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HALF YOUR SIZE EXERCISE GUIDE

# **HALF YOUR SIZE EXERCISE GUIDE**

**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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# Kill Mode Goal Shattering Solutions

Welcome to the Half Your Size Exercise Guide! 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:

**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 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.

# Choose Your Intensity:

## **Beginner:**

Perform each exercise for 30 seconds w/30 seconds rest between each exercise for 5 rounds total, equaling 20 minutes. Do this at a tempo of 3-0-1 (3 seconds to lower, no pause, 1 second to lift).

## **Intermediate:**

Perform each exercise for 40 seconds w/20 seconds rest between each exercise for 5 rounds total, equaling 20 minutes. Do this at a tempo of 2-0-1 (2 seconds to lower, no pause, 1 second to lift).

## **Advanced:**

Perform each exercise for 45 seconds w/15 seconds rest between each exercise for 5 rounds total, equaling 20 minutes. Do this at a tempo of 1-0-1 (1 second to lower, no pause, 1 second to lift).

### **Intensity Scale (1 to 10)**

- 1 – 2 Warm up
- 3 – 4 Moderately Difficult (light weight w/little resistance; slight burn w/minimum results)
- 5 – 6 Hard (strenuous and becoming fatigued; moderate results)
- 7 – 8 Very Hard (burns like crazy; straining to keep proper form; above average results)
- 9–10 Maximum Difficulty (100% Max Effort; Near Failure; maximum results)

## **Workout Equipment Needed for Program**

All these exercises are either bodyweight exercises, where they require no equipment at all, or require equipment (dumbbells, stability ball, bench), and a “Can Do” attitude to shatter all of your Abs goals. Remember to pick any 3 workouts and perform them each week before your Belly Blast Overfeeds for sick results! Let’s get this party started! Your belly fat is about to get Blasted!

## The Warm-Up: Bodyweight Warm up Circuit:

- Do this circuit 2x's with a level 2-0-1 tempo for resistance exercises (2 seconds to lower, no pause, 1 second to lift) before beginning your workout
  - 30 seconds rest between warm up circuits
1. Bodyweight Squat – 10 reps
  2. Jumping jacks – 10 reps
  3. Running in place – 20 seconds
  4. Side Lunge – 6 reps per side
  5. Mountain Climbers – 20 seconds
  6. Invisible jump rope – 20 seconds

## The Cool Down

A cool down is equally as important as a warm-up routine. It helps regulate your blood flow and breathing, prepares your muscles for repair, and provides an opportunity to hydrate and rest. You can choose from walking for 2 to 4 minutes, or doing 3 – 4 stretches, holding each pose for approximately 30 seconds each. Your cool down should take you approximately 2 – 4 minutes

## Workout Instructions:

- Do Warm up first (above)
- Equipment needed: Dumbbells, (Choose the size dumbbells that will give you resistance of an 8 – 10 intensity), bench or chair, and stability ball for maximum results
- Equipment Needed: Bodyweight Option - none
- Mindset needed: Kill Mode Domination
- For Beginners: Perform each exercise for 30 seconds w/30 seconds rest between each exercise for 5 rounds total, equaling 20 minutes. Do this at a tempo of 3-0-1
- For Intermediate: Perform each exercise for 40 seconds w/20 seconds rest between each exercise for 5 rounds total, equaling 20 minutes. Do this at a tempo of 2-0-1
- For Advanced: Perform each exercise for 45 seconds w/15 seconds rest between each exercise for 5 rounds total, equaling 20 minutes. Do this at a tempo of 1-0-1
- Cool Down
- Total workout time 20 minutes (this does not include cool down times)
- For Maximum Results, Perform with *2-Minute Belly Flab Targeting Solution* in middle or end of workout –refer to *2-Minute Belly Flab Targeting Solution* Guide for detailed instructions

# The Workouts

## 3 Bodyweight Workouts (without use of equipment)

### **Workout A: Upper/Full Body**

Close Grip Spiderman Push-Up Crawl  
Push-Up w/2x Shoulder Touch  
Hand Walk into Pike w/Push-Up  
Spiderman Walk – 2 fwd.; 2 back

### **Workout B: Core/Full Body**

Star Reverse Crunch  
Reverse Plank w/Alt. Leg Kicks  
Front Plank Straight Leg Kick Outs w/Push-Up  
Side Plank w/Hip Drop

### **Workout C: Lower Body**

Ice Skaters L/R  
Squat w/Kill Mode Punch Out Without  
Side to Side Lunge w/Skip  
Kill Mode Atomic Reverse Lunge

## 3 Workouts with Use of Equipment:

### **Workout A: Upper Body**

Stability Ball Dumbbell Chest Press  
Stability Ball Dumbbell Triceps Press  
Bent Over Dumbbell Rows L/R  
Seated Stability Ball Biceps Curls

### **Workout B: Core/Full Body**

One Arm Dumbbell Full Sit-Ups  
Burpees w/Front Kill Mode Kick  
Cross Body Dumbbell Press  
Star Reverse Crunch




### **Workout C: Lower Body**

Dumbbell Military Squats  
Squat Dumbbell Swing  
Stability Ball Frog Leaps  
Squat Jump L/R w/Dumbbell



# Example Workout Chart – Bodyweight Only Exercises

## 3 – 1 Hour Belly Blast Overfeed Options

Day	1 Hour Belly Blast Overfeed	The Workouts
Sun		<b>Workout C: Lower Body</b> Ice Skaters L/R Squat w/Kill Mode Punch Out Without Dumbbells Side to Side Lunge w/Skip Kill Mode Atomic Reverse Lunge
Mon		OFF
Tues		<b>Workout A: Upper/Full Body</b> Close Grip Spiderman Push-Up Crawl Push-Up w/2x Shoulder Touch Hand Walk into Pike w/Push-Up Spiderman Walk – 2 fwd.; 2 back
Wed		OFF
Thur		<b>Workout B: Core/Full Body</b> Star Reverse Crunch Reverse Plank w/Alt. Leg Kicks Front Plank Straight Leg Kick Outs w/push-up Side Plank w/Hip Drop
Fri		OFF
Sat		OFF

# Example Workout Chart With Use of Equipment:

## 3 – 1 Hour Belly Blast Overfeed Options

Day	1 Hour Belly Blast Overfeeds	The Workout
Sun		OFF
Mon	✓	<b>Workout C: Lower Body</b> Dumbbell Military Squats Squat Dumbbell Swing Stability Ball Frog Leaps Squat Jump L/R w/1 Dumbbell
Tues		OFF
Wed	✓	<b>Workout A: Upper Body</b> Stability Ball Dumbbell Chest Press Stability Ball Dumbbell Triceps Press Bent Over Dumbbell Rows L/R Seated Stability Ball Biceps Curls
Thur		OFF
Fri		OFF
Sat	✓	<b>Workout B: Core/Full Body</b> One Arm Dumbbell Full Sit-Ups Burpees w/Front Kill Mode Kick Cross Body Dumbbell Press Star Reverse Crunch

\*Feel free to switch things up and mix some bodyweight training days with training days that require equipment anytime you want.

# Example Workout Chart – Bodyweight Only Exercises


2 – Belly Blast Overfeeds Option (2 hrs. on Sunday; 1 Hour on Wed.)

Day	Belly Blast Overfeeds	The Workout
Sun	✓	<b>Workout C: Lower Body</b> Ice Skaters L/R Squat w/Kill Mode Punch Out Without Dumbbells Side to Side Lunge w/Skip Kill Mode Atomic Reverse Lunge
Mon		OFF
Tues		OFF
Wed	✓	<b>Workout B: Core/Full Body</b> Star Reverse Crunch Reverse Plank w/Alt. Leg Kicks Front Plank Straight Leg Kick Outs w/push-up Side Plank w/Hip Drop
Thur		OFF
Fri		<b>Workout A: Upper/Full Body</b> Close Grip Spiderman Push-Up Crawl Push-Up w/2x Shoulder Touch Hand Walk into Pike w/Push-Up Spiderman Walk – 2 fwd.; 2 back
Sat		OFF

**Note:** Even though we split our Belly Blast meals into 2 days, the example shows 3 workout sessions regardless of this choice

# Example Workout Chart – Bodyweight Only Exercises

## 1 – Belly Blast Meal Option (3hrs. on Saturday)

Day	3Hr. Belly Blast Overfeed	The Workout
Sun		OFF
Mon	<b>NO OVERFEED BUT STILL MUST GET IN 3 SESSIONS A WEEK</b>	<b>Workout A: Upper/Full Body</b> Close Grip Spiderman Push-Up Crawl Push-Up w/2x Shoulder Touch Hand Walk into Pike w/Push-Up Spiderman Walk – 2 fwd.; 2 back
Tues		OFF
Wed		<b>Workout C: Lower Body</b> Ice Skaters L/R Squat w/Kill Mode Punch Out Without Dumbbells Side to Side Lunge w/Skip Kill Mode Atomic Reverse Lunge
Thurs		OFF
Fri		OFF
Sat		<b>Workout B: Core/Full Body</b> Star Reverse Crunch Reverse Plank w/Alt. Leg Kicks Front Plank Straight Leg Kick Outs w/push-up Side Plank w/Hip Drop

**Note:** Even though we split our Belly Blast meals into 2 days, the example shows 3 workout sessions regardless of this choice. This can be interchanged with workouts using equipment as well.

## Workout Library Below:

### The Warm Up

#### 1. Bodyweight Squat



1. Start in a standing position with your legs slightly wider than shoulder width apart with your hands together in front of you.
2. Squat down until your thighs are parallel with the floor, keeping your back straight and head up.
3. Return to the starting position and repeat for the prescribed number of reps.

#### 2. Jumping Jacks

Self-Explanatory. Perform 10 Jumping Jacks.

#### 3. Running In Place

Self-Explanatory. Run in place for 20 seconds.

## 4. Side Lunge



1. Start in a standing position with your feet together.
2. Step laterally to the right while bending at the knee and hips as shown above. Keep your back straight and head up.
3. Return to the starting position and repeat on the opposite side. Repeat for the total number of reps for each side.

## 5. Mountain Climbers



1. Start in a push-up position with hands approximately shoulder width apart.
2. Shuffle your feet rapidly back and forth alternating bringing each knee forward and returning to the starting position.
3. Repeat for the desired number of reps.

## 6. Invisible Jump Rope



1. With hands at your sides as if you are holding a jump rope, rotate your wrists and skip accordingly in a stationary position as if you were actually jumping rope.
2. Repeat for the desired duration.



## 3 Workout Circuits With Use of Equipment

### Workout A: Upper Body

#### Stability Ball Dumbbell Chest Press



1. Sit on stability ball with dumbbells and slowly start walking your feet forward until your back is supported by stability ball. Knees should be bent 90° with thighs parallel to floor.
2. Position dumbbells near chest; elbows out, and press the dumbbells upward directly above your chest, and lower dumbbells back to chest.
3. Repeat for the desired number of reps.

## Stability Ball Dumbbell Triceps Press



1. Sit on stability ball with 1 dumbbell in each hand, and slowly start walking your feet forward until your back is supported by stability ball. Knees should be bent 90° with thighs parallel to floor.
2. Hold the dumbbell straight up, keeping elbows in, and bend arms, lowering dumbbell to just below the ears, and back up.
3. Repeat for the desired number of reps.

## Bent Over Dumbbell Rows



1. Kneel over side of bench by placing right knee and right hand of supporting arm on bench. Position left foot straight back. Grasp dumbbell from floor.
2. Pull dumbbell up to side until it makes contact with ribs or until upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched downward.
3. Repeat for desired number of reps, and then repeat with left knee and left arm on bench.

## Seated Stability Ball Bicep Curls



1. Sitting on Stability Ball with feet flat on floor, knees 90°, a dumbbell in each hand down by your side, curl dumbbells straight up, palms up, pause, and lower to start position.
2. Repeat for the desired number of reps.

## Workout B: Core/Full Body

### One Arm Dumbbell Full Sit Up



1. Lying on ground with dumbbell in Right hand, arm extended straight up toward ceiling, lift upper torso off ground, keeping right arm up until in an upright sitting position. Lower upper torso back down, keeping Right arm up for entire exercise. Return to start. That's one rep.
2. Repeat for desired number of reps on your Right, and then repeat exercise, holding dumbbell in Left hand for desired number of reps.

## Burpees w/Front Kill Mode Kicks



1. Standing with feet shoulder width apart, placing hands on floor in front of your feet, and jump both feet back at same time into front plank position
2. All in one motion, jump back onto your feet with them being shoulder width apart, arms in air, and take a step back with your Right leg, and immediately kick your Right leg out in front of you as high up as you can. Repeat exercise, this time kicking out with your Left Leg. That's one rep.
3. Repeat for desired number of reps, continuing to alternate leg kicks.

## Cross Body Dumbbell Press (L,R)



1. Standing with feet shoulder width apart, 1 dumbbell in Right hand, Left hand on hips, bring right hand/dumbbell across body to your left side, then back up toward your Right shoulder, and press dumbbell straight up overhead. Return to start position.
2. Repeat for desired number of reps, and repeat with Left side.

## Star Reverse Crunch



1. Lying on back, feet together, arms straight out to sides, lift legs straight up, and lift hips off ground. That's one rep.
2. Return to start position and repeat for desired amount of reps.



## Workout C: Lower Body

### Dumbbell Military Squats



1. Start in a standing position holding dumbbells in each hand at your shoulders; arms bent. Your feet need to be slightly wider than shoulder width apart.
2. Squat down until your thighs are parallel with the floor, keeping your back straight and head up. Use a wider foot stance, if necessary, to maintain proper posture.
3. Return to the starting position and repeat for the desired number of reps.

## Squat Dumbbell Swing



1. Starting with a wide foot stance, hold 1 dumbbell with both hands, and lower your body into a squat position, keeping your chest and chin up, and as you rise, swing the dumbbell out in front of you, using your core and hips to control the swing. As you lower the dumbbell, you return to squatting position.
2. Repeat for the desired number of reps.

## Stability Ball Frog Leaps



1. Stand with stability ball in hands in front of you, toes pointed out.
2. Squat down, bringing ball close to ground, thrusting ball up, and pushing through with your heels, legs and glutes, to leap forward.
3. Repeat for desired number of reps.

## Squat Jumps L/R w/Dumbbell



1. Stand with feet wider than shoulder width apart, holding 1 dumbbell in your hands in front of your thighs. Squat down, and explode upward while jumping off the ground 180, landing in the opposite direction. Repeat jump 180 to right.

2. Repeat for the desired number of reps.

# Bodyweight Workouts - NO Equipment

## Workout A: Upper/Full Body

### Close Grip Spiderman Push-Up Crawls



1. Starting in a front plank position, bring your left knee toward your left arm and lower your body to perform a push-up.
2. Then move your right arm forward, and then bring your right knee toward your right arm and perform another push-up.
3. Repeat going in reverse by moving your left arm back a step and then bringing your left knee toward your left elbow, perform a push-up, and then taking a step back with your right hand and then bringing your right knee toward your right elbow and perform another push-up. That's one rep.
4. Repeat the Spiderman crawl from forward to back for desired number of reps.

## Push-Up w/2x Shoulder Touches L/R



1. Starting in front plank position, perform a push-up. While arms are fully extended, raise right hand and tap left shoulder, and return it to the ground. Raise right hand *again* to tap left shoulder a second time and return to start position.
2. Perform another push-up and then raise your left arm up to tap your right shoulder and place hand back on ground. Raise left hand again to tap right shoulder a second time and return to start position. That's one rep.
3. Repeat for desired number of reps.

## Hand Walk into Pike w/Push-Up



1. Starting in push up position, perform push-up and once you come back up, walk your arms back and your feet forward into pike position. Return to start position. That's one rep.
2. Repeat for desired number of reps.

## Spiderman Walk 2 fwd.; 2 back



1. Starting in a front plank position, bring your left knee/hand forward, then take a step forward with your right leg/arm and repeat.
2. Repeat in reverse, taking 2 steps back with your left side and 2 steps back with your right side. That's one rep.
3. Repeat the Spiderman walk from forward to back for desired number of reps.



## Workout B:Core/Full Body

### Star Reverse Crunch



1. Lying on back, feet together, arms straight out to sides, lift legs straight up, and lift hips off ground. That's one rep.
2. Return to start position and repeat for desired amount of reps.

## Reverse Plank with Alternating Leg Kicks



1. In reverse plank position, knees 90° on hands and feet, facing the ceiling, kick up your left foot and put back on ground, and then kick up with your right foot.
2. Repeat for desired number of reps.

## Front Plank Straight Leg Kick Outs w/Push-Up (L,R)



1. Starting in front plank position, kick Left leg out to side and return to front plank and perform a push-up.
2. Immediately kick Right leg out to side and return to front plank position, performing another push up. That's one rep.
3. Continue for desired number of reps.

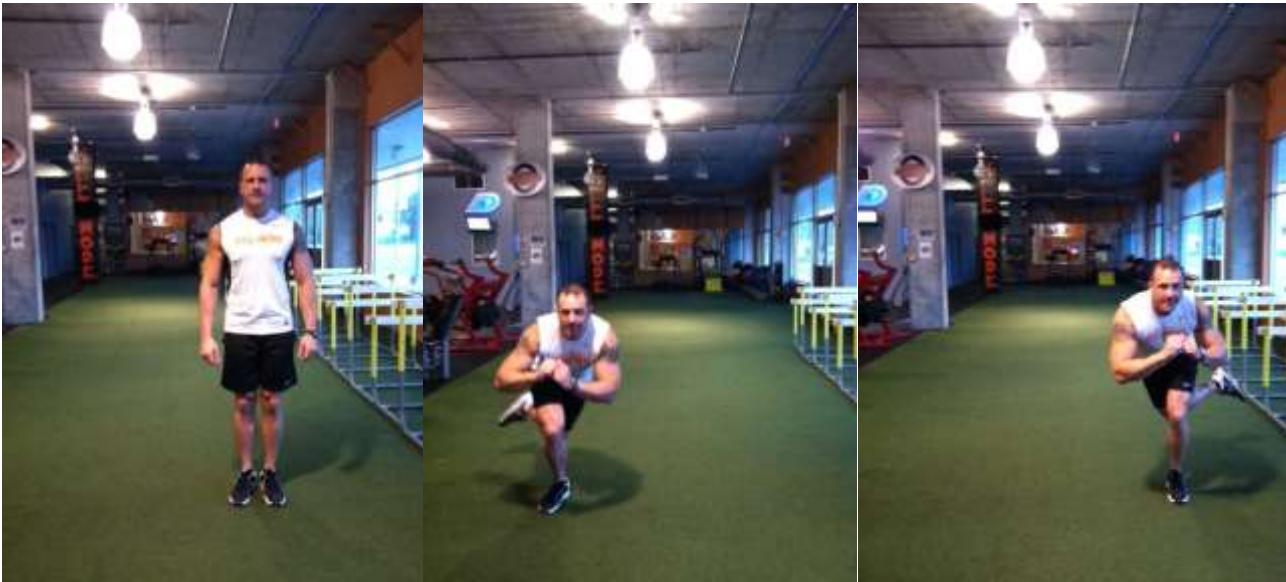
## Side Plank with Hip Drop



1. Assume the plank position while dropping your hip down to the ground and then back up.
2. Repeat for the desired number of reps/duration.

## Workout C: Lower Body

### Ice Skaters L/R Alternating



1. Standing tall, jump to your right, bringing your left leg behind you into a single leg squatting position, then jump to the left with your right leg behind you in a single leg squatting position, as if you're skating.
2. Repeat for desired number of reps

## Squat with Kill Mode Punch Outs **without Dumbbells** (L,R)



1. Standing in a wide foot stance, fists by your sides, squat low with knees 90°, and bend arms as shown. Punch out with left hand, then immediately with right hand, holding the squat.
2. Repeat for desired number of reps.

**Perform without Dumbbells, even though shown with.**

## Side to Side Lunge with Skip



1. Step out with right leg into a side lunge and then push off right leg into a side to side skip, landing on left leg, and going directly into a side lunge with your left leg. Push off with your left leg into a side to side skip, and land on your right leg.
2. Repeat for desired number of reps.

## Kill Mode Atomic Reverse Lunge



1. Start on all fours and immediately get into a touchdown position, bringing Right knee forward in an explosive movement, jumping onto right foot, and lifting hands off ground for balance. Return to start position, and repeat, alternating with left knee.
2. Repeat for desired number of reps.