



## The Jungle Gym Workout

**Disclaimer...It's always important to seek the care and advice of your health care professional prior to starting a workout or exercise program!**

### The Jungle Gym Workout

**Objective:** To provide the perfect workout while traveling or whenever a conventional gym is not accessible.

**Bodyweight Workout:** This workout makes use of your bodyweight, a pull bar and a bench which are found at most parks. The idea of this workout is to use your whole body to help increase the blood flow through your body, your core temperature, your cellular metabolism and the neural drive to your tissue.

### The Workout

Perform 1-5 sets of 10-20 reps with little to no rest. For maximum results follow the exercises in the order shown below.

### The Exercises

1. Wide Grip Pull-up - start with palms facing away from you and grab the bar as wide as you can. Use your back to pull your chest up to the bar.

2. Feet Elevated Push-up - place your feet on a bench or step(s) and your hands on the ground and perform your push-up...keep your hips and shoulders and feet in line!
3. Around the World Lunges - Think of standing in the middle of a clock facing 12. With your Right leg step out so that you step into the 12 O'clock position. Repeat with each hour until you get to 6 O'Clock. Then switch to your Left leg and return to 12.
4. L-overs - lie on back and with feet straight in the air. Lower legs from one side to the other. Keep your feet together and move slow and controlled.
5. Alternating side Pull-up - On the Monkey Bars...From the hanging position, initiate the pull with your right arm so that your chin goes up to your right hand...return to the start position. Alternate by pulling yourself up to your other hand.
6. Alternating hand Push-ups - Just like the alternating pull up but this time you start in a push-position. Lower yourself down to your right side then press back to starting position. Then lower yourself to the other side and return.
7. Step-ups - Place one foot on the step and step up and lower yourself down on the same side...complete one side before moving to next side.
8. Knee-ups - hang from pull-up bar and bring your hips to your ribs (knees to chest)
9. Horizontal Bar Row - place your feet so they are wrapped around the horizontal bars. Pull your chest up to the bar.
10. Horizontal Bar Push-up - place your feet on the horizontal bar and lower yourself so that your chest comes down as far as possible.
11. Single leg Hip extension - lie on your back with your knees bent. Bring one leg off the ground and then raise your hips off the ground until your knee, hips and shoulders are in line.

## Do You Want To Get REAL Results?

To do so, you need more than just a daily workout - you need a game plan.

A plan that is easy to follow and will guide you every step of the way. Giving you guidance on exactly what to do and when to do it on a daily basis.

### **Brand New Results Producing Program...**

At the request of many of you who have contacted me and/or the site wanting information beyond the workouts included; I have created a new 30 Day Challenge.

I am very excited about the creation of this challenge. For the first time, I can personally reach many individuals and help them do things that they didn't know were possible, just like I do with my clients. If you want to learn more about how you can work with me, and experience amazing change in your life in 30 days,

then click on the following link...

[>> Click Here To Apply For The  
30 Day Transformational Challenge... >>](#)

### **In only 30 Days...**

For 30 days I will guide you through this process; telling you what exercises to do, what supplements to take, and what kind of foods to eat.

Not only am I going to show you what to do, I'm going to show you how to do it. How you should be exercising, how you should be eating, and when to do all of it so that you make the kind of gains you are looking for.

I've seen a lot of people try to do this on their own...many start out with great intentions but unfortunately lose focus and end up with limited, very short-term, or no results.

For those of you who want more, I have put together the 30 Day Transformational Challenge Program...to help you get focused and stay focused. The best part is that I will help guide you every step of the way.

So if you are truly serious about...

- losing those unwanted pounds
- getting healthy
- creating the body of your dreams
- figuring out how to utilize time you don't have to get in a great workout
- ...or you just want to get your life back

...then I highly recommend you check out the 30 Day Transformation Program.

Click on the link below to find out more about this truly unique opportunity to work with me.

[>> Click Here To Apply For The  
30 Day Transformational Challenge... >>](#)