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You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this ebook is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this ebook, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including any exercises in Final Fat Meltdown. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years of age.

Please discuss all nutritional changes with your physician or a registered dietician.

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The Workouts

If there is an exercise that you are not sure what it is, Google it, look it up on YouTube or substitute another exercise like it.

Studies have proven that the body burns calories from intense interval training for up to 36 hours AFTER the end of the workout. They are meant to be tough and your body will adjust. Don't be afraid to push yourself out of your comfort zone. This is when you will see results.

Warm ups

There will be a 5 minute warm up to be used before each workout to get the blood flowing, the joints moving, and the body ready to work hard. You can stretch and walk around at the end of each workout to cool down, while you rehydrate.

Warm up to be used for all workouts (takes approximately 5 minutes)

20 Jumping Jacks

10 Bodyweight Squats

10 Alternating Stationary Lunges

10 Side to Side Lunges

5 Push Ups

10 Hip Bridges (lay on back, knees bent, push hips up towards ceiling)

5 Forward, 5 Backward Shoulder Circles

The Cool Down

Cooling down should be walking around for approximately 5 minutes while heart rate comes down. Stretch with 10 slow rising and lowering hip bridges, then pulling knees up to spine while lying on your back and hold for 30 seconds. Come to seated position, sit with legs in cross legged position leaning forward with chest up to stretch out lower back and inner thighs. Come to standing position, reach overhead with hands clasped together reaching towards the ceiling, reach high over to the left, then over to the right. Take 3 deep breaths inhaling and exhaling slowly. Hydrate and finish with a protein smoothie to get body into repair and rebuild state.

Here are the workouts from Final Fat Meltdown as they appear in the order in the book.

Warm up followed by:

Daily Workout #1

Tools- Bodyweight/Timer

25 Jumping Jacks

5 Push Ups

10 Bodyweight Squats

10 Side to Side Lunges

Rest 30 seconds

25 Jumping Jacks

5 Push Ups

10 Bodyweight Squats

10 Alternating Lunges

Rest 30 seconds

25 Jumping Jacks

5 Push Ups

10 Walking Lunges

10 Bodyweight Squats

Rest 30 seconds

25 Jumping Jacks

5 Push Ups

10 Alternating Lunges

10 Backwards Lunges

Rest 1 Minute

Repeat 2 X

_____ (done!)

Warm up followed by:
Daily Workout #2
Tools-Bodyweight /timer

complete this column first

| | |
|---|--|
| <p>12 Alternating Lunges 12 Bodyweight Squats 10 Push ups Lunge right, lunge left Jump Squat Lunge right, lunge left Jump Squat</p> <p>Rest 30 seconds</p> <p>5 Push Ups into Plank for 30 Seconds 5 Push Ups into Plank for 30 Seconds 25 Jumping Jacks 12 Side to Side Lunges</p> <p>Rest for 30 seconds</p> <p>5 Negative Push Ups (Push Up, but lower to the count of 5 before pushing back up to next push up)</p> | <p>12 Alternating Lunges 12 Bodyweight Squats Lunge right, lunge left Jump Squat Lunge right, lunge left Jump Squat</p> <p>Rest 30 seconds</p> <p>5 Push Ups to Plank for 30 Seconds</p> <p>5 Negative Push Ups(Push Up, but lower to the count of 5 before pushing back up)</p> <p>Rest 1 minute</p> <p>Repeat 1-2 X</p> <p>_____ (done!)</p> |
|---|--|

Warm up followed by:

Daily Workout #3

Tools/timer

20 seconds on/20 seconds off

20 Seconds Jumping Jacks

20 Seconds rest

20 Seconds Walking Lunges

20 Seconds off

20 Seconds Alternating Backward Lunges

20 Seconds off

20 Seconds Push Ups

20 Seconds off

20 Seconds Bodyweight Squats

20 Seconds off

20 Seconds Jump Squats

20 Seconds off

20 Seconds Push Ups

20 Seconds off

20 Seconds Alternating Lunges

rest 1 minute

Repeat 2 X

_____ (done!)

Warm up followed by:

Daily Workout #4

Tools- bodyweight

Lunge right, lunge left

Jump Squat 1 X

Lunge right, lunge left

Jump Squat 2 X

Lunge right, lunge left

Jump Squat 3 X

Lunge right, lunge left

Jump Squat 4X

Lunge right, lunge left

Jump Squat 5 X

Rest 30 seconds to 1 minute

10 Push ups

20 Flutter Kicks

8 Push ups

20 Flutter Kicks

6 Push ups

Rest 1 minute

10 Bodyweight Squats

10 Alternating Lunges

10 Backward Alternating Lunges

Rest 1 minute

Repeat 2-3 X

_____ (done!)

Warm up followed by:

Daily Workout #5

Tools - Jump rope

Jump rope 50 X

10 Push Ups

10 Alternating Lunges

10 Bodyweight Squats

10 Bodyweight Squat Pulses (Squat low then pulse for 10 at the bottom)

Rest 30 seconds

Jump rope 50 X

10 Push Ups

10 Mountain Climbers

10 Jump Squats

20 Flutter Kicks

Rest 30 seconds

Jump rope 50 X

10 Push Ups

10 Switch Leg Jumping Lunges

10 Bodyweight Squat Pulses

Plank for 30 seconds

Rest 1 minute

Repeat 2-3 X

_____ (done!)

Warm up followed by:

Daily Workout #6

Bodyweight - Sprint workout

Pick a target spot to sprint to approximately 25 yards away. Or if indoors, run in place with high knees for 45 seconds.

20 Bodyweight Squats

10 Push ups

20 Alternating Lunges

Sprint to Target and back

Rest 45 seconds

20 Bodyweight Squats

10 Push Ups

10 Backward Alternating Lunges

Sprint to Target and back

Rest 1 minute

10 Jump Squats

10 Push ups

20 Criss Cross Kicks

Sprint to Target and back

Rest 1 minute

Repeat 3 X

_____ (done!)

Warm up followed by:

Daily Workout #7

Tools -Jump rope-Timer

Jump rope for 30 Seconds

12 Alternating Lunges

10 Push Ups

10 Split Jump Lunges

Rest 30 seconds

Jump rope 30 Seconds

10 Side to Side Lunges

15 Bodyweight Squat Pulses

10 Alternating Lunges

Rest 30 seconds

Jump rope 30 seconds

5 Negative Push Ups

10 Jump Squats

10 Alternating Lunges

Rest 1-2 minutes

Repeat 3 X

_____ (done!)

Warm up followed by:

Daily Workout #8

Tools - Jump rope

complete this column first

| | |
|--|--|
| <p>Jump rope 50X 12 Bodyweight Squats 12 Backward Lunges 12 Side to Side Lunges</p> <p>Rest 30 seconds</p> <p>Lunge right, lunge left Jump Squat 1 X Lunge right, lunge left, jump squat 2 X Lunge right, lunge left, jump squat 3 X Lunge right, lunge left, jump squat 4 X Lunge right, lunge left, jump squat 5 X</p> <p>Rest 1 minute</p> | <p>Jump rope 50X 12 Bodyweight Squats 12 Backward Lunges 12 Side to Side Lunges</p> <p>Rest 45 seconds</p> <p>10 Push Ups 20 Flutter Kicks 10 Push Ups 20 Flutter Kicks</p> <p>Rest 1 minute</p> <p>Repeat 2-3 X</p> <p>_____ (done!)</p> |
|--|--|

Warm up followed by:

Daily Workout #9

Kettlebell Workout

15 Kettlebell swings

Rest 30 seconds

15 Goblet squats

Rest 30 seconds

10 Push Ups

Rest 30 seconds

15 Stiff Legged Deadlifts

Rest 30 seconds

8 Standing Bent Over Rows L then R

Rest 30 seconds

15 Bodyweight Squat Pulses

Rest 1 minute

repeat 2-3 X

_____ (done!)

Warm up followed by:

Daily Workout #10

Tools - Bodyweight / timer

12 Bodyweight Squats

12 Alternating Lunges

5 Push Ups

10 Mountain Climbers

5 Jump Squats

Rest 30 seconds

5 Jump Squats

5 Push Ups

12 Alternating Lunges

10 Mountain Climbers

Rest 30 seconds

25 Jumping Jacks

12 Alternating Lunges

5 Push Ups

10 Mountain Climbers

Rest 30 seconds

5 Push Ups

12 Alternating Lunges

10 Mountain Climbers

10 Bodyweight Squats

Rest 1 minute

Repeat 2 X

_____ (done!)

Warm up followed by:

Daily Workout #11

Tools - Jump rope

complete this column first

| | |
|---|--|
| <p>Jump rope 1 minute 10 Bodyweight Squats 10 Push ups</p> <p>Rest 30 seconds</p> <p>20 Alternating Lunges 20 Scissor Kicks (laying on back, legs extended, hands at sides, criss cross legs over each other without touching floor)</p> <p>Rest 30 seconds</p> <p>Lunge right, lunge left, Jump Squat 1 X Lunge right, lunge left, Jump Squat 2 X Lunge right, lunge left, Jump Squat 3 X</p> <p>Rest 30 seconds</p> | <p>Jump rope 1 minute 10 Push Ups 10 Alternating Backward Lunges 10 Burpees 10 Scissor kicks</p> <p>Rest 30 seconds</p> <p>Lunge right, lunge left, Jump Squat Lunge right, lunge left, Jump Squat 2 X Lunge right, lunge left, Jump Squat 3 X</p> <p>Rest 2 minutes</p> <p>Repeat 1-2 X</p> <p>_____ (done!)</p> |
|---|--|

Warm up followed by:

Daily Workout #12

Tools - Dumbbells

Explosive calorie torcher!

20 Alternating Lunges

10 Jump Squats

10 Standing Dumbbell Bent Over Rows

10 Push Ups

Rest 30 seconds

20 Alternating Lunges

8 Jump Squats

10 Dumbbell Bent Over Rows

8 Split leg jump squats

10 Push Ups

Rest 30 seconds

5 Negative Push Ups (Push up, but lower to the count of 5 before pushing up to each next push up)

10 Jump Squats

10 Dumbbell bent over rows

20 Alternating Lunges

Rest 2 minutes

Repeat 2-3 X

_____ (done!)

Warm up followed by:

Daily Workout #13

Tools-Dumbbells

10 Alternating Dumbbell Lunges

10 Push Ups

10 Dumbbell Bodyweight Squats

10 Standing Dumbbell Rows

Rest 30 Seconds

8 Jump Squats

8 Push Ups

8 Standing Dumbbell Rows

8 Dumbbell Walking Lunges

Rest 45 seconds

6 Alternating Dumbbell Lunges

6 Push Ups

6 Squat Jumps

6 Standing Dumbbell Rows

Rest 30 seconds

4 Box Jumps

4 Push Ups

4 Alternating Dumbbell Lunges

4 Standing Dumbbell Rows

Rest 1 minute **Repeat 2-3 X**

_____ (done!)

Warm up followed by:

Daily Workout #14

Tools-Jump rope

complete this column first

| | |
|--|---|
| <p>Jump rope 60X 10 Bodyweight Squats 10 Push ups 20 Alternating Lunges 20 Scissor Kicks</p> <p>Rest 30 seconds</p> <p>Lunge right, lunge left, Jump Squat Lunge right, lunge left, Jump Squat 2 X Lunge right, lunge left, Jump Squat 3 X 10 Push Ups</p> <p>Rest 1 minute</p> | <p>Jump rope 60X 10 Prisoner Squats 10 Push Ups 10 Alternating Backward Lunges 10 Burpees 10 Scissor kicks</p> <p>Rest 30 seconds</p> <p>Lunge right, lunge left, Jump Squat Lunge right, lunge left, Jump Squat 2 X Lunge right, lunge left, Jump Squat 3 X 10 Push Ups</p> <p>Rest 1-2 minutes</p> <p>_____ (done!)</p> |
|--|---|

Warm up followed by:

Daily Workout #15

Tools- Bodyweight

10 Bodyweight Squats

10 Push ups

20 Alternating Lunges

20 Scissor Kicks (laying on back, legs extended, hands at sides, criss cross legs over each other without touching floor)

Lunge right, lunge left, Jump Squat

Lunge right, lunge left, Jump Squat 2 X

Lunge right, lunge left, Jump Squat 3 X

Rest 45 seconds

10 Push Ups

10 Alternating Backward Lunges

10 Burpees

Rest 30 seconds

10 Alternating side to side squats

10 Scissor Kicks

Lunge right, lunge left, Jump Squat

Lunge right, lunge left, Jump Squat 2 X

Lunge right, lunge left, Jump Squat 3 X

Rest 1 minute

Repeat 2X

_____ (done!)

Warm up followed by:

Daily Workout #16

Tools - Jump rope - Dumbbells

complete this column first

| | |
|---|---|
| <p>Jump rope 75 X 15 Push ups Rest 15 seconds 20 Backward Alternating Lunges 10 Burpees</p> <p>Rest 1 minute</p> <p>Jump rope 75 X 10 Standing Bent over Dumbbell Rows</p> <p>Rest 15 seconds</p> <p>10 Push Ups 10 Alternating Dumbbell Squat Thrusters (5 each side. Holding a dumbbell in each hand at shoulders, drop down into a squat and then thrust dumbbell upwards on right, then squat down and thrust up with left)</p> <p>Rest 1 minute</p> | <p>Jump rope 75X 10 Push Ups 10 Standing Bent over Dumbbell Rows</p> <p>Rest 15 seconds</p> <p>10 Alternating Lunges w/Dumbbells 10 Alternating Dumbbell Squat Thrusters</p> <p>Rest 1 minute</p> <p>Repeat 1-2 X _____ (done!)</p> |
|---|---|

ADDITIONAL BONUS WORKOUTS

Warm up followed by:

Tools - Dumbbells

10 Dumbbell Walking Lunges

10 Jump Squats

10 Standing Dumbbell

Alternating Shoulder Presses

10 Push Ups

Rest 30 seconds

10 Jump Squats

10 Standing Bent over Rows

10 Dumbbell Walking Lunges

10 Push ups

Rest 30 seconds

**10 Dumbbell Squat to
Alternating Shoulder Presses**

10 Standing Bent over rows

10 Dumbbell Squats

10 Alternating Lunges

Rest 30 seconds

10 Walking Lunges

10 Jump Squats

**10 Standing Alternating
Shoulder Presses**

10 Bodyweight Squats

Rest 1 minute

Repeat 2 X

_____ (done!)

Tools - Bodyweight

5 Minute warm up

20 Jumping Jacks

10 Bodyweight Squats

10 Alternating Stationary Lunges

10 Side to Side Lunges

5 Push Ups

10 Hip Bridges (lay on back, knees bent, push hips up towards ceiling)

5 Forward, 5 Backward Shoulder Circles

The Workout

30 seconds on 20 seconds off Workout

30 Seconds Bodyweight Squats

20 off

30 Seconds Push Ups

20 off

30 Seconds Alternating Split Jump Lunges

20 off

30 Seconds Push Ups

20 off

30 Seconds Jump Squats

20 off

30 Second Plank with no rest

right into 10 Push ups

Jump up with no rest to 5 Jump Squats

back down to 5 Push Ups

Rest 30 Seconds

Repeat 3 X

_____ (done!)

Warm up followed by:

Tools - Timer - Jump Rope - Kettlebell-

30 seconds on 30 seconds off

30 Seconds Kettlebell Swings

30 off

30 Seconds Jump Rope

30 Off

30 Seconds Push Ups

30 off

30 Seconds Kettlebell Deadlifts

30 off

30 Seconds Kettlebell Swings

30 off

30 Seconds Jump Rope

30 off

30 Seconds Kettlebell Deadlifts

30 off

30 Seconds Push Ups

Rest 1-2 Minutes

Repeat 1-2 X

_____ (done!)

Warm up followed by:

Tools- Timer-Kettlebell

30 seconds on 30 seconds off

30 Seconds bodyweight Squats

30 off

30 Seconds Kettlebell Swings

30 off

30 Seconds Kettlebell Deadlifts

30 off

30 Seconds Jump Squats

30 off

30 Seconds Bodyweight Squat Pulses

30 Seconds Kettlebell Swings

30 Seconds Goblet Squats

30 Seconds Flutter Kicks

Rest 1 minute

30 Seconds Bodyweight Squat Pulses

30 off

30 Seconds Kettlebell Swings

30 off

30 Seconds Kettlebell Deadlifts

30 off

30 Seconds Standing Single Arm Kettlebell Bent Over Rows

2 minute Rest

Repeat 1-2 X

_____ (done!)

Warm up followed by:
Kettlebell & Jump Rope Workout

75 Jump Ropes
15 Kettlebell Swings
15 Kettlebell Goblet Squats
10 Push Ups

Rest 1 minute

50 Jump Ropes
15 Kettlebell Swings
15 Kettlebell Deadlifts
10 Push Ups

Rest 1 minute

75 Jump Ropes
15 Kettlebell Swings
15 Kettlebell Goblet Squats
10 Push Ups

Rest 1 minute

50 Jump Ropes
15 Kettlebell Swings
15 Kettlebell Deadlifts
10 Push Ups

Rest 2-3 Minutes

Repeat 1X

_____ (done!)

Warm up followed by:

Daily Workout

Tool - timer- dumbbells -

30 seconds on 20 seconds off Workout

30 Seconds Bodyweight Squats

20 off

30 Alternating Jump Split Lunges

20 off

30 Seconds Push Ups

20 off

30 Seconds Dumbbell Squat

20 off

30 Seconds Mountain Climbers

20 off

30 Seconds Alternating Dumbbell Lunges

20 off

30 Seconds Prisoner Squats

20 off

30 Seconds Standing Bent Over Dumbbell Rows

20 off

30 Second Plank

Rest 1-2 minutes

Repeat 2 X

_____ (done!)

Warm up followed by:
Kettlebell - Jump Rope Workout

75 Jump Ropes
15 Kettlebell Swings
15 Kettlebell Goblet Squats
10 Push Ups

Rest 45 seconds

50 Jump Ropes
15 Kettlebell Swings
15 Kettlebell Deadlifts
10 Push Ups

rest 45 seconds

75 Jump Ropes
15 Kettlebell Swings
15 Kettlebell Goblet Squats
10 Push Ups

Rest 1 minute

50 Jump Ropes
15 Kettlebell Swings
15 Kettlebell Deadlifts
10 Push Ups

Rest 2-3 Minutes

Repeat 1X

_____ (done!)