

The Next 21 days

*Body Weight Training Survival Guide For The Zombie Apocalypse
(Or just for when you're away from the gym)*



Disclaimer:

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the course of The Next 21 Days Workout Program, you are agreeing to accept full responsibility for your actions. By beginning the The Next 21 Days Workout Program, you recognize that despite all precautions on the part of Ameli Training, Kian Ameli and The Spirit Moves, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Ameli Training, Kian Ameli and The Spirit Moves or their respective affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of your program.

About the Author:

Kian Ameli is owner and founder of Ameli Training in Concord CA, fitness coach and amateur zombie enthusiast. Over the last 8 years he's been helping people up and down the California coast get leaner and learn to love their bodies again. To get in contact with Kian send an e-mail to info@amelitraining.com or call 925.405.6599.



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What We're After

Here's the deal. The world has gone to hell in a hand basket, and you're one of the last people alive. Yup – it's a zombie republic. As a devoted Ameli Training member you know that you've got to keep up your fitness if you're going to stay alive much longer.



Don't mistake me; this book is designed to get you a SURVIVORS BODY.

Despite our best efforts the studio has been over run by zombies eating deep fried brains – damn. And if, for some reason, I'm not around to make sure you're staying

in Survivor's Shape while we're on the hunt for shelter, then this book is going to be your "go-to" workout guide.

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How This Book is Broken Up

We've got 4 killer workouts laid out for you in the following pages, and there are a few ways you can use each workout.

The first is as an at home workout regime – this is best if you don't have access to a gym, or you're just getting started on a fitness program. Check out the lifting schedule right before the workouts, and try and follow it as best you can.

The second way to use this book is as an adjunct to your current fitness program. If you're traveling or can't make it into the gym or studio for some reason, toss one of these workouts in to help keep you on track.

There are 2 “cardio” focused workouts and 2 “Strength” focused workouts, and with the knowledge I'm about to share with you comes a few quick rules:

Rule 1: Warm-up before every single workout. Period. I don't care if you don't have time to

warm-up, do the damn warm-up instead of working out.

Rule 2: Work out HARD. Go as intense as you're able, and light that inner fire.

Rule 3: If it hurts in a bad way – stop. No pain no gain is so 90's.

Rule 4: Focus on form. If you're not sure if you're doing something right, ask a friend to look at your form and see if it matches up with the pictures. If you live in a barren wasteland of Zombies and have no friends, then find a camera and set it on a timer to take photos of you doing the exercise.

The Workouts

Now I don't want to toot my own horn, but these workouts are pretty bad ass. As you go through each exercise make sure you check out the exercise glossary at the end of this book for pictures and explanations of each exercise.

If you get lost with my explanations of the workouts, feel free to send me an e-mail – info@amelitraining.com and we'll help you out.

Warming Up

Warming up before a workout is even more important than the workout itself. I *could* tell you to run around on a treadmill for a while and do some girly stretches, but that would turn you into a zombie entre faster than you can say “Ahhh! It’s a Zombie apocolypse!”

We recommend finding a foam roller and learning how to use it. That’s a bit beyond the scope of this book, but there are a lot of free resources on youtube that are pretty good. If you don’t have one, look into getting one – foam rollers can mean the difference between getting injured and staying healthy.

On to the warm-up. A good warm-up should not only get your heart rate up, but should prepare you for the movements that you’re going to perform in the workout. That being said, do the following movements for 1 minute each.

Slow Squats
Alternating Reverse Lunges
Alternating Side Lunges
Push-up Position Plank
Slow Crunches
Jumping Jacks

Metabolic Workouts

Zombie Punch

Go through the list of exercises below in order for 4 rounds. As the workout progresses you'll perform fewer repetitions, but rest less.
Just like when you're fighting for your life.

Round 1

8 reps of each exercise
45 second rest in between each exercise

Round 2

6 reps of each exercise
30 second rest in between each exercise

Round 3

4 reps of each exercise
15 second rest in between each exercise

Round 4

2 reps of each exercise
No rest in between each exercise

1. Surfer Burpies
2. Lateral Walking Planks
3. Cobra
4. Single Arm, Single Leg Plank
5. Side Plank with Leg Lift
6. Single Leg Glute Bridge
7. Over Head Squat
8. Rolling 45's

Sprint to the Safe Zone

This workout is alphabet based. Do all the rounds in circuit A, then move on to B, and so on. For each round perform either the prescribed reps, or work as hard as you can for the prescribed time period.

A – Reload and Run

5 rounds

Thrusters 30 seconds

Run in Place 30 Seconds

Rest 20 Seconds

Rest 1 Minute before continuing

B – Dodge and Weave

3 Rounds

Over Head Squat 15

Sprint 40 Meters

Rest 1 Minute

C – Finish them Off

3 Rounds

Burpee 10reps

Jump Lunge 10ea

Rest 1 Minute

Strength Workouts

Bring the Pain

Set the clock for 10 minutes. Go between each exercise in the first series performing 10 reps as many times as you can until the time is up. Rest one minute, then move on to the next superset and repeat.

10 Minutes in each super set
10 reps of each exercise

A1 Push-up
A2 Over Head Squat

B1 Single Leg Hip Thigh Extension
B2 Cobra

C1 Co-Contraction Lunge
C2 Push-up with Rotation

Fend off the Horde

Perform 3 sets of each exercise in each superset. Each exercise has it's own amount of reps associated with it. There is no rest in between exercises, only at the end of each superset.

A1 RDL Lunge Combo – 15 reps
A2 Walking Push-up Row – 10 reps each side
A3 Side Plank Knee Tuck – 10 reps each side

Rest 1 minute. Repeat for a total of 3 sets

B1 Balance RDL – 10 reps each side
B2 Single Leg Couch Squat – 10 reps each side
B3 Wood Choppers – 10 reps each side

Rest 1 minute. Repeat for a total of 3 sets

Your Workout Schedule

Simply put, working out without a plan is planning to fail – I know, you're going to want to underline that so I did it for you:

Working out without a plan is planning to fail

What we did for you is lay out a simple 21 day workout schedule for you to trump mean Mr. Procrastination and his cruel mistress Miss I don't have time. If you follow this schedule for 21 days and eat your proteins and veggies I can guarantee you'll be a fitter and sexier you.

Day 1 – Bring the Pain

Day 2 – Rest

Day 3 – Zombie Punch

Day 4 – Rest

Day 5 – Fend Off The Horde

Day 6 – Rest: Option of Zombie Punch or Sprint to the Safe Zone

Day 7 – Rest

Day 8 – Sprint to the Safe Zone

Day 9 – Fend off the Horde

Day 10 – Rest

Day 11 – Zombie Punch

Day 12 – Bring the Pain

Day 13 – Rest

Day 14 – Zombie Punch or Sprint to the Safe Zone

Day 15 – Rest

Day 16 – Zombie Punch

Day 17 – Fend off the Horde

Day 18 – Sprint to the Safe Zone

Day 19 – Fend off the Horde

Day 20 – Rest

Day 21 –

Morning: Sprint to the Safe Zone

Evening: Bring the Pain

The Exercise Library

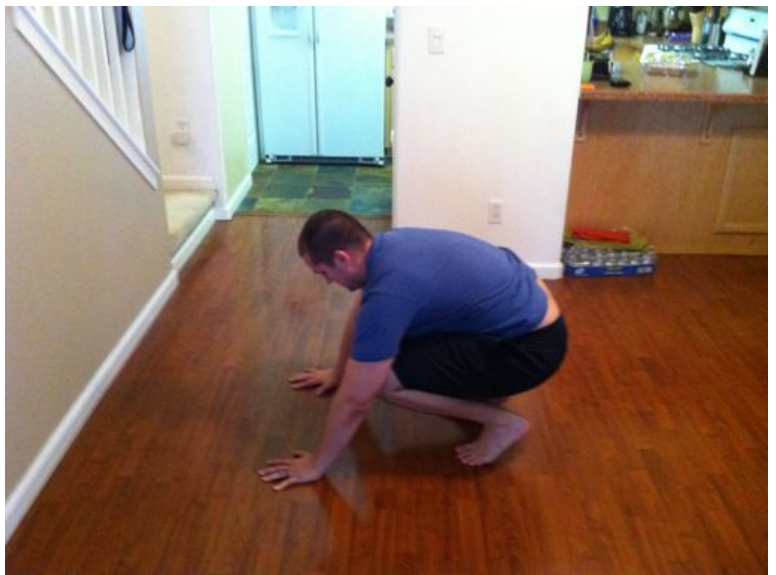
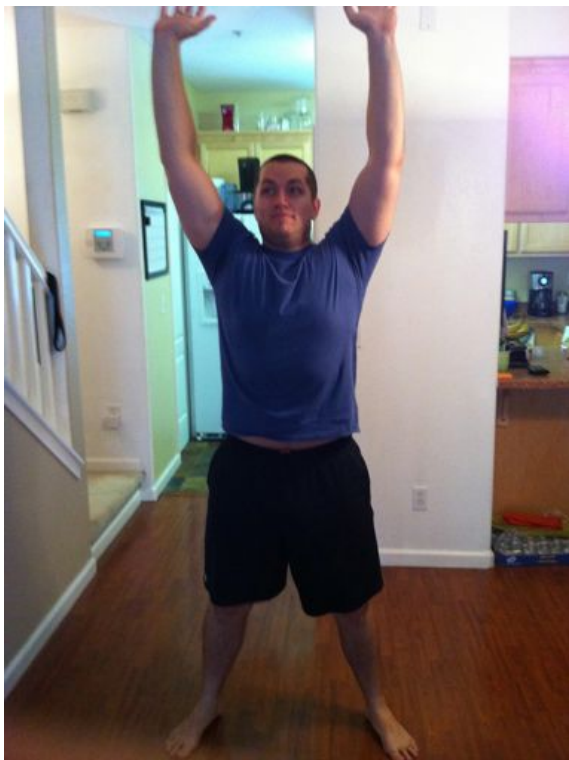
Balance RDL

Start standing on one leg. Reach down towards the ground trying to get your foot as far behind you as possible. Don't let your leg lag down low like Tyler ;) Then pull from your hamstring and glute to come back up to standing.



Burpee

One of the most hated exercises in existence. Stand up tall with your arms over head – almost like your trying to reason with the zombie horde. Squat down to the ground and plant your hands, then jump your legs back into a push-up position. Jump your legs back and stand up. That's one.



Co-Contraction Lunge

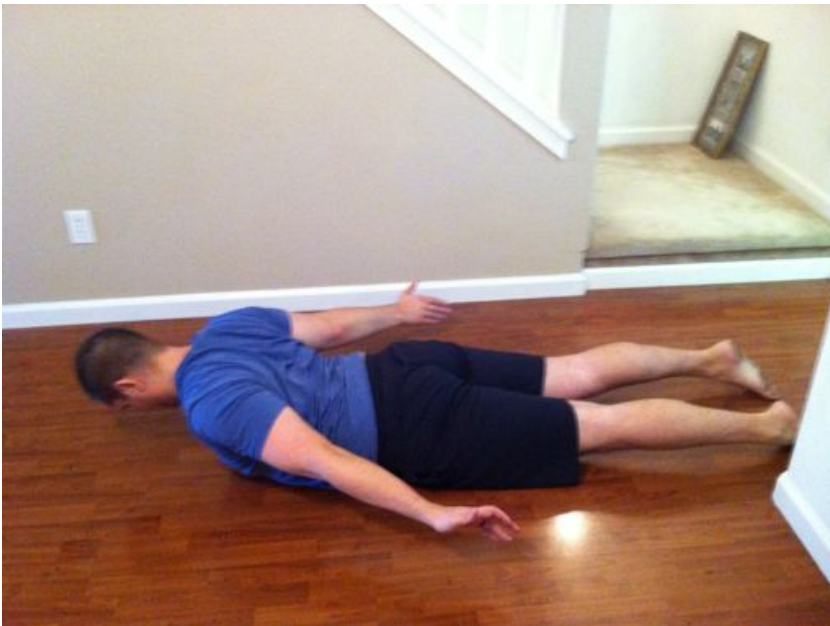
This one is complicated. You start kneeling on the ground with one hand touching the inside of the leg in front, and the other hand touching that same leg's butt cheek. Why? You're trying to feel the muscle contraction. Lift your back knee off of the ground, which will engage the muscles, and then lift yourself up until you start feeling one of the muscles your hands are resting on start to soften. Slowly lower yourself down until your knee is just barely above the floor.





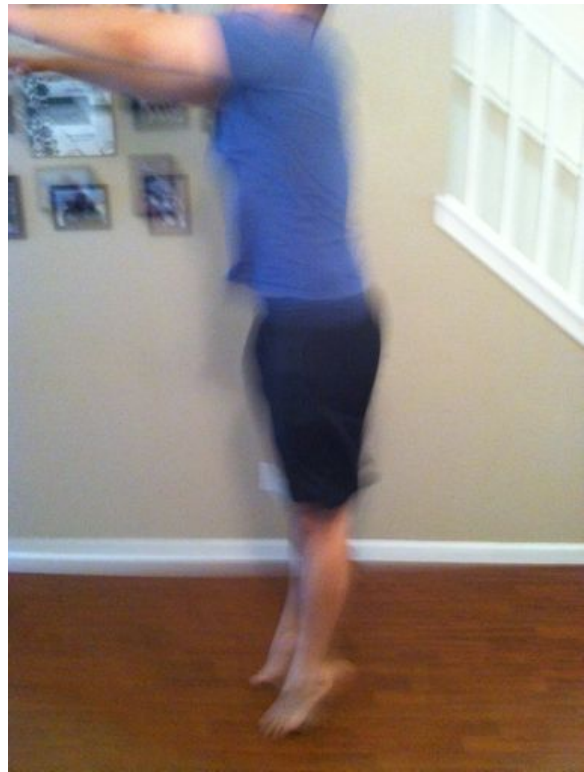
Cobra

Lie on the ground – like you’re playing dead (maybe the zombies won’t notice...). Put our palms on the ground and turn your palms to the *side* of the room, turning them out not in. Clue: it should feel kind of uncomfortable. Lift your chest and hands off of the ground, with your eyes looking at the ground. Hold that thought.



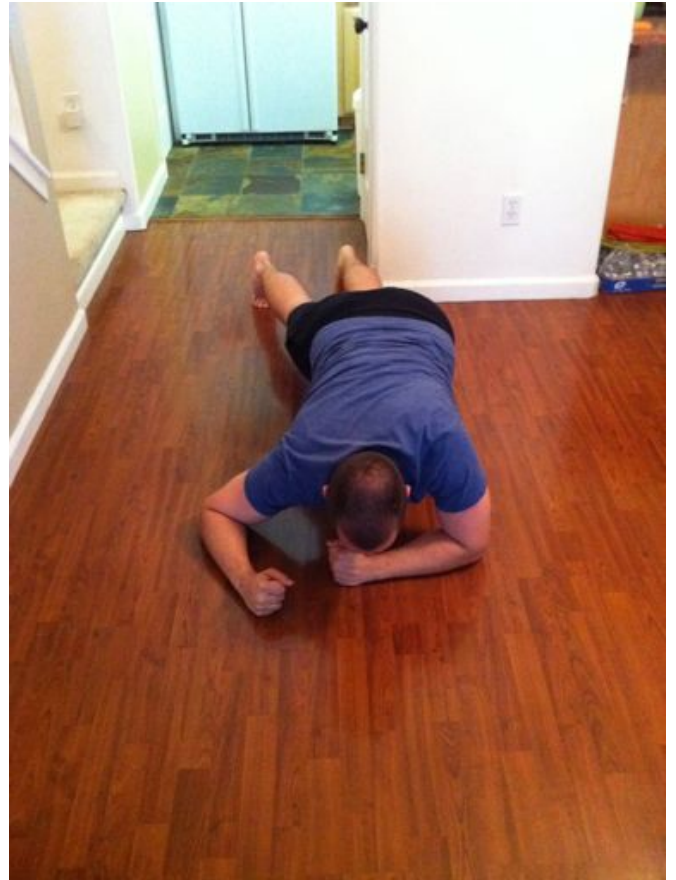
Jump Lunge

Simple. Yes. Fun. Oh yeah. Start in a lunge position and rocket yourself up to the sky. Mid air scissor your legs and switch which leg is in front. Cushion your landing by bending your legs into the starting lunge position. Pause for a moment before you become airborne once again.



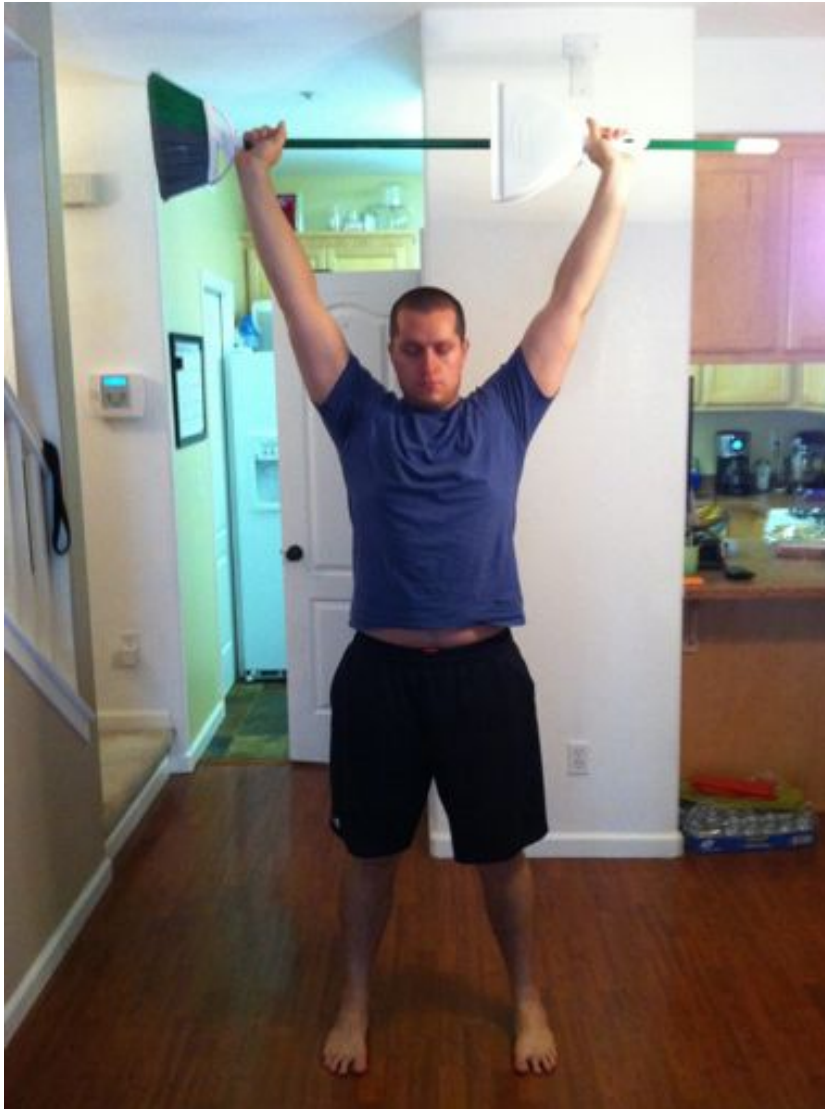
Lateral Walking Planks

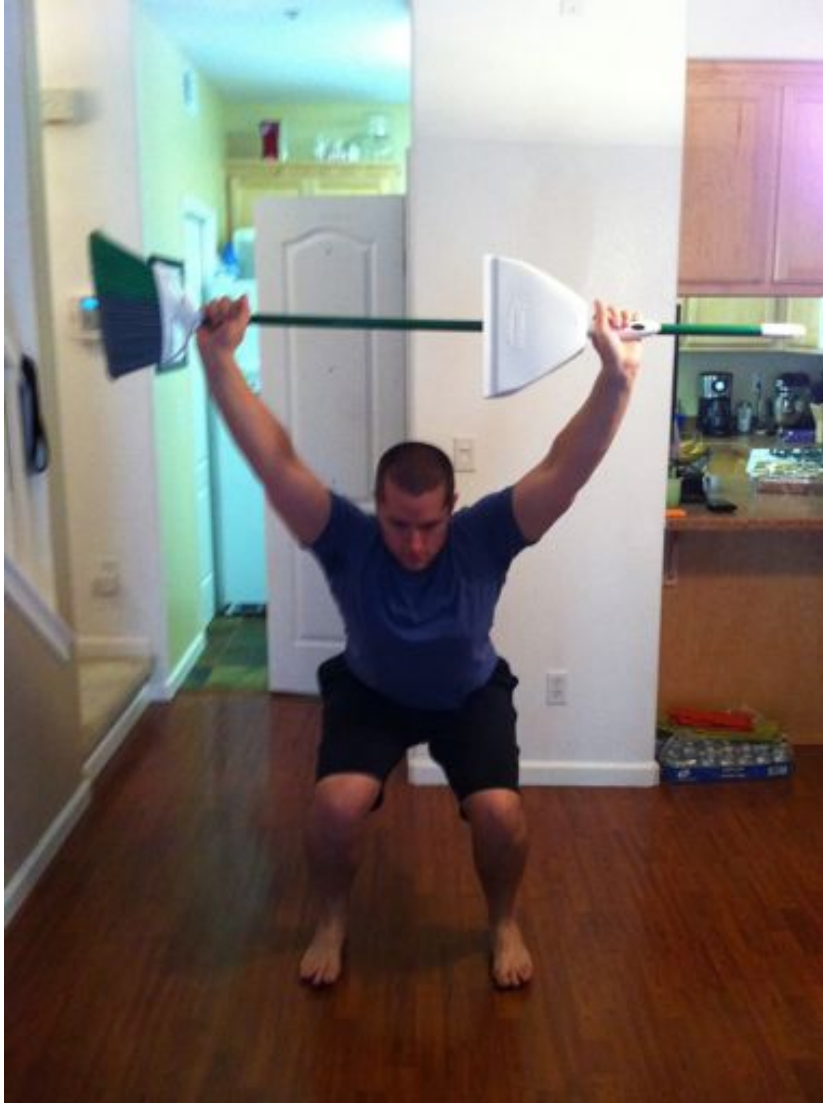
By far one of the best moves to practice crawling through a dark sewer. Start in a normal plank position with your core tight and “walk to your left” for the prescribed amount of steps then return the other way.



Over Head Squat

One of the few times I want you to use something other than just your body weight. Grab a broom stick or something similar. Hoist that bad boy over your head with a grip that's wider than your shoulders. Keep your arms up the whole time, and slowly squat down as deeply as you can.





Push-up

One of the most deceptively simple exercises. The key is to keep your body as long as possible during the whole movement. Your arms should be at a 45 degree angle, not all the way out to the side, or tight to your ribs.

Regression: If this is too hard, prop yourself up on a counter or something that's off of the ground.





Push-up with Rotation

Same as above, just add a rotation at the top of each push-up, alternating sides each rep. You can also do this from an elevated position.



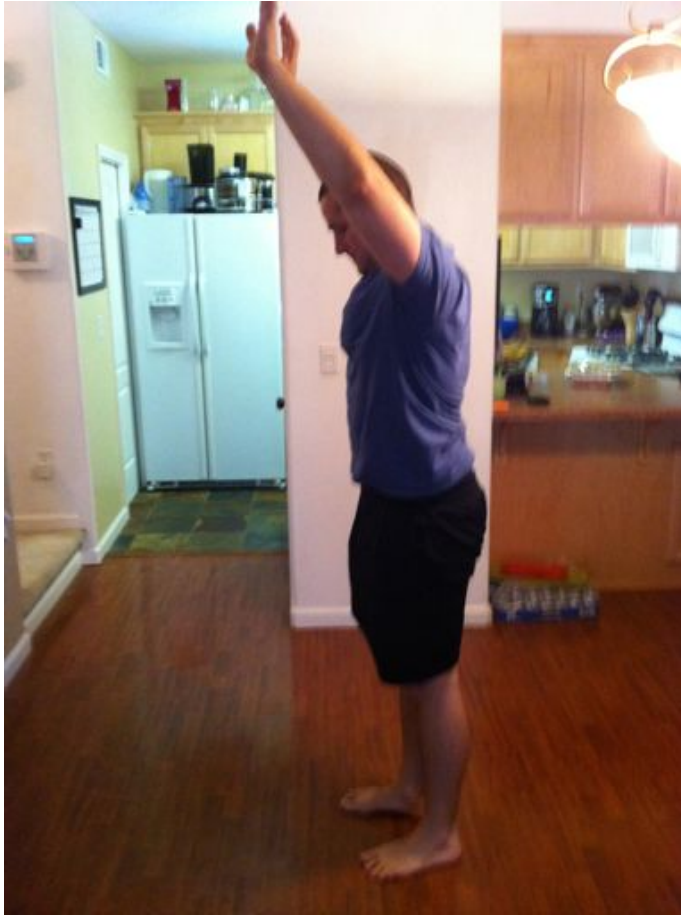


RDL Lunge Combo

Start standing straight up and down, then lunge forward and touch the ground. Lift your back leg off the ground and swing it forward as you come to standing.







Rolling 45's

Start on your back – bad place when the zombies are coming in, but you've got to sleep sometime, right? Good thing for you're your arms are always at a ready. It's important to lead this exercise with your arm first, then your sternum. Check out Tyler in the last image, chest is lifted tall and long. Do that.

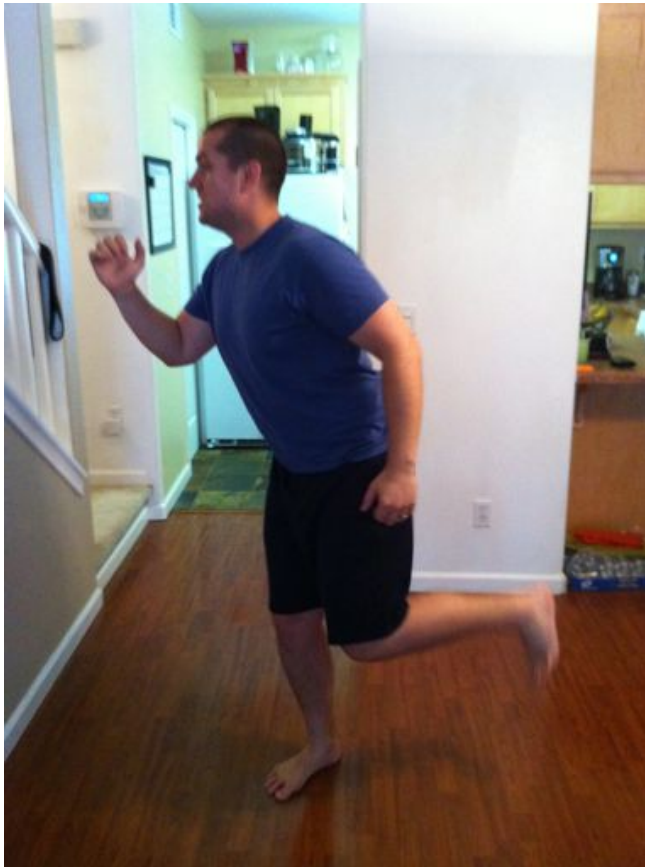






Run in Place 30 Seconds

... If you can't figure this one out you might want to give up, or at least hire someone. Yeah do that, don't give up. Never give up.



Side Plank Knee Tuck

Start in a side plank with your legs staggered, core tight, and pressing your shoulder through the ground. From there bring your bottom leg to your chest, and then return it to the start position



Side Plank with Leg Lift

Now for all the time you spend kicking zombies when you're lying on your side. Get into a side plank position, core tight, and lift the top leg. Control it back down and repeat until that damn zombie leaves you alone.

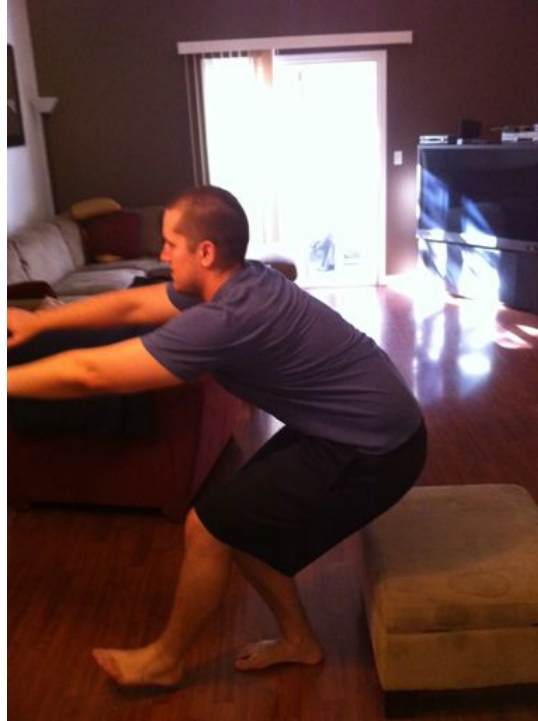
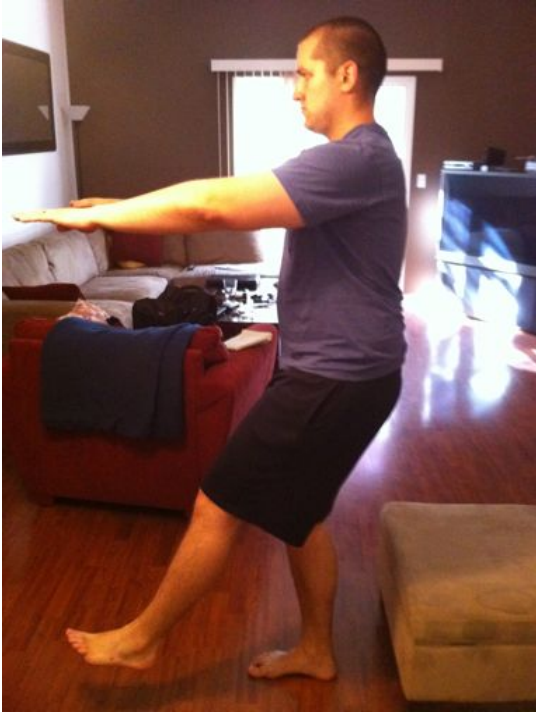


Single Arm, Single Leg Plank

No pictures for this one... The zombies were closing in. Get into a plank position, reach one arm straight in front of you and lift the *opposite leg*. Bring both limbs back to earth and switch sides.

Single Leg Couch Squat

Start standing tall in front of a medium height seat with one leg out in front of you. Slowly lower yourself down to the ground on that one leg until you are sitting on your seat. Then come back up to standing pressing through the same leg only. If standing up with one leg is too hard use your other leg to help you up.



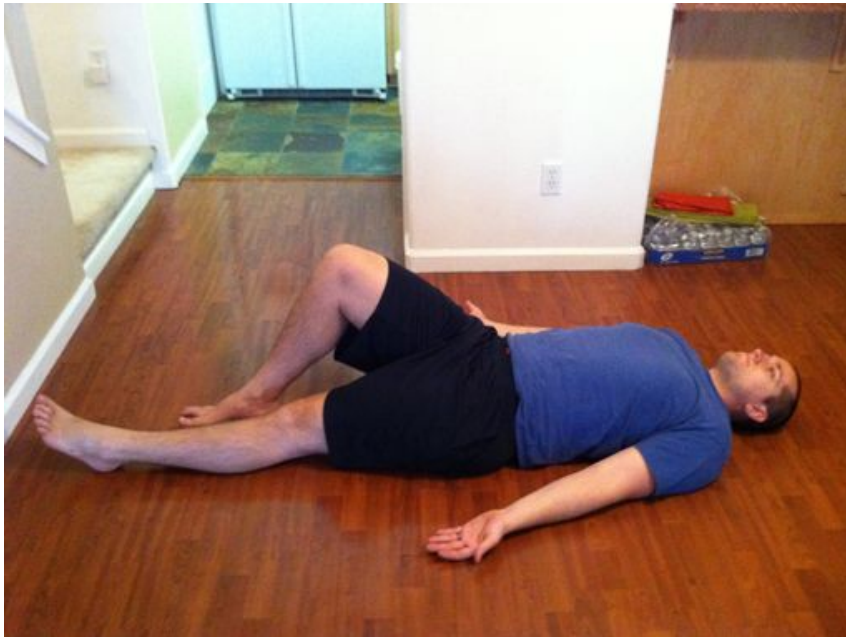
Single Leg Glute Bridge

Cross one leg over the other, very similar to putting a zombie in a chokehold. Lift your butt off the ground, and return to the start.



Single Leg Hip Thigh Extension

Lie with one leg straight and the other leg on the ground. Lift your butt off the ground and send the straight leg up until it is parallel with your other leg. Return to the start and repeat.



Sprint 40 Meters

40 meters is just around $\frac{1}{2}$ of a football field. If that's not familiar to you then sprint a block and back and you should be pretty good.



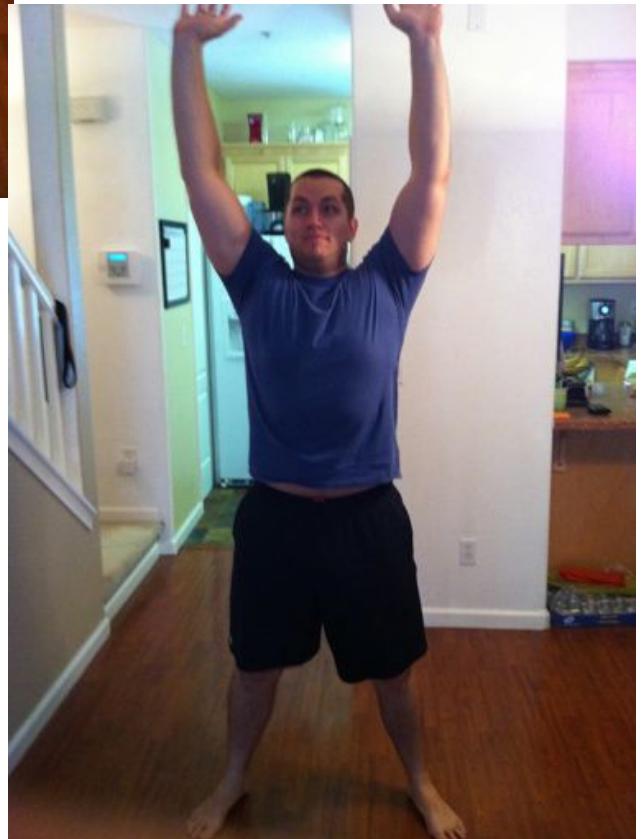
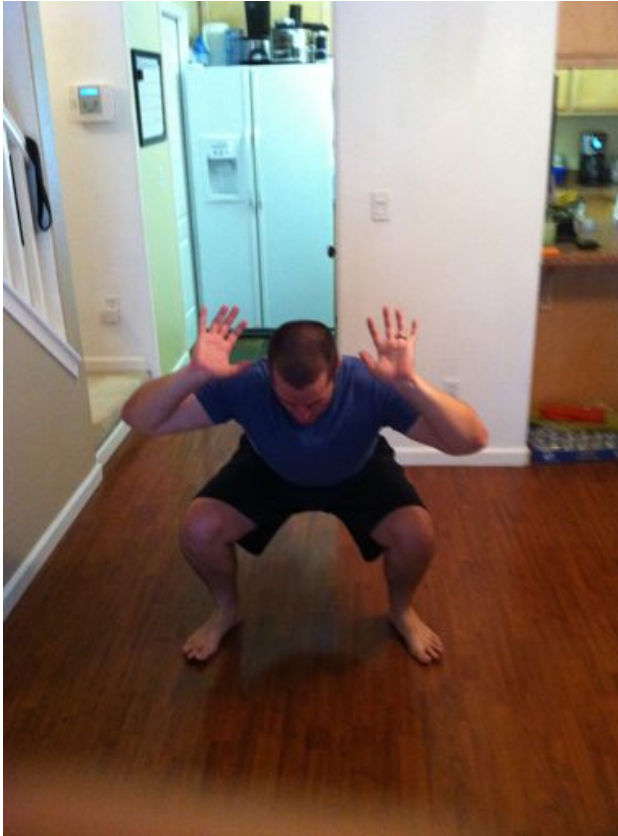
Surfer Burpies

Start in a push-up position, and explosively pop up into a “surfers” position. Come to full standing before you squat and jump down into the push-up position again.



Thrusters

Start standing tall with your arms over head. Squat down and lower your arms to your shoulders. Stand back up and send your arms overhead. This one is all about speed and accuracy – do it quick and do it well.



Walking Push-up Row

For when you're crawling over your defeated zombie foes. Start in a push-up position, bring one arm up off the ground to your armpit then step it forward so you are in an offset position. Bring the other arm up to your armpit and step in front of the other hand.



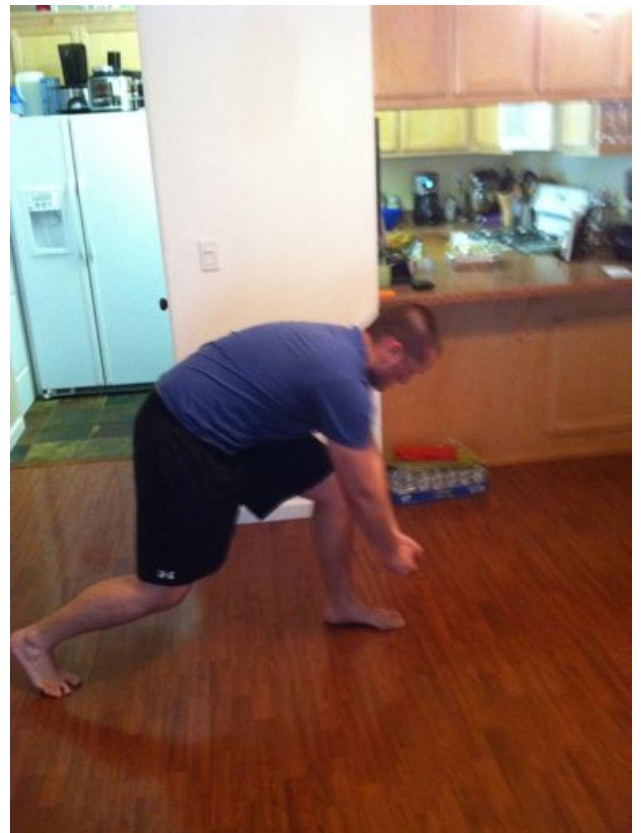
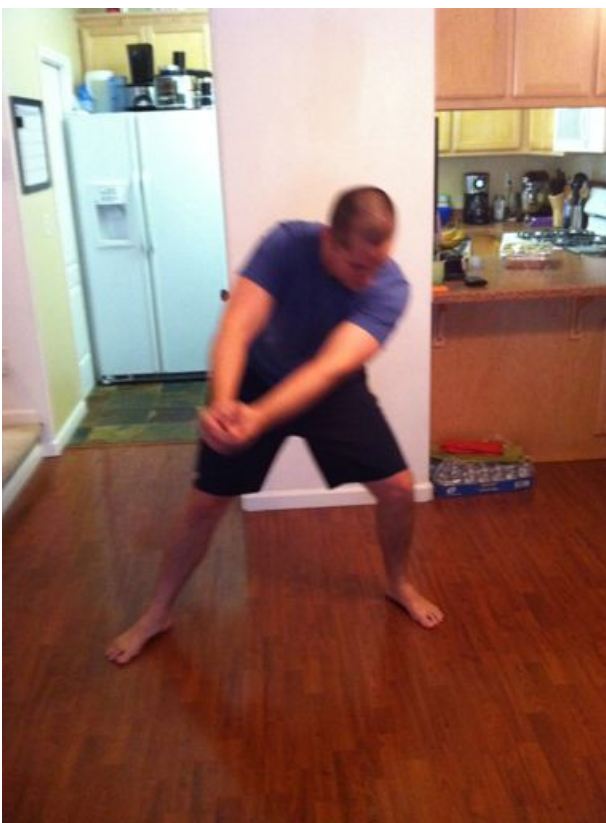


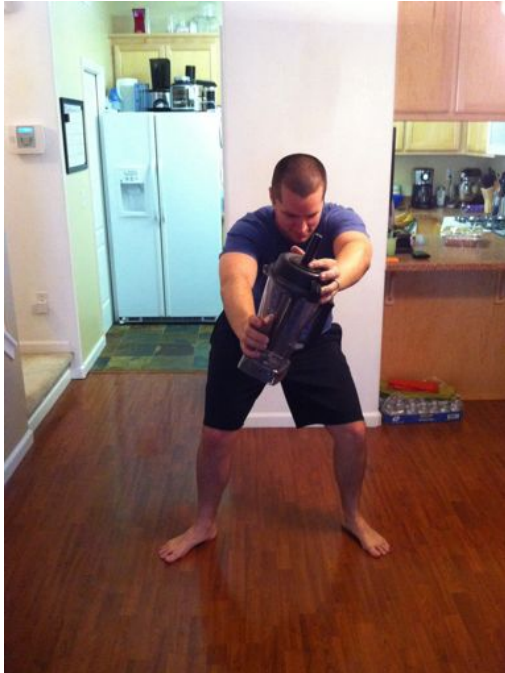


Wood Choppers

Stand with your legs wider than shoulder distance, pivot on one leg and send your arms up and away from the pivoted leg. Arc your arms down towards your leg – to get there pivot on the opposite leg. Return back up to the top.

To make this harder, grab a light weight – like a blender or something.





To get in contact with Kian for training tips, nutrition advice, or just to chat, head over to www.amelittraining.com, or give us a call 925.405.6599.



Special Thanks to Tyler Inloes, of Five 17 Fitness; without him you wouldn't see the lovely images in this book. For more information on Tyler and his faith based fitness program head over to www.five17fitness.com.



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