



Functional Metabolic Bodyweight Home Training Plan Level 4 By Shaun McGill

Legal Disclaimer

As a health and fitness professional with over 8 years experience in coaching people to great results I believe 100% in what I'm sharing within these pages and know that if you apply the principles I'm sharing that you will get amazing results.

I know it sounds silly (and it is) but there are people who will claim that the exercise programme has caused them injury and they will get a lawyer to make a claim. Therefore, please read the following statement BEFORE you read the rest of this e-book or follow any of the advice given.

The purpose of this plan is to help healthy people reach their fitness goals by educating them in proper exercise guidelines. No health claims or exact results are made for this plan. The information is not intended as a substitute for any exercise routine, treatment or dietary regimen that may have been prescribed by your doctor. The advice in this exercise plan will not help cure, heal, or correct any illness, metabolic disorder, or medical condition.

The author is not responsible in any manner whatsoever for any injury or health condition that may occur through following the guidelines and opinions expressed herein. The exercise information expressed within this plan is for informational purposes only and may not be appropriate for all individuals. The information represents the author's opinions and following the information is done so at your own risk.

Please discuss all exercise and nutritional changes with your doctor or a registered dietician. If your doctor recommends that you don't use the information in this book, then please follow your doctor's orders. If you choose not to obtain the consent of your doctor and/or work with your doctor throughout the duration of your time using the recommendations in the plan, you are agreeing to accept full responsibility for your actions. The author advises readers to take full responsibility for their safety and know their limits.

The author of this book disclaims all responsibility in the unlikely event that any adverse effects should arise from the use or application of the information contained in this plan.

By using the information contained herein, you recognise that despite all precautions on the part of Shaun McGill, Shaun McGill Personal Training and Lose Weight Fast Academy, there are risks of injury or illness which can occur because of your use of the information in this book and you expressly assume such risks and waive, relinquish and release any claim which you may have against Shaun McGill, Shaun McGill Personal Training and Lose Weight Fast Academy, or its 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 the exercise guidelines in this plan.

The Programme

These workouts are great for melting away fat and creating a lean functional body. The workouts are short which makes them excellent for busy people; however, even though they are short they are still extremely effective. Intensity is what gets you results not the length of time you train, and if done correctly these workouts are extremely intense.

These workouts are great for those who don't have time to go to the gym or those who don't want to go to the gym, however, they are also great for those who work away a lot and want a workout they can do anywhere.

I have created 4 different levels. No matter what your fitness level is you should start at level 1 and work through the levels gradually. By doing this you have far greater scope for progression which will ensure you keep seeing results rather than hit a plateau.

Within these 4 different levels there are 3 different workout methods you should alternate between. You should do this programme 3-4 times per week which means you should use each method in the programme at least once per week. The exercises stay the same; it is just the method used changes to prevent boredom and also to keep your body guessing.

There are 3 different workout methods in the programme. They are 3 minute rounds, pyramid training and 1 minute work 30 seconds rest. You use the exact same exercises for each method it is just the method which changes during each level.

3 minute rounds – this is where you do 30 seconds of each exercise back to back with no rest. After the 3 minute round, have 1 minute rest. Repeat the 3 minute round for 6 rounds in total with a 1 minute rest between each round.

Pyramid training – during this method you get no rest (if you need to take a drink break or a little breather that's fine but there is no set rest period). You will go through the exercises 7 times in total without resting. Each time through you will do the exercises for a different length of time. The length of time will go up then back down in a pyramid fashion. The first time through do each exercise for 20 seconds, the second time through do each exercise for 30 seconds, the third time through do each exercise for 40 seconds, the fourth time through do each exercise for 50 seconds, the fifth time through do each exercise for 40 seconds, the sixth time through so each exercise for 30 seconds and the seventh and final time do each exercise for 20 seconds.

1 minute work 30 seconds rest – this method you will do each exercise in order for 1 minute followed by 30 seconds rest. You will do 3 rounds of the exercises in total.

Level 4 Exercises

Low position jumping lunges



Jumping press ups (men)



Spiderman press ups (women)



Jumping squats with knees to chest



T stabilisation with leg raise



Burpees with jumps knees to chest



Walk out and back plank



Exercise order

- Low Position Jumping lunges
- Jumping press ups (men) Spiderman press ups (women)
- Jumping squats with knees to chest
- T stabilisation with leg raise
- Burpees with jumps knees to chest
- Walk out and back plank

These exercises stay the same and in the same order for each of the below methods. Make sure you use each method at least once each week.

3 minute rounds – this is where you do 30 seconds of each exercise back to back with no rest. After the 3 minute round, have 1 minute rest. Repeat the 3 minute round for 6 rounds in total with a 1 minute rest between each round.

Pyramid training – during this method you get no rest (if you need to take a drink break or a little breather that's fine but there is no set rest period). You will go through the exercises 7 times in total without resting. Each time through you will do the exercises for a different length of time. The length of time will go up then back down in a pyramid fashion. The first time through do each exercise for 20 seconds, the second time through do each exercise for 30 seconds, the third time through do each exercise for 40 seconds, the fourth time through do each exercise for 50 seconds, the fifth time through do each exercise for 40 seconds, the sixth time through so each exercise for 30 seconds and the seventh and final time do each exercise for 20 seconds.

1 minute work 30 seconds rest – this method you will do each exercise in order for 1 minute followed by 30 seconds rest. You will do 3 rounds of the exercises in total.