



“Complete 10-Total Body Breakthrough”

Presented by

Sean Foy, MA & Diane Paetz

1. Helping others soar:

2. Trainers Confession:

3. It’s about time!

4. 10 Minute Total Body Breakthrough:

4: _____
3: _____
2: _____
1: _____

5. 4321 Science:

6. Motion = _____

7. 4321 Results:

8. 10 Minute Total Body Breakthrough:

9. Complete 10 Workout: (See page 2)

10. Brainstorm/Challenge:

11. Resources: Taste of Biggest Loser Pro, Biggest Loser Pro: www.afa.com
The 10 Minute Total Body Breakthrough: www.4321fitness.com
4321 DVD Workouts 1-6: www.4321fitness.com

PWC Email Contact: sean@personallyfit.com

Complete 10-Workout:

Warm-up: 3-5 minutes

Set 1 Novice/overweight

4 Min. HEAT	Effort	Recovery
Modified ½ Jack	30 seconds	30 seconds
Fast Arms	30 seconds	30 seconds
Fast Feet	30 seconds	30 seconds
Knee Lifts	30 seconds	30- seconds

3 Min. STRENGTH	Duration
Hinge to overhead press	1 minute
Side Leg raise with Arms	1 minute (30-30)
Static Rear Lunge with Arms	1 minute (30-30)

2 Min. CORE	Duration
½ Chop	1 minute (30-30)
Standing Progressive Single leg balance	1 minute (30-30)

1 Min. STRETCH	
Short stop slide with/and or extension	30 seconds (15-15)
Ankle mobility with chest stretch	30 seconds (15 -15)

Duration Progressions:

Complete 10 x 1 round/set = Beginner

Complete 10 x 2 rounds/sets = Beginner/Intermediate

Complete 10 X 3 rounds/sets = Intermediate

Complete 10 X 4 rounds/sets = Intermediate/Advanced

Complete 10 X 5 rounds/sets = Highly Advanced