

Funk Roberts
FITNESS

www.funkrobertsfitness.com



**6 MINUTE
METABOLIC DUMBBELL
MINI BLASTERS**

**6 FAT BURNING
DUMBBELL ONLY CIRCUITS
TO BUILD MUSCLE AND
GET LEAN**

**HIGH INTENSITY CIR-
CUITS TO GET YOU RIPPED IN
ONLY 6 MINUTES**

BROUGHT TO YOU BY FUNK ROBERTS



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MEDICAL DISCLAIMER

Please Note: The recommendations in this and any other document are not medical guidelines but are for educational purposes only. **You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity.**

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Marc “Funk” Roberts, or anyone associated with Funk Roberts Fitness Inc. advises readers to take full responsibility for their safety and know their limits.

Before partaking in the exercises in this or any other program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction.

Always do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Funk Roberts Fitness Inc.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

If you have any pre-existing back or physical injury, DO NOT START THIS PROGRAM until you have full clearance from your physician.

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(READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS MANUAL)

I UNDERSTAND AND ACKNOWLEDGE THAT THERE ARE RISKS INVOLVED IN PARTICIPATING IN ANY EXERCISE PROGRAM AND / OR ANY EXERCISES CONTAINED WITHIN THIS MANUAL IN CONSIDERATION FOR BEING ALLOWED TO UTILIZE THE INFORMATION IN THIS MANUAL.

I AGREE THAT I WILL ASSUME THE RISK AND FULL RESPONSIBILITY FOR DETERMINING THE NEED FOR MEDICAL CLEARANCE FROM MY PHYSICIAN AND OBTAINING SUCH CLEARANCE, THE SAFETY AND/OR EFFICACY OF ANY EXERCISE PROGRAM RECOMMENDED TO ME, AND ANY AND ALL INJURIES, LOSSES, OR DAMAGES, WHICH MIGHT OCCUR TO ME AND / OR TO MY FAMILY WHILE UTILIZING THE INFORMATION IN THIS MANUAL. AND TO THE MAXIMUM EXTENT ALLOWED BY LAW I AGREE TO WAIVE AND RELEASE ANY AND ALL CLAIMS, SUITS, OR RELATED CAUSES OF ACTION AGAINST FUNK ROBERTS FITNESS OR FUNK ROBERTS, HIS EMPLOYEES, FOR INJURY, LOSS, DEATH, COSTS OR OTHER DAMAGES TO ME, MY HEIRS OR ASSIGNS, WHILE UTILIZING ALL THE INFORMATION OR PARTAKING IN THE EXERCISES CONTAINED WITHIN THIS MANUAL OR VIDEO LIBRARY. I FURTHER AGREE TO RELEASE, INDEMNIFY AND HOLD FUNK ROBERTS FITNESS INC AND MARC FUNK ROBERTS FROM ANY LIABILITY WHATSOEVER FOR FUTURE CLAIMS PRESENTED BY MY CHILDREN FOR ANY INJURIES, LOSSES OR DAMAGES.

INTRODUCTION

Welcome to the Dumbbell Mini Blasters Follow Along Workouts. If you are someone who is looking for an incredibly fast yet incredibly effective way to improve your physical conditioning, build greater power, *and* torch fat, you have come to the right place.

My 6 Minute Metabolic workouts are designed for the busy person in mind. While each workout is only going to last six minutes and can be done as a stand-alone session when you're really in a time crunch, you can also use these workouts together with each other or in conjunction with your current workout plan.

HOW TO USE THESE WORKOUTS

Using Your 6 Minute Workouts

The great thing about this program is that it offers you a wide array of programming options. This makes it a no-brainer approach to integrate into your routine. Whatever you currently happen to be doing for your workouts, you can find a way to fit my 6 minute program into the mix.

Here are a few of the great ways they can be worked into the mix.

USE AS A STAND ALONE SESSION

The first way to use this workout is to simply use it on its own. 6 minutes. You and your running shoes. That's it.

Who doesn't have time for this?

If you are looking to get fit in a hurry, choose any one of my 6 minute metabolic protocols and get started. You can get it over and done with (and changed!) in less than 10 minutes.

Now you have absolutely no reason not to get your workout in. For those days where you are exceptionally busy and can't hit the gym, this is going to be your ideal option.

STACK THE WORKOUTS TOGETHER (METABOLIC MERGE STYLE)

The next way that you can use these workouts is to actually stack them together in what I like to call 'Metabolic Merge Style'. By doing this, you are going to create a total full body workout that is going to give you a huge metabolic boost, ensuring that fat burning occurs at a lightning fast rate.

This is a great option for those who have a little more time during the day and want to ensure that they cover all their main muscle groups. As I have 6 minute workouts that cover the upper body, the lower body, that focus on the cardio element of things, that work your abs, as well as that target plyometric type of activities, you'll have no shortage of options to consider.

These should still only take you around 30 minutes or so, so you aren't looking at an incredibly long workout either. It's the perfect way to get fit in a hurry.

USE AS A FINISHER

The next manner in which you can use my 6 minute workouts is added onto your current workout routine as a finisher exercise. Finishers are one of my favorite ways to take your fitness level up a notch.

Essentially, you are doing your regular workout session, bringing yourself to the point of fatigue, but then after that, are going to push the barrier even further.

The end result?

A level of progress that you likely never thought possible. When used right, finishers help to train your body to tolerate more so that the next session you go to, you can do more in the main workout, thus improving your progress.

Finishers are not meant to last a long time, but are meant to be of a high intensity level, so these 6 minute workouts are perfect here.

You'll want to choose just one workout per session, alternating workouts as you go. You can either choose to do a finisher that is going to work the same muscle group that you just worked out in your main session, or choose to do one that is going to work an opposing muscle group, allowing you to hit your muscles with a higher overall training frequency.

Either approach will work great and should deliver you superior results.

DO THEM FOR ROUNDS

Finally, the last way that you can use these 6 minute workouts in your protocol is by doing them for rounds. Let's say you really want to bring up your upper body for example. That is the perfect scenario for doing my 6 minute upper body blaster on repeat for two to four rounds.

Since each workout lasts 6 minutes and you'll want to allow for around 2 minutes of rest between each one, this means that per four round workout, you'll be looking at right around 30 minutes in length.

This is a great alternative to the Metabolic Merge approach when you only want to focus on a single area of the body. If you plan to use these 6 minute workouts daily and therefore don't want a full body approach, this would be the better route to go.

TIPS BEFORE YOU START THE WORKOUTS

I'm excited for you to start using these Mini Blaster Follow Along workouts. You can use these as full workouts or as an add on to your training session.

In both cases I mentioned above, please read through these tips to ensure your sessions are efficient and effective.

1 WARM UP WITH A CALISTHENICS WARM UP AND DYNAMIC STRETCH BEFORE EVERY WORKOUT SESSION - CLICK BELOW FOR VIDEOS

WARM UP

<https://www.youtube.com/watch?v=g04Nz18FqkA>

JOINT MOBILITY DYNAMIC STRETCH

<https://www.youtube.com/watch?v=xb0xmQRi7fM>

2 ENSURE THAT YOU STRETCH AFTER YOUR WORKOUT SESSION

POST WORKOUT STRETCH

<https://www.youtube.com/watch?v=2wMSSupoCI8>

3 USE A FOAM ROLLER TO HELP LOOSEN THE FASCIA PRIOR TO OR AFTER YOUR WORKOUTS

FOAM ROLLING DEMO

<https://www.youtube.com/watch?v=za2t238RtCY>

4 DO NOT ATTEMPT ANY EXERCISES THAT YOU AREN'T SURE HOW TO DO. YOU CAN FIND MOST OF THESE EXERCISES ON THE WEB, IF YOU ARE NOT SURE OF THE MOVEMENT.

5 DRINK A TON OF WATER BEFORE, DURING AND AFTER YOUR WORKOUT SESSION. STAY AWAY FROM SPORTS DRINKS UNTIL AFTER YOU'VE FINISHED YOUR WORKOUT.

6 YOU MUST HAVE SOME LEVEL OF FITNESS BEFORE ATTEMPTING THESE FINISHER WORKOUTS.

7 ALWAYS USE GOOD FORM AND TECHNIQUE WITH EACH EXERCISE. IF YOU GET FATIGUED TAKE A QUICK BREATHER SO YOU CAN GET BACK TO GOOD FORM. DO NOT SACRIFICE TIME FOR TECHNIQUE. DO IT RIGHT TO GET THE BEST RESULTS.

8 IF YOU WANT TO START THIS OR ANY OTHER PROGRAM BUT THINK YOU HAVE AN INJURY, GET MEDICAL ATTENTION FIRST AND HAVE A PROFESSIONAL THERAPIST REHABILITATE YOUR INJURY BEFORE STARTING ANY EXERCISE PROGRAM.

9 IF IT HURTS, STOP! DON'T BE AFRAID TO USE ALTERNATIVE EXERCISES. I DON'T BELIEVE IN THE "NO PAIN, NO GAIN" MENTALITY...THAT SAID

10 CLEAN NUTRITION AND GOOD EATING HABITS IS THE KEY TO INCREASING YOUR ENERGY, BUILDING MUSCLE, BURNING FAT, IMPROVING STRENGTH, DECREASING INFLAMMATION AND CHANCES OF INJURY.

DOWNLOAD THESE DONE FOR YOU OR DO IT YOURSELF NUTRITION PLANS

<http://funkstmealplans.com/spartannutrition/>

SAMPLE SCHEDULE

MONDAY	Upper Body Dumbbell Blaster
TUESDAY	Lower Body Dumbbell Blaster
WEDNESDAY	Dumbbell Core Workout
THURSDAY	Chest Crusher Workout
FRIDAY	Dumbbell Hydrotrophy Workout
SATURDAY	Dumbbell Ab Blasters
SUNDAY	REST

THE WORKOUTS

INSTRUCTIONS: Perform each exercise for **30 seconds of work** followed by **15 seconds rest** one after the other for 2 straight rounds.

Warm Up

#	EXERCISE	TIME	1	2
1	Jumping Jacks	30s work 15s rest		
2	Seal Jacks			
3	Pogo Hops			
4	Jumping Twists			
5	Alternating Leg Raises			

Day 1 - Upper Body Dumbbell Blaster

#	EXERCISE	TIME	1	2
1	Lying Chest Press	30s work 15s rest		
2	Bent Over Rows			
3	Standing Shoulder Press			
4	Dumbbell Regular - Hammer - Reverse Curls			

Day 2 - Lower Body Dumbbell Blaster

#	EXERCISE	TIME	1	2
1	Dumbbell Racked Front Squats	30s work 15s rest		
2	Dumbbell Deadlifts			
3	Dumbbell Lunges			
4	Stiff Legged Deadlifts			

Day 3 - Dumbbell Core Workout

#	EXERCISE	TIME	1	2
1	Dumbbell Snatch	30s work 15s rest		
2	Farmers Carry			
3	Get Up Sit Ups			
4	Single Arm Plank Row			

Day 4 - Chest Crusher Workout

#	EXERCISE	TIME	1	2
1	Dumbbell Push Ups	30s work 15s rest		
2	Chest Crusher			
3	Alt Dumbbell Press			
4	Wide Floor Dumbbell Press			

Day 5 - Dumbbell Hydrotrophy Workout

#	EXERCISE	TIME	1	2
1	Dumbbell Crush Press	30s work 15s rest		
2	Bent Over Rows			
3	Reverse Lunge Left			
4	Reverse Lunge Right			

Day 6 - Dumbbell Ab Blasters

#	EXERCISE	TIME	1	2
1	Alternating Diagonal Chop (2 Dumbbells)	30s work 15s rest		
2	Windshield Wipers			
3	Russian Twist			
4	Sit Up Punches			

Day 7 - Rest