

5 Workouts
THAT USE
**PROGRESSIVE
MOVEMENT
TECHNOLOGY**

TABLE OF CONTENTS

The 5 Progressive Workouts	Page 1
The Exercise Library	Page 8
- Rotational Core Progression	Page 9
- Burpee Exercise Progression	Page 15
- Push Up Exercise Progression	Page 21
- Lunge Exercise Progression	Page 26
Conclusion	Page 30

The 5 Workouts That Use Progressive Movement Technology!

This manual contains 5 different workouts:

- The complete beginner or level 1 workout
- The beginner or level 2 workout
- The intermediate or level 3 workout
- The advanced or level 4 workout
- The expert or level 5 workout

It also contains exercise descriptions for each of the exercises listed in the workouts above. So... here's how you should use this manual...

- 1) Start with the level 1 workout. If you can complete this workout easy with good form, move to the level 2 workout.
- 2) Keep going until you find a level that is challenging but not impossible
- 3) Once you find this level, follow the workout 3 days a week until the workout become noticeably easier for you.
- 4) Once the workout gets noticeably easier, move onto the next level and repeat.
- 5) Be consistent 3 days a week and keep going until you can do the level 5 workout with perfect form.

That's all you have to do and... by using the Progressive Movement Technology built into these 5 workouts, you'll see a noticeable change in your body in as little as 30 days.

Now it's time to jump into your workouts...

Workout #1 - COMPLETE BEGINNER!

(Level 1)

PROTOCOL: Set A Timer For 10 Minutes And Do As Many Rounds As You Can Of The Following 4 Exercises In That 10 Minute Time Period. Make sure you record the amount of rounds you got at the bottom of this page.

EXERCISES: (See Exercise Descriptions Below)

- 10 - Climber Toe Taps (Each Side)
- 10 - Touch Jumps
- 10 - Split Squats Right
- 10 - Split Squats Left
- 10 - Kneeling Pushups

NOTE: Rest as needed and make sure you pay close attention to exercising with perfect form.

TRACK YOUR SCORE: Track your score by writing down how many rounds you completed on each exercise below.

Climber Toe Taps	TOTAL ROUNDS _____
Touch Jumps	TOTAL ROUNDS _____
Split Squats Right	TOTAL ROUNDS _____
Split Squats Left	TOTAL ROUNDS _____
Kneeling Pushups	TOTAL ROUNDS _____

Workout #2 - BEGINNER

(Level 2)

PROTOCOL: Set A Timer For 12 Minutes And Do As Many Rounds As You Can Of The Following 4 Exercises In That 12 Minute Time Period. Make sure you record the amount of rounds you got at the bottom of this page.

EXERCISES: (See Exercise Descriptions Below)

- 10 - Mountain Climbers (Each Side)
- 10 - Burpee Walkouts
- 10 - Reverse Alternating Lunges (Each Side)
- 10 - Eccentric Pushups

NOTE: Rest as needed and make sure you pay close attention to exercising with perfect form.

TRACK YOUR SCORE: Track your score by writing down how many rounds you completed on each exercise below.

Mountain Climbers	TOTAL ROUNDS _____
Burpee Walkouts!	TOTAL ROUNDS _____
Reverse Alternating Lunges	TOTAL ROUNDS _____
Eccentric Pushups!	TOTAL ROUNDS _____

Workout #3 - INTERMEDIATE!

(Level 3)

PROTOCOL: Set A Timer For 15 Minutes And Do As Many Rounds As You Can Of The Following 4 Exercises In That 15 Minute Time Period. Make sure you record the amount of rounds you got at the bottom of this page.

EXERCISES: (See Exercise Descriptions Below)

- 10 - Rotational Mountain Climbers (Each Side)
- 10 - Squat Thrusts
- 20 - Reverse Alternating Lunges (Each Side)
- 10 - Pushups

NOTE: Rest as needed and make sure you pay close attention to exercising with perfect form.

TRACK YOUR SCORE: Track your score by writing down how many rounds you completed on each exercise below.

Rotational Mountain Climbers TOTAL ROUNDS _____
Squat Thrusts TOTAL ROUNDS _____
Reverse Alternating Lunges TOTAL ROUNDS _____
Pushups TOTAL ROUNDS _____

Workout #4 - ADVANCED!

(Level 4)

PROTOCOL: Set A Timer For 18 Minutes And Do As Many Rounds As You Can Of The Following 4 Exercises In That 18 Minute Time Period. Make sure you record the amount of rounds you got at the bottom of this page.

EXERCISES: (See Exercise Descriptions Below)

- 10 - Grass Hoppers (Each Side)
- 10 - Kneeling Burpees
- 5 - Jump Lunges (Each Side)
- 5 - Clap Pushups

NOTE: Rest as needed and make sure you pay close attention to exercising with perfect form.

TRACK YOUR SCORE: Track your score by writing down how many rounds you completed on each exercise below.

Grass Hoppers	TOTAL ROUNDS _____
Kneeling Burpees	TOTAL ROUNDS _____
Jump Lunges	TOTAL ROUNDS _____
Clap Pushups	TOTAL ROUNDS _____

Workout #5 - EXPERT

(Level 5)

PROTOCOL: Set A Timer For 20 Minutes And Do As Many Rounds As You Can Of The Following 4 Exercises In That 20 Minute Time Period. Make sure you record the amount of rounds you got at the bottom of this page.

EXERCISES: (See Exercise Descriptions Below)

- 10 - Sit Outs (Each Side)
- 10 - Burpees
- 10 - Jump Lunges (Each Side)
- 10 - Clap Pushups

NOTE: Rest as needed and make sure you pay close attention to exercising with perfect form.

TRACK YOUR SCORE: Track your score by writing down how many rounds you completed on each exercise below.

Sit Outs	TOTAL ROUNDS _____
Burpees	TOTAL ROUNDS _____
Jump Lunges	TOTAL ROUNDS _____
Clap Pushups	TOTAL ROUNDS _____

EXERCISE INSTRUCTION AND PROGRESSION



ROTATIONAL CORE PROGRESSION



LEVEL 1

CLIMBER TOE TAPS

/1 /Hands are planted on the ground with the body in a plank.



/2 /The right foot comes forward into a lunge and toe lightly taps the ground.

/3 /Alternate tapping toes.



LEVEL 2

MOUNTAIN CLIMBERS

/1



/Start position is same as in alternating toe taps - **in the plank with feet and palms planted on the ground.**

/2

/Bring right

knee and foot forward, **but do not pause in the lunge by tapping the toe.**



/3

/Alternate feet in the air between left and right.



LEVEL 3 ROTATIONAL MOUNTAIN CLIMBERS

/1 /Movement

starts in a plank.



/2

/Instead of bringing knee and foot just forward, the knee and foot come forward and rotate towards the opposite side. **Make sure to keep abs tight and shoulders active.**

/3

/Alternate legs. Rotating to each side.



LEVEL 4

GRASSHOPPERS

/1

/Begin in
the plank.



/2

/As in the
rotational
mountain climber.
Bring knee and foot
forward, rotate to
opposite side, **BUT
NOW** extend leg to
tap heel on the
ground.

/3

/Alternate legs,
tapping heels on
the opposite
side. **Remember**
to keep
shoulders active,
core tight and
back flat.



LEVEL 5

SIT OUTS



/1
/As in the previous movements, this also starts in a plank.

/2

/The right leg comes forward as in the **GRASSHOPPER**. Extended. With the hands firmly placed on the ground.



/3



/Instead of rotating to tap your heel, you are going to rotate fully to where your left lifts to support behind you and your right foot remains in the air. Repeat with both legs.

BURPEE PROGRESSION



LEVEL 1

TOUCH JUMPS

/1



/Begin in squat position with your **back flat and your weight situated in the heels**. Reach your hands between your legs to tap your fingertips on the ground.

/2

/From the squat position, jump in the air using your arms for momentum. Repeat. Remember to **breathe**, these get tiring.



LEVEL 2 BURPEE WALKOUTS

/1

/Start with you hands and feet on the ground. With your feet about shoulder width apart.



/2



/Pressing your hands to the ground, walk either the right or the left foot behind you into a full plank.

/3

/Walk your feet back to your hands.



/4

/JUMP!



LEVEL 3 SQUAT THRUSTS

/1



/As in the burpee walkouts, the movement starts with hands and feet both firmly on the ground. **The movement is finished by reversing through the set.**

/2

/Hop both feet out into a plank. **Keep shoulders active, back flat and core tight.**



/3 /4

/Hop feet back in - **resembling the start.**



/JUMP!



LEVEL 4

KNEELING BURPEE

/1

/As in the burpee progressions, the movement starts with feet and hands firmly planted on the ground.

/2
/Hop both feet out

at the same time to a plank position. **Making sure to have active shoulder and tight core to support yourself.**

/3

/In the plank, drop your knees to the ground and perform a full pushup.

Reverse back through the set to complete the movement.

JUMP AT THE TOP TO COMPLETE BURPEE!



LEVEL 5

BURPEE

/1

/Start with your hands and feet planted on the ground. **The movement ends with a jump at the top!**



/2

/Hop both feet out at the same time into a plank. **Remember, to complete your burpee, reverse through the steps and JUMP at the top!**

/3

/In your plank, drop down to do a full push up - unsupported. **Keep your core tight and elbows should be in close to your sides. YAY BURPEES!!**



PUSH UP PROGRESSION



LEVEL 1

KNEELING PUSH UP

/1



/Start with your knees and hands on the ground in a supported plank - **with core tight and back flat.**

/2

/Keeping your core tight and elbows close to your sides, lower yourself down into a full push up.



/3



/Squeeze your butt and core and externally rotate your arms. **Push the ground apart** and press yourself back into a plank.

LEVEL 2

ECCENTRIC PUSH UP

/1



/Unlike the kneeling push up, the **ECCENTRIC PUSH UP** starts in a full unassisted plank.

/2

After taking a big breath, squeeze your butt and core to lower yourself **SLOWLY** into a full push up. Once in the bottom drop your knees.



/3

/Use your knees to support yourself on the way up.

LEVEL 3

/1 PUSH UP

/Just like the eccentric push up, the push up starts in a full, unassisted plank.



/2



/Squeezing your core and butt, maintaining a flat back, lower yourself into a full push up. Make sure to keep elbows close.

/3

/Finish by pushing yourself back up into a full unassisted plank.



LEVEL 4 & 5

CLAP PUSH UP

/1



/Start in a full unassisted plank. Remember to keep your back flat, core tight and butt squeezed.

/2

/Maintain your positioning, lower yourself down to the ground into a full push up.



/3



/Propel yourself up quickly and clap your hands together. Remember to quickly return your hands to the top of your push up.

LUNGE PROGRESSION



LEVEL 1 SPLIT SQUAT

/1

/The split squat starts with your hips square, right foot forward and left foot behind slightly longer than a step.



/2

/From that split position, drop the back knee down - **keeping the hips square and making sure that front knee does NOT go over your toe.** Finish by pressing back up into the starting split.

LEVEL 2 & 3

REVERSE

ALTERNATING LUNGE / 1



/Begin

standing with both feet together. Hips should be square forward.

/ 2

/Using either

the right or the left foot. Step the leg back - using the front leg for balance and support.



/ 3

/Drop the back

knee to the ground. The front knee should not go over the toe. **Finish by pushing back up the start position. Alternate legs.**



LEVEL 4 & 5 JUMP LUNGES



/Start standing. /1

Using either the left or the right leg quickly jump and split your legs forward and back. **Be careful, this requires a lot of balance.**

/2

/After dropping the back knee to the ground, quick explode back up. Switch legs in mid air.



/Drop the /3

alternate knee to the ground. **Repeat jumping and splitting with both legs.**



CONCLUSION



What's Next?

Using Progressive Movement Technology (TM) as your workout system will get you the best and most consistent results possible for clients.

Progressive Movement Technology™ is a designed comprehensive workout system complete with 20 different movement progressions, over 96 unique exercises, and 50 complete workouts.

I highly recommend you check out this new resource so you, too, can lead the pack by using Progressive Movement Technology™ with your clients.

=> [Discover The CT-50 System](#)

And If you don't have a system in place, then I highly recommend you check this out...

=> [The CT-50 Body Transformation System \(Use This With Your Clients\)](#)

It's a workout system designed by successful bootcamp owner and online fitness expert Tyler Bramlett. In it he takes 20 different movement patterns and segments them into 5 different levels (progressions and regressions).

Then he created 10 workouts per level. With the 10th workout being the "Challenge Workout" that you use to see if you are ready to go from level 1 to level 2 and beyond.

