



**STRONGER U  
ACADEMY**

# **BURST METABOLIC MAKEOVER**



**Created by Sean Foy, MA**

## BURST METABOLIC MAKEOVER TRAINING:

### What exactly is the BURST training?

The dictionary defines “Burst” as a sudden display of activity, energy, or effort.

Likewise, Burst Training is a revolutionary, “fast fitness” physical activity & exercise program you can perform anytime, anywhere, bursting your way to more energy, your best body and life!

Burst Training is comprised of a scientifically designed, systematic combination of metabolic, fat burning, toning, energizing and stress reducing moves you can complete at your desk, in the kitchen, when traveling, in the gym or anywhere, in just minutes a day. Burst moves are designed to help you get fit and stay fit, even with the busiest of schedules!

**“Lack of Time” is the #1 OBSTACLE related to making exercise a regular part of one’s life.**

We created Burst Training to address the problem of “no time” and help individuals all over the world move more, anytime, anywhere.

As a personal trainer, I was very skeptical about the results someone could achieve with just a few minutes of exercise a day. But with the reality I was running into with my clients I had to find a solution. I began to realize if you could pack all the essential elements of a successful fitness program into one power packed workout we’d be able to offer busy folks all over the world something of significant value to their health, fitness, and life.



**Then we started to look at the research and began to test a fitness formula, we now call 4321 Burst Training, consisting of:**

4

**Minutes of  
High Energy  
Aerobic Training**

3

**Minutes of  
Resistance  
Exercises**

2

**Minutes  
of Core  
Strengthening**

1

**Minute of Deep  
Breathing and  
Stretching**

**All equaling a total of 10 minutes of Burst fitness fusion!**

We began to test this 10-minute program as well as breaking it up into “Micro Burst Moves” in corporate settings and with individuals and were absolutely amazed at the results!

#### **RESULTS SUCH AS:**

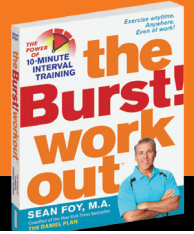
Weight loss –we have seen individuals losing 10, 20, 30 and even more weight over a 12 week span-just by performing Burst training along with modifying their diet.

- Lower Cholesterol and blood pressure
- Improved energy
- Reduced fatigue
- Toned and shapelier muscles
- Improvement in posture
- Increased work productivity
- Reduced stress and back pain
- Enhanced creativity and memory
- Improved overall fitness and appearance

The results are astonishing. No matter what your fitness levels may be, Burst Training can dramatically change your health, fitness and well-being. All in just a few minutes a day.

On the following pages you’ll find 3 different body weight Burst Training routines. Simply perform “one or more” 4321 Burst circuits every other day of the week and watch how your health and fitness improve!

# the **Burst!** workout



Get fit in 10 minutes a day! • 90 illustrated exercises • Three four-week programs **workman**

## LEVEL I • WORKOUT 1

### 4 minutes | High-Energy Aerobic Training

H.E.A.T. is all about working up a sweat. During this exercise, you'll alternate 30 seconds of moderate Chair Jogging with 30 seconds of fast Chair Jogging, for a total of 4 minutes. As you get warmed up, try to "jog" faster. During the last 30 seconds, push

yourself! Chair Jogging elevates your heart rate and strengthens your heart, shoulders, arms, legs and core without placing undue strain on your joints. To make this exercise either easier or more challenging, see the directions in *The Burst! Workout*.



**Chair Jogging**  
Alternate 30 seconds of moderate Chair Jogging with 30 seconds of fast Chair Jogging. Keep up that pattern for 4 minutes.

4 minutes

## LEVEL I • WORKOUT 1

### 3 minutes | Resistance Exercise

The combination of these three exercises works the muscles of your upper and lower body. You will perform each exercise for 1 minute. Stationary Wall Squats can be done anywhere there's a wall and are excellent for working your legs, butt and core. Wall Push-Ups have the same benefits as the classic push-up, strengthening your chest, shoulders, arms

and core—without having to get down on the floor. The Stationary Lunge is my favorite lower-body exercise. It is highly beneficial for your legs and butt. Many different exercises are based on this versatile movement. For complete instructions or to make these exercises either easier or more challenging, see *The Burst! Workout*.



**Stationary Wall Squat**  
Hold the Stationary Wall Squat position as long as you can, for up to 1 minute.

**Wall Push-Up**  
Perform as many Wall Push-Ups as you can in 1 minute.

**Stationary Lunge**  
Hold the Stationary Lunge position as long as you can, up to 30 seconds per leg.

3 minutes

## LEVEL I • WORKOUT 1

### 2 minutes | Core-Strengthening Exercises

All you need for these two exercises is a sturdy chair (or bench). By performing these exercises together, you work your shoulders, arms, abs, hips, lower back and the sides of your waist—plus you'll get a nice lower back stretch. When performing the Chair Plank, you lean on the chair and try to keep your

body straight as a board. During the Chair Side Bend, you sit in the chair and bend to your side, tightening your abdominal muscles. To make these exercises either easier or more challenging, see *The Burst! Workout*.



**Chair Plank**  
Hold the Chair Plank position as long as you can, for up to 1 minute.

**Chair Side Bend**  
Perform as many Chair Side Bends (alternating sides) as you can, for up to 1 minute.

2 minutes

## LEVEL I • WORKOUT 1

### 1 minute | Stretching and Deep Breathing

To conclude your 4•3•2•1 exercise session, here are two simple, effective stretches that will loosen up your muscles, increase your flexibility, relieve any kinks and help prevent muscle stiffness after your vigorous workout. The Chair Forward Bend is the next best thing to a massage for your upper and lower back, while the Chair Spinal Twist also works

the muscles at the sides of your waist. Remember not to bounce or overstretch—this will not make the exercises more effective—and be sure to breathe deeply throughout to relieve tension and oxygenate your cells. To make these movements less or more challenging, see *The Burst! Workout*.



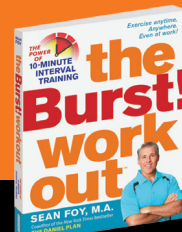
**Chair Forward Bend**  
Hold the Chair Forward Bend for up to 30 seconds.

**Chair Spinal Twist**  
Hold the Chair Spinal Twist for up to 15 seconds per side.

1 minute

# the **Burst!** workout

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## LEVEL I • WORKOUT 2

### 4 minutes | High-Energy Aerobic Training

To start your workout, you will alternate 30 seconds of Marching in Place with 30 seconds of Air Boxing, for a total of 4 minutes of H.E.A.T. As you get warmed up, try to make your movements faster. During the last 30 seconds of Air Boxing, go all out! A great cardiovascular exercise, Air Boxing works not only your heart but also your upper and lower

body, strengthening and toning your shoulders, arms, legs and core. To make this exercise less or more demanding, read more about it in *The Burst! Workout*.



**Air Boxing and Marching in Place**  
Alternate 30 seconds of moderate Marching in Place with 30 seconds of rapid Air Boxing. Keep up that pattern for 4 minutes. See *The Burst! Workout* for full instructions.

## LEVEL I • WORKOUT 2

### 3 minutes | Resistance Exercise

This group of three exercises will tone and train your chest, shoulders, arms, core, legs and butt—all in just 3 minutes! First, you'll perform the Chair Squat, completing the squatting motion with the aid of a chair. The next exercise, the Knee Push-Up, transforms the standard push-up exercise into a challenging but manageable movement

you can perform anytime, anywhere. Then, you'll complete a great "butt-lifting" exercise that also strengthens your lower body: the Forward Lunge. Remember to move quickly from one exercise to the next to enhance your workout experience. To make these exercises either easier or more challenging, see *The Burst! Workout*.



**Chair Squat**  
Perform as many Chair Squats as you can in 1 minute.

**Knee Push-Up**  
Perform as many Knee Push-Ups as you can in 1 minute.

**Forward Lunge**  
Perform as many Forward Lunges as you can in 1 minute, alternating legs.

## LEVEL I • WORKOUT 2

### 2 minutes | Core-Strengthening Exercises

Here are two highly effective abdominal exercises that will tone and strengthen your core muscles and at the same time protect your lower back. The first exercise, the Reaching Ab Crunch, involves lying on the floor and tightening your abdominal muscles as you reach for your knees and raise your shoulders off the ground. The stationary Knee Plank is a great,

no-sweat way to strengthen and tone your core, hips, chest, shoulders and arms—and you can do it anywhere! To make these exercises either easier or more challenging, see *The Burst! Workout*.



**Reaching Ab Crunch**  
Perform as many Reaching Ab Crunches as you can in 1 minute.

**Knee Plank**  
Hold the Knee Plank as long as you can, for up to 1 minute.

## LEVEL I • WORKOUT 2

### 1 minute | Stretching and Deep Breathing

If you were to ask 10 people what area of their body causes them the greatest tension or pain, chances are most of them would say their back. Often lower back pain is due to tight hamstrings, inflexible hip muscles and weak core muscles. Here are two stretching exercises you can perform while seated at work or on a park bench; they're great for your lower

back, hamstrings, hip muscles and the fronts of your legs. The Chair Hamstring Stretch targets your lower back, hamstrings and calf muscles. The Chair Thigh Stretch helps to stretch your hips and thigh muscles. Remember to breathe deeply and move slowly. To make these movements less or more challenging, see *The Burst! Workout*.



**Chair Hamstring Stretch**  
Hold the Chair Hamstring Stretch for up to 15 seconds per leg.

**Chair Thigh Stretch**  
Hold the Chair Thigh Stretch for up to 15 seconds per leg.

4 minutes

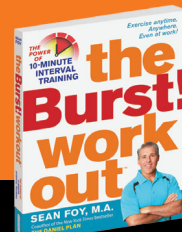
3 minutes

2 minutes

1 minute

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## LEVEL I • WORKOUT 3

### 4 minutes | High-Energy Aerobic Training

When is the last time you did a Jumping Jack? Whether it's been two months or two decades, now is the time to reintroduce this classic exercise to your fitness routines. When performed in a H.E.A.T. sequence, Jumping Jacks are not only a great overall body conditioning exercise but also a fantastic metabolism booster. They are a great way

to strengthen your heart, shoulders, arms, legs and core. Alternate 30 seconds of Marching in Place with 30 seconds of Jumping Jacks for 4 minutes. As you get warmed up, try to make your movements faster. During the last 30 seconds of Jumping Jacks, go all out! To make this exercise less or more demanding, see the directions in *The Burst! Workout*.



**Jumping Jacks and Marching in Place**  
Alternate 30 seconds of moderate Marching in Place with 30 seconds of rapid Jumping Jacks. Keep up that pattern for 4 minutes.

4 minutes

## LEVEL I • WORKOUT 3

### 3 minutes | Resistance Exercise

This section of your workout trains your upper and lower body muscles with three exercises that are more advanced versions of the basic squat, push-up and lunge. First you'll perform the Wall Slide, similar to the Wall Squat, only now you will be moving up and down the wall. The second exercise, Prowling Tiger Knee Push-Up, is a variation of the

Knee Push-Up that increases the demands upon the muscles of your upper body and core. Your last resistance exercise is the Backward Lunge. In this "butt-blasting" movement, a great variation of the basic lunge, you step back into the lunge position. To make these exercises either easier or more challenging, see *The Burst! Workout*.



**Wall Slide**  
Perform as many Wall Slides as you can in 1 minute.

**Prowling Tiger Knee Push-Up**  
Perform as many Prowling Tiger Knee Push-Ups as you can in 1 minute.

**Backward Lunge**  
Perform as many Backward Lunges as you can in 1 minute, alternating legs.

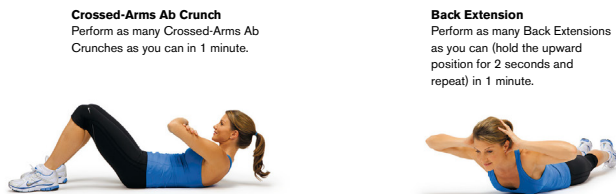
3 minutes

## LEVEL I • WORKOUT 3

### 2 minutes | Core-Strengthening Exercises

These two exercises will firm and strengthen your abs, hips and upper and lower back. The Crossed-Arms Ab Crunch provides you with another way to tighten your abdominal muscles. In this exercise, you lie on the floor and raise your shoulders and upper back off the ground. After doing the crunches, you'll balance out your core-strengthening exercises

by performing some Back Extensions, which are a simple but effective exercise for strengthening your upper and lower back. With this movement, you lie on your stomach and raise your upper body off the ground. To make these exercises either easier or more challenging, see *The Burst! Workout*.



**Crossed-Arms Ab Crunch**  
Perform as many Crossed-Arms Ab Crunches as you can in 1 minute.

**Back Extension**  
Perform as many Back Extensions as you can (hold the upward position for 2 seconds and repeat) in 1 minute.

2 minutes

## LEVEL I • WORKOUT 3

### 1 minute | Stretching and Deep Breathing

The last minute of this 4•3•2•1 workout is composed of two stretches that are not only soothing to the mind but also fantastic for increasing the flexibility of your hips and lower body. First is the Standing Back and Hip Stretch, a great movement you can do whenever you're near a chair or bench. For the Floor Spinal Twist, the last movement for this workout, you

will sit on the floor and rotate your upper body as far as you comfortably can in both directions. Remember to move slowly and to breathe deeply when doing your stretches. To make these movements less or more challenging, see *The Burst! Workout*.



**Standing Back and Hip Stretch**  
Hold the Standing Back and Hip Stretch for up to 15 seconds per side.

**Floor Spinal Twist**  
Hold the Floor Spinal Twist stretch for up to 15 seconds per side.

1 minute



## STRONGER U ACADEMY

For more information related to Stronger U Academy programs and resources go to: [www.strongeruacademy.com](http://www.strongeruacademy.com)

**We want to wish you a  
STRONGER DAY, a STRONGER LIFE and a STRONGER U!**

All the best,

Sean Foy, MA

A handwritten signature in black ink that reads "Sean Foy". The signature is written in a cursive, flowing style.

Founder Stronger U Academy

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