

# SUSPENSION REVOLUTION 2.0



**4 WEEK  
BEGINNER  
SUSPENSION  
REVOLUTION**

**DAN LONG**  
SUSPENSIONREVOLUTION.COM

# Table of Contents

1. Intro – Dan Long’s Passion for Fitness and Nutrition
2. Testimonials
3. Dan Long’s Kill Mode® Mindset
4. Disclaimer
5. When to do Your Workouts
6. The Workouts
7. Interval Training
8. Exercises Library
9. Blog

## Outline

1. Dan Long’s Passion for Fitness and Nutrition
  - Me, then and now
  - Why Train With Suspension Straps like TRX, Jungle Gym XT, or SBT, to name a few, and What to Expect From It
2. Testimonials
3. Dan Long’s Kill Mode® Mindset
4. Disclaimer
  - Legal Disclaimer
  - Dan Long’s Muscle Burn and Pain Strategies
5. When to do Your Workouts
6. The Workout
  - 4 Week Beginner Course – Upper Body/Lower Body/Core/Metabolic
7. Interval Training
8. Exercise Library
  - Photos/descriptions of exercises in order of appearance
9. Blog

# Dan Long's Passion for Fitness and Nutrition

Here I was at 17...



Here's where I've been...



...and here at 39



*Dan Long*, CPT, CKMT, Fat Loss Motivational Advisor, Founder of Kill Mode® Training Co., Life Coach/Mentor

I want to welcome you to the much needed Suspension Revolution - Advanced, Intermediate, and Beginner informational product allowed on this planet! This product will send your mind and body to an all new level, Guaranteed!

If you're just getting started with a suspension trainer,

- I have a 4 Week Beginner program for you to dominate for max results
- Next, I have a 4 week Intermediate/Rapid intro to take you to the all-new next level
- Then, it's time to advance into Championship Status with Dan Long's 12 Week Advanced Suspension Revolution Program

I believe in suspension exercise so much that people often ask if I invented this type of training. I may not be the inventor, but am empowered to take suspension exercise and test the laws of physics, body and mind to the edge. I do own my style and passion to help you shatter your goals, whether it's with a TRX, Jungle Gym XT, or SBT or any other suspension device. What else do you need, right? Just this program and a "Can

Do Attitude,” and it’s time to go the edge of suspension exercise! Oh yeah, and before we get started, did I mention that I’ve not only trained men, women and children, but also NFL Players, MLB Players, Hollywood actors, USSOCOM, Army, Navy, Air Force, Marines, golfers, and swimmers, to name a few?

Here’s a picture of two of my great friends and clients, first, the famous World Renown Nutritionist, Joel Marion, and second, Tampa Bay Buccaneers player, #56, Dekoda Watson.



Why did I start using a suspension trainer, and introduce it to the Tampa Bay Area at Powerhouse Gym Downtown? I’m always looking for cutting-edge fitness, and was looking to take my workouts up numerous notches. I needed more core workouts due to my back occasionally hurting. My flexibility was *horrible* from lifting tons of weights, and I wanted a more well-rounded physique like a Super Athlete. So, suspension exercise was a perfect fit, plus guys and girls were scared of bodyweight exercises and I wanted to help show everyone that bodyweight exercising could be fun, effective, *and* done with all ages, sizes, and walks of life.

## Testimonials

**Darlene Before:**



**Darlene After:**



*"I lost 18 pounds and gained defined muscle tone in 4 months thanks to Dan Long's Kill Mode® Training Co. team and TRX. TRX challenged me like no exercise I have done before. It is fun and motivating and most importantly, IT WORKS!" –Darlene*

**Mike Before:**



**Mike After:**



*"The coaching and teaching from Dan Long with Kill Mode® Training has been and always will be a positive experience and life changing skill given to me. The success of my weight loss goals have been achieved from a person with great inspiration and super motivational skills. One of the most important emotions that I battled was fear, but no more will I allow fear to depress me and cause me to lose out in my life. Kill Mode® made me shatter my goals and face my obstacles that held me back." –Mike*

Danny Before:



Danny After:



*“Coach Dan Long and the Kill Mode® team helped me take by enthusiasm for fitness from a hobby to a lifestyle. With a Kill Mode® diet plan and rigorous workouts, I shed 20 lbs. and dropped my body fat from 14% to 5% in 10 weeks! The Kill Mode® team held me accountable and encouraged me to push my physical and mental limits until they didn't exist. Most important to me is that the Kill Mode® team leads by example and I had no second thoughts about putting my trust in them. With Kill Mode® Training Co. you can literally achieve the unimaginable!” –Danny*

**Before and After Pictures unable to be disclosed, but please read testimonial below:**



*“Dan, I wanted to extend my gratitude and thanks for everything you have done. Not only as a Fitness Professional, but as a true mentor and leader to not only me, but from my observation over the last few months, everyone you come in contact with. I can't tell you enough the mentally positive impact you've had on my way of life and approach to fitness. Lifestyle mentorship aside, me being an "NCO" and leader in the US Army, I think I'm qualified to say that you are dedicated to your cause as I am to my country. In the world of Fitness, you truly are an elite and rare breed. A fitness warrior. Good luck in your endeavors. Rangers Lead the Way! –SFC Rick, Special Operations Command (SOCOM)*

# 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®?](#)

## 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.

**Warning:** These exercises are being performed with countless years and hours of TRX, Jungle Gym XT, SBT, bodyweight, and weight training prior. Trying these exercises is a serious challenge, even though they may look easy when I perform them. You must perform with caution and have assistance with someone knowledgeable in the exercise field, if needed. You can challenge yourself by performing these exercises at your own risk.

### **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.



## 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 warm up: Bodyweight Warm up Circuit

(Do this warm up before your workout, whether Workout A, B, or C)

- Do this circuit 2x's with a level 2-0-1 tempo for resistance exercises (2 seconds to lower, no pause, 1 second to lift)
  - 30 seconds rest between warm up circuits
1. Bodyweight Squat – 10 reps
  2. Jumping jacks – 10 reps
  3. Running in place – 20 seconds
  4. Side Lunge – 6 reps per side
  5. Close grip Pushups (modified on knees if necessary) – 10 reps
  6. Mountain Climbers – 20 seconds
  7. Invisible jump rope – 20 seconds

## The Workout

### 4 Week Beginner Course

#### Notes:

Recommended Foot Stance: Wide foot stance, or offset foot position (beginner)

Recommended Strap Positions: Upper Body: Straps Up  
Lower Body: 6"– 8" off ground depending on shoe

size

Single Hand Mode: "SHM" – put in "Single Hand Mode" where noted

L/R Performing exercises on Left *and* Right side

#° Body Plank Angles (ex: a 90° body angle is vertical)

Alt. Alternating sides

- All exercises should be performed for 30 seconds
- Do all four exercises in Circuits #1, #2, and #3 in sequence, then Repeat Circuit #1, #2, and #3 three to four times total
- 30 seconds to 1.5 minute breaks between each exercise
- This workout should be done in 45 minutes or less

## Workout A – Upper Body/Core/Metabolic

### Circuit 1

1. Bicep Curls (close grip)
2. I Fly High Stepper Knees
3. Chest Press
4. Shoulder T,Y,I Fly

### Circuit 2

1. Triceps Press (close grip)
2. Suspended Jumping Jacks
3. Chest Fly
4. Shoulder Reverse Fly

### Circuit 3

1. Back Rows 45°
2. Hip Drop L/R \*SHM
3. High Back Rows (by ears)
4. Crunches

## Workout B – Lower Body/Core/Metabolic

### Circuit 1

1. Double Leg Squat with Calf Raise
2. I Fly w/Lunge – L/R Alt.
3. Double Leg Squat Hop
4. Static Lunge L/R \*SHM

### Circuit 2

1. Hamstrings Curls
2. Bicycle Runners
3. Hip Press
4. Hip Raise Scissors

### Circuit 3

1. Single Leg Squats L/R
2. Sprinter Starts
3. Side to Side Lunge
4. Floating Lunge – Alt.

## Workout C – Core/Metabolic

### Circuit 1

1. Front Plank (on elbows)
2. Side Plank L/R
3. Reverse Plank (on hands)
4. Reverse Plank w/side to side Hip Swing

### Circuit 2

1. Pike
2. Crunches
3. Sit Ups with L/R Rotation
4. Accordion Crunches

### Circuit 3

1. L/R Full Body Rotations \*SHM
2. Full Body Roll-Outs
3. Hip Drop L/R with leg raise
4. Hip Flexor Thrust

## INTERVAL TRAINING

We will be utilizing a customized Intensity Interval Training program. These types of workouts 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®! 😊 Here it is:

Kill Mode® Intensity = 2 minutes

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

Interval 1: 1 minute hard (level 7), 1 minute hard (level 9 – 10), 2 minutes light (level 3)

Interval 2: 1 minute hard (level 7), 1 minute hard (level 9 – 10), 2 minutes light (level 3)

Interval 3: 1 minute hard (level 7), 1 minute hard (level 9 – 10), 2 minutes light (level 3)

Interval 4: 1 minute hard (level 7), 1 minute hard (level 9 – 10), 2 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.

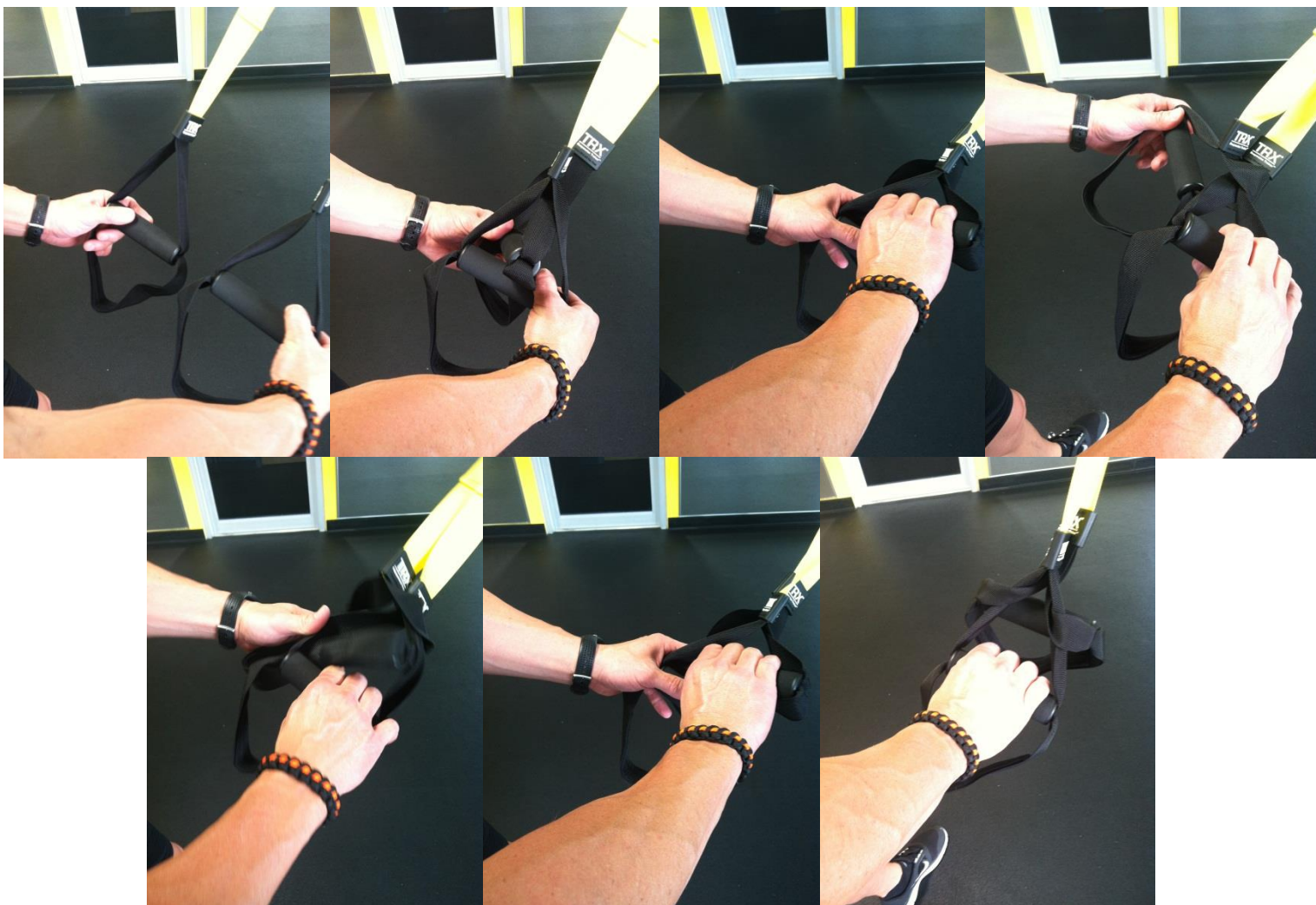
Remember, these intervals are based on YOUR exertion and level of fitness, no one else's. Your “hard” intervals should be a challenge for YOU but not so tiring that you cannot perform subsequent intervals.

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

{space intentionally left blank}

## EXERCISE LIBRARY

### Single Hand Mode:



1. Holding handles side by side, take the one from left side through the right handle from underneath, and pull that one through with your right hand.
2. Grab handle from underneath with Left hand, and pull that through handle on top and pull it tight with right hand, to put it into Single Hand Mode (\*SHM)

## 4 Week Beginner Course

### Workout A

#### Circuit 1

#### Bicep Curls (close grip)



1. Standing with feet shoulder width apart, palms up, hands together, body slightly angled, facing anchor point, curl biceps to forehead and return to start position.
2. Repeat for desired number of reps.

## I Fly High Stepper Knees

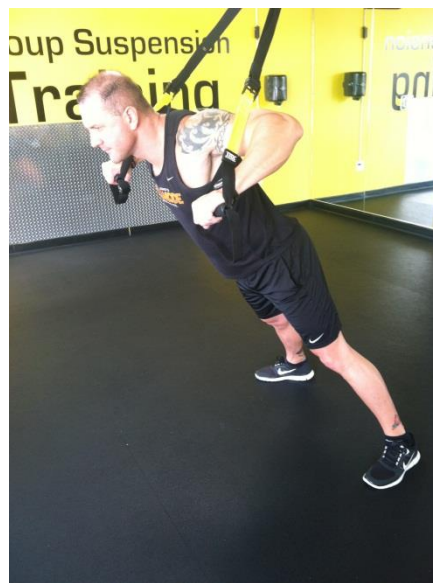


1. Standing facing away from anchor point, arms straight up above head in I Fly position, step up raising right knee/leg up, and then back down. Immediately repeat with Left leg and continue alternating stepper knees in I Fly position.
2. Repeat for desired amount of time.

## Chest Press



Alternate View:



1. Standing in a wide foot stance, body slightly angled, with hands together in front of you at shoulder height, separate hands out to sides and lower chest into a chest press, and then return to start position.
2. Repeat for desired amount of time.



## Shoulder T,Y,I Fly



1. Standing in a wide foot stance, holding straps with thumbs up/arms straight out in front of you above shoulder height, body slightly angled, open arms straight out to sides for T Fly, then bring arms straight back together in start position.
2. Repeat, opening arms to Y Fly position, and then back to start position.
3. Finally, raise arms straight up over head into I Fly position and return to start. These should be fluid movements, transitioning from T, Y, I Fly at a good tempo.
4. Repeat for desired amount of time.

## Workout A - Beginner Circuit 2

### Triceps Press (close grip)



1. Standing in wide foot stance, facing away from the anchor point, body slightly angled, hands together straight out in front of you at shoulder height, bend your arms, with your hands together, over your head and push back through to complete your triceps press and repeat.
2. Continue for desired amount of time.

## Suspended Jumping Jacks



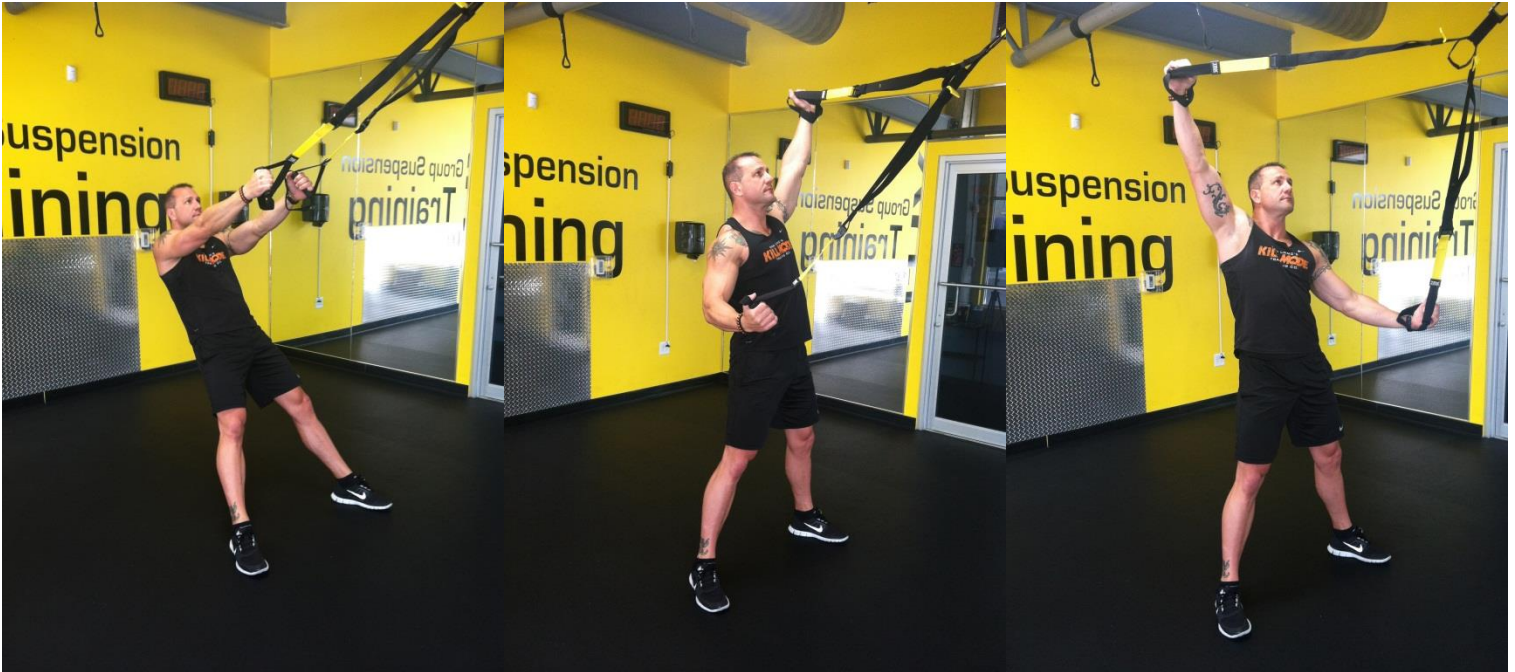
1. Facing away from anchor point, feet together, and arms straight up as shown, begin jumping jacks with hands/arms behind back, and then back up over head as shown.
2. Repeat for desired amount of time.

## Chest Fly



1. In a wide foot stance, body slightly angled, straps above shoulders, arms straight down in front of you with palms facing in, open arms out to sides bending elbows backwards, into a Chest Fly and return to start position.
2. Repeat for desired amount of time.

## Shoulder Reverse Flys



1. Standing in a wide foot stance, facing anchor point, arms straight out in front of you at shoulder length with palms facing in, open arms diagonally out, leading with left arm up first, then closing arms back in to start position
2. Immediately alternate opening your arms, this time leading with Right arm up, opening arms diagonally, and return to start position. Continue alternating arms.
3. Repeat for desired amount of time.

## Workout A - Beginner Circuit 3

Back Rows 45°



1. Standing in a wide foot stance, facing anchor point, arms straight out in front of you, pull arms in, hands toward chest at a 45° angle, and return to start position.
2. Repeat for desired amount of time.

## Hip Drop L/R \*SHM



1. Put straps in SHM, and standing in a offset foot position off to side of anchor point, hold straps in both hands above head as shown. Drop hip to right.
2. Repeat for desired amount of time, and the repeat on left side.

## High Back Rows (by ears)



1. Standing in a wide foot stance, facing anchor point, arms straight out in front of you at shoulder height, body at an angle, bend arms, bringing elbows out to sides, and hands in by your ears, and then straighten arms back out.
2. Repeat for desired amount of time.



## Crunches



1. Lower straps 6' – 8" off ground, on knees, place feet in foot cradles, facing down. Lift knees off ground, and straighten body into plank position on hands. Draw both knees in and out to perform the crunches.
2. Repeat for desired amount of time.

## Workout B - Beginner Circuit 1

### Double Leg Squat with Calf Raise



1. Standing in wide foot stance, facing anchor point, arms straight out in front of you at shoulder height, lean body back, squat down and come back up, and raise your calves.
2. Repeat for desired amount of time.

## I Fly w/Lunge L/R Alt.



1. Facing away from anchor point, hands together, lunge forward, and raise arms straight up – I Fly, and return to start position, bringing arms straight down at shoulder height.
2. Alternate lunges with other leg, while raising arms straight up into I Fly Position, and repeat, continuing to alternate lunges.
3. Repeat for desired amount of time.

## Double Leg Squat Hop



1. Standing in wide foot stance, facing anchor point, arms straight out in front of you at shoulder height, lean body back, squat down and hop up and down.
2. Continue for desired amount of time.

## Suspended Lunge L/R \*SHM



1. Put straps in SHM, and place Right foot in foot cradle, facing away from anchor point. Bend Left knee and lower body to ground into a Static Lunge without allowing knee to touch the ground, and then return to start position.
2. Continue for desired amount of time, and repeat with Left foot in foot cradle.

## Workout B - Beginner Circuit 2

### Hamstrings Curls



1. Lying on back, feet in foot cradles, and hands flat on floor out to sides for support, raise your hips off floor, and curl your knees in toward chest and back out, keeping hips off floor, and repeat.
2. Continue for desired amount of time.

## Bicycle Runners



1. Lying on back, feet in foot cradles, and hands flat on floor out to sides for support, raise your hips off floor, and curl your left knee in toward chest and back out, immediately drawing your right knee into chest, and repeating, keeping hips off ground.,
2. Continue for desired amount of time.

## Hip Press



1. Lying on floor on back, feet in foot cradles, and hands out to side for support, bring knees in at 90° and raise your hips straight up into plank position, then lower to ground and repeat.
2. Repeat for desired amount of time.



## Hip Raise Scissors



1. Lying on back, feet in foot cradles, and hands flat on floor out to sides for support, raise your hips off floor, and open legs out, and back in like scissors, keeping hips off floor while scissoring in and out.
2. Continue for desired amount of time.

## Workout B - Beginner Circuit 3

### Single Leg Squats L/R



1. Standing on Right leg, left leg off ground in front of you, facing anchor point, arms straight out in front of you at shoulder height, and lean body back, squat down as close to ground as possible, and then come back up.
2. Repeat for desired amount of time and then repeat, standing on Left Leg, with Right leg off ground in front of you for desired amount of time.

## Sprinter Starts



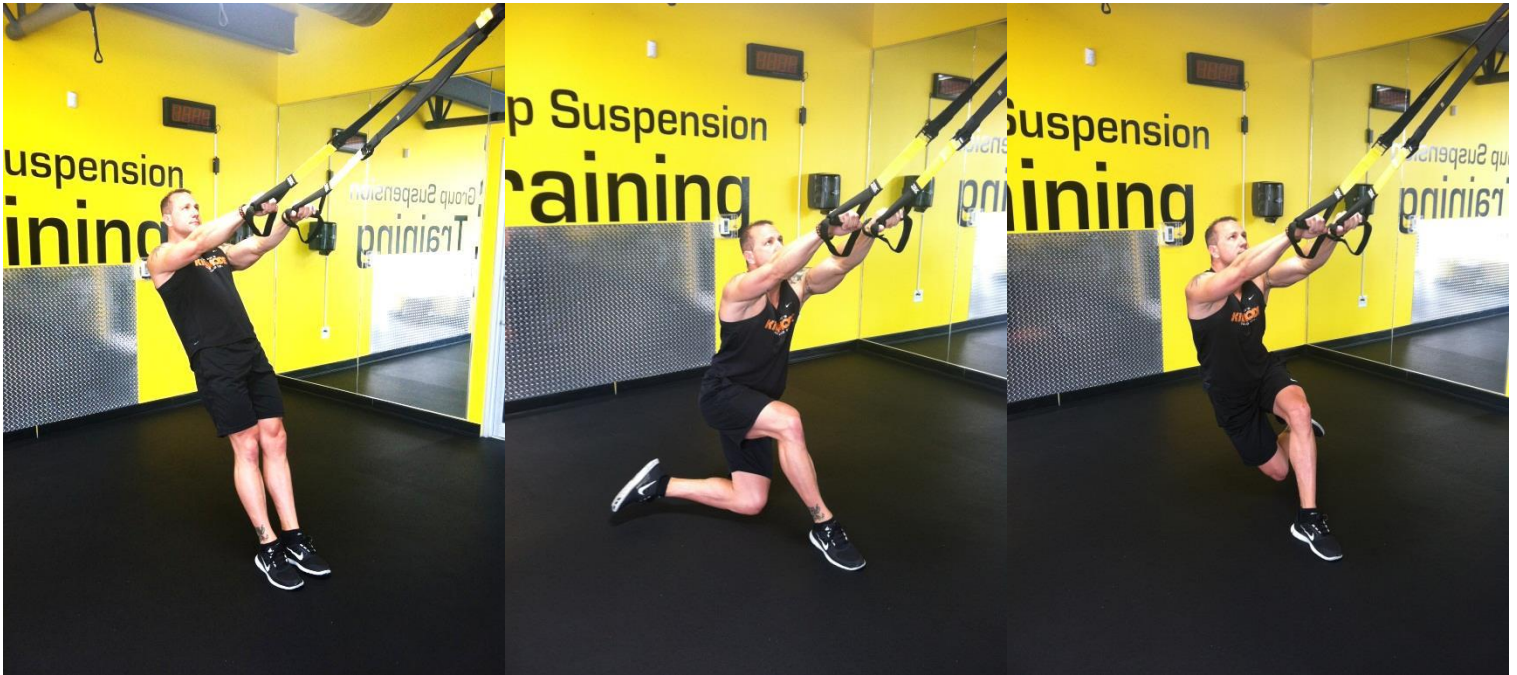
1. Facing away from anchor point, with straps under arms, holding handles with thumbs towards ceiling close to your sides, feet in offset foot position/sprinter start position, raise up your Right knee and them back down, and then immediately raise your Left knee up and then down, and repeat.
2. Continue for desired amount of time.

## Side to Side Lunge



1. Standing with feet together, facing anchor point, with arms straight out in front at shoulder height, palms down, step out with Right leg into a side lunge and push off back to start position, and then immediately step out with your Left leg into a side lunge and return to start position.
2. Repeat for desired amount of time.

## Floating Lunge – Alt.



1. Standing with feet together, facing anchor point, with arms straight out in front at shoulder height, palms down, lift Right foot off ground behind you and out to your left, and then return to start position. Immediately lift Left foot off ground behind you and out to your right side and return to start position and continue alternating.
2. Repeat for desired amount of time.

## Workout C - Beginner Circuit 1

### Front Plank (on elbows)



1. On Knees, face down, place feet in foot cradles, and get elbows. Lift knees off ground and straighten legs into front plank position and hold for desired amount of time.

## Side Plank L/R



1. Put feet in foot cradles, and then lie on your Right side. Lock your feet in an offset foot position (top leg/foot behind bottom leg/foot). Get onto Right elbow, and then lift body straight up on elbow, raising left arm straight up into as shown, and hold for desired amount of time.
2. Repeat on Left Side/Left elbow for desired amount of time.

## Reverse Plank (on hands)



1. Lying on back, with heels in handles, put hands flat on floor, and raise body straight into Reverse Plank and hold for desired amount of time.



## Reverse Plank w/side to side Hip Swing



1. Lying on back, with heels in handles, put hands flat on floor, and raise body straight into Reverse Plank and swing lower body/hip/legs from left to right to create the hip swing, keeping feet together for duration.
2. Continue for desired amount of time.

## Workout C - Beginner Circuit 2

### Pike



1. Starting in Front Plank Position on hands, raise hips up, keeping legs straight, into Pike position, and return to start.
2. Repeat for desired amount of time.

## Crunches



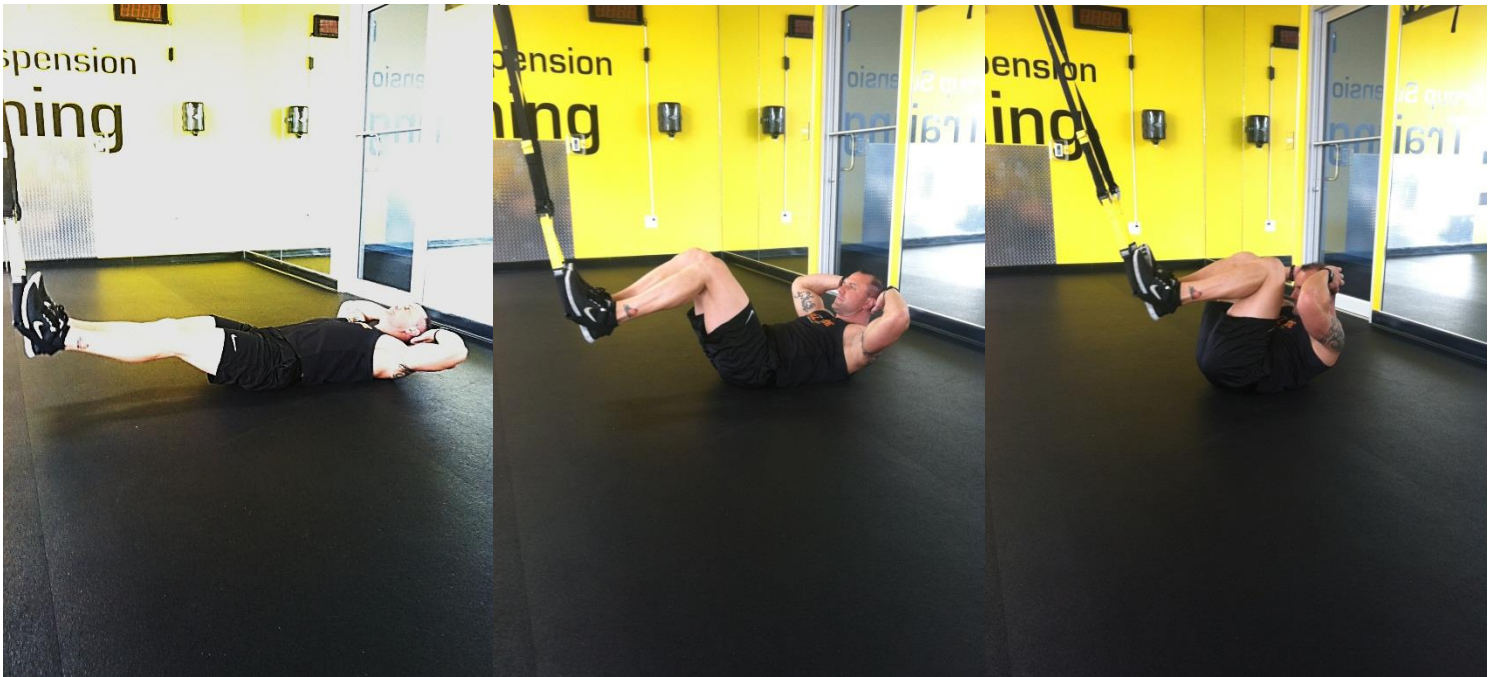
1. Lower straps 6' – 8" off ground, on knees, place feet in foot cradles, facing down. Lift knees off ground, and straighten body into plank position on hands. Draw both knees in and out to perform the crunches.
2. Repeat for desired amount of time.

## Sit Ups with L/R Rotation



1. Put feet in foot cradles, and lie on back. Raise arms straight up over front of body as shown, and lift your upper body/torso off ground. At top of sit ups, twist your torso to your Left and then to your Right, with arms straight out as shown, and then return to start position.
2. Repeat for desired amount of time.

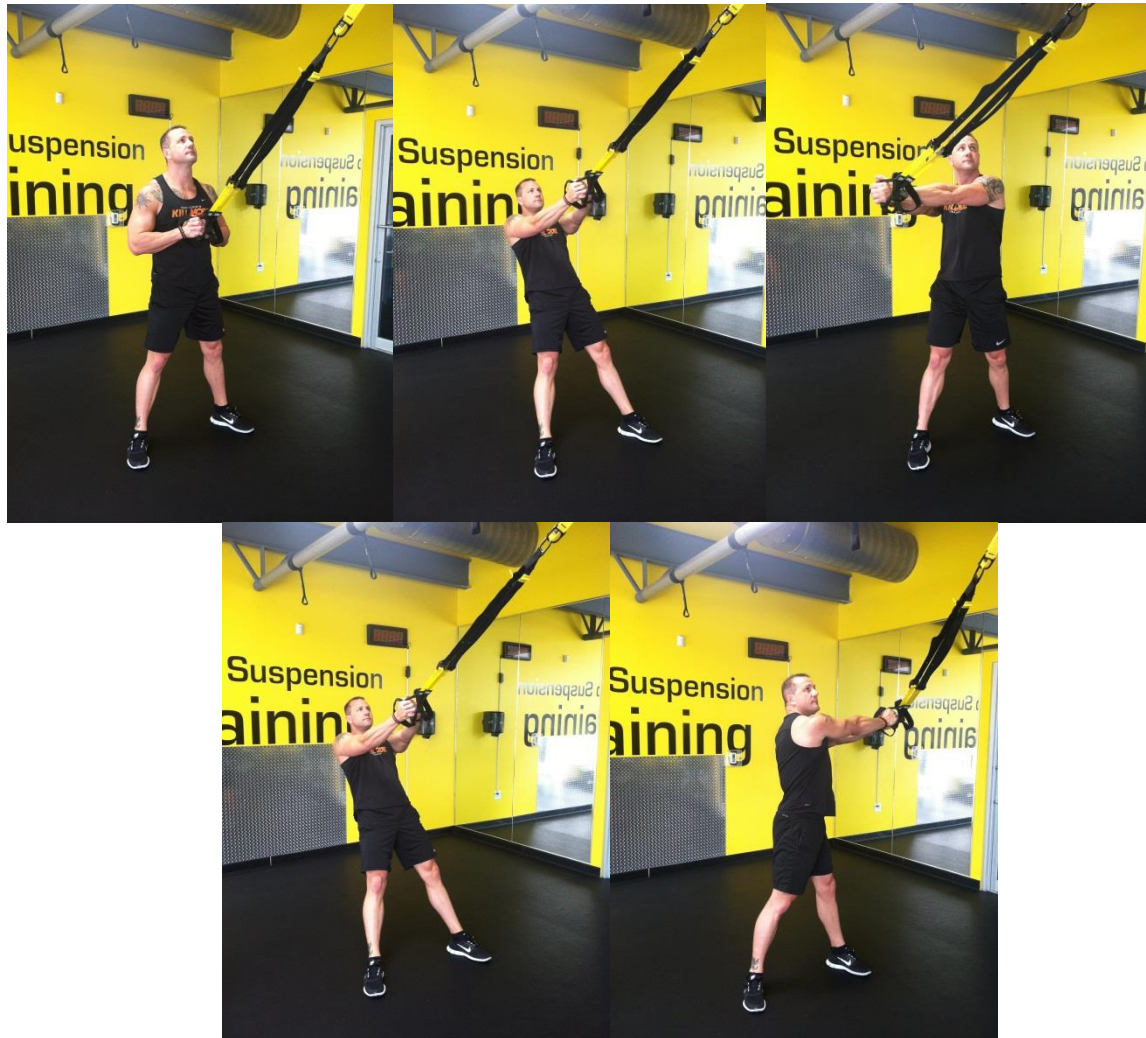
## Accordion Crunches



1. Lying on back, feet in foot cradles, fingertips behind head, raise head/shoulders/upper torso into a crunch position, drawing knees in past elbows. Return to start position.
2. Repeat for duration of time

## Workout C - Beginner Circuit 3

L/R Full Body Rotations \*SHM



1. Put Straps in SHM. Standing in a wide foot stance, facing anchor point, both hands holding on to handle by your chest, lean back with arms extended straight, and then rotate upper body to right, keeping arms straight, and use your core to pull your body forward almost to a straight standing position, without bending elbows.
2. Lower your body back to start position. Repeat with a rotation to your left, and continue alternating.
3. Repeat for desired amount of time.

## Full Body Roll-Outs



1. Standing in a wide foot stance, with straps over your shoulders, facing away from anchor point, hands holding handles palms down off to your sides, roll body out, raising arms straight up as you roll-out completely. Lower arms and pull hips in to return to start position and repeat.
2. Continue for desired amount of time.

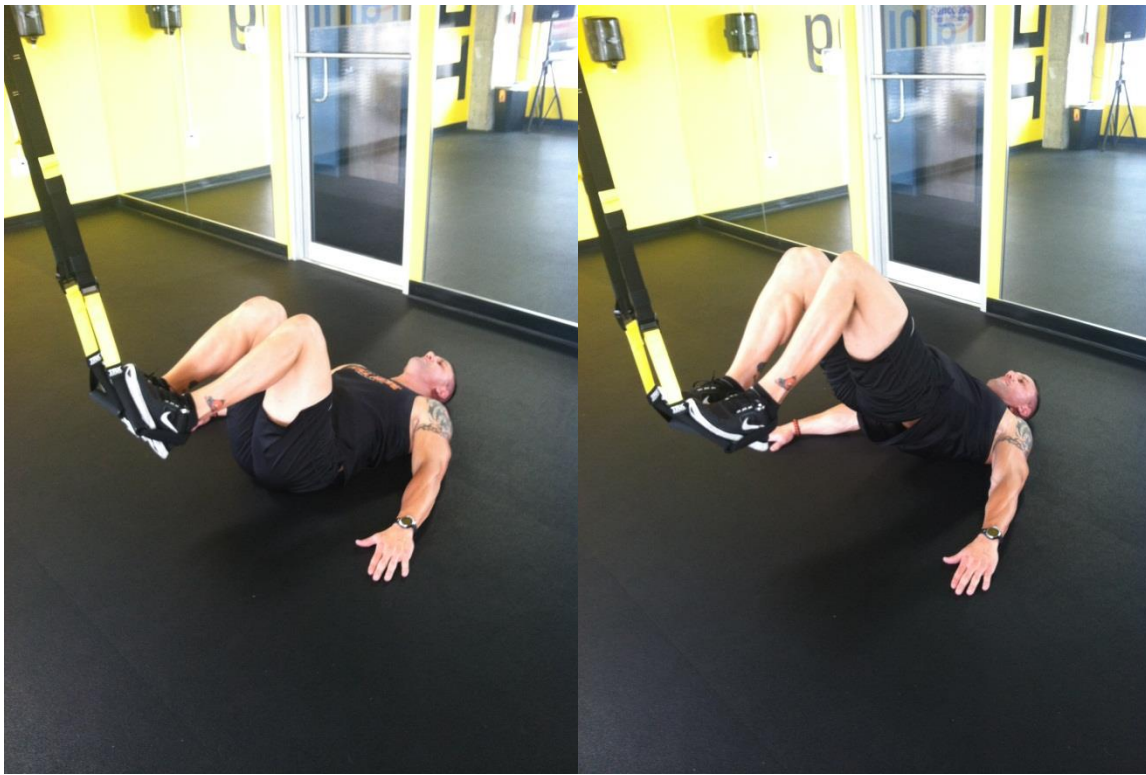
## Hip Drop L/R with leg raise



1. Put straps in SHM, and stand off to side of anchor point, holding handle with both hands over your head. Drop hip to right, and raise left leg up as high as you can.
2. Repeat for desired duration of time, and then repeat with a hip drop to the left with a right leg raise, as high as you can, for desired duration of time.



## Hip Flexor Thrust



1. Lying on floor on back, with feet in foot cradles, and hands out to side for support, raise your hips straight up off ground until body is straight like a surfboard, and immediately lower to ground and then lift again, repeating hip thrusts as fast as you can.
2. Repeat for desired amount of time.

## **Blog**

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