

JillFit 3-Day De-Bloat System

Part 3: Exercise

All workouts will last less than 1 hour

Shedding water is not about doing hours of cardio and in fact, that can actually hinder results

The focus on short & intense workouts

3-Day Workout Schedule:

Day 1: 25-min Metabolic Conditioning Workout #1 + 20 min interval workout

Day 2: 30 min hill sprints (or stair sprints if you cannot run)

Day 3: 25-min Metabolic Conditioning Workout #2 + 20 min interval workout

Day 1: Metabolic Conditioning (you will need 2 sets of dumbbells--1 heavy + 1 light)**25-min Full-Body Weight Training Circuit**

Order	Exercise	Reps	Weight
1	Squat/Shoulder Press Combo	10	Heavy
2	Squat Jumps	10	N/A
3	Lunge/Bent-Over Row Combo	6 ea leg (alternate legs)	Heavy
4	Push-ups (knees or toes is fine)	10	N/A
5	Lunge/Biceps Curl Combo	6 ea leg (alternate legs)	Light/Medium

Do the above 5 movements back-to-back, resting whenever you need to, for 25-minutes straight, trying to get as many rounds as possible with good form

Day 1: Cardio - 20 min Interval Workout

GYM OPTION: 20-min on the Elliptical

Time (min)	Crossramp	Resistance	Segment Length
0-2	10	6	2 min
2-4	10	7	2 min
4-6	10	8	2 min
6-8	10	9	2 min
8-9	10	10	1 min push
9-10	10	6	1 min recovery
10-11	10	11	1 min push
11-12	10	5	1 min recovery
12-13	10	12	1 min push
13-14	10	4	1 min recovery
14-15	10	13	1 min push
15-16	10	3	1 min recovery
16-17	10	14	1 min push
17-18	10	2	1 min recovery
18-19	10	15	1 min push
19-20	10	1	1 min cool-down

HOME OPTION: 20-min Sprints

Find a flat strip at least ~50 meters long (half length of a track straight-away)

Complete a 3-5 min warm-up using a mixture of the following movements: high knees, walking lunges, heel kicks, straight-leg kicks, squats, gallops, skips & arm circles

Perform TWO 50m sprints at 50% effort, rest 1-2 mins between each, then

Perform TWO 50m sprints at 75% effort, rest 1-2 mins between each, then

Perform SIX 50m sprints at 100% effort, rest 1-2 mins between each

Cool-down by walking for ~2-5 min, and perform static stretches

Day 2: 30-min Hill Sprints

Find a stretch of hill that takes about 20s to sprint (approx 15-20% incline, just eyeball it)

Complete a 5 min warm-up using a mixture of the following movements: high knees, walking lunges, heel kicks, straight-leg kicks, squats, gallops, skips & arm circles

**Sprint up hill as fast a possible, then turn & walk back down as slow as you need to in order to muster the same intensity again (usually 2-4 min ea rest).
Complete 8 hill sprints total.**

Cool-down by walking for ~2-5 min, and perform static stretches

If you can't do hill sprints for some reason, do stair sprints instead:

Try to sprint every other step to the top of a staircase (at least 20 steps)

Walk back down, recovering for as long as necessary

Repeat to complete a total of 15 stair sprints

Day 3: Metabolic Conditioning (you will need 2 sets of dumbbells--1 heavy + 1 light)

25-min Full-Body Weight Training Circuit

Order	Exercise	Reps	Weight
1	Lunge R/Squat/Lunge L/Squat	12 (count squats)	Heavy
2	Burpees	12	N/A or light DBs
3	Renegade Rows (push-up position, row DBs)	12 ea side	Heavy
4	Lunge/Shoulder Press Combo	6 ea leg	Medium/Heavy
5	Standing Side Raise/Front Raise ALT	12 ea way	Light/Medium

Do the above 5 movements back-to-back, resting whenever you need to, for 25-minutes straight, trying to get as many rounds as possible with good form

Day 3: Cardio - 20 min Interval Workout

GYM OPTION: 20-min on the Recumbent Bike (Advanced)

Time (min)	Level (1-20)	Recommended RPM	Segment Length
0-2	9	100+	1 min
2-4	10	90+	1 min
4-6	11	80+	1 min
6-8	12	70+	1 min
8-10	1	50+	1 min
10:00-10:20	20	100+	20s push
10:20-11:00	1	N/A	40s rest

Continue to alternate 20s at Level 20 (push) with 40s at Level 1 (rest) to complete 8 total rounds (bringing you to 18:00)

18-20	1	50+	2 min cool-down
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HOME OPTION: 20-min Sprints (same as Day 1)

Find a flat strip at least ~50 meters long (half length of a track straight-away)

Complete a 3-5 min warm-up using a mixture of the following movements: high knees, walking lunges, heel kicks, straight-leg kicks, squats, gallops, skips & arm circles

Perform TWO 50m sprints at 50% effort, rest 1-2 mins between each, then

Perform TWO 50m sprints at 75% effort, rest 1-2 mins between each, then

Perform SIX 50m sprints at 100% effort, rest 1-2 mins between each

Cool-down by walking for ~2-5 min, and perform static stretches