

STRENGTH
CARTEL

STRENGTH AND FAT LOSS FITNESS PROGRAM

GET STRONG & LOSE WEIGHT WITH NO WEIGHTS



GET FIT WITH NO GYM!

GET HEALTHY
LOSE WEIGHT
BE STRONG



CONGRATULATIONS!!!

YOU HAVE TAKEN THE FIRST STEP TO CHANGING YOUR LIFE!

MOST PEOPLE THINK YOU HAVE TO HAVE A TON OF EQUIPMENT OR AN EXPENSIVE GYM MEMBERSHIP TO GET FIT, HEALTHY & STRONG, BUT THEY ARE WRONG.

THE STRENGTH CARTEL STRENGTH AND FAT LOSS FITNESS PROGRAM CAN CHANGE YOUR STRENGTH, YOUR SHAPE, YOUR HEALTH AND YOUR LIFE IN AS LITTLE AS 30 DAYS! AND AFTER 30 DAYS, YOU DON'T NEED TO STOP. JUST KEEP THIS PROGRAM GOING, CONTINUE PUSHING YOURSELF TO IMPROVE, AND YOU WILL SEE EVEN MORE RESULTS. I KNOW THIS PROGRAM WORKS BECAUSE I HAVE DONE IT MYSELF FOR YEARS. AND IF YOU FOLLOW STRENGTH CARTEL ON INSTAGRAM, YOU KNOW NOT ONLY ME, BUT THE HOMIES AND THE GIRLS GET DOWN WITH IT AS WELL.

ONE OF THE BEST PARTS OF THIS WORKOUT IS THAT YOU CAN DO IT ANYWHERE. DO IT IN YOUR BEDROOM, AT THE PARK, AT THE BEACH, ANYWHERE. DOESN'T MATTER WHERE YOU DO IT, JUST MATTERS YOU DO IT! AND I KNOW YOU WILL, 'CUZ THE STRENGTH CARTEL FAMILY DEFINITELY AREN'T QUITTERS!

STRENGTH AND FAT LOSS FITNESS PROGRAM



STRENGTH CARTEL SUPPS

GET SPECIAL PRICING AT [STRENGTHCARTEL.COM](https://strengthcartel.com)

USE CODE **STRENGTHCARTEL4LIFE**

THE ENTIRE STRENGTH CARTEL CREW IS PROUD OF YOU FOR BEING DEDICATED TO A HEALTHIER AND STRONGER LIFE. IT IS WHAT WE LIVE FOR, AND WE ARE PUMPED YOU ARE JOINING US ON THIS LIFE LONG JOURNEY.

STRENGTH CARTEL FOR LIFE!

AND DON'T FORGET TO TAG YOUR WORKOUTS AND PROGRESS #STRENGTHCARTELFORLIFE. WE'LL BE WATCHING, AND LIKELY HIT YOU BACK IF YOU ARE PUTTIN' IN THAT WORK.

NOW LET'S GET TO WORK!!!

KEEP BANGIN'

BIG BOY AND THE STRENGTH CARTEL

STRENGTH AND FAT LOSS FITNESS PROGRAM



IT'S GO TIME!

THE FOLLOWING PAGES CONTAIN THE 13 EXERCISES THAT ARE GOING TO KICK YOUR ASS AND MAKE YOU THE MAN OR WOMAN YOU CAME HERE TO BE!! THEY MAY NOT LOOK LIKE MUCH ON THESE PAGES, BUT IF YOU DO THEM CORRECTLY, PUSH YOURSELF AND STAY DEDICATED TO THE CAUSE, YOU WILL DEFINITELY SEE AND FEEL THE RESULTS!

THERE IS A PHOTO OF EACH EXERCISE, BUT IF YOU WANT OR NEED MORE HELP AND GUIDANCE, WE ARE HERE FOR YOU!

TO WATCH THE ENTIRE VIDEO OF THE FULL WORKOUT AND SEE HOW TO DO EACH EXERCISE PROPERLY,

WATCH HERE



TO WATCH A VIDEO OF EACH EXERCISE SEPARATELY, JUST CLICK THE LINK UNDER EACH EXERCISE AND YOU CAN WATCH THE TECHNIQUE OF JUST THAT EXERCISE.



THE EXERCISES

THE LUCKY 13

THESE ARE YOUR NEW BEST FRIENDS. THESE 13 EXERCISES WILL HAVE YOU STRONG & LEAN IN NO TIME!

NAVY SEALS
KICK OUTS
BURPEES
PUSH UPS
DIPS OF BENCH
SQUATS
LUNGES
HARBOR STEPS
LEG RAISES
CHAIN BUSTERS
ARM ROTATION FORWARD
ARM ROTATION BACK
HELICOPTERS



NAVY SEALS - [WATCH HERE](#) >>



KICK OUTS - [WATCH HERE](#) >>

EXERCISE DESCRIPTIONS & VIDEO LINKS



BURPEES - [WATCH HERE](#) >>



PUSH UPS - [WATCH HERE](#) >>



DIPS OF BENCH - [WATCH HERE](#) >>



SQUATS - [WATCH HERE](#) >>

EXERCISE DESCRIPTIONS & VIDEO LINKS



LUNGES - [WATCH HERE](#) >>



HARBOR STEPS - [WATCH HERE](#) >>



LEG RAISES - [WATCH HERE](#) >>



CHAIN BUSTERS - [WATCH HERE](#) >>

EXERCISE DESCRIPTIONS & VIDEO LINKS



ARM ROTATION FORWARD - [WATCH HERE](#) >>



ARM ROTATION BACK - [WATCH HERE](#) >>



HELICOPTERS - [WATCH HERE](#) >>

EXERCISE DESCRIPTIONS & VIDEO LINKS



SCALING THE PROGRAM FOR YOUR FITNESS LEVEL

THE STRENGTH CARTEL STRENGTH AND FAT LOSS FITNESS PROGRAM CAN BE DONE BY BEGINNERS, INTERMEDIATE FITNESS ENTHUSIASTS AND EVEN YOU EXPERTS.

HERE IS GUIDE ON HOW MANY REPS TO DO OF EACH EXERCISE BASED ON EACH FITNESS LEVEL:

FITNESS LEVEL	REPS
BEGINNER	5 REPS OF EACH EXERCISE
INTERMEDIATE	10 REPS OF EACH EXERCISE
ADVANCED	20 REPS OF EACH EXERCISE

HOW TO START THE PROGRAM

AS ALWAYS, BEFORE YOU BEGIN A NEW FITNESS PROGRAM, MAKE SURE YOU ARE IN HEALTHY ENOUGH TO ENGAGE IN STRENUOUS EXERCISE. IF YOU HAVE ANY QUESTIONS, CONSULT YOUR DOCTOR.

WHETHER YOU ARE A BEGINNER, INTERMEDIATE, OR ADVANCED, THE FITNESS PLAN IS THE SAME 13 EXERCISES, JUST WITH VARYING REPS.

BEFORE:

A) IF YOU WANT SOME EXTRA MOTIVATION AND PUSH, TAKE YOUR FAVORITE PREWORKOUT 20-30 MINUTES BEFORE STARTING YOUR WORKOUT. WE RECOMMEND STRENGTH CARTEL DEAD GAME OR STRENGTH CARTEL REDRUM TO HELP GET THE JOB DONE. YOU CAN FIND THEM HERE.

B) WARM UP AND STRETCH PROPERLY.

WORKOUT:

C) DO EACH EXERCISE IN ORDER, STARTING WITH EXERCISE #1: NAVY SEALS AND ENDING WITH EXERCISE #13: HELICOPTERS. THE EXERCISES HAVE BEEN PUT IN THIS ORDER FOR A REASON! THE GOAL IS TO CORRECTLY MOVE BETWEEN AEROBIC AND ANAEROBIC BASED MOVEMENTS FOR THE ULTIMATE STRENGTH GAIN AND FAT LOSS!

D) DO NOT REST BETWEEN EXERCISES UNLESS YOU ABSOLUTELY NEED TO. THE GOAL IS TO KEEP THE BODY MOVING, THE HEART RATE HIGH AND THE MUSCLES AND MIND CONTINUOUSLY ENGAGED.

E) BEGINNERS DO 5 REPS OF EACH EXERCISE. INTERMEDIATE DO 10 REPS OF EACH EXERCISE. ADVANCED DO 20 REPS OF EACH EXERCISE.

F) IF YOU CAN'T FINISH THE NUMBER OF REPS OF EACH EXERCISE, NO PROBLEM. DO YOUR BEST AND THEN MOVE ON TO THE NEXT EXERCISE.

G) YOU GO THROUGH ALL 13 EXERCISES JUST ONE TIME! SO MAKE THOSE REPS COUNT.

- 1) NAVY SEALS (3 PUMP)
- 2) KICK OUTS (2 PUMP)
- 3) BURPEES (1 PUMP)
- 4) PUSH UPS
- 5) DIPS OF BENCH
- 6) SQUATS (BODY WEIGHT)
- 7) LUNGES
- 8) HARBOR STEPS
- 9) LEG RAISES
- 10) CHAIN BUSTERS (3 COUNT)
- 11) ARM ROTATION FORWARD
- 12) ARM ROTATION BACK
- 13) HELICOPTERS (3 COUNT)

SCHEDULE:

H) FOR BEGINNER AND INTERMEDIATE CLIENTS, WE RECOMMEND FOLLOWING THE PROGRESSION BELOW:

30 DAY PLAN

WEEK 1	3 DAYS/ WEEK
WEEK 2	4 DAYS/ WEEK
WEEK 3 & 4	5 DAYS/ WEEK

RECOVERY:

WHEN FINISHED, DON'T JUST FALL DOWN AND LIE THERE. KEEP YOUR BREATHING REGULATED, WALK CALMLY AROUND UNTIL YOUR HEART RATE COMES BACK DOWN TO A NORMALIZED LEVEL, AND THEN STRETCH OR DECOMPRESS AS FEELS RIGHT.

TO GET THE MOST OUT OF YOUR WORKOUT AND SPEED UP RESULTS, TAKE A QUALITY AMINO ACID SUCH AS STRENGTH CARTEL BIG BOY AMINO. AMINO ACIDS ARE CRITICAL NUTRIENTS OUR BODIES NEED TO BUILD CELLS, SUPPORT MUSCLE GROWTH, DECREASE FAT SYNTHESIS AND RECOVER PROPERLY. YOU CAN FIND THEM [**HERE**](#).



HOW TO PROGRESS IN THE PROGRAM

IF AT ANY TIME YOU ARE FINISHING THE FITNESS PROGRAM AND STILL HAVE MORE IN THE TANK, IT IS TIME TO UP THE NUMBER OF REPS. FEEL FREE TO SCALE UP TO THE INTERMEDIATE OR ADVANCED LEVEL, BUT ONLY IF YOU HAVE SERIOUSLY GIVEN YOUR CURRENT LEVEL MAXIMUM EFFORT AND STILL FEEL LIKE YOU COULD DO MORE.

WHAT DO I DO AFTER THE 30 DAY PROGRAM?

THE STRENGTH CARTEL STRENGTH AND FAT LOSS FITNESS PROGRAM WILL DEFINITELY GET YOU RESULTS IF DONE PROPERLY WITHIN 30 DAYS, BUT THE PROGRAM IS DESIGNED TO LAST MUCH LONGER THAN THAT. THERE ARE STRENGTH CARTEL TEAM MEMBERS WHO UTILIZE THE PROGRAM ALL YEAR ROUND, AND SEE FANTASTIC AND CONTINUED RESULTS FROM IT. AS YOUR CONDITIONING, STAMINA AND STRENGTH INCREASE, YOU WILL FIND THIS PROGRAM CAN BECOME EVEN MORE REWARDING.



THANK YOU!

IT ISN'T EASY TO BE IN THE BEST SHAPE OF YOUR LIFE, BUT THE RESULT AND REWARDS ARE DEFINITELY WORTH IT. AND I GUARANTEE THAT IF YOU GIVE THE STRENGTH CARTEL STRENGTH AND FAT LOSS FITNESS PROGRAM YOUR BEST EFFORT, IT WILL DEFINITELY CHANGE YOUR LIFE.

WELCOME TO THE STRENGTH CARTEL FAMILY. WE ARE THANKFUL YOU HAVE CHOSEN TO JOIN US ON THIS JOURNEY.

SINCERELY,

BIG BOY AND THE STRENGTH CARTEL

