

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE



Welcome to the My Trainer Bob Inside Out DVD Series. This series has everything you need to change your body, and power a healthier life. It's not about how many days; it's not about how many pounds, it's about making a decision to do what it takes to change your life. I've been in the fitness industry for a long time. I've taken the size 4 girl to a size 2, the guy with the 6-pack abs to 8-pack abs, I've helped the mother who had lost control of her weight – gain herself back, and the father who couldn't bear to stand, in enough shape to dance his daughter down the aisle. I know what it takes, how hard you have to work, and I'm here to push you further than you've ever gone, to get you in the best shape of your life.

My DVD series is going to give you the workout of your life. Everything you need from a fitness program is right here. I have a strength program that utilizes mostly your own body weight, with light weights. The objective here is to build the lean muscle you need, to burn away fat.

My cardio workout is about working the most important organ in your body – your heart. The more your heart pumps during your workout, the more it continues to pump even when you're at rest, so you'll continue burning calories and fat all day long.

My yoga routine gives you all the benefits of a yoga workout, with the added intensity of a strength workout. So you're going to elongate your body, relieve all the tension, and stress on your joints, but you're also going to build lean muscle and burn fat!

Finally, there's my workout. People are always asking me what kind of workout I do. So I'm putting it out there, only for fans of mytrainerbob.com. This workout is very personal to me, and it's definitely a challenge. But if you can get through my other workouts, you'll be ready for the ultimate challenge.

Start off with 4 workouts a week. Even if you can only do 25 minutes the first few times around, that's fine. As you get stronger and gain endurance, you will be able to gradually build your way through the series until you're able to complete the full workouts 6 to 7 times a week.

Note: Expect to be challenged. I am here to push you further than you've ever gone, further than where you thought a workout could take you. From beginners to advanced, whether you have 100 pounds to lose or 10, today is the day you change your life! You've got me as your trainer now – lets go!

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this or any exercise program. The instructions and advice presented in these videos are in no way intended as a substitute for medical consultation, the instructor disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

Please reserve the utmost caution when performing any of the exercise routines found in the My Trainer Bob Inside Out Method DVD Series. Bear in mind, that the professional athletes and personal trainers depicted in this series, have years of training experience, and professional certifications. Over exertion does lead to injury; as with any exercise program, this system should be followed at a pace comfortable for each individual.

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE

Week 1 Schedule

During this first week with the Inside Out Method DVD Series you will have to mentally, and physically prepare for this challenge. My method from the Inside Out starts with believing in yourself, and knowing that you deserve to have a healthy body.

MONDAY		I want 100% - everything you've got physically. For my beginners and intermediate start with the beginner's workout. Try to get through the entire 25 minutes, even if you have to take a few breaks. The key is to start off strong. For my advanced people - show me what you're made of. This workout is tough, but you can do it. If you can get all the way through the down and outs without stopping - you're halfway home. Remember there is always a modifier, if a move is too difficult try the modified version the first couple times around. Perfect execution guarantees results...so focus on form, and technique instead of flying through the reps.
TUESDAY - REST TODAY		
WEDNESDAY		The most important muscle in your body is your heart, and my Cardio Conditioning routine is going to help you strengthen that muscle! I need my beginners to commit to pushing through the warm-up and the first 20-minutes of this challenge. Don't worry about using any weights at this point. If you're advanced, go for it. Exert 100% of your energy during this routine. Losing the weights for this first week is fine. There are some pretty complex sequences, so you may want to focus getting the moves down, before adding weights.
THURSDAY		It's your first few days having me as your trainer, stay with me. Yoga for the Warrior, it's going to help loosen and strengthen your muscles, and improve your range of motion. Not feeling like you can even bend over? Don't worry. If you're a beginner there's going to be some tough poses, especially when it comes to balancing on one leg. Try the modified version, and if that's still too much, just try to mimic the motion i.e., instead of trying to reach for your toes and extend one leg in the air behind you, just bend over and reach for your toes, holding it for the recommended time. You'll still give your body the stretch it needs, and it'll soon respond and do what you want it to do. For my advanced people, this routine has proved difficult for even the fittest yogi, so you may need to start off following the same routine as the beginners.
FRIDAY - REST TODAY		
SATURDAY		This is where the real fun begins! Where not only do you have me as your trainer, but you also get to complete My Workout! These are the top exercises taken from my everyday routine. There aren't any modified versions of this routine, so you'll definitely want to reassess where you are and what you can handle. Start off with lighter weights, but push through as much of this routine as you can without stopping. This week try to get through a half hour of routine one. Mentally prepare yourself for each move, this workout is guaranteed to take your workout to the next level.
SUNDAY - REST TODAY		

What To Do Next? Take your workout to the next level. My Trainer Bob is your free online resource for everything fitness. Get Bob's expert diet and exercise advice, tips on how to stay motivated, and tools to help you track your results. Sign up now at www.mytrainerbob.com/daily-journal to download your

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE

complete 4 week instructional guide on how to work out with this super challenging series! I'm showing you what to do every day to get results. Challenge for life starts now with Week 1. Be sure to check back next week for week 2's guide. Check out www.mytrainerbob.com for additional fitness tips, challenges and more!

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE



Welcome to the My Trainer Bob Inside Out DVD Series. This series has everything you need to change your body, and power a healthier life. It's not about how many days; it's not about how many pounds, it's about making a decision to do what it takes to change your life. I've been in the fitness industry for a long time. I've taken the size 4 girl to a size 2, the guy with the 6-pack abs to 8-pack abs, I've helped the mother who had lost control of her weight – gain herself back, and the father who couldn't bear to stand, in enough shape to dance his daughter down the aisle. I know what it takes, how hard you have to work, and I'm here to push you further than you've ever gone, to get you in the best shape of your life.

My DVD series is going to give you the workout of your life. Everything you need from a fitness program is right here. I have a strength program that utilizes mostly your own body weight, with light weights. The objective here is to build the lean muscle you need, to burn away fat.

My cardio workout is about working the most important organ in your body – your heart. The more your heart pumps during your workout, the more it continues to pump even when you're at rest, so you'll continue burning calories and fat all day long.

My yoga routine gives you all the benefits of a yoga workout, with the added intensity of a strength workout. So you're going to elongate your body, relieve all the tension, and stress on your joints, but you're also going to build lean muscle and burn fat!

Finally, there's my workout. People are always asking me what kind of workout I do. So I'm putting it out there, only for fans of mytrainerbob.com. This workout is very personal to me, and it's definitely a challenge. But if you can get through my other workouts, you'll be ready for the ultimate challenge.

Start off with 4 workouts a week. Even if you can only do 25 minutes the first few times around, that's fine. As you get stronger and gain endurance, you will be able to gradually build your way through the series until you're able to complete the full workouts 6 to 7 times a week.

Note: Expect to be challenged. I am here to push you further than you've ever gone, further than where you thought a workout could take you. From beginners to advanced, whether you have 100 pounds to lose or 10, today is the day you change your life! You've got me as your trainer now – lets go!

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this or any exercise program. The instructions and advice presented in these videos are in no way intended as a substitute for medical consultation, the instructor disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

Please reserve the utmost caution when performing any of the exercise routines found in the My Trainer Bob Inside Out Method DVD Series. Bear in mind, that the professional athletes and personal trainers depicted in this series, have years of training experience, and professional certifications. Over exertion does lead to injury; as with any exercise program, this system should be followed at a pace comfortable for each individual.

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE

Week 2 Schedule

You can't expect to lose 50lbs overnight. Getting fit is a process, and if you do the work, trust that the process will work. You are working hard on your body, but you also have to think about what you are putting inside it. Don't negate all your hard work with poor eating. Eating right + Exercise = Weight Loss.

MONDAY		As you start off week two, your muscles should be responding greater to this exercise. I want everyone from beginners to advanced, to work through the entire workout. Even if you have to pause or take a break, I at least want you to mentally go through it. The people working out with me are just as fatigued as you are, but they don't stop! So push yourselves.
TUESDAY		Put yourself on the back by going just as hard with your cardio today. My Inside Out Method is about finding that inner strength, and gaining the mental toughness to achieve anything you set your mind to. You'll need to psych yourself up to get all the way through the double arm swings and suitcase swings, but you can do it!
WEDNESDAY - REST TODAY		
THURSDAY		I want to make sure that everyone is drinking plenty of water throughout the entire routine and immediately after completing 'Yoga for the Warrior'. This workout is definitely a sweat maker! Remember to breathe deep, and center your mind. Try to reach a little further, hold your poses longer, and exert stronger control over your movements. Patience, and practice makes perfect --so keep working all the way through the workout.
FRIDAY - REST TODAY		
SATURDAY		It's my job to give you the hardest workout that I can possibly give you, and here it is! Second week of completing my workout how are you feeling? Well, I know you're tired but after this, you're done for the week. Give me a solid 30-minutes of the 2nd routine. I know it's tough, but hang in there, don't quit on me!
SUNDAY - REST TODAY		

What To Do Next? Take your workout to the next level. My Trainer Bob is your free online resource for everything fitness. Get Bob's expert diet and exercise advice, tips on how to stay motivated, and tools to

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE

help you track your results. Sign up now at www.mytrainerbob.com/daily-journal to download your complete 4 week instructional guide on how to work out with this super challenging series! I'm showing you what to do every day to get results. Challenge for life starts now with Week 1. Be sure to check back next week for week 2's guide. Check out www.mytrainerbob.com for additional fitness tips, challenges and more!

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE



Welcome to the My Trainer Bob Inside Out DVD Series. This series has everything you need to change your body, and power a healthier life. It's not about how many days; it's not about how many pounds, it's about making a decision to do what it takes to change your life. I've been in the fitness industry for a long time. I've taken the size 4 girl to a size 2, the guy with the 6-pack abs to 8-pack abs, I've helped the mother who had lost control of her weight – gain herself back, and the father who couldn't bear to stand, in enough shape to dance his daughter down the aisle. I know what it takes, how hard you have to work, and I'm here to push you further than you've ever gone, to get you in the best shape of your life.

My DVD series is going to give you the workout of your life. Everything you need from a fitness program is right here. I have a strength program that utilizes mostly your own body weight, with light weights. The objective here is to build the lean muscle you need, to burn away fat.

My cardio workout is about working the most important organ in your body – your heart. The more your heart pumps during your workout, the more it continues to pump even when you're at rest, so you'll continue burning calories and fat all day long.

My yoga routine gives you all the benefits of a yoga workout, with the added intensity of a strength workout. So you're going to elongate your body, relieve all the tension, and stress on your joints, but you're also going to build lean muscle and burn fat!

Finally, there's my workout. People are always asking me what kind of workout I do. So I'm putting it out there, only for fans of mytrainerbob.com. This workout is very personal to me, and it's definitely a challenge. But if you can get through my other workouts, you'll be ready for the ultimate challenge.

Start off with 4 workouts a week. Even if you can only do 25 minutes the first few times around, that's fine. As you get stronger and gain endurance, you will be able to gradually build your way through the series until you're able to complete the full workouts 6 to 7 times a week.

Note: Expect to be challenged. I am here to push you further than you've ever gone, further than where you thought a workout could take you. From beginners to advanced, whether you have 100 pounds to lose or 10, today is the day you change your life! You've got me as your trainer now – lets go!

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this or any exercise program. The instructions and advice presented in these videos are in no way intended as a substitute for medical consultation, the instructor disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

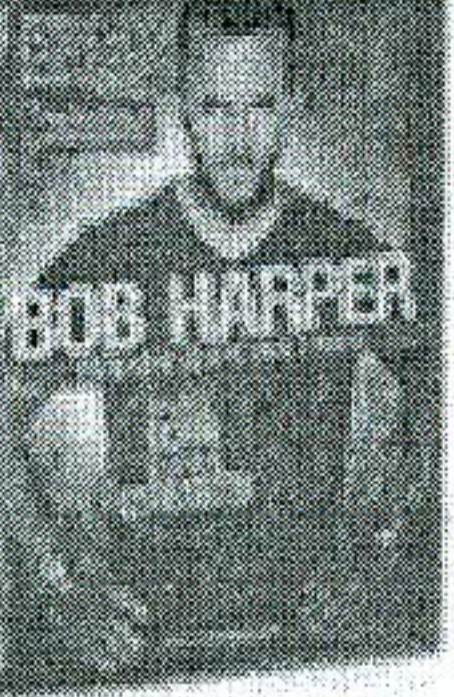
Please reserve the utmost caution when performing any of the exercise routines found in the My Trainer Bob Inside Out Method DVD Series. Bear in mind, that the professional athletes and personal trainers depicted in this series, have years of training experience, and professional certifications. Over exertion does lead to injury; as with any exercise program, this system should be followed at a pace comfortable for each individual.

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE

Week 3 Schedule

By now you should be seeing and feeling results. We're stepping up the frequency to 6 workouts this week. In order to change your body, you have to constantly challenge it. Use mytrainerbob.com as a resource. There are tons of tips on how to properly execute the moves and stay motivated. Invite a friend to exercise with you, to keep it fun and spark competition. It's amazing how much harder you can work when someone else is watching. Lets go!

MONDAY		This week we're starting with Cardio, conditioning your heart, and conditioning your body to efficiently work. In today's workout, I want you to really fire it up, give me all you got! The higher your heart rate goes up, the more you ignite the fat-burning process, and the longer you keep burning the fat, even after your workout is done. I'm asking for a full on 45 minutes of non-stop working out! You got me as your trainer, get results!
TUESDAY		Day 2 is strength, and I want you to match the intensity of the folks working out with me. Beginners, power through as many jump squats, and down and outs as you can without using the modifier. The same goes for my advanced. Attempt to execute a move first, before settling on the modified version. You never know how far you can go, unless you try – so test your limits today.
WEDNESDAY		An entire hour of cardio! You can do it, so stay with me. My beginners should be feeling strong enough to step up to the full cardio workout & my advanced should be moving on from the modified version. A full 60 minutes of cardio will definitely provide real results – so go hard!
THURSDAY		I know you're feeling stronger, but don't skip through the warm-up. You think I jump right into my routine without warming up and stretching? No way. My beginners should be able to step up to the full 60 minute workout, following the modified version, and taking breaks when needed. Advanced folks should be using weights, and rocking out this strength workout! Of course there are times when you just need to take a break and regroup -so I'll take a few reps of the modified version – just don't stop!

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE

FRIDAY		Catch your breath, this is your reward. Beginners and advanced should now be able to complete the 60 minute yoga routine, and get through the bonus ab workout as well. Your muscles should be responding, so you should be able to push yourself even harder, to get the most out of this routine.
SATURDAY		End the week with My Workout. Hopefully you've taken a day to recover, and are ready for a full on challenge. If you don't have a stepper, just perform the exercises on a flat surface, the moves themselves are enough to get the heart rate up, and the body burning fat and calories - give me a solid 30 minutes of routine 1.
SUNDAY - REST TODAY		

What To Do Next? Take your workout to the next level. My Trainer Bob is your free online resource for everything fitness. Get Bob's expert diet and exercise advice, tips on how to stay motivated, and tools to help you track your results. Sign up now at www.mytrainerbob.com/daily-journal to download your complete 4 week instructional guide on how to work out with this super challenging series! I'm showing you what to do every day to get results. Challenge for life starts now with Week 1. Be sure to check back next week for week 2's guide. Check out www.mytrainerbob.com for additional fitness tips, challenges and more!

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE



Welcome to the My Trainer Bob Inside Out DVD Series. This series has everything you need to change your body, and power a healthier life. It's not about how many days; it's not about how many pounds, it's about making a decision to do what it takes to change your life. I've been in the fitness industry for a long time. I've taken the size 4 girl to a size 2, the guy with the 6-pack abs to 8-pack abs. I've helped the mother who had lost control of her weight – gain herself back, and the father who couldn't bear to stand, in enough shape to dance his daughter down the aisle. I know what it takes, how hard you have to work, and I'm here to push you further than you've ever gone, to get you in the best shape of your life.

My DVD series is going to give you the workout of your life. Everything you need from a fitness program is right here. I have a strength program that utilizes mostly your own body weight, with light weights. The objective here is to build the lean muscle you need, to burn away fat.

My cardio workout is about working the most important organ in your body – your heart. The more your heart pumps during your workout, the more it continues to pump even when you're at rest, so you'll continue burning calories and fat all day long.

My yoga routine gives you all the benefits of a yoga workout, with the added intensity of a strength workout. So you're going to elongate your body, relieve all the tension, and stress on your joints, but you're also going to build lean muscle and burn fat!

Finally, there's my workout. People are always asking me what kind of workout I do. So I'm putting it out there, only for fans of mytrainerbob.com. This workout is very personal to me, and it's definitely a challenge. But if you can get through my other workouts, you'll be ready for the ultimate challenge.

Start off with 4 workouts a week. Even if you can only do 25 minutes the first few times around, that's fine. As you get stronger and gain endurance, you will be able to gradually build your way through the series until you're able to complete the full workouts 6 to 7 times a week.

Note: Expect to be challenged. I am here to push you further than you've ever gone, further than where you thought a workout could take you. From beginners to advanced, whether you have 100 pounds to lose or 10, today is the day you change your life! You've got me as your trainer now – lets go!

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this or any exercise program. The instructions and advice presented in these videos are in no way intended as a substitute for medical consultation, the instructor disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

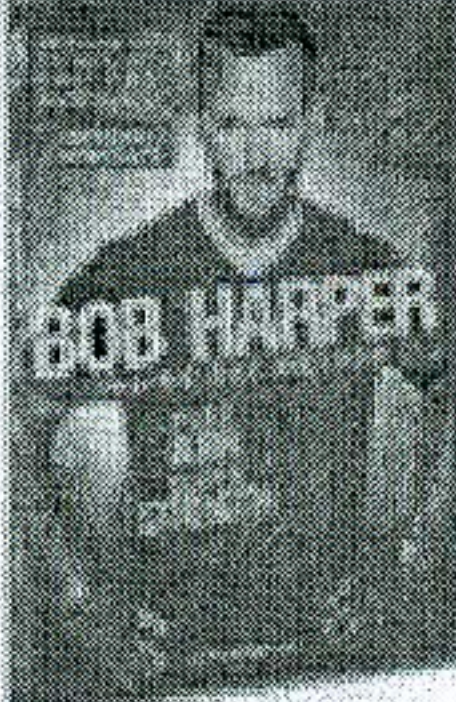
Please reserve the utmost caution when performing any of the exercise routines found in the My Trainer Bob Inside Out Method DVD Series. Bear in mind, that the professional athletes and personal trainers depicted in this series, have years of training experience, and professional certifications. Over exertion does lead to injury, as with any exercise program, this system should be followed at a pace comfortable for each individual.

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE

Week 4 Schedule

If you've made it through to the fourth week, I bet you're realizing that you can do anything. That's what this is about, empowering yourself to not only change your body, but change your life. This week we're working out every day, so that it starts to become a natural part of your lifestyle. 7 day workout week – a higher degree of training for real results.

MONDAY		The good thing about a progressive workout system like this is that every time you pop in the DVD, you will get a great workout! Find ways to explode, and accelerate your pace. You should have all the moves down by now, so make them your own! Have fun with it.
TUESDAY		No more beginners, where it calls for weights, I want everyone to pick up at least a 5lb weight. Again look for ways to exert more force, push yourself, and really engage your body through all the movements. The harder you work, the greater the reward, don't cheat yourself.
WEDNESDAY		Let's keep the momentum going, see yourself to the finish line! A full 60 minute workout, with you giving it all you got, and then some! Sit deeper into those squats, take bigger steps in those speedskates, and really hold your position in the side planks. Make every move count! Remember the faster your heart rate, the more fat and calories you burn, so don't hold back.
THURSDAY		Before starting the day's strength workout, chart your progress. No muscle has gone untrained; do you see a difference in your biceps, triceps, abs, glutes, hamstrings, quadriceps, and pectorals? With a measuring tape, measure your waist-line, your bicep, hips, and thighs. If you've lost weight and inches, and gained muscle - pat yourself on the back, but remember your goal. How many pounds do you have to go to get to your healthiest weight? Keep that goal in mind the whole way through the strength routine, and use it as your motivator. Visualize your waist getting leaner with each t-stand, your body getting stronger through all the down's and outs, and your six-pack abs forming with each walking plank. The Inside Out Method is about getting your best body inside and out – so if you can mentally see it, you can physically achieve it.

BOB HARPER

INSIDE OUT METHOD
CHALLENGE FOR LIFE

FRIDAY		You're more than half way through accomplishing a big feat this week, with committing to working out every day. Take this new found sense of accomplishment and apply it to every aspect of your life. Today give me 20 minutes of the lower-body cardio workout, continuing to push yourself, visualizing your body improving its muscle tone with each move.
SATURDAY		How amazing you're already on your 4 th week of having me as your trainer! By now you should be more familiar with the yoga moves i.e., the push-up planks done with alternate leg-extensions, but don't get comfortable! Execute your poses with precision, allowing each pose to penetrate your muscles, strengthening, and elongating your body. Breathe deep, and go farther each time. Yoga provides so many benefits including stress relief, and release of toxic build-up, in addition to weight loss, and muscle tone, so get the most out of this workout system, and continue to practice this yoga workout at least once a week.
SUNDAY		My system of training is about full body conditioning. Conditioning to burn calories, and to build lean muscle. You've made it to My Workout now, so go your hardest! I know it burns, I know you're fatigued, but this is what your body needs to change! To get results you have to continually challenge your body, and this is what this system does. I'm keeping your heart-rate sky high in this workout...give me the full half hour of workout t2 and you're done!

What To Do Next? Take your workout to the next level. My Trainer Bob is your free online resource for everything fitness. Get Bob's expert diet and exercise advice, tips on how to stay motivated, and tools to help you track your results. Sign up now at www.mytrainerbob.com/daily-journal to download your complete 4 week instructional guide on how to work out with this super challenging series! I'm showing you what to do every day to get results. Challenge for life starts now with Week 1. Be sure to check back next week for week 2's guide. Check out www.mytrainerbob.com for additional fitness tips, challenges and more!