



# **FEN VS FUNK**

# **4 WEEK BOOTCAMP**

# **FOR WOMEN**

# **WORKOUT GUIDE**

*By Funk Roberts and Fenley Fearon*

# FEN VS FUNK 4 WEEK BOOTCAMP FOR WOMEN WORKOUT GUIDE

Copyright © 2010 by Funk Roberts and Fen Fearon – All Rights Reserved. No part of this work may be modified by any means without expressed or written permission of Funk Roberts and Fen Fearon.

**You are FREE to distribute this program to any women who you think may be interested in stripping away body fat and defining their muscle by using this workout program. We actually encourage it!**

Published by: Funk Roberts Fitness and Fen Fearon

Website: <http://www.funkrobertsfitness.com> and <http://www.getmyassinshape.com>



## MEDICAL DISCLAIMER

**Before you start this exercise program you must get your doctor/physicians approval.**

This product is for informational purposes only and is not meant as medical advice, nor is it a substitute for medical advice. This program is designed for fit and healthy individuals over the age of 16 only.

Performing exercise of all types can pose a risk to the exerciser. We advise that you should take full responsibility for your own health and safety. Before exercising make certain your equipment is in good condition and be sure to know your own physical limits. Adequate

warm up and cool downs should be undertaken before and after any exercise.

Do not perform any of the exercises in this program until you have been shown proper technique by a qualified fitness professional. If you experience any pain, discomfort, light-headedness, dizziness or you become short of breath, stop exercising immediately and consult your doctor/physician.

# INTRODUCTION



Congratulations on taking the first step into your journey to increase your health, nutrition and fitness in your life, while taking a path to a better and fitter you. I also want to say thank you for taking the first step to developing a healthier you and in turn becoming a role model for the family, friends, and coworkers around you who will soon look up to you.

Two of Canada's top Fitness Trainers and Professionals, Fenley Fearon (Getmyassinshape.com) and Funk Roberts (Fitfirmandfab.com) have combined to bring you the greatest online fitness bootcamp ever!!! For four weeks, join Fen, Funk and Guest Trainers as they put you through weekly body changing workouts and take you on a journey to a body and lifestyle transformation.

For years Fen and Funk have help hundreds of women transform their bodies and habits to maintain a healthy lifestyle.

NOW it's your turn!!! Are you ready for this?

Fen and Funk have put together a four week online bootcamp program to do at home, at your gym or outside in your back yard, that will help jump start you in the quest to achieve a fit body for the summer.

Being overweight can cause many health issues and with obesity being the number one health issue in North America, the time is now to make that change to a healthier lifestyle for you, your family and your kids. Fen and Funk have put together a professional team of trainers and a nutritionist to help you make that change.

We are excited about presenting our Fen vs Funk 4 Week Bootcamp to all women that want to make change in 2010. You can change your body in 4 weeks and be on your way to the best shape of your life. This may be the first time you can finally conquer that dreaded New Year's resolution of getting in shape.

Fen and Funk will be your Virtual Personal Trainers over the next four weeks. With the help of Certified Nutritionist, Laura D. and Weekly Guest Trainers you will have a support system that will feed you information, online workouts, nutrition and diet menu plans and more. Best of all motivate you to bringing more fitness into your life, to help you make that important lifestyle change.

No matter where you are in your body transformation process, whatever fitness level you are at, no matter what age or physical ability, you can use this workout program to help you reach your goals. This program can take the person who is a couch potato to the fitness level athlete.

This program is set out so that you can progress through the four week period. We have planned the workouts so that it is easy to follow, step by step. The workout links will be sent to you via email each week and will be accessible at [www.fenvsfunk.com](http://www.fenvsfunk.com)

Along with nutrition plan, stretching and supplementation, we want to give you all the tools to succeed in reaching your body and healthy transformation goals.

***NOW LETS GO BUILD YOUR NEW BODY, MIND AND SOUL!***



## WHAT CAN YOU EXPECT FROM THE FEN VS FUNK 4 WEEK PROGRAM?

I'm sure you are wondering what you can expect from this program. You're probably asking yourself questions like, "Are these workouts going to be for advanced exercisers". Well, you are not alone. I have many ladies asking me the same questions.

Our workouts provide a total-body workout incorporating upper and lower body sculpting exercises with old-school calisthenics, bodyweight, plyometrics and resistance training. The workouts are for all levels of fitness, so you do not have to be an advanced fitness gal. Our style of training is what we would do in our bootcamp class or interval training workouts. Always go at your own pace and if you have to take a breather, then do so.

*According to the American Council on Exercise (ACE), single sessions of Bootcamp workouts can burn up to 1000 calories. ACE even notes that Bootcamp-style workouts were named the most popular workout in 2008 and will remain on top of fitness trends for 2010. Gyms and home workout DVDs promote this type of training because it offers significant results and life-changing benefits.*



But why would you even want to embark on a fitness workout? Sista why wouldn't you? Boot camp workouts are like circuit training. They are efficient because you work your entire body, by going from one exercise to another with very little to no rest. The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. In boot camp, your challenge is to take your body to its limit. You work, you sweat, you build strength and, best of all you burn fat like crazy.

### **The benefits are endless:**

- A great way to burn lots of calories.
- Efficient - you work your whole body in a short period of time.
- Fun - each exercise is different so you don't get bored.
- Easy to fit in to a busy schedule - You can do it anywhere with little equipment.
- Build Lean Muscle through bodyweight and resistance exercises
- Use multi-joint exercises that burn more fat, boost fitness levels and build strength quick.
- Challenge you physically, mentally, and emotionally which is key for long term results.
- Push you to go past your comfort zone while staying safe.
- Address all aspects of fitness including cardio, strength, and flexibility.
- More affordable than one on personal training.

So now that I have given you the benefits, get ready to work hard to see results, it's time for you to prepare for the Fen vs Funk 4 Week Bootcamp Challenge for guaranteed results.

Tell your family, tell your friends, tell a complete stranger, but let them know this is your time and you are going to win the war on fat and realize your lean body.

## **WHAT YOU MIGHT EXPECT WITH YOUR BODY DURING THE NEXT 4 WEEKS**

**If you stick to the nutrition plan, perform the workouts with high intensity, use the supplements as prescribed you can be assured you will lose weight, lose inches and get fit.**

End of Week 1 – you may put on a bit of weight from water and change of diet...your body is getting used to the change...DON'T WORRY

End of Week 2 – You will start to feel different, you should notice your clothes fitting a little looser and start to have more energy

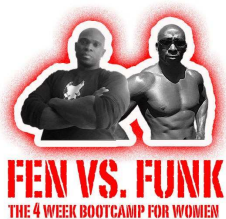
End of Week 3 – The fat should start melting off and you will feel stronger, have more energy, and starting to see some muscles

End of Week 4 – Your clothes will fit much looser; you will have lost inches, pounds and fat. The transformation is well under way – take a week off and get ready to turn it up a notch.



**Lady Spartacus Before and After**

## FEN VS FUNK 4 WEEK BOOTCAMP CHALLENGE OVERVIEW



Welcome to Fen vs Funk 4 Week Bootcamp Challenge. Two of Canada's top Fitness Trainers and Professionals, Fenley Fearon (Getmyassinshape.com) and Funk Roberts (Fitfirmandfab.com) have combined to bring you the greatest online fitness bootcamp ever!!! For 4 weeks, join Fen, Funk and Guest Trainers as they put you through weekly body changing workouts and take you on a journey to a body and lifestyle transformation.

The live online Challenge kicks off on June 14, 2010 with the first four week of the program. Every week, you will get new workouts, downloads designed to help you shed fat, tone up, get your bikini body for the summer and develop a leaner, healthier you.

Every Saturday you will be sent the up-coming weekly video workouts and schedule. The video will go through each workout. Ensure you watch the video and practice the exercise before actually working out. Use all the tips that we have given you. (For example: Visualize the movements)

The video will be uploaded onto the FEN VS FUNK website ([WWW.FENVSFUNK.NET/PROGRAM.HTML](http://WWW.FENVSFUNK.NET/PROGRAM.HTML)) and the links will be emailed to your inbox. As the 4 Week Program progresses, you will have a link to access all the exercises, both written and videos.

## GOALS OF THE PROGRAM

This FenvsFunk 4 Week Challenge will help you develop real strength, flexibility, balance, and coordination, as well as excellent cardiovascular health. By “real” we mean functional strength you can use in sports, athletics, and everyday living.

**GET STRONGER:** Do the four days of challenging workouts each week to develop stronger muscles and overall body strength, flexibility, balance, and coordination.

**BURN FAT:** Want to shed extra pounds of unwanted body fat? Follow this workout program in conjunction with the healthful nutrition eating plan to lose unwanted body fat and develop a leaner, healthier body.

**HAVE FUN:** Working out should never be boring. That's why this 4-week workout program changes every week. By continually mixing up your exercise routine, you'll find yourself more energized and excited about working out.

## PROGRAM SPECIFICS

### FEN WORKOUTS

Fenley (GETMYASSINSHAPE.COM) will take you through a weekly full body workout that will challenge your strength and endurance

### FUNK WORKOUTS

Join Funk Roberts (FITFIRMANDFAB.COM) for weekly bootcamp style workouts that include bodyweight workouts, cardio, plyometrics, core and butt exercises and military calisthenics

### GUEST TRAINER WORKOUTS

Each week, one guest trainer will give you their best online workout as part of the Fen vs Funk Team of Fitness Professionals

### FEN vs. FUNK FITNESS GUIDE AND E-BOOK

Download the official Fen vs. Funk Fitness Guide with Program Overview, Fitness Tips, Workouts with descriptions and so much more!!!

### FIT, FIRM AND FLAT ABS WORKOUT VIDEO

**Join** Funk Roberts and 17 women for this workout which was made famous by the Fit, Firm and Fab Weekend Getaway for Women. It's only 15 minutes, but it's the most effective abs workout, that will strengthen and help flatten your tummy.

### WARM UP AND STRETCH VIDEO

Have access to warm up and cool down stretches to increase your range of motion, flexibility and tone the muscles.

### NUTRITION PLAN AND GUIDE

Registered Nutritional Consulting Practitioner, Laura Discepola provides a nutrition guide, meal plan and grocery list to ensure that you have all the tools needed to achieve that bikini body and begin the trek on your healthy lifestyle transformation.

## **SUPPLEMENT PACKAGE**

Supplementsource.ca and Fit Firm 'N Fab have teamed up to bring you the supplements you should be using to help you with your goals of achieving a healthy lifestyle. The team at Fit Firm 'N Fab truly endorses these products as supplements that each woman should be taking on a regular basis on your quest to overall better health.

## **WHO SHOULD DO THIS WORKOUT?**

Fen and Funk developed the 4 Week program to challenge not just your muscles but also your perception of how you should work out. Don't expect a boring routine of biceps curls and bench presses! No matter what level you are at—beginner, intermediate, or advanced—you can use the FenvsFunk workouts program to develop overall strength, burn fat, improve cardiovascular health, and train balance, flexibility, and coordination.

**BEGINNERS:** You should begin the program slowly and take rests when needed. The important thing is to learn the moves and increase your intensity each workout and push yourself past your limits. It is always good to do the workouts with someone else so you can push each other.

**INTERMEDIATE AND ADVANCED USERS:** The Strong and Lean workout program will challenge your body in entirely new ways, help you develop a stronger, more balanced core and musculature, and get you excited about working out again. You can increase the difficulty as needed. For example, consider doing the more advanced variations of exercises.

## **PRINTABLE WORKOUTS AND DETAILED EXERCISE DESCRIPTIONS**

Remembering how and when to do each exercise in a new training program can stop you before you even start. We've included printable pages on each day of training so you can easily follow the FenvsFunk 4-week Bootcamp Challenge.

**THE WORKOUT:** Print the workout plan including the name of the exercises and descriptions so you can bring it with you and use it as a point of reference.

**EXERCISE DESCRIPTIONS IN BRIEF:** Each workout briefly describes each exercise so that you don't have to print out entire exercise descriptions before you head to the gym.

## CONSULT YOUR DOCTOR

Always consult your doctor before you embark on any new exercise regimen. Your doctor can help you determine if you are healthy enough to take on a program like the FenvsFunk 4 Week Bootcamp Challenge workout program.



## FITNESS ACCORDING TO FUNK

### IMPORTANCE OF FITNESS FOR WOMEN by Funk Roberts

Through fitness and strength training, muscles get larger, or hypertrophy. This increased muscle has many advantages for women. First of all, it gives women a sexy, sculpted, and tight body like that of an elite athlete, instead of the skinny, scrawny, and starved body of a runway model.

Second, increased muscular size leads to increased muscular strength.

Third, the more muscle you have on your body, the higher your metabolic rate. The higher your metabolic rate, the more calories you burn throughout the day. Muscle itself is highly metabolic — it requires a lot of calories not only to function, but also to merely exist. That's why it seems as if men can eat anything that they want to and never gain an ounce, whereas you are counting the calories in your carrot sticks in fear that they may turn up on our thighs later in the day.

Without exercise, the weight remaining from the loss is made up of fat and muscle tissue. When you regain the weight, you regain fat, not muscle. With less muscle tissue and more fat, your body burns fewer calories, which makes it harder and harder to lose weight.

These top 10 benefits all come for free when you begin a proper strength training routine. Be sure to check with your doctor before beginning any new fitness program.

1. **Healthier cardiovascular system**

Fitness training, especially cardio exercise such as jogging, swimming, biking and cross-country skiing, will build a strong heart-lung-vascular system. By strengthening your cardio-vascular system, you combat the number one killer in America: heart disease.

2. **Improved weight control**

When you invest in fitness training, you invest in a better BMI and weight. Exercise burns calories and helps you control your weight more effectively.

3. **Lower blood pressure and cholesterol**

When you exercise, you are making an investment in lower blood pressure and lower cholesterol.

4. **Better mood**

Fitness training translates to a cheerier outlook. Just 30 minutes of speed-walking a day can act like a mild anti-depressant.

5. **Toned muscles**

Fitness training tones your muscles, and toned muscles are more appealing to look at than flabby muscles. You'll also find you can do more once you've invested in strength training, and we all feel better when we know we're stronger.

6. **Higher metabolism**

Muscles burn more calories than fat, so it's worth it to tone up those muscles and build up your muscle mass. This extra calorie burning is not limited to the duration of exercise. Muscles burn more calories even during rest periods, making your body a more efficient calorie-burning machine.

7. **Higher self esteem**

When you are stronger, healthier and more fit, you'll also feel better about yourself as a person, especially if you've seen an improvement in your physical appearance. Investment in fitness training is therefore an investment in your self-image.

8. **Sleep more soundly**

Physical exercise releases tension and allows your body to relax more fully, making it easier to fall asleep and stay asleep. When you are more rested, you enjoy life more and can make better choices.

9. **Better sex**

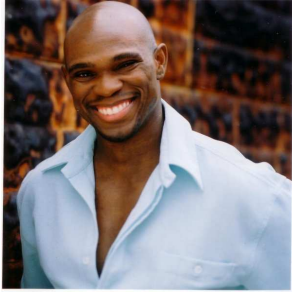
Fitness training leads to greater endurance, physical stamina and self-confidence, all of which pays off big time in the bedroom. Sex is a physical activity, so any improvement in your physical fitness will result in more finesse in bed.

10. **Live longer**

Fitness training acts as an anti-aging agent. Exercise combats the effects of stress, poor eating habits, illness and many serious health issues. In particular, exercise acts as a deterrent for heart disease, diabetes and cancer. When you choose to exercise, you are choosing to prolong your life expectancy.



**Funk Roberts Bootcamp Class**



## FITNESS ACCORDING TO FEN

My philosophy for fitness is that “YOU GET WHAT YOU TRAIN FOR”. I guess I can add to that that you are what you eat. If I could break my 15 years of experience down to 4 simple points it would be this:

1. You'll never change your body until you're ready to commit. What this means is that it's not always the most enthusiastic person who succeeds in losing weight but the most consistent. Being enthusiastic can only last so long before the realities set in that changing your life is pretty tough. This isn't meant to be discouraging but to be a wakeup call to get you focused on the journey and not just the short term high.
2. Focus on performance goals vs appearance goals and you'll get the body you want 10 times quicker. This is based on the fact that transformation takes a LOT of work and depends on factors such as your hormonal balance, genetics, metabolism and prior level of fitness. Tweaking each factor to lead to a slimmer body is a work of art and can take time to fully master. What I've found is people that focus too much on how they look usually stop once they don't see the results they want fast enough. The tragedy is that many times they're on the cusp of a breakthrough and if they would just go for another 3-6 weeks and modify their eating habits or exercise routines they'd achieve their goals. My advice to you is to focus on how much you can do and it will all fall into place. Progressive overload is the theory that you're body will adapt if you keep increasing the workload. Make that your focus and the changes will come FOR SURE!
3. Make nutritional changes that YOU like. In other words DONT DIET. It's a waste of time. The bottom line is that if you can't see yourself eating the food in front of you in a year or two then don't bother with it. You have to enjoy your nutrition plan or you won't stick to it. My advice is to find healthy replacements for all the sweet, salty, crunchy, chewy stuff you like to eat. Hit the health food store once a week and scope it out. You'll be surprised and shocked at how many healthy options there are out there.
4. Portions. Portions. Portions. Eat to feel satisfied – never full.
5. This is a battle of will and skill. Get a certified experienced fitness coach to support you with this or any other program.

## **INTERVAL CIRCUIT TRAINING**

Circuit training is a workout routine that combines cardiovascular fitness and resistance training. It was first proposed in the late 1950s as a method to develop general fitness.

The initial routines were arranged in a circle, alternating between different muscle groups (hence the name circuit training). By allowing only a short rest interval of 30-90 seconds between stations, cardiovascular fitness is gained along with the benefits of resistance training.



I love high intensity interval training. Whether you are a beginner or an avid gym rat, it not only does it break up the monotony of long boring cardio training at the gym, but it also burns more calories and fat much faster than other cardio exercises.

Interval training consists of repeated intervals of relatively high intensity followed by a longer interval of low intensity. You can use interval training with any of the cardio equipment found at gyms; treadmill, elliptical machine, stair climber or the stationary bike. You can also use interval training with weights exercises, kettlebells, resistance bands, Tabata workouts...anything!

## **BODYWEIGHT TRAINING**



### **WHY BODYWEIGHT MOVEMENTS ARE SO EFFECTIVE**

I chose bodyweight exercises for my program because it is the power of your own body and using your own body weight that can help give you the resistance you need to get stronger, leaner and healthier.

Strength training is certainly one of the best ways for you to add real muscle to your body but by using your own body weight as resistance, you will never be overtraining in the process.

You can also use your body to give you aerobic benefits at the same time. Calisthenics exercises consist of cardiovascular movements which are used to improve endurance and conditioning.

Bodyweight plyometrics are designed to produce fast, powerful, explosive movements, and improve the functions of the nervous system.

The Funk Roberts Workouts, incorporates all aspects of bodyweight exercises such as such exercises as burpees, jumping jacks and split squats to name a few.

You can modify your body weight training program to give you both aerobic and anaerobic and benefits at the same time. These are two of the key elements in any good weight loss program with exercise at its core.

- very effective at developing a firm, lean, sexy body
- they are the most convenient form of exercises and can be performed anywhere
- in life, we use our body as one full body segment, like sitting down, reaching for something on a shelf, turning around, chasing your kids, or any of the hundreds of other movements
- your body should be trained mimicking these movements to be best cope with the demands of daily living and sport
- machines at gyms can make you stronger, but they are too isolating

### Bodyweight Benefits

- **Bodyweight Circuit Training** can be done anywhere, anywhere and using no equipments.
- You will save yourself time, money and a certain amount of frustration by avoiding crowded gym
- Cardiovascular endurance improves and so does your Muscle strength.



## TOOLS OF THE TRADE – GYMBOSS TIMER



For me, when I workout or train, time is of the essence. Even more, timing is extremely important. Whether it is the time between my workout sets, cardio, at bootcamp or even when I am doing rounds on the punching bag, having the Gymboss Interval Timer is key to my success.

With the Funk Roberts workouts having the Gymboss Timer will make it easy to plan rest. Attach the timer to your pants or belt with the convenient belt-clip and 30 seconds to one minute exercise intervals will be easy to time with an alarm of beep, vibrate, or both. Forget the stopwatch, clock, and other methods which demand too much of your attention, let Gymboss do the timing and you focus on the workout for the best results ever! GUARANTEED!

Exercise of all kinds can be fun as well as rewarding, but we must also complete our workout within a practical time frame in order to complete the rest of your day's activities.

Disciplined intervals of exercise and rest are necessary for optimum results for every routine, but clocks, stopwatches, or other timing methods are just not practical. Until now timing your work and or rest intervals is largely a matter of guesswork.

The GYMBOSS interval timer is your perfect workout partner, telling you when to change pace, start a new set, or change poses, with a beep, vibration, or both. GYMBOSS easily controls the duration, intensity and pace of your workout based on your preferences allowing you to focus on your exercise.

Do you try to guess how long 30, 60, or 90 seconds is? Do you find yourself interrupted by others? Is the duration of your workout unpredictable? How does this affect your workout?

**[CLICK HERE TO GET YOUR GYMBOSS TIMER](#)**



# SECRETS TO YOUR SUCCESS

## SET YOUR GOALS



Setting goals is the greatest tool to help you become successful. When setting your goals be reasonable. Set goals that you can achieve. In achieving the goals you can feel triumphant, gain esteem, and even catapult you toward your next challenge. When you set your goals too high you may be defeated, feel like a failure and quit. Set yourself up to succeed. The first and most important thing to focus on is the long-term goal. What motivated you to buy this book and what is it exactly that you would like to see change. Then set smaller goals to help you through the process. Make it through skipping without stopping. Increase the amount of reps you did from the past workout. Increase your water intake. Once you have reached these goals, reward yourself and move on to the next challenge and goal.

## COMMIT



Your body transformation will require you're to commitment to persevere. Perseverance means to not let anything prevent you from realizing your goal. Your commitment will be tested from time to time. And you will come up with hundreds of excuses not to workout. Things like bad weather, car trouble, cold and flu season, feeling tired, sad....you'll have them all.

The greater the desire, the greater your ability overcome the obstacles that get in your way. WANT IT! Do whatever you can to workout. Drag yourself kicking and screaming if you have to. By doing this you are bringing yourself closer to your dreams and goals. Some advice, I put a picture of what I want to look like on my mirror and along with that I have sticky notes of my goals. Then every day I look at them and ask myself, "What can I do today, to get myself closer to that goal" You know the answer, it's in this book.

## MAKE TIME

You won't achieve your ultimate goal after your first workout. Your transformation will take time. You must plan out an amount of time during your day, and be consistent in this time commitment. You must commit yourself to this journey and once committed stick to it. Tell a few family members and friends that you are embarking on the FenvsFunk 4 Week Bootcamp Program, so that you can be held accountable. They can also be good support. You are investing in building yourself up physically, mentally and emotionally. You can always regain property or lost money, but you can never regain time. Invest the time to reach your goals.



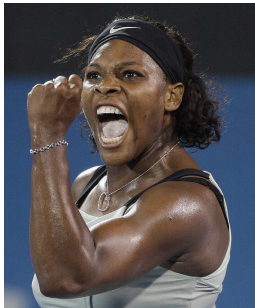
## 100% EFFORT



While you are investing all this time it is essential that you maximize your effort during the workouts. Whether you have just begun the process or you have been lifting weights and exercising for years, you have to give 100% effort. The workouts are no longer than 20-40 minutes so “LEAVING EVERYTHING ON THE BACKYARD, IN THE GYM OR IN THE LIVINGROOM” is a must. Perform all exercises with perfect form and high intensity. Use this time to get rid of stress or any negatively you may have.

Most people think, if they workout hard, they will always be tired and lethargic. On the contrary, the more you workout, the more energy, focus and less stress you will have. We all know that fit guy, bouncing off the walls all the time. You think he got that way from sitting on the couch watching TV or going to the gym to socialize. NO WAY SISTA...Work hard all the time and give 100% effort.

## MENTAL TOUGHNESS



If you ever watched sports you are familiar with the term “Mental Toughness”, or you have heard an announcer refer to an athlete that has had a “Mental Lapse”. If you have play a sport, you know firsthand that the physical aspect is only have the battle. Skilled players can become superstars by improving their mental game.

I was introduced to this term as a teenager while playing on my club volleyball team. Our coach used to make us go through visualization exercises to help with our mental preparation. Little did I know, that at that time, I was setting myself up for many successes in life; not only through Professional Volleyball, but through my workouts, conducting meetings in front of 20 people in a board room, or presenting to an auditorium of 200 people. It is so important to prepare yourself mentally before going through a stressful situation. It sets you up for victory.

Mental preparation before the workouts is no exception. If I can give you a quick tip on how to improve you mental preparation before you workout.

## TRY THIS MENTAL PREP EXERCISE

- Close your eyes and start to listen to your breathing.
- Breathe in deeply and then breathe out. Do this for about 20 – 30 seconds.
- Then picture a large movie screen. I'm taking IMAX baby. The screen is black at the moment, but you begin to see those lines that come up right before the film starts.
- Then picture yourself on the screen performing each exercise in the up-coming workout perfectly.
- Make sure you are doing each exercise to perfection with no problem.
- Then with your eyes closed, picture yourself five minutes after successfully completing the workout, without any problem.
- Grasp that feeling of success, jubilation and excitement.

Hold that feeling and keep it throughout your workout and watch easier the workout your about to embark on will be. It takes practice and time to harness, but it is a great skill to have and use throughout your life.



# PROGRESS IS MADE, WHERE PROGRESS IS MEASURED

## MEASUREMENTS



To start you will need to take measurements. The measurements will only require a tape measure used by tailors and a means to measure your body fat percentage. The most accurate and cost-effective means to have this measurement taken is the skin-fold calliper. You can get this done at a local gym, a certified nutritionist or even through your doctor.

Be extremely clear about where you are at this moment of your transformation. If you are honest and look at yourself at this starting point, you can set and achieve reasonable goals. Dismiss all negative thoughts during your measurements and take a note that you are about to make a change to all these measurements. Once again make the commitment to the program. They will get better.

## BODY FAT CHECK

Most gyms will do this for you, and some will do it for free. If you can't get a gym to do it and you don't want to pay a trainer to do it, then you can buy devices at fitness stores that will take a measurement for you. Some of these are more accurate than others but at least you will have an idea of where your starting point is as a beginner. The reason you want to do this is because you can lose weight but it might be muscle if you are missing a piece of the puzzle. Also, sometimes you gain weight and freak out. If you check your body fat and your percentage has gone down then your weight gain has been muscle and you should be stoked because now you will have a better shape and a higher metabolism. Scales are o.k., but they don't tell you where the change in bodyweight came from so keep that in mind.

## MEASURE YOUR BODY PARTS

Get a plain old tape that a seamstress would use (not a carpenters tape!) and get measurements for all your body parts. Make little notes as to what side of the body it was and if you can find a land mark like a freckle or scar then you will be more accurate when you come back to do it again. You want to do this because then you will know if something grows quick (and you can be excited) or if you may need to put more effort into a body part that is lagging (in this case, cash in on that determination!).



Bottom line is that if you don't do these two things at the beginner, you won't be able to appreciate the differences you have caused to your body.

**The other is that it gives you some solid figures to brag about!**

**Please write your “current” body-part measurements here:**

(You can use a simple measuring tape)

**BEFORE**

Waist: \_\_\_\_\_ Hips: \_\_\_\_\_ Right thigh: \_\_\_\_\_ Left thigh: \_\_\_\_\_

Right arm: \_\_\_\_\_ Left arm: \_\_\_\_\_ Bust/Chest: \_\_\_\_\_ Neck: \_\_\_\_\_

Bodyweight/BMI: \_\_\_\_\_ / \_\_\_\_\_ Body fat %\*: \_\_\_\_\_

**AFTER**

Waist: \_\_\_\_\_ Hips: \_\_\_\_\_ Right thigh: \_\_\_\_\_ Left thigh: \_\_\_\_\_

Right arm: \_\_\_\_\_ Left arm: \_\_\_\_\_ Bust/Chest: \_\_\_\_\_ Neck: \_\_\_\_\_

Bodyweight/BMI: \_\_\_\_\_ / \_\_\_\_\_ Body fat %\*: \_\_\_\_\_

\* You can use several different methods to determine your body fat percentage. The one I like best is simple body fat callipers from Accufitness.com. They are convenient, easy to use, and really quite accurate. And best of all, it takes only about five minutes—much faster than many other methods. You can use a scale with fat percentage readers or ask your doctor or a personal trainer to measure your body fat as well, and they may be able to help you.

**Body Mass Index**

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

BMI is used as a screening tool to identify possible weight problems for adults. However, BMI is not a diagnostic tool. For example, a person may have a high BMI. However, to determine if excess weight is a health risk, a healthcare provider would need to perform further assessments. These assessments might include skin-fold thickness measurements, evaluations of diet, physical activity, family history, and other appropriate health screenings.

Calculation of BMI (click here for online calculator) <http://www.nhlbissupport.com/bmi/bminojs.htm>

**Formula: weight (lb) / [height (in)]<sup>2</sup> x 703**

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example: Weight = 150 lbs, Height = 5'5" (65")

Calculation:  $[150 \div (65)^2] \times 703 = 24.96$

#### **Interpretation of BMI for adults**

For adults 20 years old and older, BMI is interpreted using standard weight status categories that are the same for all ages and for both men and women. For children and teens, on the other hand, the interpretation of BMI is both age- and sex-specific.

The standard weight status categories associated with BMI ranges for adults are shown in the following table.

<b>BMI</b>	<b>Weight Status</b>
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

## RESTING HEART RATE



Your heart rate reflects how hard your heart works during exercise and tracking your resting heart rate (RHR) over time can help you see your fitness gains as it gets lower and lower. RHR is usually between 50 and 100 beats per minute. Athletes and those who exercise regularly will typically have a lower RHR, while sedentary people will have a higher RHR. Your goal is to lower your RHR.

You should try to measure your heart rate first thing in the morning before you get busy with other things and your heart rate rises. Simply count how many times your heart beats in 1 minute. If you can't measure it first thing in the morning, make sure you measure it after you've been resting (at least 4 hours since exercise or other vigorous activity) and a couple of hours after eating. It helps if you lie down 30 minutes before you take the measurement. Ideally, you want to take your RHR for 5 days to get an average.

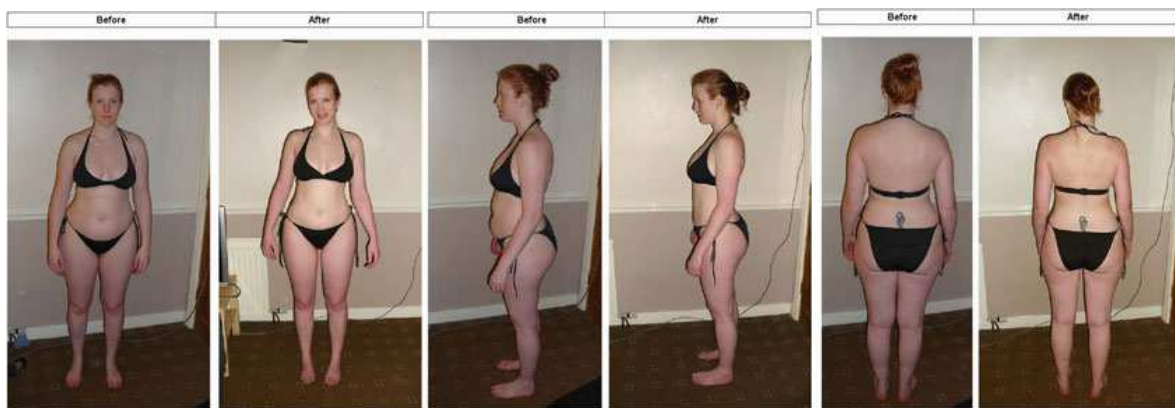
## TAKE PICTURES – BEFORE AND AFTER

Taking pictures of you is important. Although you may not like what you see, I can't understate the importance of doing this. It's such a simple, but powerful exercise.

You should do this every 2 weeks, after each milestone. This way, you can compare your current self to your future self and really get a visual sense of the progress you have made along the way. I've always loved this exercise, and I'm certain you will too.

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

This should be a **FULL FRONTAL, SIDE AND BACK** view, if possible or take a picture of yourself in the mirror – there are no excuses



## FEN vs FUNK PROGRAM SCHEDULE

(Print this page)

<b>FEN VS FUNK 4 WEEK BOOTCAMP CHALLENGE</b>				
<i>Weekly Training - 4 Days a Week - Perform the Fen vs Funk workouts four days a week</i>				
	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
<b>MONDAY</b>	FUNK WORKOUT	FENWORKOUT	FUNK WORKOUT	FENWORKOUT
<b>TUESDAY</b>	FEN WORKOUT	FUNK WORKOUT	FEN WORKOUT	FUNK WORKOUT
<b>WEDNESDAY</b>	REST DAY	REST DAY	KBELL FIGHTER WORKOUT #3	KBELL FIGHTER WORKOUT #4
<b>THURSDAY</b>	GUEST TRAINER WORKOUT	GUEST TRAINER WORKOUT	GUEST TRAINER WORKOUT	GUEST TRAINER WORKOUT
<b>FRIDAY</b>	YOUR CHOICE	YOUR CHOICE	YOUR CHOICE	YOUR CHOICE
<b>SATURDAY</b>	STRETCH/YOGA/SOCIAL DAY/ABS	STRETCH/YOGA/SOCIAL DAY/ABS	STRETCH/YOGA/SOCIAL DAY/ABS	STRETCH/YOGA/SOCIAL DAY/ABS
<b>SUNDAY</b>	REST	REST	REST	REST

## **PRE-POST WARM UP – STRETCH**

### **STRETCHING**

For every action there is a reaction. After each workout, you must stretch the muscles out. You should only stretch the muscle AFTER you have warmed then up. The FenvsFunk workouts allow you maximize your time to stretch the muscles out quickly between rounds. By stretching out the muscles you will increase blood flow to the area that you worked so hard. Increased circulation brings needed ingredients

A good daily stretching program helps to keep the body lean, the muscles limber and you off the injury shelf.

### **IMPORTANCE OF NUTRITION**

There is no single dietary program that works for all people. You must eat 6 - 7 meals per day and each one should contain protein and carbs. Don't allow yourself to get hungry. Keep your appetite in control with smaller meals and healthy snacks in between.

You can't out train a bad diet. No matter how much exercise you do, if your diet sucks then you will never lose weight! Make sure you follow Laura Discepola Nutrition Guide for maximal results.

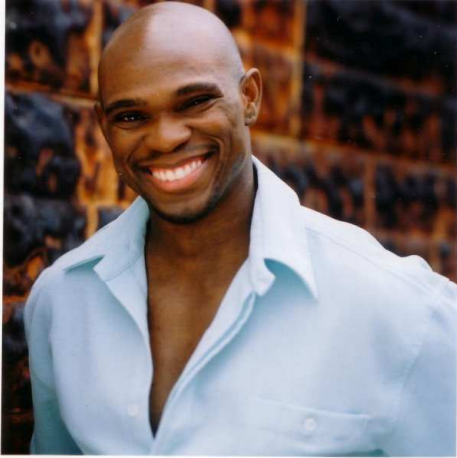
### **IMPORTANCE OF SUPPLEMENTS FOR WOMEN**

In the quest for your goal, diet supplementation is the last of the elements that you need to add to your regimen. There are the Good, the Bad and the Ugly in the world of Supplements. Supplements make it much easier to get the necessary nutrients to build muscle and can even give you an advantage and enhance your training when taken right and combined with a good diet.

We have partnered with Supplementsource.ca to provide you with a supplement package that will help you recoup, recover and get stronger during these next four weeks and beyond.

***GOOD LUCK TO YOU!***

## ABOUT THE AUTHOR



Fenley is a tough as nails bootcamp coach, fitness video director and author with over 10 years experience transforming peoples body's.

He's trained hundreds of people including national and Olympic level athletes, a Grammy nominated songwriter as well as military and law enforcement personnel. His simple progressive training systems are designed around his motto that "You Get What You Train For™".

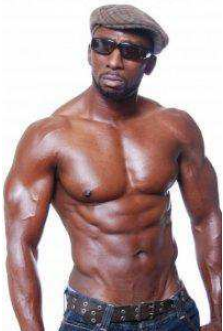
Fenley's greatest asset as a trainer is his intuitive ability to detect a client's strengths and weaknesses and understand what is going on emotionally as well as physically - in his words, "90% of getting fit happens between your ears not in the gym".

Fenley is also the developer of the CLIC™ training which relies on short intense workouts called Complexes to shorten training sessions while delivery fat shredding results.

## FUNK ROBERTS

Funk is a Fitness Expert and Former Professional Beach Volleyball player, and through his experience, he will whip you into shape. Funk is a Certified Personal Trainer, Kettlebell and [Plyometrics Specialist](#), Athlete, Writer and Model. He is also the creator of [Funk Roberts Fitness](#), Funk Roberts Boot Camp and Co-Creator of Fit [Firm and Fab for Women](#). With over 27 years of fitness and health knowledge, Funk has helped hundreds of people change their life into a healthier one.

*Funk Roberts*



Copyright © 2010 – Fen Fearon and Funk Roberts – [www.fenvsfunk.net](http://www.fenvsfunk.net)