

# **Dan Long's 5 Advanced Xtreme Suspension Challenges**

## **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.

## The Challenges:

### 1. 115 to 1 Intimidator

100 Suspended Crunches

15 Pikes

*-Perform 20 Crunches and 3 Pikes for 5 intervals*

*-You have 1 min. or less to complete all 115 reps*

### 2. 100 Yd. Super Bowl Challenge w/Invisible Football Throw

50 Single Leg Burpees w/Hop L/R with Football Spiral Throw – NO BREAK

*-Perform 50 reps Left and Right leg with no break*

*-Do not touch ground with hands or knees*

*-Pretend to throw invisible football each time you jump*

### 3. Core Annihilator

50 Hanging Body Lifts

25 Static “L” Shape Flutter Kicks/5 Second Holds

*-Perform 50 hanging body lifts*

*-45 second break*

*-Perform 25 static “L” Shape flutter kicks, holding the L shape with your body for 5 seconds at a time while performing flutter kicks*

### 4. Gladiator 300

Squat Jumps – 1 min.

Single Leg Rows 45° – 1 min.

Jump Lunges – 1 min.

Single Leg Bicep Curls – 1 min.

90° Chest Press – 1 min.

*-Perform all exercises consecutively with no break*

*-Your goal is to hit 300 reps (60 of each exercise) in 5 minutes*

### 5. 120 Rep Shoulder Dominator

40 - 90° Shoulder Press

40 – L Reverse Flys

40 – R Reverse Flys

*-Perform all 120 reps consecutively with no break*

*-For Reverse Flys, perform 40 reps w/left hand at bottom; 40 w/right hand at bottom*