



# **31 FREE METABOLIC WORKOUTS FOR FAST FAT LOSS AND MUSCLE DEFINITION**

Powered by Beth Underhill FitLife

[www.bethunderhillfitlife.com](http://www.bethunderhillfitlife.com)



Hello! I'm Beth Underhill, strength coach and lifelong advocate for women's wellness. I suppose you could throw in there avid golfer, powerlifter and peanut butter lover too!

I am the owner of Bella Forza Fitness, an all women's fitness studio, and BethUnderhillFitLife.com. I have coached hundreds of women just like you on how to get stronger, love their bodies, live happier and develop a healthier plan.

These 31 high-intensity workouts are my most effective workouts for fast fat loss, revving your metabolism and building muscle definition. I am so excited to bring them to you. Normally, these workouts are only shared with my personal coaching clients. **Now they are YOURS - FREE!**

**Warning: These are not EASY Metabolic Strength Workouts!**

They are going to challenge you on a whole new level - like a completely drenched in sweat-every muscle in your body burning-fat blasting-muscle boosting-confidence inducing kind of level.

It's going to be hard...but hard work is the catalyst for great results. And as long as you are willing to put in the time (15-35 minutes) and effort, you will break through those barriers of shredding fat and rapidly increase your endurance, and build lean, strong muscles.

**STAY COMMITTED!**

You now have the tools to get the results you have been craving so now go after what you want! . Believe that you can and you will. You can achieve whatever you want out of life - **JUST DO IT!**

If you have any questions or concerns or want to continue Online Training with me after these workouts, please shoot me an email at [Beth@BethUnderhillFitLife.com](mailto:Beth@BethUnderhillFitLife.com)

Lift, Love and Live,

*Beth*

## 1. It's Hotta Tabata

**Equipment needed:** None

**Instructions:** 20 seconds of work followed by 10 seconds of rest. Perform each exercise consecutively. Completion of all 4 exercises counts as 1 cycle (or 2 minutes). Repeat 6-8 times for a total of 12-16 minutes (you can determine the intensity based on length of time).

**Workout:**

Bunny Hop Burpees  
Complex Mountain Climbers  
Pop Push Ups  
Table Top Hip Thrusts

## 2. Round and Round My Fitness Goes

**Equipment needed:** Dumbbells (medium weight recommended)

**Instructions:** AMRAP of 15 each (AMRAP - As Many Rounds As Possible). Perform 15 reps of each exercise consecutively and complete as many rounds as possible for 12-15 minutes (you can determine the intensity based on length of time).

**Workout:**

Squat to Shoulder Press  
Bent Over DB Rows to Back Flys  
Tuck Jumps  
Walkout Push Ups

## 3. Countdown to Blast Off Workout

**Equipment needed:** None

**Instructions:** This workout will take every bit of 15 minutes. If you are short on time, divide the number of reps in half.

**Workout:**

100 - Jumping Jacks  
90 - Abdominal Crunches  
80 - Squats  
70 - Mountain Climbers  
60 - Alternating Lunges (total)  
50 - Wide Push Ups  
40 - Russian Twists  
30 - Burpees  
20 - Alternating Offset Push Ups (total)  
10 - Tuck Jumps

#### 4. 10 to 1 Odds

**Equipment needed:** None

**Instructions:** Perform 10 reps of each exercise, then repeat with 9, then 8, etc. all the way to 1. A short rest break of no more than 30 seconds between sets can be taken.

**Workout:**

Squats – bum to floor

Tricep Push Ups – hands together

Squat Jumps

Sit Ups

Corkscrew Burpees

Plank to Hover

#### 5. The Scorchers

**Equipment needed:** None

**Instructions:** 45 seconds of work followed by 15 seconds of rest. Perform each exercise consecutively. Completion of all 9 exercises counts as 1 cycle (or 9 minutes). Repeat 2 times for a total of 18 minutes.

**Workout:**

Burpees

Push Ups

Jumping Lunges or Reverse Alternating Lunges

Seal Jacks

Bent Over Speed Rows

Everest Climbers

Prisoner Squats

Rib Tap Planks

In and Out Squats

#### 6. The Power House

**Equipment needed:** Dumbbells (medium weight recommended)

**Instructions:** Cycle through Circuit A as quickly as possible 4 total times but with “as pretty as possible” (APAP) form. Rest for 2 minutes (or more if you need it) and then repeat Circuit A attempting to beat your time from the previous round. Rest for 2 minutes and move to Circuit B cycling through 4 total times, resting 2 minutes and repeating.

**Workouts:**

**Circuit A:**

Dumbbell Push Press x 8

Dumbbell Reverse Lunge x 8/leg

Sumo Stance Bent Over Alternating Dumbbell Row x 8/arm

Dumbbell Romanian Deadlift x 8

Youtube video link: <https://www.youtube.com/watch?v=jScJqEn8onw&t=3s>

**Circuit B:**

Goblet Pause (3 sec.) Squat x 8

Push-Up x 8

Jump Squat x 8

Sloooooow Russian Twist x 8/side

Youtube video link: <https://www.youtube.com/watch?v=hyl5NFuMdRI>

**7. All Fired Up and The AbDemon!**

**Equipment needed:** None

**Instructions:** Cycle through All Fired Up 2 total rounds - 45 seconds of work followed by 15 seconds of rest for each exercise. Move to The AbDemon and cycle through this circuit as many times as you can in 8 minutes. If you're feeling up for it, rest 2 minutes and repeat for a 5 minute round.

**Workouts:****All Fired Up**

High Knee Run

Wide Grip Push Ups

Forward Lunge (round 1- right leg, round 2 - left leg)

Lying Leg Raises

Seal Jacks

Prisoner Squats

Everest Mountain Climbers (feet outside arms)

Superserson (upper body and lower body lifts)

Plank Hip Raise

Double Burpees (2 push ups and 2 squat jumps)

**The AbDemon**

Hover to Plank x 4/side

Long Lever Hollow Body Hold x 20sec (push your lower back into the floor hard)

Slow Russian Twist x 15/side

Single-Leg Plank x 15sec/side

Slow Bicycle Twist x 15/side

**8. Squat & Shoulder Strike**

**Equipment needed:** Dumbbells (light and medium weight recommended)

**Instructions** Cycle through as many rounds as possible 30 minutes. Rest as needed but try to keep it only between rounds.

**Workout:**

15 Lateral Raises

20 Upright Rows

25 Goblet Front Squats

30 Strict Shoulder Presses (Standing - Neutral Grip)

35 Russian Deadlifts

40 Weighted Jump Squats

## 9. The Tortoise and the Hare

**Equipment needed:** Dumbbells or Kettlebells (medium weight recommended)

**Instructions:** Complete as many rounds as possible in 30 minutes.

### Workout:

1. 50 Dumbbell or Kettlebell Swings (Double or Single)
2. One 40-meter sprint with walk-back or jog-back recovery
3. 40 Bodyweight Jump Squats or Squats (if you do not want to jump)
4. One 40-meter sprint with walk-back or jog-back recovery
5. 30 Double Bent-Over Rows (Dumbbell or Kettlebell)
6. One 40-meter sprint with walk-back or jog-back recovery
7. 20 Double Dumbbell or Kettlebell Push Press
8. One 40-meter sprint with walk-back or jog-back recovery
9. 10/10 (each side) Slooow-Mo Kettlebell or Dumbbell Jefferson Deadlift (give me a 3-count down and an explosive up!)
10. One 40-meter sprint with walk-back or jog-back recovery

## 10. “Two Sides” to Every Story Workout

**Equipment Needed:** Bench/Box, Kettlebell

**Instructions:** Cycle through as many rounds as possible in 30 minutes. Form is important so always practice quality over quantity. Rest as needed but try to keep it only between rounds.

### Workout:

20 Up & Overs (each side counts as 1)  
10 Two Point Push Ups  
10 (each side) Off-set Kettlebell Squat  
20 Plank Hip Dips (each side counts as 1)  
10 (each side) Off-set Kettlebell 1.5 Lunge  
10 (each side) Kettlebell Internal Rotating Shoulder Press  
Repeat

## 11. Double Trouble

**Equipment needed:** Dumbbell (medium weight recommended)

**Instructions:** Cycle through Double Trouble for 4 total rounds - 30 seconds of work followed by 15 seconds of rest for each exercise. Rest as needed.

### Workout:

1. Dumbbell Push Ups
2. Dumbbell Close Grip Press
3. Dumbbell Alternating Press
4. Dumbbell Wide Chest Press
5. Ab In and Outs
6. Hip Thrusts
7. Flutter Kicks
8. Knee Grabs
9. Side Plank - Right
10. Side Plank - Left

## 12. The Monster

**Equipment Needed:** Mat

**Instructions:** Perform each exercise for the prescribed reps moving as fast as you can through each exercise. Be sure to time your workout so you can beat it the next time.

**Workout:**

100 reps - Skipping/Jumping Jacks  
90 reps - Abs Bicycles Punches  
80 reps – Alternating Forward Lunges  
70 reps – Leg Raises  
60 reps – Push Ups  
50 reps - Burpees  
40 reps – 4 Count Flutter Kicks  
30 reps – Skater Hops  
20 reps – Plank Build  
Rest no more than 1 minute  
20 reps – Plank Build  
30 reps – Skater Hops  
40 reps – 4 Count Flutter Kicks  
50 reps - Burpees  
60 reps – Push Ups  
70 reps – Leg Raises  
80 reps – Alternating Lunges  
90 reps - Abs Bicycles Punches  
100 reps - Skipping/Jumping Jacks

## 13. Squats, Hip Thrusts, RDLs, Oh My!

**Equipment Needed:** Dumbbells (medium to heavy weight recommended)

**Instructions:**

Unless otherwise noted, perform each exercise below in an alternating descending ladder fashion starting at 10 reps and working your way down to 2 reps. So, for this circuit, you'll do 10 squats, 8 single-leg hip thrusts, 8 RDL's. Then 8 squats, 8 single leg hip thrusts, 8 RDL's. Then 6 squats, 8 single-leg hip thrusts, 8 RDL's, etc all the way down to 2. Rest for 2 minutes and repeat the ladder 1-2 more times depending on time and how you feel.

**Workout:**

Goblet Squat x 10, 8, 6, 4, 2  
Single-Leg Hip Thrust x 8/leg (no ladder - just do 8 reps every time)  
DB RDL x 8 (no ladder - just do 8 reps every time)

## 14. The Full Body Fat Furnace

**Equipment needed:** Dumbbells (light to medium weight recommended)

**Instructions:**

Complete the circuit below as many times as possible in 6-minutes. Rest 2 minutes. Repeat 2-4 times depending on how long you want your workout to be (16-32 minutes).

**Workout:**

Push-Up to Side Plank x 4 per side  
Burpee with Jump x 8  
Goblet Squat x 8  
Dumbbell Single Arm Row x 8 per arm  
High Knees - 40 (20 each leg)

**15. Butts N' Guts**

**Equipment needed:** Bench/Box, Dumbbells, Medicine Ball, Resistance Band

**Workout:**

1. 20 Feet Elevated Glute Bridges
2. 20 Slow Mountain Climbers
3. Lateral Band Walks for 20 yards each direction
4. 20 Medicine Ball Slams
5. 20 Hip Circles (each direction) + 20 Fire Hydrants with Band
6. Farmer's Carry for 20 yards
7. Rest minimally between exercises and 30-60 seconds between circuits
8. Repeat 4-5 times for a total of 5-6 circuits

**16. Arm Assault**

**Equipment needed:** Battle Ropes

**Instructions:**

1. 60 seconds of Alternating Slams (with intensity)
2. 10 Walk-Outs
3. 60 seconds of Bilateral Slams (with intensity)
4. 9 Walk-Outs
5. 60 seconds of Alternating Slams (with intensity)
6. 8 Walk-Outs
7. 60 seconds of Bilateral Slams (with intensity)
8. 7 Walk-Outs
9. Repeat until you get to 1 Walk-Out resting as necessary.

**17. Slammin' N' Squatin'**

**Equipment needed:** Battle Ropes, Medicine Ball

**Instructions/Workout:**

1. 20 Alternating Slams (with intensity)
2. 15 Bilateral Slams (with intensity)
3. 10 Medicine Ball Slams
4. 10 Squats holding Medicine Ball at your chest
5. Rest 30 seconds between exercises.
6. Repeat 10 times or as many rounds as possible.



## 18. The Accumulator Terminator

**Equipment needed:** Jump Rope, Light Dumbbells

**Instructions:** Perform the 1<sup>st</sup> exercise, then go back to the 1<sup>st</sup> and add on the 2<sup>nd</sup>, then go back to the 1<sup>st</sup> then the 2<sup>nd</sup> and add on the 3<sup>rd</sup>, etc.

**Workout:**

10 Push Ups

10 Jump Squats

10 Tricep Dips (in upside down bridge or crab position)

Jump Rope - 1 minute

10 Shoulder Presses

Hover – 1 minute (aka plank on forearms, drop to knees if necessary)

10 Burpees

20 Hammer Curls

20 Alternating Back Lunge (keep the weights in hands for additional challenge)

Bicycle Crunches – 1 minute

## 19. I Heart (Hate) Burpees

**Equipment needed:** Medicine Ball

**Instructions:** Perform each exercise for 60 seconds of work followed by a 15 seconds rest for one round - that's 10 minutes! Rest for 1 minute and repeat 2-3 times.

**Workout:**

1. Burpee Kick Thrus

2. Burpee Mountain Climbers

3. Burpee Push Up Alt Arm and Leg Raise

4. Side to Side Med Ball Burpees

5. Burpee with (2) Jump Lunges

6. DB Double Snatch Burpees

7. Side Shuffle Burpees

8. Burpee with Close to Wide Push Ups

## 20. The Pit of Despair

**Equipment needed:** Dumbbells (medium weight)

**Instructions:** Perform the following circuit as many times as possible in 20 minutes.

**Workout:**

6 reps – Pull-ups (assisted or or jumping)

8 reps – Pushups

10 reps – Squat/Shoulder Press with the dumbbells (also called a ‘thruster’)

12 reps – Burpees

14 reps – Jump Squats

## 21. Why Me?

**Equipment needed:** Dumbbells

**Instructions:** Perform each exercise one after the other for 60 seconds of work followed by 15-second rest. Rest for 2 minutes and repeat for 2-3 rounds.

### **Workout:**

1. Duo KB swings (Two Arm to Single Arm Swings)
2. Dumbbell Abs Floor Wipers
3. Dumbbell Step Ups
4. Hindu Push Ups
5. Power Jacks (Weighted Jumping Jacks)
6. Bent Over DB Ground & Pound
7. Mountain Climber Complex (Regular to Rotational)
8. Dumbbell Front Squats
9. Abs V-Ups
10. Half Push Up Burpees

## 22. POW

**Equipment needed:** None

### **Instructions/Workout:**

Sprint forward 15 meters/hop back to start 5 times

10 Prisoner Squats

Sprint forward 15 meters/hop back to start 4 times

8 Prisoner Squats

Sprint forward 5 meters/hop back to start 3 times

6 Prisoner Squats

Sprint forward 5 meters/hop back to start 2 times

4 Prisoner Squats

Sprint forward 5 meters/hop back to start 1 time

2 Prisoner Squats

Work back up the ladder to where you began.

## 23. Bodyweight Bootcamp

**Equipment needed:** None

### **Instructions/Workout:**

Warm Up - Repeat each exercise with stated reps for 3 minutes.

10 Jumping Jacks

10 Push Ups / Kneeling Push Ups

10 Bodyweight Squats

10 Mountain Climbers (Slow)

Rest 30 seconds before moving into the workout -

Workout - approx. 17 minutes

**Superset #1 - 4 minutes**

Spiderman Pushup Burpees - 50 seconds work / 10 second rest

Planks - 50 seconds work / 10 second rest

Repeat one more time before moving to the next superset.

**Superset #2**

Total Body Extensions or Jump Squats - 50 seconds work / 10 second rest

Cross Body Mountain Climbers - 50 seconds work / 10 second rest

Repeat one more time before moving to the next superset.

**Superset #3**

Side Plank - 30 seconds each side

Skater Hops - 50 seconds/10 seconds rest

Repeat one more time before moving to the next superset.

**Superset #4**

Squat Thrusts - 50 seconds work / 10 second rest

Alternating Lunges - 50 seconds work / 10 second rest

Repeat one more time before moving to the next superset.

Rest 1 minute before the Finisher!

**Finisher - 5 minute ladder up**

Squat

Pushup

Body Weight Row

Spiderman Climb (reps per side)

Do one rep of each exercise in order. Every time you go through the circuit you will add another rep to each exercise.

1st time - 1 rep

2nd time - 2 reps each

3rd time - 3 reps each

And so on...

Perform the circuit as many times as possible in 5 minutes.

**24. Going Down in a Blaze of Glory**

**Equipment needed:** None

**Instructions:** Perform each exercise one after the other for 60 seconds of work followed by 15 seconds of rest. Rest for 2 minutes and repeat for 2-3 rounds.

**Workout:**

1. Quad Thrust Burpees (4 thrusters and jump)

2. Alternating Front Arm Raise Push Ups

3. Forward and Reverse Lunge (Rd 1- Right Leg, Rd 2 - Left Leg, Rd 3 - Alternate)

4. Abs Scissors

5. Wide Leg Stationary Runs

6. Upper Body Superpersons

7. Cross Body Mountain Climbers

8. Jump Squats

9. Side to Side Planks
10. Sprawls with Jump

## **25. Burn Baby Burn, Disco Inferno**

**Equipment needed:** None

**Instructions:** Perform each exercise one after the other for 60 seconds of work followed by 15 seconds of rest. Rest for 2 minutes and repeat for 2-3 rounds.

### **Workout:**

1. Burpee to Side Plank Arm Raise Combo
2. Chest Slap Burpees
3. Diagonal Lunges (Rd - 1 Right Leg, Rd - 2 Left Leg, Rd - 3 Alternate)
4. Lying Abs Floor wipers
5. Speed Jacks
6. Iron Cross
7. Side to Side Mountain Climbers
8. Plyo Sumo Squats
9. Side Plank Reach Unders (Rd - 1 Left, Rd - 2 Right, Rd - 3 Alternate)
10. In and Out Agility Runs

## **26. Missile Launch**

**Equipment needed:** None

**Instructions:** Perform each exercise one after the other for 60 seconds of work followed by 15 seconds of rest. Rest for 2 minutes and repeat for 2-3 rounds.

### **Workout:**

1. Lateral Burpees
2. Push Ups And Side Arm Raises
3. Meet the Queens Lunges (Rd 1 - Right, Rd 2 - Left, Rd - 3 Alternating)
4. Lying Glute Bridge
5. Forward and Back Runs (run a few steps forward and then back to start position)
6. Renegade Rows
7. Kick Outs
8. Jump Squat to High Knee
9. Reverse Plank
10. 180 Degree Plyo Jumps

## **27. Body Combat**

**Equipment needed:** Kettlebell, Chin Up Bar, Dumbbells (medium weight)

**Instructions:** Perform each exercise for the prescribed reps one after another taking minimal rest. The goal is to get through the workout as fast as you can.

1. 2-Arm Kettlebell Swings - 40 reps
2. Chin Ups/Inverted Rows 20 – 20 reps

3. Jumping Squats – 20 reps
4. Push Ups – 40 reps
5. Abs Bicycle Crunches – 20 reps
6. DB Lunges 20 reps 10 per side
7. DB Clean and press – 20 reps (10 per side)
8. Mountain Climbers – 40 reps (left and right = 1)
9. Assisted One Legged Squats – 20 reps
10. Plank Builds – 20 reps
11. Burpees – 40 reps

### **Conditioning 300 - 3 different workouts each with 300 reps**

**Equipment needed (workout dependent):** Kettlebell, Medicine Ball, Dumbbells (medium weight)

**Instructions for any of the 3 workouts:** Perform each exercise for the prescribed reps one after the other taking minimal rest. The goal is to get through the workout as fast as you can.

#### **28.**

1. Bunny Hop Sprawls – 30 reps
2. Kettlebell Swings – 30 reps
3. Plank builds – 30 reps
4. Alternating Reverse Lunge – 30 reps
5. Kick Thrus - 30 reps
6. Alternating Knee Kicks – 30 reps
7. Medicine Ball Jump Squats – 30 reps
8. DB renegade rows – 30 reps
9. Side to Side Abs In and Out – 30 reps
10. Side to Side Jumps – 30 reps

#### **29.**

1. Double Front Squat - 40 reps
2. Renegade Rows – 30 reps
3. Reverse Lunges – 40 reps (20 per side)
4. DB Push Ups – 40 reps
5. Standing Alternating Shoulder Press – 40 reps (20 per side)
6. Bent Over Double Rows – 40 reps
7. V-Ups – 30 reps
8. DB Burpee Curls - 40 reps

#### **30.**

1. Medicine Ball Front Squats – 50 reps
2. Medicine Ball Slams – 50 reps
3. Lying Medicine Ball Chest Throws - 50 reps
4. Side to Side Plyo Push Ups – 50 reps
5. Jumping Lunges – 50 reps
6. Medicine Ball Burpees – 50 reps

### **31. Lay Down the Gauntlet**

**Equipment needed:** Barbell, Low Bar, Medicine Ball, Dumbbells (medium weight)

**Instructions:** Perform each exercise one after the other for 45 seconds of work followed by 15 seconds of rest. Rest for 2 minutes and repeat for 2-3 rounds.

1. Barbell Deadlifts
2. Burpees (regular)
3. Plank Jacks
4. Med Ball Burpees
5. Alternating Forward and Reverse Lunge
6. Jumping Side to Side Sprawls
7. Inverted Pull Ups
8. Double Burpees - 2 Jumps and 2 Push Ups
9. DB or Barbell Military Press
10. DB ManMakers - (Thrust - Push Up - Clean-Squat - Shoulder Press)