

THE BEST FAT LOSS EXERCISES You've Never Heard Of



**INSANE
NEW
Exercises
To Get You
SHREDDED!**



By Nick Nilsson



Your Five FREE Sample Exercises

When you're training for fat-loss, you NEED exercises that challenge your body in unique ways.

The more inefficient your body is at an exercise, the more calories you'll burn doing it and the greater the metabolic boost you'll get from it.

That's where THESE five exercises come in...

Your body won't know what hit it and your metabolism will be CRANKED from the very first time you try it.

So take these five exercises for a test drive then imagine the fat-loss results you'll get using the other 47 exercises found in The Best Fat Loss Exercises You've Never Heard Of!



Nick Nilsson
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Please Note: Any exercise program contains an element of risk. Be aware that the exercises in the book may not be familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility. Consult your physician before taking part in any exercise program. By reading the information in this book you hereby agree to the Terms and Conditions of use, found in this book.

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Bench Step-Ups to Step Back Lunges

This is a great lower body combo exercise that will basically hit your ENTIRE lower body in one shot. It's also going to challenge your cardio capacity because it works such a tremendous amount of muscle mass.

This is GREAT for fat loss.

For this one, you'll need a bench (or a Step platform) and some form of resistance - I'm using dumbbells but you can also use kettlebells or any heavy objects you can grab that you have at home. I wouldn't recommend a barbell because balance can be an issue on this exercise.

You'll be combining two lower body exercises - first you're going to do a step up onto the bench then when you step back down, you'll immediately drop back into a step-back lunge.

So grab a couple of dumbbells and stand in front of the bench. Set your right leg up on the bench. The KEY to remember here is that your FRONT leg is always the one doing the work, both in the step-up and the step-back lunge.



Now step up onto the bench. DO NOT set the other foot on the bench at the top - you want to just stay balancing on your right foot.



Now step your left foot back down onto the floor and take your right foot off the bench.



Now you're going to put your RIGHT foot back into the step-back lunge. Come all the way back down until your knee is on the ground.



Come back up out of the lunge (again, pressure on the front leg) then put your right foot back on the bench and repeat.



Do your reps with your right leg on the bench then switch and lead with your left leg on the bench. You can do this on alternating sets or go straight to the left leg right after.



[Watch the video of this exercise in action here!](#)

Low Pulley Push-Up Cross-Overs

This exercise is a deadly combination of three different methods of resistance.

First, you're going to be doing a regular push-up (on your fists) - no problem there.

Second, you're going to be holding the two low pulleys of a cable cross-over machine in your fists while you're doing the push-up. These pulleys will be actively trying to pull your hands apart while you're doing the push-ups, forcing your pecs to contracting constantly and directly laterally while they're also being used to push your body up.

Third, on each rep, we're going to balance on one fist then bring one handle underneath and across your body, similar to a crossover that comes across. This is going to add great tension to the extreme inner pec area.

Combine all these into one exercise, and you've got a DEADLY chest movement (that fourth form of resistance is adding directly onto the push-up via a sandbag on your back, or weight plates, or a partner pushing down).

Here's how to do set it up and do it...

First, set the handles on the low pulleys and set a fairly light weight on the first time you do it. Kneel down and grab one handle then go over and grab the other.



Get into push-up position on your fists, bring the cables into the middle. Set your feet out wide to increase your base of support for when you're on one fist.



Come down into the bottom position of the push-up then back up.





Now the fun part...while balancing on your left fist, bring the cable underneath and across your body, squeeze and hold for a second or two. This will light up the inner aspect of your pecs.



Bring your hand back out and set it down again.



Drop down and do another push-up then come back up and bring the OTHER hand under and across and squeeze. Repeat until your chest is basically screaming...



Besides working your chest, this targets a significant number of muscles in your ENTIRE upper body, making it a GREAT metabolism-boosting exercise.



[Watch the video of this exercise in action here!](#)

Elevated Dumbbell Renegade Rows

The Renegade Row is a great back and core exercise that's very straightforward to perform. It's like combining a plank with a one-arm dumbbell or kettlebell row movement. You hold yourself up on one arm while rowing the weight up with the other.

The single-side resistance puts tremendous tension through the core while you're getting some nice back work.

This version of the Renegade Row has one big difference...instead of having your feet on the floor, they'll be up on a flat bench so that your body is flat rather than on an incline.

This changes where the exercise hits your core (more in the lower aspect, with a lot of tension going through the adductor muscles). It also changes up the angle on your back training a bit, too.

To do this one, you'll need a flat bench and two dumbbells. Go with weights you can very easily do rows with. I'm just using 65 lb dumbbells here and I can row about 3 times that much for one arm DB rows. It's your core strength that's going to determine how much weight you can use with this one.

Set your hands on the dumbbells then set your toes on the bench, with your feet out wide. You want to form a triangle with your base of support..you'll be on two feet and one hand during most of the movement.

Start with your body in a straight plank position.



Now row up one dumbbell. You'll have to angle your body a bit to do the row and

you'll have to tighten the adductors and core strongly to maintain your body position on the bench.



Set the dumbbell back on the floor.



Then row on the other side.



Make sure you keep that support arm locked out straight and keep your body as straight as possible.

It's a tough exercise for the core and very effective for getting your metabolism cranked up!



[Watch the video of this exercise in action here!](#)

One Dumbbell Shoulder Press

This version of the shoulder press resembles a "strongman" type of movement where you're treating the dumbbell like an odd-shaped object rather than a dumbbell.

It a front-delt accentuated type of exercise, similar to an Arnold Press but without rotating elbows and shoulder stress.

This exercise keeps the elbows out in front of you, which helps keep the shoulder joint more stable than the regular elbows-out press.

First, you'll need a moderate to heavy dumbbell (just one). Set it on the floor. Reach down and grab it with both hands. Lift the dumbbell to your chest then lean back so you're supporting the dumbbell on your chest.

Now change your grip from on the handle to putting your palms under the dumbbell plates so your fingers are gripping the sides of the plates the dumbbell is being held vertically.



Press directly up as high as you can. As the dumbbell clears your head, move it back and over top of your head to engage the rear delts and get full contraction on the shoulder muscles.



Lower down then press again. Simple from there - it's just a straight-up shoulder press using a different way of holding the dumbbell.

When you're done with the set, lean back and rest it on your chest again. Grab the handles then set it back down on the ground.



[Watch the video of this exercise in action here!](#)

Staggered Stiff Legged Deadlifts

For developing hamstrings, there's not much better than a good Stiff Legged Deadlift. THIS is a great variation of it.

Basically, you're going to get the advantages of a regular stiff-legged deadlift (the ability to use a good amount of weight) AND the advantages of a one-legged stiff-legged deadlift (focus on one leg at a time).

I like this exercise for athletes - especially those who have to lunge forward then pull back, e.g. tennis, for example. Though honestly, any athlete who places high force requirements on the hamstrings is going to benefit from this one. The uneven pull on the body is really beneficial.

So load up the bar with about 1/2 of what you'd normally do for barbell SLDL's (to start with).

You can start one of two ways with this exercise. You can go directly to the staggered position right out of the bottom - basically, all you do is set one foot a bit back from the other. In the demo, I have my right foot toes in line with the heel of my left foot.

You don't want much separation here.



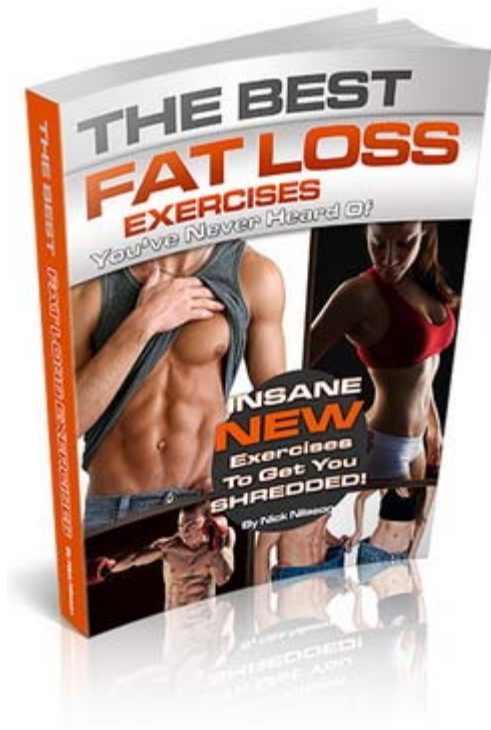
Basically, it's the exact same exercise as the regular SLDL only you have your legs a little staggered. The balance is a bit different, too. Your front leg is going to have the primary tension on it.



This is a great alternative to normal Stiff-Legged Deadlifts!



[Watch the video of this exercise in action here!](#)



[Learn more about "The Best Fat Loss Exercises You've Never Heard Of" here!](#)