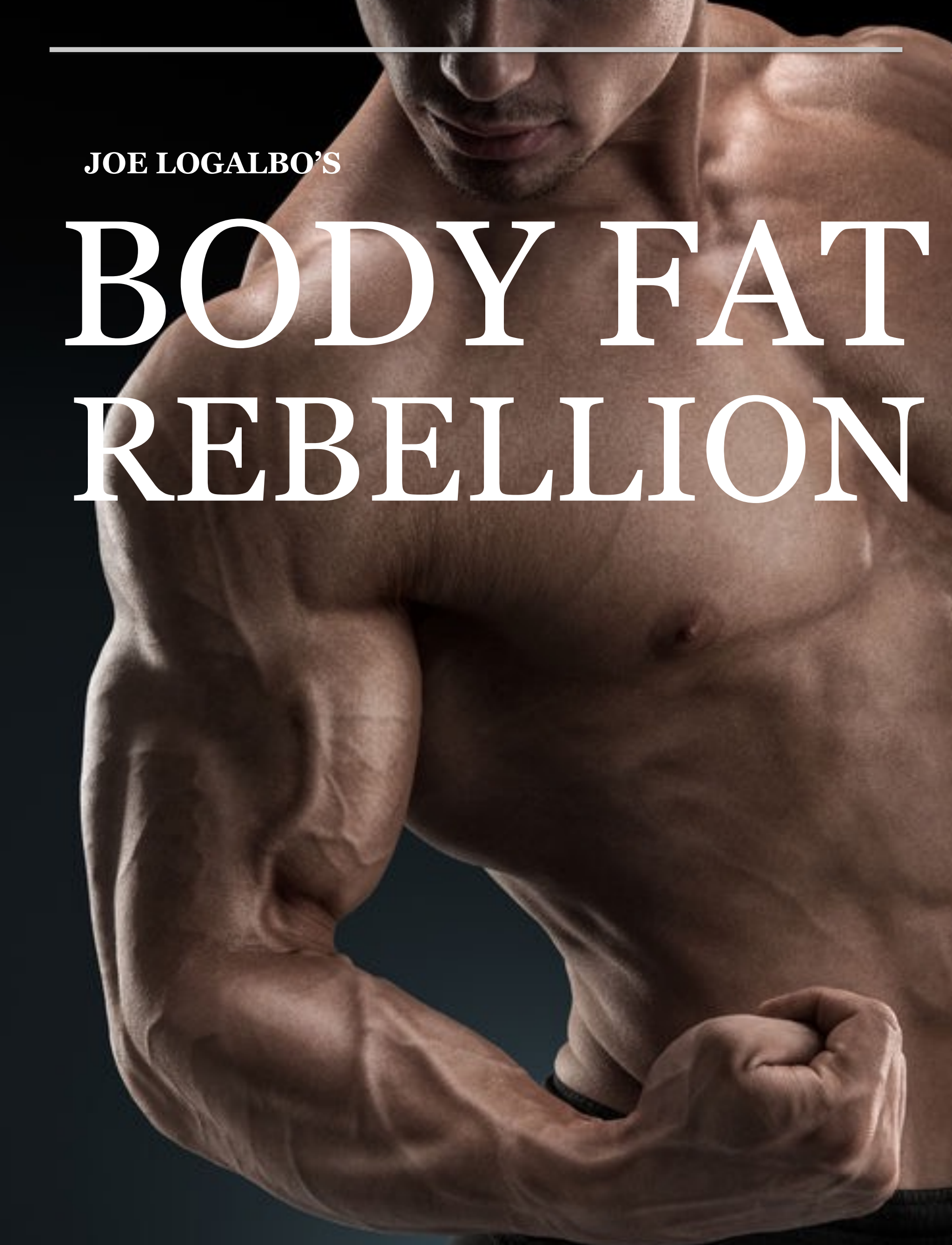

JOE LOGALBO'S

BODY FAT REBELLION



BODY FAT REBELLION

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INTRODUCTION

It's Time To Get Shredded Using Your Very Own Body Weight... Ready To Get Started?

Body Fat Rebellion is an 8-week bodyweight fat burning and muscle building training system which will show you the exact moves you need to use to build strong, functional, and ripped muscle, while you erase excess body fat. You'll get more than a beach body after following this program. Instead, you'll be taken through an 8-week program, done-for-you, with absolutely zero guess work which will show you how to cut through pounds of fat and pack brand new muscle onto your physique.

This program is specifically designed for anyone, at any current age or fitness level to perform. Just follow the program outlined in the following pages and you'll be well on your way to a ripped, vascular physique that exudes power and alpha dominance. If you have any questions of how to perform any of the exercises, please reference back to the video exercise library. If you have any questions about the Body Fat Rebellion program please email me at [joe \[at\] spartanbuddy.com](mailto:joe@spartanbuddy.com)

Here's to your results!

Train HARD and with NO REGRETS!

Joe LoGalbo

Week 1

Workout 1

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
PUSH UP	-----	15 REPS	AS LITTLE AS POSSIBLE
Plank Chest Squeeze	30 seconds	-----	As little as possible
Pike Push-up	-----	15 reps	As little as possible
Push-up Arm Raise	30 seconds	-----	As little as possible
Plank Up-Down	30 seconds	-----	As little as possible
Burpee	-----	15 reps	As little as possible

Workout 2

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	30 REPS	AS LITTLE AS POSSIBLE
Wall Sit	30 seconds	-----	As little as possible
Jumping Squat	-----	15 reps	As little as possible
Hip Bridge	-----	15 reps	As little as possible
Superman's	-----	15 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 1

Workout 3

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
WIDE PUSH UP	-----	15 REPS	AS LITTLE AS POSSIBLE
Chin Up	-----	5 Reps	As little as possible
Plank Pull-Back	30 seconds	-----	As little as possible
Australian Bicep Curl	-----	15 reps	As little as possible
Skull Crusher	-----	15 reps	As little as possible
Burpee	-----	15 reps	As little as possible

Workout 4

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	30 REPS	AS LITTLE AS POSSIBLE
Jump Lunge	-----	15 reps/leg	As little as possible
Reverse Lunge	-----	15 reps/leg	As little as possible
Standing Calf Raise	30 seconds	-----	As little as possible
Double Hip Bridge	-----	20 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 2

Workout 1

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
PUSH UP	-----	20 REPS	AS LITTLE AS POSSIBLE
Plank Chest Squeeze	30 seconds	-----	As little as possible
Pike Push-up	-----	20 reps	As little as possible
Push-up Arm Raise	30 seconds	-----	As little as possible
Plank Up-Down	30 seconds	-----	As little as possible
Burpee	-----	20 reps	As little as possible

Workout 2

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	40 REPS	AS LITTLE AS POSSIBLE
Wall Sit	30 seconds	-----	As little as possible
Jumping Squat	-----	20 reps	As little as possible
Hip Bridge	-----	20 reps	As little as possible
Superman's	-----	20 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 2

Workout 3

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
WIDE PUSH UP	-----	20 REPS	AS LITTLE AS POSSIBLE
Chin Up	-----	10 reps	As little as possible
Plank Pull-Back	30 seconds	-----	As little as possible
Australian Bicep Curl	-----	20 reps	As little as possible
Skull Crusher	-----	20 reps	As little as possible
Burpee	-----	20 reps	As little as possible

Workout 4

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	40 REPS	AS LITTLE AS POSSIBLE
Jump Lunge	-----	20 reps/leg	As little as possible
Reverse Lunge	-----	20 reps/leg	As little as possible
Standing Calf Raise	30 seconds	-----	As little as possible
Double Hip Bridge	-----	30 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 3

Workout 1

Complete as many rounds as possible within 12 minutes

Exercise	Time	Reps	Rest Time
DECLINE PUSH UP	-----	10 REPS	AS LITTLE AS POSSIBLE
Bench Dips	-----	10 Reps	As little as possible
Pike Push-up	-----	5 Reps	As little as possible
Push-up Arm Raise	30 seconds	-----	As little as possible
Plank Up-Down	30 seconds	-----	As little as possible
Burpee	-----	10 reps	As little as possible

Workout 2

Complete as many rounds as possible within 12 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT JUMP SQUAT	-----	10 REPS	AS LITTLE AS POSSIBLE
Squat	-----	10 reps	As little as possible
Standing Calf Raise	-----	10 reps	As little as possible
Hip Bridge	-----	10 reps	As little as possible
Superman's	-----	10 reps	As little as possible
Burpee	-----	10 reps	As little as possible

Week 3

Workout 3

Complete as many rounds as possible within 12 minutes

Exercise	Time	Reps	Rest Time
PULL UP	-----	5 REPS	AS LITTLE AS POSSIBLE
Chin Up	-----	5 reps	As little as possible
Elevated Pike Push Up	-----	5 reps	As little as possible
Skull Crusher	-----	10 reps	As little as possible
Dips	-----	10 reps	As little as possible
Burpee		10 reps	As little as possible

Workout 4

Complete as many rounds as possible within 12 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	20 REPS	AS LITTLE AS POSSIBLE
Jump Lunge	-----	20 reps/leg	As little as possible
Reverse Lunge	-----	20 reps/leg	As little as possible
Jump Squat	-----	20 reps	As little as possible
Double Hip Bridge	-----	20 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 4

Workout 1

Complete as many rounds as possible within 12 minutes

Exercise	Time	Reps	Rest Time
DECLINE PUSH UP	-----	15 REPS	AS LITTLE AS POSSIBLE
Bench Dips	-----	15 reps	As little as possible
Pike Push-up	-----	10 reps	As little as possible
Push-up Arm Raise	30 seconds	-----	As little as possible
Plank Up-Down	30 seconds	-----	As little as possible
Burpee	-----	15 reps	As little as possible

Workout 2

Complete as many rounds as possible within 12 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT JUMP SQUAT	-----	20 REPS	AS LITTLE AS POSSIBLE
Squat	-----	20 reps	As little as possible
Standing Calf Raise	-----	20 reps	As little as possible
Hip Bridge	-----	20 reps	As little as possible
Superman's	-----	20 reps	As little as possible
Burpee	-----	20 reps	As little as possible

Week 4

Workout 3

Complete as many rounds as possible within 12 minutes

Exercise	Time	Reps	Rest Time
PULL UP	-----	8 REPS	AS LITTLE AS POSSIBLE
Chin Up	-----	8 reps	As little as possible
Elevated Pike Push Up	-----	8 reps	As little as possible
Skull Crusher	-----	15 reps	As little as possible
Dips	-----	15 reps	As little as possible
Burpee		15 reps	As little as possible

Workout 4

Complete as many rounds as possible within 12 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	30 REPS	AS LITTLE AS POSSIBLE
Jump Lunge	-----	30 reps/leg	As little as possible
Reverse Lunge	-----	20 reps/leg	As little as possible
Jump Squat	-----	20 reps	As little as possible
Double Hip Bridge	-----	20 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 5

Workout 1

Complete as many rounds as possible within 14 minutes

Exercise	Time	Reps	Rest Time
PUSH UP	-----	15 REPS	AS LITTLE AS POSSIBLE
Plank Chest Squeeze	30 seconds	-----	As little as possible
Pike Push-up	-----	15 reps	As little as possible
Push-up Arm Raise	30 seconds	-----	As little as possible
Plank Up-Down	30 seconds	-----	As little as possible
Burpee	-----	15 reps	As little as possible

Workout 2

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	30 REPS	AS LITTLE AS POSSIBLE
Wall Sit	30 seconds	-----	As little as possible
Jumping Squat	-----	15 reps	As little as possible
Hip Bridge	-----	15 reps	As little as possible
Superman's	-----	15 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 5

Workout 3

Complete as many rounds as possible within 14 minutes

Exercise	Time	Reps	Rest Time
WIDE PUSH UP	-----	15 REPS	AS LITTLE AS POSSIBLE
Chin Up	-----	5 Reps	As little as possible
Plank Pull-Back	30 seconds	-----	As little as possible
Australian Bicep Curl	-----	15 reps	As little as possible
Skull Crusher	-----	15 reps	As little as possible
Burpee	-----	15 reps	As little as possible

Workout 4

Complete as many rounds as possible within 10 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	30 REPS	AS LITTLE AS POSSIBLE
Jump Lunge	-----	15 reps/leg	As little as possible
Reverse Lunge	-----	15 reps/leg	As little as possible
Standing Calf Raise	30 seconds	-----	As little as possible
Double Hip Bridge	-----	20 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 6

Workout 1

Complete as many rounds as possible within 14 minutes

Exercise	Time	Reps	Rest Time
PUSH UP	-----	20 REPS	AS LITTLE AS POSSIBLE
Plank Chest Squeeze	30 seconds	-----	As little as possible
Pike Push-up	-----	20 reps	As little as possible
Push-up Arm Raise	30 seconds	-----	As little as possible
Plank Up-Down	30 seconds	-----	As little as possible
Burpee	-----	20 reps	As little as possible

Workout 2

Complete as many rounds as possible within 14 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	40 REPS	AS LITTLE AS POSSIBLE
Wall Sit	30 seconds	-----	As little as possible
Jumping Squat	-----	20 reps	As little as possible
Hip Bridge	-----	20 reps	As little as possible
Superman's	-----	20 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 6

Workout 3

Complete as many rounds as possible within 14 minutes

Exercise	Time	Reps	Rest Time
WIDE PUSH UP	-----	20 REPS	AS LITTLE AS POSSIBLE
Chin Up	-----	10 reps	As little as possible
Plank Pull-Back	30 seconds	-----	As little as possible
Australian Bicep Curl	-----	20 reps	As little as possible
Skull Crusher	-----	20 reps	As little as possible
Burpee	-----	20 reps	As little as possible

Workout 4

Complete as many rounds as possible within 14 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	40 REPS	AS LITTLE AS POSSIBLE
Jump Lunge	-----	20 reps/leg	As little as possible
Reverse Lunge	-----	20 reps/leg	As little as possible
Standing Calf Raise	30 seconds	-----	As little as possible
Double Hip Bridge	-----	30 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 7

Workout 1

Complete as many rounds as possible within 16 minutes

Exercise	Time	Reps	Rest Time
DECLINE PUSH UP	-----	10 REPS	AS LITTLE AS POSSIBLE
Bench Dips	-----	10 Reps	As little as possible
Pike Push-up	-----	5 Reps	As little as possible
Push-up Arm Raise	30 seconds	-----	As little as possible
Plank Up-Down	30 seconds	-----	As little as possible
Burpee	-----	10 reps	As little as possible

Workout 2

Complete as many rounds as possible within 16 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT JUMP SQUAT	-----	10 REPS	AS LITTLE AS POSSIBLE
Squat	-----	10 reps	As little as possible
Standing Calf Raise	-----	10 reps	As little as possible
Hip Bridge	-----	10 reps	As little as possible
Superman's	-----	10 reps	As little as possible
Burpee	-----	10 reps	As little as possible

Week 7

Workout 3

Complete as many rounds as possible within 16 minutes

Exercise	Time	Reps	Rest Time
PULL UP	-----	5 REPS	AS LITTLE AS POSSIBLE
Chin Up	-----	5 reps	As little as possible
Elevated Pike Push Up	-----	5 reps	As little as possible
Skull Crusher	-----	10 reps	As little as possible
Dips	-----	10 reps	As little as possible
Burpee		10 reps	As little as possible

Workout 4

Complete as many rounds as possible within 16 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	20 REPS	AS LITTLE AS POSSIBLE
Jump Lunge	-----	20 reps/leg	As little as possible
Reverse Lunge	-----	20 reps/leg	As little as possible
Jump Squat	-----	20 reps	As little as possible
Double Hip Bridge	-----	20 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Week 8

Workout 1

Complete as many rounds as possible within 16 minutes

Exercise	Time	Reps	Rest Time
DECLINE PUSH UP	-----	15 REPS	AS LITTLE AS POSSIBLE
Bench Dips	-----	15 reps	As little as possible
Pike Push-up	-----	10 reps	As little as possible
Push-up Arm Raise	30 seconds	-----	As little as possible
Plank Up-Down	30 seconds	-----	As little as possible
Burpee	-----	15 reps	As little as possible

Workout 2

Complete as many rounds as possible within 16 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT JUMP SQUAT	-----	20 REPS	AS LITTLE AS POSSIBLE
Squat	-----	20 reps	As little as possible
Standing Calf Raise	-----	20 reps	As little as possible
Hip Bridge	-----	20 reps	As little as possible
Superman's	-----	20 reps	As little as possible
Burpee	-----	20 reps	As little as possible

Week 8

Workout 3

Complete as many rounds as possible within 16 minutes

Exercise	Time	Reps	Rest Time
PULL UP	-----	8 REPS	AS LITTLE AS POSSIBLE
Chin Up	-----	8 reps	As little as possible
Elevated Pike Push Up	-----	8 reps	As little as possible
Skull Crusher	-----	15 reps	As little as possible
Dips	-----	15 reps	As little as possible
Burpee		15 reps	As little as possible

Workout 4

Complete as many rounds as possible within 16 minutes

Exercise	Time	Reps	Rest Time
BODYWEIGHT SQUAT	-----	30 REPS	AS LITTLE AS POSSIBLE
Jump Lunge	-----	30 reps/leg	As little as possible
Reverse Lunge	-----	20 reps/leg	As little as possible
Jump Squat	-----	20 reps	As little as possible
Double Hip Bridge	-----	20 reps	As little as possible
Sprint In Place	30 seconds	-----	As little as possible

Congratulations

After completing the Body Fat Rebellion program, it is now time to pack on some muscle. Begin the Body Mass Construction Program now. Also, continue performing your Anabolic Running workouts and Anabolic Abs workouts if you do have the Anabolic Abs program. Revisit this program in 8-12 weeks for another 2 months of fat torching.

