#)



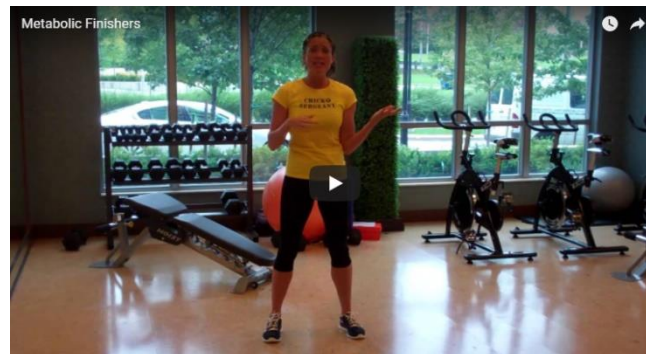
“WHAT ARE...”

METABOLIC FINISHERS

What are metabolic finishers?



The 3 min Secret to Fat Blasting.. Metabolic Finisher Workout



Please note the videos on Vimeo require a log in password “fitchicks”.

SUPER SETS

What are supersets?



How to add fat blasting supersets to your workouts!



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COMPOUND VS ISOLATION EXERCISES

What are compound and isolation exercises?



TABATAS

What are tabatas exercise?



PLYOMETRIC TRAINING

What is plyometric training?



AFAPs EXERCISES

What are AFAPs exercises?



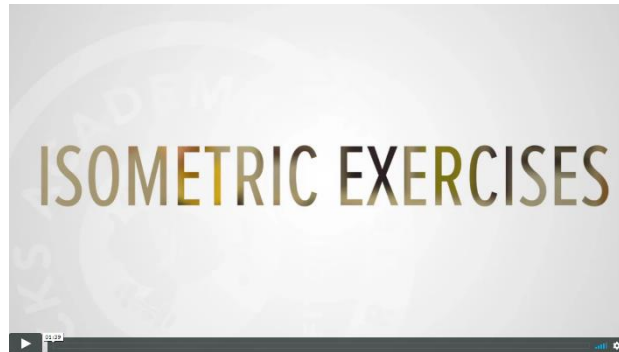
AMRAPs EXERCISES

What are AMRAPs exercises?



ISOMETRIC EXERCISES

What are isometric exercises?



STATIC STRETCHING

What is static stretching?



DYNAMIC STRETCHING

What is dynamic stretching?



PASSIVE STRETCHING

What is passive stretching?



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ACTIVE STRETCHING

What is active stretching?



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DYNAMIC WARM UP

Full total body dynamic warm up example.



STATIC COOL DOWN STRETCH

Full static cool down full body stretch example.



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OBSTACLE COURSES

Short video on how to introduce and set up obstacle courses into your programming:



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CIRCUIT TRAINING

Short video on how to set up and introduce circuit training into your programming.



HIIT

What is HIIT and why is it important.



LISS

What is LISS and why is it important.



RESISTANCE BANDS

What are resistance bands and how to use.



STABILITY BALLS

What are stability balls and how to use.



MEDICINE BALLS

What are medicine balls and how to use.



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GLIDERS

What are gliders and how to use.



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SHORT WORKOUT VIDEOS (under 7 min)

The "5 Alive" Workout



It is 5 exercises, do 1 min each, rest for 60 sec then repeat 3 times (total of 15 min of actual work, 3 min of rest)

For level 1 chicks, please do the exercise without the jumps.

For level 2 chicks, please do the workout as is.

For level 3 chicks, please add the heaviest weights possible to hold during this workout.

Remember, you want to be at your "9 out of 10" to get the best results from this workout so get ready to PUSH yourself! We promise you will love getting sweaty to this pattern – easy, effective and fast...just how we like it

We heart Tabatas!



Not familiar with the wonderful world of tabatas? They are simple! It consists of eight intense training intervals. You do 20 sec as hard as you can go followed by 10 sec of rest. Repeat 8 times for at total of four minutes.

(*Need a Tabata timer? Free download for your smartphone at (<http://www.runloop.com/seconds-pro>)

Need a tabata workout? [Print off your printable "Totally Tabatas" Chick Style Workouts HERE.](#)

The Buns & Guns Workout



Want a banging booty and some serious guns? Work your glutes and your biceps with this fierce 5 exercise workout!

Do each exercise for 1 min each and repeat 2x (total of 2 rounds each side)

Top 5 Lower Body Burn Workout!



Get glamorous gams with this 5 exercise booty & lower body workout - no weights needed!

Complete each exercise consecutively for 15 reps each. Repeat 3 times. Follow with 20 - 30 min of cardio of choice for a fierce fat blaster!



LONG WORKOUT VIDEOS (OVER 20 MIN)

“SHAPE UP WITH FIT CHICKS” BOOTCAMP

Perfect Plyos



Please note the videos on Vimeo require a log in password “fitchicks”.

Basics with a Twist



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Totally Tabatas



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MMA Style



Please note the videos on Vimeo require a log in password “fitchicks”.

Dirty 30 Surfer Style



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FIT CHICKS 20 min “High Intensity Hottie” Workout



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PERSONAL TRAINING EXERCISES



Hi and Welcome to the FIT CHICKS Exercise Library!

My name is **Laura Jackson** and I am going to take you through each of these fierce exercises to make sure you getting the best results possible.

Now for each of these exercises I want you to remember these 3 things:

1. Practice form. If these exercises are new to you, make sure to practice without the weights first to make sure you have the form down for safety and effectiveness. Once you have it down, then add the weight and be ready to rock!
2. Lift heavy! Don't be afraid of the heavy weights. You will not get bulky – I promise. You want to be challenging yourself with the heaviest weight possible. If the last 2 reps are easy and you can still do more, it is time to increase the weight!
3. Gym or at home? No problem – while you can do these exercises at the gym or at home. While at the gym you will have more access to heavier weights, Don't let not having a gym deter you as you can do all of these exercises at home.

And don't forget to always consult a physician before starting or taking part in exercises.



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UPPER BODY

Back



[The Row](#)



[Wide Row](#)



[Resistance Band Pull Apart](#)



[Dumbbell Pullover](#)



[One Armed Row](#)



[SuperChicks](#)



[Seated Row with Resistance Band](#)

Chest



[Chest Fly](#)



[Chest Press](#)



[Push Up Variations](#)

[\(3 variations – reg, side to side and shoulder taps\)](#)



[Reverse Push Up](#)

Shoulders



[Upright Row](#)



[Standing Lateral Raise](#)



[Front Raise](#)



[Reverse Fly](#)



[Overhead Press](#)



[Seated Arnold Press](#)



[Seated Reverse Fly](#)

Biceps



[Biceps Curl](#)



[Standing Y's](#)



[Seated Hammer Curl](#)



[Concentration Curl](#)

Triceps



[Triceps Kick Backs](#)



[Overhead Press](#)



[Side Triceps](#)



[Bench Dips](#)



[Skullcrushers](#)



[Triceps Push Up](#)

LOWER BODY

Legs



[Jump Squat](#)



[Dumbbell Squat](#)



[Deadlift](#)



[One Legged Deadlift](#)



[Side Lunge](#)



[Goblet Squats](#)



[Sumo Squat](#)



[Moving Side Squats](#)



[Pop Squats](#)



[Super Alternating Forward Lunge &
Alternating Reverse Lunge](#)

Glutes



[Bench Hip Thrusters](#)



[Bulgarian Split Squat](#)



[Alternating Glute Bridge](#)



[Dumbbell Donkey Kick](#)

Calves



[Weighted Calf Raise \(3 variations\)](#)

CORE

Planks



[Plank](#)



[Plank with Hip Taps](#)



[Plank with Renegade Row](#)



[Rotating Side Plank](#)



[Plank with Hip Taps](#)

Abs



[Russian Twist](#)



[Lower Leg Raises](#)



[Boat with Hand Pulses](#)

CARDIO & PLYOS



[Alternating Kettle Bell Swing](#)



[Burpees](#)



[Mountain Climbers](#)



[Weighted Jacks](#)



[Jump Lunge](#)



[Jump Squat](#)



[Moving Side Squats](#)



[Pop Squats](#)



[Bench Step Ups](#)



[Toe Taps](#)