

# **Dan Long's 8 Week Hardcore "Do Anywhere" Bodyweight Training Program with Follow-Along Video**

## **Dan Long's Kill Mode® Mindset**

If I told you that hundreds of my clients not only hit their goals, but they SHATTERED their goals, would I have your attention? Of course! I have a philosophy that will shatter any goal you're looking to achieve, period!

Your training will be sent into a realm of all new fitness/fat loss that you have never reached before by activating Kill Mode®. Here's what you're going to do:

Dan Long's Kill Mode® Philosophy: When you enter into a work set of any exercise, for the first half of each exercise, interval, rep, mile, timed exercise, etc., you're going to tell yourself that you're on "autopilot." Operate at a normal resistance, speed, intensity, etc., for the first half.

Then when you get to your half point, a mental shift needs to occur. The fatigue you're feeling exits the brain, adrenaline has to kick in, and you give everything you got for the last half of every drill and every exercise. This is what I call activating "Kill Mode®," and by applying this philosophy, you immediately increase the intensity of your workouts far beyond anything you've ever experienced.

Watch this Video Now:

==> [VIDEO: WHAT IS KILL MODE®?](#)

## **Blog**

Follow me on my blog at [www.killmodetraining.com](http://www.killmodetraining.com)!

## **Legal Disclaimer**

The information presented in this work is by no way intended as medical advice or 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 duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Dan Long's Kill Mode® Training Co., Inc., and Ruckus Publishing, 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 Dan Long's Kill Mode® Training Co., and Ruckus Publishing, or its officers, directors, employees, volunteers, agents, affiliates, or assigns, 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 program.

## **Muscle Burn Strategy**

Let's talk about the difference from muscle burn and pain. When your muscles are hitting their potential and are stimulated, you feel a burn in the muscle. Now this could feel like a slight burn, or a really intense burn on a perceived scale of 1 -10 of effort, with 1 being a little effort burn, and a 10 being a maximum effort burn. For maximum results, I want the burn to be a 9 – 10. If a beginner, it should be a 6-7 the first week, 7-8 the second week, and 9 -10 the third week and thereafter.

## **Pain Strategy**

It is important for your safety and well-being to know what the difference between pain and muscle burn is. Pain is something other than your muscle burning. If any pain occurs in any area of your body (remember pain, not muscle burn), apply your perceived scale of 1-10 (1 being minimum pain; 10 being maximum pain), and if your pain in your shoulder, hip, knee, back, elbow, etc., reaches a level 4 (anything more than an ache), back down from that exercise **and replace it with another one in that circuit that you can do without pain,** to finish out your workout.

This will avoid a possible injury or re-injury. I want you healthy and feeling like a machine, so apply these Dan Long Muscle Burn and Pain Strategies to maximize results, and minimize a possible injury. Remember, we want to move forward, not backward. We're in this together – and quitting/failure is not an option, so Kill Mode® Train with me using these techniques I'm teaching you.

## **The Workouts**

- Do all three exercises in Circuits #1, #2, and #3, in sequence, 12 reps each L/R. To make exercises harder, increase to 15 reps per exercise L/R, where applicable. Each circuit will be completed 3 – 4x's each.
- Rest periods of **30 seconds to 2 minutes max after each circuit.**
- All circuits will be completed 3 – 4x's for the duration of Resistance Training to be 45 minutes max.

## **When to do your Workouts:**

Your workout program calls for 3 resistance training workouts per week. Workouts A, B, and C are separate workouts to be performed on separate days of the week.

The interval training (explained below “The Workouts” section) is twice weekly in addition to these workouts, best performed on separate days, but if you are only able to train 3 days a week then you can do them before or after your resistance training.

You can perform Workout A, B, and C on whatever days you'd like, but an example would be:

Mon: Workout A  
Tues: Interval training  
Wed: Workout B  
Thurs: Interval training  
Friday: Workout C  
Sat: OFF  
Sun: OFF

Another example would be to do the Workouts A, B, and C on Tues, Thur, and Saturday with the interval training workouts in between. Example Below:

Mon: Off  
Tues: Workout A  
Wed: Interval training  
Thurs: Workout B  
Friday: Interval Training  
Sat: Workout C  
Sun: Off

Or, if only training 3 days a week, you could do:

Mon: Workout A, followed by interval training, whether before or after the workout  
Tues: OFF  
Wed: Workout B  
Thurs: OFF  
Friday: Workout C, followed by interval training, whether before or after the workout  
Sat: OFF  
Sun: OFF

It's best to have a day in between each resistance training session, but it's also not a big deal if you have to work out on back to back days due to your schedule one week.

## The Workouts:

### Weeks 1 – 4

#### Workout A – Full Body

##### Circuit 1

1. Sprinter Start w/hop L/R
2. Mountain Climber Knee Crossovers
3. Ice Skaters Left to Right

##### Circuit 2

1. Alternate Leg/Cross Touchdown Abs
2. Explosive Jumps Left to Right 180°
3. Push-Up with L/R Shoulder Touch - Alternating

##### Circuit 3

1. Reverse Lunge into Front Kick L/R
2. Kill Mode® Burpees w/Jumping Jack
3. Side Lunge w/Kick

#### Workout B – Full Body/Core

##### Circuit 1

1. Standing Front Kick w/Kill Mode® Punch Out
2. Invisible Jump Rope
3. Single Leg Front Planks w/Push-Up

##### Circuit 2

1. Toe-to-Heel Oblique Sit Ups
2. Tornado Kill Mode® Jumping Jacks
3. Kill Mode® Sit Ups

##### Circuit 3

1. Single Leg Reverse Plank w/Hip Drop
2. Side Plank/Oblique Crunch
3. Side Shuffle Crab Walk

#### Workout C – Lower Body

##### Circuit 1

1. Star Touchdown Jacks L/R
2. Squat w/Kill Mode® Punch Out
3. Static Low Lunge L/R

### **Circuit 2**

1. Side Lunge w/Kick L/R
2. Jump Lunges 360° L/R
3. Kill Mode® Body Blasters

### **Circuit 3**

1. Squat Jump into Lunge L/R
2. Star Touchdown Jacks
3. 4 x 40 yd. Sprints

## **Weeks 5 – 8**

### **Workout A – Full Body**

#### **Circuit 1**

1. Pike Push-Ups
2. Low Hold Lunge 12 – 15 Reps
3. Kill Mode® Burpees/Jumping Jack

#### **Circuit 2**

1. Kill Mode® Crunches
2. Kick Up Climbers
3. Spiderman Push-Up L/R 4 Meters

#### **Circuit 3**

1. Kill Mode® Body Blasters
2. Standing Front Kicks L/R
3. Alternating Deep Reverse Touchdown Lunges

### **Workout B – Full Body/Core**

#### **Circuit 1**

1. Kill Mode® Body Blasters
2. Front Plank Shoulder Touch L/R
3. Side Plank/Reach Under 1 Leg L/R

#### **Circuit 2**

1. Star Touchdown Jacks – L/R
2. 2 Feet and Kill Mode® Stand
3. Reverse Plank w/Alternating Kicks

### Circuit 3

1. Jackknife Crunches
2. Side to Side Oblique Ups
3. Kill Mode® Running Super Bowl Touchdown Star Jacks

## Workout C – Lower Body

### Circuit 1

1. Kill Mode® Atomic Reverse Lunge
2. Wide Narrow/Wide Up
3. Kill Mode® Running Super Bowl Touchdown Star Jacks

### Circuit 2

1. Plyo Jumps/Slap Knees
2. 5 Second Mountain Climber to Jump Squat
3. Standing Front Kicks w/Kill Mode® Punch Out

### Circuit 3

1. 360° Static Squat L/R
2. Kill Mode® Running Super Bowl Touchdown Star Jacks
3. Deep Reverse Touchdown Lunge

## INTERVAL TRAINING

Interval training days are great for overall fitness, but most importantly, they've been shown to yield the greatest fat loss. With this type of training you will also continue to burn calories for 24-48 hours after the exercise session is over! That's Kill Mode®! 😊

Follow the workout below:

Kill Mode® Intensity = 2 minutes

Warm Up: 2 minutes light (level 3), 2 minutes medium (level 5)

Interval 1: 1.25 minute hard (level 8), 1.25 minute hard (level 10), 1.5 minutes light (level 3)

Interval 2: 1.25 minute hard (level 8), 1.25 minute hard (level 10), 1.5 minutes light (level 3)

Interval 3: 1.25 minute hard (level 8), 1.25 minute hard (level 10), 1.5 minutes light (level 3)

Interval 4: 1.25 minute hard (level 8), 1.25 minute hard (level 10), 1.5 minutes light (level 3)

Total Duration: 20 minutes

**Days/Week:** Perform this workout 2 times weekly, alternating with 3 resistance training days where possible. The resistance training days should preferably be split with interval training days in between. If not, perform interval training immediately after your resistance training workouts.

The “levels” are based on a scale of 1-10 of your perceived effort (with 0 being no effort and 10 being maximal effort). The hard intervals should be tiring, with the light intervals allowing you to recover (while still moving) in preparation for your next interval. Remember, these intervals are based on YOUR exertion and level of fitness, no one else’s. Your “hard” intervals should be a challenge for YOU but not so tiring that you cannot perform subsequent intervals.

The type of exercise that you choose is up to you. Some examples are free running, treadmill, elliptical, stair stepper, stationary bike, rower, jump rope, etc.