

Bodybuilding Anywhere



Fat to Fit
Anytime, Anywhere

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on behalf of Weeks Productions, LLC
www.DanWeeks.com

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Introduction

Let me start by saying that I'm extremely humbled that you're reading this right now. It wasn't too long ago that I was recovering from being struck by lightning, and was an overweight 256lb complacent wannabe buying books just like this one in hopes that I would magically "get ripped". Since I've been there and done that, I'll start by telling you what this book *is* but more importantly what it *is not* and you can then decide whether it's for you. This *isn't* a "get ripped quick" type scheme, nor is it a magic roadmap since those don't exist. "Bodybuilding Anywhere" also *isn't* a substitute for hard work and proper diet. What it *is* however is a cumulation of some of my "on the go" workouts. I'll start by saying that I maintain a proper diet and additionally work out every single day, not because I *have* to, but because I vowed never to let myself get out of shape again like I once was. My daily workout routine varies; one week it may be a 3 day split (back/bicep, tricep/chest/shoulders, legs) that I cycle through twice and hit yoga the fifth day. Sometimes it may be an hour of HIIT cardio (high intensity interval training), or it might be something like swimming.

First of all, this book is *not* a "get ripped quick" scheme. If that's what you're looking for you're in the wrong place. Also, those don't exist... if it were that easy, everyone would do it. This book also isn't written by doctor, but rather this *is* written by me about my personal story and knowledge I've gained by studying ACT personal trainer course material, medical journals, and more. What's contained in this book is some of the methods I used to go from 256 pounds to 190 in about one year. Many of these exercises I even made up!

My day job as a TV host and public speaker has afforded me many unique opportunities, but also has involved quite a bit of traveling. Since not staying healthy while I'm on the road isn't really an option, I've had to get creative. I don't always necessarily have access to a gym and often times I'm in a remote location with just what fits in a suitcase and mother nature. A perfect example is my recent production of my travel TV show, "[Travel Europe](#)". In total we were in Europe for about 6 months on multiple trips all over the continent. The gym options were either hundreds of dollars a month, or exclusively women's health clubs.

I run an international fitness forum, Talk About Fitness, and it's because of all this traveling and discussions in the forum that I decided to author this book. Some of these exercises I've shared in the past online, however the majority I had photographed specifically for this in Europe during production of "Travel Europe". With that said, I hope you enjoy Bodybuilding Anywhere!



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*Disclaimer: At Weeks Productions, LLC it is believed that good health supports a good outlook, increased productivity, and a better work product. Therefore in this document Weeks Productions, LLC Managing Member Dan Weeks shares some of his personal stories, workout routines and exercise, and methodologies. This is not advice to the reader who should of course always consult his/her physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional, this is purely documentary in nature to show Dan's travel workout routine. At the time of writing this, Dan is a certified personal trainer but **does not** work with individual clients; Dan is not giving health or fitness advice in this book nor taking on a client/trainer relationship with the reader(s), but rather simply just sharing his own stories, ideas, and experiences. Always consult with your healthcare professional to design an appropriate exercise prescription/regimen. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. Stop IMMEDIATELY if you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath.*



Pictured above: My girls work out with me and they're in great shape!



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Getting Started

Right, let's get to it. As the disclaimer says, if you try these exercises and experience any discomfort or pain, stop **immediately!** As the intro states, this isn't a get ripped quick scheme, so you'll also need proper diet, exercise, and persistence. I say persistence because it's not about "motivation" like you always hear. Personally, I think that's part of the reason why we 80% of people who start working out and inundate gyms in January don't make it past the 5 month mark (we call them resolutioners). Other reasons only 18% of gym goers regularly usually is something to do with cost which is why this book is great (if I do say so myself); it's cheaper than a gym membership but can still help you get great results.

I'll **touch on** travel snacks, but you really should consult a professional personal trainer or dietician for a full meal plan custom tailored to you. If you're interested in joining my forum [Talk About Fitness](#), you'll meet NASM certified personal trainer Nikki McIntyre who's an amazing coach, can make you a custom meal plan relatively inexpensively, and also happens to be my trainer. The rest of my admins in TAF are great too, and we're all kind of like the Brady Bunch. Nick Trent is my original admin and group's co-founder and he's a beast. He's active military and probably the biggest admin we've got. The leanest admin however, is Jessie Musthaf who has an unusual obsession with chocolate milk. Jessie manages a large health and fitness store and lives under 10% body fat most of the year. Michelle Phelps is the matriarch of the group, and has been on her fitness journey for a few years now. She's made leaps and bounds since I first met her and it's always a pleasure stopping by the shooting range when she's in town. Finally, Melissa Parents is a professional badass, model, Isagenix distributor, and advocate for "Hells for Combat Boots". Melissa and I met in between her trips to sand camp and despite being in a different time zone "somewhere east of the USA" she's done an amazing job recruiting and advising members in TAF.

To get started with any of these workouts, you just need your body, some resistance bands with handles (or non-circular bands you can tie handles in), a circular resistance band, and a backpack, suitcase, or whatever else you can find lying around. A tree branch or stick of some sort is also good to have. If you live in the desert like Nikki and me, forests may not be abundant in which case you will need to get creative and use rocks, sticks, or whatever else you find on the desert floor. As far as reps and sets go, my default for these is 3x10 (3 sets of 10 repetitions) however you should listen to your body and do what feels right. I'll typically do these all with a quick concentric motion (contraction), slight pause on the isometric (hold), and a 5-8 second eccentric motion (the negative). The easy summary of that is each lift should take you 5-10 seconds. I will also note that part of my success was due to a lot of cardio which isn't included in this book, but a good rule of thumb is anything HIIT (high intensity interval training) like sprints, burpees, jumping jacks, jump rope, etc. While I was in Europe for 6 weeks, I put on about 8 lbs of muscle by doing this, eating well, and supplementing strategically with Millecor products (amino acids, protein powder, Millecor's multivitamin, and Milletov pre-workout). If you'd like to get some of your own, visit www.Millecor.com and use the promo code "Weeks" for a discount or if you're a veteran/LEO/first responder, you can get a bigger discount. I'm also sponsored by www.BeastlyWear.com clothing... same deal with the last name discount.



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Shoulder Shrugs (using resistance bands and tree branch in forest)



This is a great exercise to target your traps and upper back. To begin, stand grabbing the branch or stick about shoulder width and step on the middle of the band so that there is no slack in the band (alternatively without a branch just grab each handle). Shrug your shoulders up and backwards and keep your arms straight (don't "roll" your shoulders.. pretend like you're saying "I don't know"). Pause at the top position for 1-2 seconds, lower your shoulders back to the start position and repeat for desired reps/set.

Side Lateral Raise (using resistance band)



With side laterals you'll see activation in your biceps brachii, triceps brachii, trapezius (traps), and deltoids. Personally I prefer to do one side at a time. To do this, grab one handle by your side at arms length with the palms of the hand facing you while tensioning the band by stepping at a variable distance (closer foot position = more resistance). Lift the handle to your side with a slight bend in your elbow and tilt your hand forward as if pouring water in a glass... NO SWINGING! Continue to go up until your arms are parallel to the floor. Lower the handle back down slowly, and savor the feeling. If it's difficult you're doing it right, if it's *painful* stop immediately.



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Tricep Extensions – Skullcrusher variation (with tree branch and resistance bands)



One of my all time favorites. My triceps were always weak so this one was a challenge at first. Loop the resistance band around the tree somewhere so it won't slip, then loop the handles over opposite sides of the branch so you have a makeshift tensioned barbell. Stand up with your arms slightly bent so your forearms are parallel to the tree trunk, slowly straighten both arms in front of you so your forearms are parallel to the ground (or close to it), then repeat. It's like a skullcrusher, just standing up.

One Arm Incline Pushup (OAPU)

(This can be done anywhere
there's a post)

After you've mastered the regular pushup, diamond pushup, and want to step it up, this is a great way to work on technique and strength because you only have 3 points as a base of support (2 feet, one hand). The motions are just like a regular pushup on the floor. **DON'T LOCK YOUR ELBOWS!** A OAPU can be done with feet together, but it's usually smart to try with a shoulder width stance before progressing the incline or when you're just trying it out for the first few times.





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Bicep Curl (tree branch and resistance bands – makeshift barbell)



Similar to a straight barbell bicep curl. To start, hook each handle around the tree branch or stick you're using and step somewhere near the middle. Stand upright while holding the stick/branch with a shoulder-width grip. The palm of your hands should be facing forward when you start with your hands at your side and your elbows should be close to your torso. Keep your upper arm stationary and curl the branch forward while contracting on the bicep contraction. Only your forearms should move. Continue the movement until your biceps are fully contracted and the bar is at shoulder level. For an extra pump, squeeze your bicep (flex) at the top of the movement.

Standing bodyweight Rows (using a tree branch and trees)



This is a good compound movement to work your back, biceps, traps, and all the stabilizer muscles in between. If you can't quite manage a pull-up with bodyweight yet, this is the one that'll help you get there. Find a solid branch that won't break, bridge the gap between two trees, and anchor your feet. Then lean back while grabbing the branch with an underhand/overhand grip (personal preference), and keep your knees bent. Pull yourself up to the branch until your chest touches it, all while keeping your core engaged. Then lower yourself back down. For an extra challenge, try a different grip or put on a backpack.



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Tension Deadlifts (two resistance bands)



You need TWO bands for this. One circular loop band and one with handles. Step on both around the middle, then loop the circular band over your head and rest it on your traps... you don't want **any** pressure on your neck. Next grab both handles on the other resistance band. Your feet should be about hip-width apart. Personally I like to use an alternating grip, just like a barbell. With your feet and your grip set, lower your hips and flex your knees until they contact the resistance band. Look forward with your head, keep your chest up and your back in a neutral arch, drive through your heels to extend and straighten. After your hands pass your knees, pull your shoulder blades together and drive your hips forward (like you're thrusting into it). Lower by bending at the hips. Always keep a slight bend in your knees.

Landmine Rows (using a fallen tree trunk or heavy tree branch)



Find a tree trunk which has fallen, or something heavy-ish lying on the ground. Go to one end and make sure you can lift whatever it is so the other end stays on the ground (like a pendulum). Stand over the tree trunk, bending at the hip and grabbing the end with both hands. Keep your back straight and knees slightly bent. Start by retracting your scapula and flexing your elbow to raise the tree trunk. Pull the tree trunk to your stomach without jerking movements.



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Single arm Rows/Shrugs (using a fallen tree trunk or heavy tree branch)



Same deal as the landmine row, with a one arm variation. You can also do a single arm shrug (just like the resistance band shrug, just with one arm). Stand perpendicular to the bar, bend at your hip and grab the tree trunk with your inside hand. Support your body with your free arm by bracing it against your thigh. Keep your back straight and knees slightly bent. Start by retracting your scapula and flexing your elbow to raise the tree trunk. Pull the tree trunk to your stomach without jerking movements.

Pullup/Chin Up (using street workout equipment or playground monkey-bars)

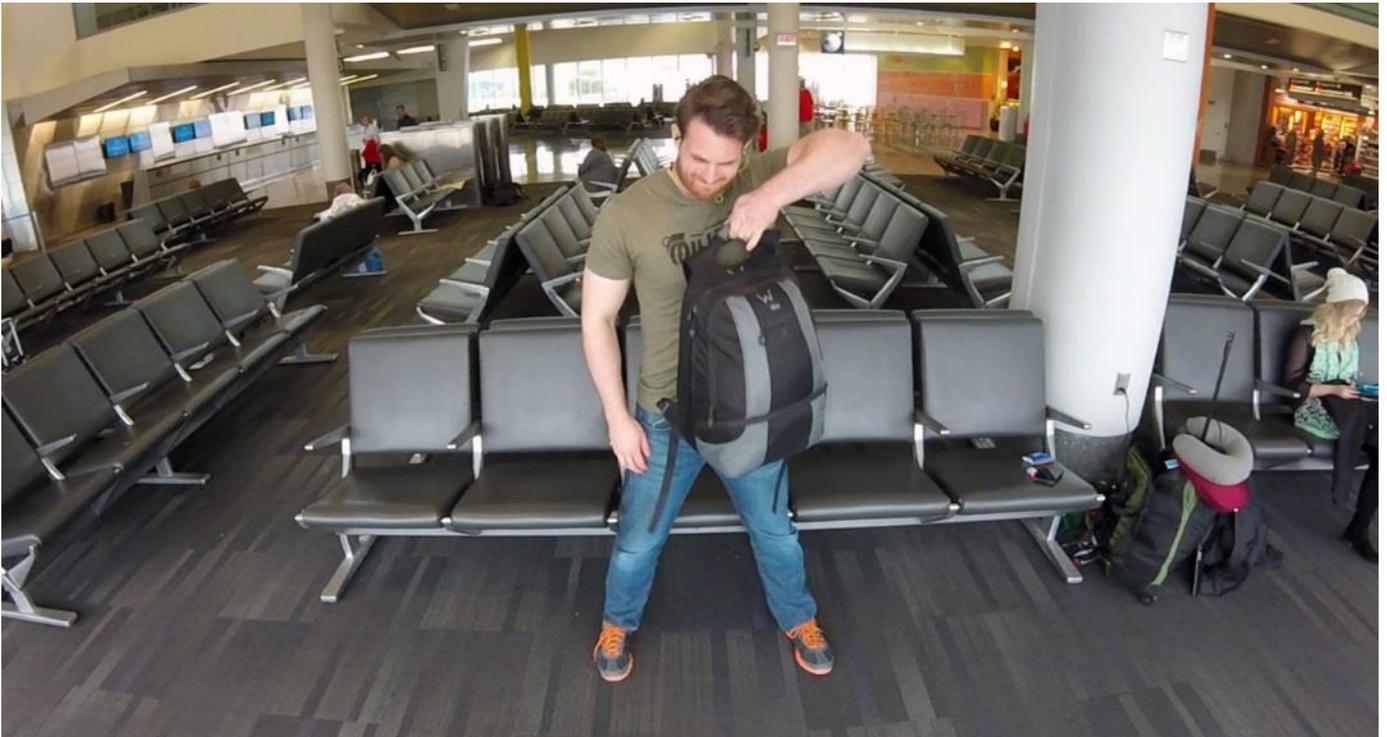


This is one of the most important exercises you can do. Important distinction though, A PULL UP is when your hands are facing away from you which works your back and biceps while a CHIN UP is when your hands are facing towards you and has more emphasis on your biceps. To start, grab the bar with a grip slightly wider than shoulder width with your hands positioned accordingly for a pullup/chin up. Let your body hang then pull yourself up until your chin is above the bar. Lower yourself all the way back down. Don't swing! If it's too tough with your body weight, you can hold resistance bar handles in your hands and put your knee in the cradle to reduce some of the resistance.



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One arm upright row (using backpack or suitcase)



Grab a backpack and stand up straight with a slight bend at the elbows and your back straight and your arm hanging to the side. Keep the other hand fully extended to the side by the waist or grabbing a fixed surface for balance. Use your side deltoid to lift the backpack, and make sure you keep the backpack close to your body as you move it up. Continue to lift it until the dumbbell is nearly in line with your chin. Your elbows should drive the motion meaning your elbow should always be higher than your forearm. This one comes with a warning... be very careful with how much weight you use. This is somewhat of a compromised motion so too much weight leads to bad form and will almost always cause shoulder injury. If you have shoulder problems already, skip this and try the lateral raise.

Backpack side lateral raise



Same as the side lateral raise with a resistance band, just with a backpack. Grab the handle by your side at arms length with the palms of the hand facing you while standing with your feet about hip width apart. Lift the handle to your side with a slight bend in your elbow and tilt your hand forward as if pouring water in a glass... **NO SWINGING!** Continue to go up until your arms are parallel to the floor. Lower the handle back down slowly, and savor the feeling. If it's difficult you're doing it right, if it's *painful* stop immediately.



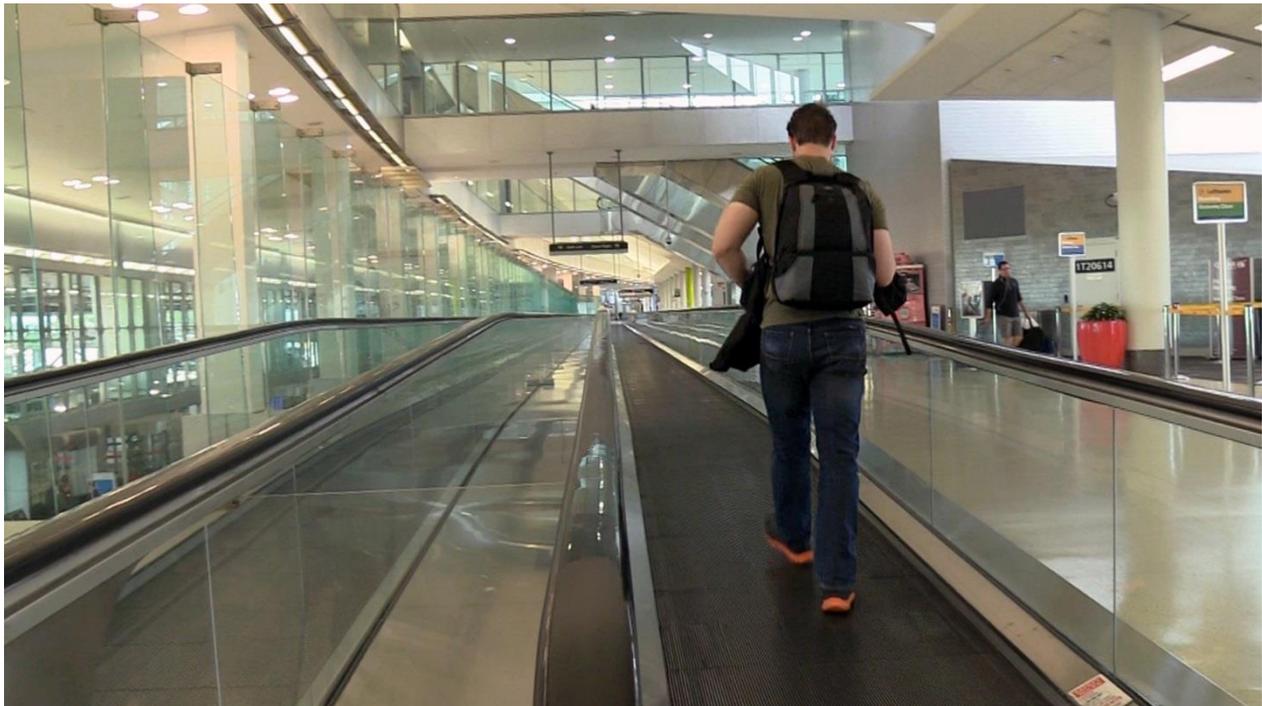
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Bodyweight Lunges



This can be done anywhere and requires a great deal of balance, so please don't do it on the people mover like I did until you've got the motion down. Stand with your torso upright and step forward with your right leg around 2 feet or so from the foot being left stationary behind, and lower your upper body down, while keeping the torso upright and maintaining balance. Do not allow your knee to go forward beyond your toes as you come down, as this will stress your knee joint. Make sure that you keep your front shin perpendicular to the ground. Using mainly the heel of your foot to push up and go back to the starting position.

Makehift treadmill (using a people mover -- alternatively, walk backward)



This is pretty self explanatory. You can walk around **anywhere** (like [Calion Maston](#), the co-host of my TV show [Talk Around Town](#) said, “the sidewalk is super free”). If you're looking for more of a challenge and it's a slow day at the airport, mall, train station, etc. you can find a horizontal escalator and walk backwards on it. Pro tip: wear a backpack for extra weight.



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Chair Squats



Stand in front of a chair with your feet about hip width apart. Keep your knees over your feet. Start sitting down with a neutral back position, and keep your core tight to support your back. Keep your knees over your ankles and push your weight through your heels, not your toes or the balls of your feet. Don't *sit*, just barely touch the seat then push up through your heels to straighten out.

One legged chair squats



Same as the regular chair squats. Stand in front of a chair with your feet about hip width apart. Shift your weight to one leg and stick the other out in front of you. Keep your knee over your feet. Start sitting down with a neutral back position, and keep your core tight to support your back. Keep your knee over your ankles and push your weight through your heel, not your toes or the ball of your foot. Don't *sit*, just barely touch the seat then push up through your heel to straighten out.



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Incline pushups



For this you can use a chair, counter, suitcase, etc. Stand facing bench or sturdy elevated platform. Place hands on edge of bench, chair, etc. slightly wider than shoulder width. Position your feet back from chair with your arms and body straight (butt down). Arms should be perpendicular to your body. Keeping your body straight, lower your chest to edge of the chair by bending your arms, then push up.

Chair dips



Imagine that you are about to sit in an imaginary chair placed directly in front of your real chair as you set up for this exercise. To get in position, stand in front of the chair facing forward. Then sit on the edge of the seat and place your hands behind your hips about shoulder width apart. Lift your butt off the seat and “walk” forward. Slowly lower your body downward, and make sure your elbows don’t bend more than 90 degrees. To return to start, extend your arms and raise your body upwards.



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Tree branch and resistance band leg press



Find a sturdy post and loop the handled resistance band around the base. Sit down with a stick or branch in front of you, then loop the handles over each end. Position it in the middle of your foot or on the heel (depending where it'll stay put). Begin with some tension in the band with your knees bent (left image), then push out through your heels until your legs are almost fully extended with a slight bend still in your knees (right image). To undo this, make sure you release the tension first so you don't snap yourself in the face... trust me, it's not fun.

Back Flies with resistance band



You can either do this by looping the resistance band around a post, or just by holding each end. Grab the band by the handles (or towards the end) and stretch so the band is under tension. Extend and lift your arms straight in front of you. Your arms should be straight and parallel to the floor with a slight bend in your elbows, and your feet should be spread at about shoulder width. Move your arms to the sides and back. Continue the movement until your arms are extended to your sides. Return to start and repeat.



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Standing Chest Press with resistance bands



This should work the same muscles as bench press. Loop the resistance band through a gate, around a post, etc. so it won't slip or move. Stand a foot or two in front of the anchor point of the band while holding the handles (or just grab the band like in the picture). You can stagger your stance for better stability. Your upper arm should be at a 90 degree angle with your shoulder blades together to start. Extend through the elbows to push the band forward and draw it together in front of you. While I was doing this at night, someone pointed out that if you do it correctly it kind of looks like you're a zombie walking around.

Standing Military Press with resistance band



This can be done sitting as well. Loop the resistance band through a gate, around a post, etc. so it won't slip or move. Stand a foot or two in front of the anchor point of the band while holding the handles (or just grab the band like in the picture). You can stagger your stance for better stability. Grab the bands using a pronated (palms facing forward) grip wider than shoulder width apart. Slightly bend the knees and place the band either behind your head or on your collar bone... I would recommend on your collar bone and **not** behind your head, I just have a bad shoulder and this is more comfortable. Lift the band over your head and hold in line slightly in front of your shoulders.