

# 2 MINUTE

BELLY FLAB TARGETING SOLUTION



THE  
**1 HOUR**  
BELLY  BLAST  
DIET™

# **2 Minute Belly Flab Targeting Solution**

by Dan Long

# *Legalities*

Thank you for taking the time to note these important points prior to diving into the program.

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# Dan Long's **Kill Mode** Goal Shattering Solutions

Welcome to the 2 Minute Belly Flab Targeting Solution! If I told you that hundreds of my clients not only hit their goals, but they SHATTERED their goals, would I have your attention? Of course! I have a philosophy that will shatter any goal you're looking to achieve, period.

Your training will be sent into a realm of all new fitness/fat loss that you have never reached before by activating Kill Mode. Here's what you're going to do:

My Kill Mode Philosophy: When you enter into a work set of any exercise, for the first half of each exercise, interval, rep, mile, timed exercise, etc., you're going to tell yourself that you're on "autopilot." Operate at a normal resistance, speed, intensity, etc., for the first half. Then when you get to your half point, a mental shift needs to occur. The fatigue you're feeling exits the brain, adrenaline has to kick in, and you give everything you got for the last half of every drill and every exercise. This is what I call activating "Kill Mode," and by applying this philosophy, you immediately increase the intensity of your workouts far beyond anything you've ever experienced.

## **Muscle Burn Strategy**

Let's talk about the difference from muscle burn and pain. When your muscles are hitting their potential and are stimulated, you feel a burn in the muscle. Now this could feel like a slight burn, or a really intense burn on a perceived scale of 1 -10 of effort, with 1 being a little effort burn, and a 10 being a maximum effort burn. For maximum results, I want the burn to be a 9 – 10. If a beginner, it should be a 6-7 the first week, 7-8 the second week, and 9 -10 the third week and thereafter.

## **Pain Strategy**

It is important for your safety and well-being to know what the difference between pain and muscle burn is. Pain is something other than your muscle burning. If any pain occurs in any area of your body (remember pain, not muscle burn), apply your perceived scale of 1-10 (1 being minimum pain; 10 being maximum pain), and if your pain in your shoulder, hip, knee, back, elbow, etc., reaches a level 4 (anything more than an ache), back down from that exercise **and replace it with another one in that circuit that you can do without pain,** to finish out your workout.

This will avoid a possible injury or re-injury. I want you healthy and feeling like a machine, so apply these Dan Long Muscle Burn and Pain Strategies to maximize results, and minimize a possible injury. Remember, we want to move forward, not backward. We're in this together – and quitting/failure is not an option, so Kill Mode Train with me using these techniques I'm teaching you. 4 minutes of High Intensity training smack dab in the middle of your workout to accelerate fat loss for calorie burn domination.

## 2-Minute Belly Flab Targeting Solution

Choose your favorite Finishing Combos to metabolically crush your fat loss plateau and build lean muscle at the same time. These workouts can be done at the middle of your workout, or at the end of your workout provided in the *Half Your Size Exercise Guide*, to accelerate your results.

**Directions:** Choose any 2 of these exercise options below, and perform them back to back for 30 seconds with 10 seconds rest between. Time yourself for 2 minutes total, to finish your workout strong. Finish 3 rounds of both targeting solution exercises, including rest periods, in 2 minutes. Again, these can be performed in the middle or your workout, or at the end once, you've completed your workout from the main exercise guide.

### 2-Minute Belly Flab Targeting Solution Exercise Options

1. **Kill Mode Snowboarders/3 sec. holds**
2. **Touchdown Wide Narrow/Wide Ups**
  3. **Star Touchdown Jacks**
  4. **Man Makers**
  5. **Side Burpees L/R**
6. **Kill Mode Body Blasters**
7. **Jump Squat Power-Ups**
8. **Dead Man Burpees**
9. **Kill Mode Running Super Bowl Touchdown Star Jacks**
10. **5 Sec. Mountain Climbers to Jump Squat**

# The Exercise Library:

## 1. Kill Mode Snowboarders/3 Sec. Holds



1. Starting in an offset foot position with Right leg in front, keeping body low to ground as if on a snowboard, and with arms out to sides for balance, jump off with your heels and rotate body midair and land with your left leg in front and hold for 3 seconds. Immediately jump back to start position. That's one rep.
2. Repeat exercise for desired number of reps, making sure to hold for 3 seconds every time you land in low lunging position before jumping again.

## 2. Touchdown Wide-Narrow/Wide-Ups



1. Standing with feet together, hands by sides, jump feet out into a low squat, touching Right fingertips to ground, Left Hand on hip, and the jump feet back together into start position standing straight up, and repeat by jumping feet out into a low squat, and touching your Left fingertips to ground. That's one rep.
2. Repeat for desired number of reps.



### 3. Star Touchdown Jacks – Alternating



1. Starting in a standing position with feet shoulder width apart, squat down, knees 90°, touching your left hand on the ground, and jumping up off the ground with arms and legs out like a star, into a jumping jack, returning to squatting position, touching your right hand on the ground, and jumping off the ground again like a star, into a jumping jack.
2. Repeat for desired number of reps.

## 4. Man Makers



1. Standing with feet shoulder width apart, dumbbell in each hand, bend over, placing dumbbells on ground, and immediately kick out your feet into front plank position.
2. Next, do 3 push-ups on the dumbbells and immediately jump back onto your feet, and return to standing position with dumbbells in front of your legs, with arms straight down in front of you. That's one rep.
3. Repeat for desired number of reps.

## 5. Side Burpees (L,R)



1. Lying on your Right side, top leg in front of bottom leg on floor (offset foot position), on right elbow, and using left hand flat on floor for support, draw your knees into chest to jump onto your feet and then stand with feet together.
2. Squat back down, touching ground with hands, and kick legs straight out to return back to your side, feet in offset foot position, and repeat.
3. Continue for desired number of reps, and repeat on your Left side.



## 6. Kill Mode Body Blasters



1. Standing tall, lower your body and roll onto your back, bringing your legs up for momentum, and then roll your body forward back onto your feet, jumping up into a squatting position.
2. Repeat for desired number of reps.

## 7. Jump Squat Power-Ups



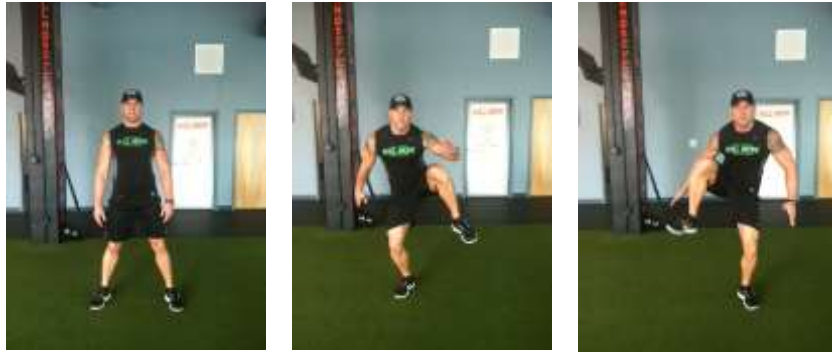
1. Standing with feet shoulder width apart, bend over to touch ground with hands and jump your feet back into front plank position, and immediately jump feet forward to stand in a low squat position.
2. Raise arms above head and jump up as high as you can. This is one rep.
3. Repeat for desired amount of reps

## 8. Dead Man Burpees



1. Lying on floor with arms out to sides, quickly explode body up, getting on your hands, and jumping your feet forward to standing position.
2. Raise your arms above your head and jump up as high as you can. That's one rep.
3. Repeat for desired number of reps.

## 9. Kill Mode Running Super Bowl Touchdown Star Jacks



Run in place 5 seconds, then:



Repeat running in Place – 5 Sec. & repeat touching down with Left Hand, as shown below:



1. Return to running in place for another 5 seconds, and then squat to touch your Left Hand on ground, and jump off the ground again like a star, into a jumping jack, and repeat for desired number of reps.



## 10. 5 Second Mountain Climbers to Jump Squat



1. Perform 5 seconds of mountain climbers, and then immediately jump up on feet in a deep squat position, and perform a jump squat. Return to mountain climbers for 5 seconds, and repeat.
2. Repeat for desired number of reps.