

## **Dan Long's 10x10 Minute Full Body Suspension Workouts with Follow-Along Video**

If you could exercise for 10 minutes 3 – 5x's per week, with my 10x10 Minute Full Body Suspension Workouts, YOU CAN GET RESULTS! I have put together 10 amazing Suspension workouts to leave NO EXCUSE why you can't get results today. Not only are they fast, easy and effective, I've put together workout combinations of upper body, lower body, and core, to stimulate muscles all over. These combinations will hit all of your muscles in directions and depths where no muscle has gone before. Fit one of my 10 Minute Full Body Suspension Workouts in your day 3 – 4 times per week, or 5 – 6 times a week. For even more results, you can do 2 – 3 of my 10 minute workouts, if you have more time in the day to become the new you. Now, let's rock n' roll – World Championship Status Awaits!

### **Dan Long's Kill Mode® Mindset**

If I told you that hundreds of my clients not only hit their goals, but they SHATTERED their goals, would I have your attention? Of course! I have a philosophy that will shatter any goal you're looking to achieve, period!

Your training will be sent into a realm of all new fitness/fat loss that you have never reached before by activating Kill Mode®. Here's what you're going to do:

Dan Long's Kill Mode® Philosophy: When you enter into a work set of any exercise, for the first half of each exercise, interval, rep, mile, timed exercise, etc., you're going to tell yourself that you're on "autopilot." Operate at a normal resistance, speed, intensity, etc., for the first half.

Then when you get to your half point, a mental shift needs to occur. The fatigue you're feeling exits the brain, adrenaline has to kick in, and you give everything you got for the last half of every drill and every exercise. This is what I call activating "Kill Mode®," and by applying this philosophy, you immediately increase the intensity of your workouts far beyond anything you've ever experienced.

Watch this Video Now:

==> [VIDEO: WHAT IS KILL MODE?®](#)

### **Blog**

Follow me on my blog at [www.killmodetraining.com](http://www.killmodetraining.com)!

### **Legal Disclaimer**

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as

you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Dan Long's Kill Mode® Training Co., Inc., and Ruckus Publishing, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Dan Long's Kill Mode® Training Co., and Ruckus Publishing, or its officers, directors, employees, volunteers, agents, affiliates, or assigns, as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

**Warning:** These exercises are being performed with countless years and hours of TRX, Jungle Gym XT, SBT, bodyweight, and weight training prior. Trying these exercises is a serious challenge, even though they may look easy when I perform them. You must perform with caution and have assistance with someone knowledgeable in the exercise field, if needed. You can challenge yourself by performing these exercises at your own risk.

### **Muscle Burn Strategy**

Let's talk about the difference from muscle burn and pain. When your muscles are hitting their potential and are stimulated, you feel a burn in the muscle. Now this could feel like a slight burn, or a really intense burn on a perceived scale of 1 -10 of effort, with 1 being a little effort burn, and a 10 being a maximum effort burn. For maximum results, I want the burn to be a 9 – 10. If a beginner, it should be a 6-7 the first week, 7-8 the second week, and 9 -10 the third week and thereafter.

### **Pain Strategy**

It is important for your safety and well-being to know what the difference between pain and muscle burn is. Pain is something other than your muscle burning. If any pain occurs in any area of your body (remember pain, not muscle burn), apply your perceived scale of 1-10 (1 being minimum pain; 10 being maximum pain), and if your pain in your shoulder, hip, knee, back, elbow, etc., reaches a level 4 (anything more than an ache), back down from that exercise and replace it with another one in that circuit that you can do without pain, to finish out your workout.

This will avoid a possible injury or re-injury. I want you healthy and feeling like a machine, so apply these Dan Long Muscle Burn and Pain Strategies to maximize results, and minimize a possible injury. Remember, we want to move forward, not backward. We're in this together – and quitting/failure is not an option, so Kill Mode® Train with me using these techniques I'm teaching you.

# Full Body Combos

- Complete Each Workout 3x's
- 45 seconds for each exercise, with 20 seconds rest in between

## Workout 1

Single Leg Squat w/45° Row  
Squat – T, Y, I Flys  
Suspended Crunches

## Workout 2

Front Squat Hop w/Triceps Press  
Chest Press w/Body Roll Out  
Oblique Crunch

## Workout 3

Squat Jumps w/Shoulder Pull  
Hamstring Curl w/Abduction Scissors  
Mountain Climbers 5 sec. w/Crunches – Alternating

## Workout 4

Lunge w/T, Y, I Flys  
Hanging Body Lift w/Rows  
Single Leg Squat w/Reverse Triceps Flys

## Workout 5

Floating Lunge w/Kick – L/R Alternating  
Pike w/Crunch  
Explosive Push-Up into Lunge

## Workout 6

Close Stance Squat w/Reverse Delt Rows  
90° Knee Kick w/Diamond Push –Up  
Single Leg Bicep Crossover w/Reverse Flys

## Workout 7

Squat w/Power Pull  
Spiderman Push-Ups  
Olympic Swimmer w/Body Saw

## Workout 8

Double Leg Quad Extension w/Push-Up  
Single Arm Bicep Curl w/Hip Drop  
Plank w/Body Saw/Crunch

## **Workout 9**

Single Leg Squat Hop w/Reverse Bicep Curl

Chest Press w/Knee Crossovers

Single Leg Row w/Bicep Clutch

## **Workout 10**

Squat into L/R Lunge – Alternating

Burpees w/Push-Up and Jump

Wide Grip Bicep Curl w/Low, 45°, and High Rows