

# Sucker

# Punch

# Workout

BY JOSH HILLIS  
RKC CPT PES

INSPIRED BY THE MOVIE SUCKER PUNCH

THE WISE MAN SAYS TO BABYDOLL:  
"YOU WILL NEED TO FIND FIVE ITEMS-  
THE FIRST IS A MAP,  
THEN FIRE,  
THEN A KNIFE,  
AND A KEY,  
THE FIFTH THING IS A MYSTERY.  
BEGIN YOUR JOURNEY,  
IT WILL SET YOU FREE."

QUOTE FROM THE MOVIE SUCKER PUNCH

### **Disclaimer**

This book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment.

Programs outlined herein should not be adopted without consultation with your health professional.

The author is not a medical doctor, registered dietitian, or clinical nutritionist; the author is a fitness and nutrition consultant. Use of the programs herein is at the sole choice and risk of the reader. The author is neither responsible, nor liable for any harm or injury resulting from this program or the use of the exercises described herein.

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The promotional poster conveys just a small fraction of the movie content. In fact, by being a promotional poster, it is designed to promote the movie. None of the entertainment value of the movie is contained in the poster.

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Use for this purpose does not compete with the purposes of the original artwork, namely promotion of the movie.

### **Recommendations**

It is recommended that to confirm proper execution of the exercises contained in this manual, go to a Certified Personal Trainer, RKC Kettlebell Instructor, or other fitness professional for expert instruction.

It is recommended that you see your doctor or physical therapist for evaluation of your fitness level and ability to perform these exercises and programs.



<http://suckerpunchmovie.warnerbros.com/>

Sucker Punch has been described (by Zach Snyder, the director) as “Alice in Wonderland with machine guns” and by the cast as “300 for girls”.<sup>[1][2]</sup>

From a fitness standpoint, it’s totally 300 for girls. It’s hard now to remember what the fitness world looked like before the movie 300 (also by Zach Snyder). The “300 Workout” introduced the mainstream fitness world to doing dead-lifts and kettlebell clean and presses. Guys everywhere now had a completely transformed, new, hardcore way to work out. And what they found was that it leaned them out much, much faster.

Sucker Punch has the opportunity to do the same thing for women. It’s totally



rare that a movie cast of five skinny movie girls are told they have to get really seriously strong for their parts. The girls deadlifted anywhere between 180lbs and 210lbs.<sup>[2][3]</sup>

Kettlebells have become almost completely essential in Hollywood. At this point it's really unusual if a movie star doesn't lift kettlebells as part of their fat loss workout. But deadlifting serious weight, up until now, has been a fat loss secret known only to athletes and a few ahead-of-the-curve fat loss trainers.

The workout program that these five girls did for the movie Sucker Punch is an opportunity to start a revolution in women's fitness, equal to the revolution that happened in men's fitness with the 300 movie workout.

Unfortunately, where the movie 300 "came with" a signature challenge workout, we have no such luck with Sucker Punch. There was no official "Sucker Punch" workout that we know of.

That's where this workout comes in: We know they got strong (especially in deadlifts). We know they used kettlebells.

Based on those two things we know the girls in the movie did, and inspired by the journey laid out by the wise man in the movie, we have a "Josh Hillis' Sucker Punch Workout".



1.) [http://en.wikipedia.org/wiki/Sucker\\_Punch\\_%28film%29](http://en.wikipedia.org/wiki/Sucker_Punch_%28film%29)

2.) <http://www.comingsoon.net/news/movienews.php?id=58539>

3.) <http://www.shape.com/lifestyle/entertainment-and-celebrities/cover-models/high-school-musical-star-vanessa-hudgens>

4.) (poster) <http://suckerpunchmovie.warnerbros.com/>

# Josh Hillis' "Sucker Punch Workout"

FIVE WORKOUT CHALLENGES  
INSPIRED BY THE MOVIE SUCKER PUNCH

## CHALLENGE 1: "THE MAP"

THIS IS A "PASS/FAIL" CHALLENGE. IF YOU CANNOT PERFORM THE CHALLENGE, YOU DO NOT PROGRESS TO THE NEXT CHALLENGE, AND YOU DO NOT GET A SCORE.

WARMUP 5-10 MINUTES

DEADLIFT 135 POUNDS X 5 REPS

REST 3-5 MINUTES

DEADLIFT 155 POUNDS X 3 REPS

REST 3-5 MINUTES

DEADLIFT 180 POUNDS X 1 REP

REST 3-5 MINUTES BEFORE THE NEXT CHALLENGE

To attempt the deadlift challenge, a person must have learned proper deadlifting form from a fitness professional, and must have trained in the deadlift long enough to have the strength to safely attempt this challenge.

A training program is provided at the end of this e-book.

# Josh Hillis' "Sucker Punch Workout"

FIVE WORKOUT CHALLENGES  
INSPIRED BY THE MOVIE SUCKER PUNCH

## CHALLENGE 2: "FIRE"

THIS IS A "PASS/FAIL" CHALLENGE. IF YOU CANNOT PERFORM THE CHALLENGE, YOU DO NOT PROGRESS TO THE NEXT CHALLENGE, AND YOU DO NOT GET A SCORE.

## PERFORM 3 CHINUPS

\*CHINUPS MUST BE "DEAD HANG" AT THE BOTTOM

\*CHINUPS MUST BE "STRICT" FORM,  
WITHOUT SWINGING, KICKING OR KIPPING

\*CHINUPS MUST BE PERFORMED WITHOUT ASSISTANCE

\*EACH CHINUP REP MUST BE COUNTED WHEN CHIN OR NECK TOUCHES  
THE BAR

REST 3-5 MINUTES BEFORE THE NEXT CHALLENGE

# Josh Hillis' "Sucker Punch Workout"

FIVE WORKOUT CHALLENGES  
INSPIRED BY THE MOVIE SUCKER PUNCH

## CHALLENGE 3: "KNIFE"

THIS IS A SCORED CHALLENGE." YOU RECEIVE ONE POINT FOR EVERY REPETITION PERFORMED WITH A 26 POUND KETTLEBELL. IF A 36LB KETTLEBELL IS USED, YOU RECEIVE TWO POINTS FOR EVERY REPETITION.

PERFORM AS MANY ONE HAND KETTLEBELL SWINGS AS POSSIBLE IN FIVE MINUTES

\*KETTLEBELL SWING MOVEMENT MUST BE DERIVED FROM BUTT AND HAMSTRINGS, NOT ARMS OR LOW BACK

\*SWINGS MUST BE TO CHEST HEIGHT TO BE COUNTED

\*SWINGS ABOVE HEAD HEIGHT DO NOT COUNT

\*SWINGS BELOW WAIST HIGH DO NOT COUNT

REST 3-5 MINUTES BEFORE THE NEXT CHALLENGE

# Josh Hillis' "Sucker Punch Workout"

FIVE WORKOUT CHALLENGES  
INSPIRED BY THE MOVIE SUCKER PUNCH

## CHALLENGE 4: "KEY"

THIS IS A SCORED CHALLENGE. YOU RECEIVE ONE POINT FOR EVERY REPETITION PERFORMED WITH A 26 POUND KETTLEBELL. IF A 36LB KETTLEBELL IS USED, YOU RECEIVE TWO POINTS FOR EVERY REPETITION.

**PERFORM AS MANY GOBLET SQUATS AS POSSIBLE IN FIVE MINUTES**

\*KETTLEBELL SWING MOVEMENT MUST BE CONSISTENT WITH THE FORM VANESSA HUDGENS DISPLAYED IN SHAPE MAGAZINE:

[HTTP://WWW.SHAPE.COM/LIFESTYLE/ENTERTAINMENT-AND-CELEBRITIES/COVER-MODELS/VANESSA-HUDGENS-KETTLEBELL-WORKOUT?PAGE=2](http://www.shape.com/lifestyle/entertainment-and-celebrities/cover-models/vanessa-hudgens-kettlebell-workout?page=2)

\*BUTT AND HIPS MUST BE BELOW THAN THE KNEES AT THE BOTTOM OF THE GOBLET SQUAT.

\*WEIGHT MUST STAY ON HEELS

REST 3-5 MINUTES BEFORE THE NEXT CHALLENGE



# Josh Hillis' "Sucker Punch Workout"

FIVE WORKOUT CHALLENGES  
INSPIRED BY THE MOVIE SUCKER PUNCH

## CHALLENGE 5: "MYSTERY"

THIS IS A "PASS/FAIL" CHALLENGE. IF YOU CANNOT PERFORM THE CHALLENGE, YOU DO NOT COMPLETE THE SUCKER PUNCH WORKOUT AND YOU DO NOT GET A SCORE.

BECAUSE CHALLENGE 5 IS A MYSTERY, YOU WILL NOT KNOW YOUR CHALLENGE UNTIL YOU GET THERE. YOU WILL ROLL A DIE.

IF YOU ROLL A 1 OR 2, YOU WILL DO MYSTERY1.

IF YOU ROLL A 3 OR 4, YOU WILL DO MYSTERY2.

IF YOU ROLL A 5 OR 6, YOU WILL DO MYSTERY3.



## MYSTERY1: 20 PUSHUPS

\*MUST BE "FULL PUSHUPS" FROM THE TOES.

\*BRACE ABS AS IF YOU WERE GOING TO GET PUNCHED IN THE STOMACH.

\*PUSHUPS MUST BE CONTINUOUS. IF KNEES TOUCH THE GROUND OR IF HIPS SAG, YOU FAIL THE CHALLENGE.

## **MYSTERY2: 20 KETTLEBELL PUSH PRESSES EACH ARM**

**\*PUSH PRESSES MUST BE CONTINUOUS. IF YOU SET THE KETTLEBELL ON THE GROUND, YOU HAVE FAILED THE CHALLENGE.**

**\*KETTLEBELL PUSH PRESS MUST BE CONSISTENT WITH THE FORM VANESSA HUDGENS DISPLAYED IN SHAPE MAGAZINE:**

**[HTTP://WWW.SHAPE.COM/LIFESTYLE/ENTERTAINMENT-AND-CELEBRITIES/COVER-MODELS/VANESSA-HUDGENS-KETTLEBELL-WORKOUT?PAGE=5](http://www.shape.com/lifestyle/entertainment-and-celebrities/cover-models/vanessa-hudgens-kettlebell-workout?page=5)**

**\*SHOULDER STAYS BACK AND DOWN. IF THE SHOULDER COMES UP BY THE EARS, THE REPETITION DOES NOT COUNT.**

**\*ARM MUST BE FULLY LOCKED OUT AT THE TOP. IF THE ELBOW IS BENT, THE REPETITION DOES NOT COUNT.**

**\*YOU HAVE FIVE SECONDS TO SWITCH BETWEEN ARMS**

## **MYSTERY3: HI LOW CARRY FOR TWO MINUTES**

**\*CARRY MUST BE CONTINUOUS. IF YOU DROP THE HIGH BELL, YOU HAVE FAILED THE CHALLENGE. IF YOU SET THE WEIGHTS DOWN (EXCEPT TO SWITCH SIDES) YOU FAIL THE CHALLENGE**

**\*YOU MAY USE TWO 25 POUND KETTLEBELLS, YOU MAY USE TWO 25 POUND DUMBBELLS, OR YOU MAY USE A COMBINATION OF A KETTLEBELL AND A DUMBBELL.**

**\*YOU HAVE 15 SECONDS TO SWITCH SIDES (DOES NOT COUNT AS PART OF THE CARRY TIME)**

**\*YOU MUST BE WALKING THE WHOLE TWO MINUTES**

**\*THE ARM ABOVE YOUR HEAD MUST HAVE THE ELBOW LOCKED THE WHOLE TIME**

**\*THE ARM ABOVE YOUR HEAD MUST KEEP THE SHOULDER DOWN AND BACK THE ENTIRE TIME.**

**\*THE HI LOW CARRY MUST BE CONSISTENT WITH THE FORM VANESSA HUDGENS DISPLAYED IN SHAPE MAGAZINE:**

**[HTTP://WWW.SHAPE.COM/LIFESTYLE/ENTERTAINMENT-AND-CELEBRITIES/COVER-MODELS/VANESSA-HUDGENS-KETTLEBELL-WORKOUT?PAGE=1](http://www.shape.com/lifestyle/entertainment-and-celebrities/cover-models/vanessa-hudgens-kettlebell-workout?page=1)**

# **ABOUT THE CHALLENGE AND ABOUT THE PROGRAM**

The workout program that these five girls did for the movie Sucker Punch is an opportunity to start a revolution in women's fitness, equal to the revolution that happened in men's fitness with the 300 movie workout.

Unfortunately, where the movie 300 "came with" a signature challenge workout, we have no such luck with Sucker Punch. There was no official "Sucker Punch" workout that we know of.

So the easy thing to do would be to come up with a list of exercises to do, and the number of reps to do them, and time how long it takes to do the whole thing, just like the 300 workout.

But we've already been down that road.

It's been a few years, we've evolved. We've got even better. So lets give you the cutting edge stuff instead:

## **STRONG GIRLS ARE HOT**

The girls of Sucker Punch got wicked strong, and wicked hot. They basically proved what personal trainers have known forever: Strong girls are hot.

So we're going to do a pentathlon of strength moves that the girls from Sucker Punch did.



The reason we're doing a "pentathlon" is to fit the movie: The Wise Man told them they had to get five items that would set them free.

You five items are five strength moves: Deadlifts, kettlebell swings, chinups, goblet squats, and the mystery (one of three pressing movements).

This workout isn't from the movie Sucker Punch, or from Epoch Training, nor is it endorsed by either one.

This is just an absolutely up to the minute cutting edge fat loss workout and program, inspired by what the girls did to train for the movie, and also inspired by the journey of the movie itself.

## THE SCORE

Two of the five movements are scored - the swings and the goblet squats. For each, you'll get 1 point per repetition performed in the time frame, if you use a 26lb kettlebell. If you use a 36lb kettlebell, you get 2 points for every repetition performed.

Those are the only two movements you get a score for.

The other three movements: The deadlifts, the chinups and the presses, are pass/fail. Meaning that if any of them you fail to complete all of the reps required, then you don't get any score at all.

You could say that passing the deadlifts, chinups and presses is the pre-requisit for getting to score in the swings and squats.

# THE WORKOUT PROGRAM

Fortunately, I've prepared a workout program for you, to get you there.

After all, it's not the workout that has any magic to it - it's all the work you put in to prepare for the workout that's going to make you lean, sexy, strong, confident and fit.

It's like if you've ever trained for a marathon. It's not the marathon that changes your body, it's the 2-3 months you spend training for it.

The "Sucker Punch" Challenge Workout and Workout Program is like that.

On the next page is the workout program designed to prepare you for the Sucker Punch Challenge Workout.

The girls in the movie prepared for 3 months. That would be a good time frame for you to start with. It may take you longer.

I always tell my female clients that they should get 3 chinups within one year of working out. It may take you a year also.

Be patient, be smart.

It's the journey that will change your body and make you rockstar hot.

Enjoy.

Josh Hillis, RKC2, CPT, PES, ZMIS

# The Workout Program:

## WEEK A:

**MONDAY: DEADLIFTS "EASY" DAY 5 X 5, (REST 3-5 MINUTES BETWEEN SETS)**  
**2 X 1:00 HI LOW CARRY, 2 X 1:00 FARMER CARRY, (REST 1 MINUTE BETWEEN SETS)**  
**KETTLEBELL SWING INTERVALS**

**TUESDAY: PULLUPS 5 X 3-5 (REST 3-5 MINUTES BETWEEN SETS)**  
**GOBLET SQUATS 5 X 5-20 (REST 1 MINUTE BETWEEN SETS)**  
**KETTLEBELL SWING INTERVALS**

**WEDNESDAY: PUSHUPS 3 X 5-10 (REST 2-3 MINUTES BETWEEN SETS)**  
**PUSH PRESSES 3 X 5-10, (REST 2-3 MINUTES BETWEEN SETS)**  
**2 X 1:00 FARMER'S CARRY (REST 1 MINUTE BETWEEN SETS)**  
**KETTLEBELL SWING INTERVALS**

**THURSDAY: DEADLIFTS "HEAVY" DAY, (REST 5 MINUTES BETWEEN SETS)**

**FRIDAY: PULLUPS 5 X 3-5 AND, (REST 3-5 MINUTES BETWEEN SETS)**  
**GOBLET SQUATS 5 X 5-20 (REST 1 MINUTE BETWEEN SETS)**  
**2 X 1:00 HIGH LOW CARRY (REST 1 MINUTE BETWEEN SETS)**  
**KETTLEBELL SWING INTERVALS**

**SATURDAY: OFF**

**SUNDAY: OFF**

## WEEK B:

**MONDAY: DEADLIFTS "EASY" DAY 5 X 5** (REST 3-5 MINUTES BETWEEN SETS)

**2 X 1:00 HI LOW CARRY, 2 X 1:00 FARMER CARRY** (REST 1 MINUTE BETWEEN SETS)

**KETTLEBELL SWING INTERVALS**

**TUESDAY: PUSHUPS 5 X 5-10**, (REST 2-3 MINUTES BETWEEN SETS)

**PUSH PRESSES 3 X 5-10**, (REST 2-3 MINUTES BETWEEN SETS)

**2 X 1:00 FARMER'S CARRY** (REST 1 MINUTE BETWEEN SETS)

**KETTLEBELL SWING INTERVALS**

**WEDNESDAY: PULLUPS 5 X 3-5** (REST 3-5 MINUTES BETWEEN SETS)

**GOBLET SQUATS 5 X 5-20** (REST 1 MINUTE BETWEEN SETS)

**2 X 1:00 HI LOW CARRY** (REST 1 MINUTE BETWEEN SETS)

**KETTLEBELL SWING INTERVALS**

**THURSDAY: DEADLIFTS "HEAVY" DAY** (REST 3-5 MINUTES BETWEEN SETS)

**FRIDAY: PUSHUPS 3 X 5-10** (REST 2-3 MINUTES BETWEEN SETS),

**PUSH PRESSES 3 X 5-10**, (REST 2-3 MINUTES BETWEEN SETS)

**2 X 1:00 FARMER'S CARRY** (REST 1 MINUTE BETWEEN SETS)

**KETTLEBELL SWING INTERVALS**

**SATURDAY: OFF**

**SUNDAY: OFF**



## DEADLIFT PROGRAM:

DEADLIFTS WILL FOLLOW PAVEL'S 2 DAY PER WEEK

"UNREALISTIC GOALS" DEADLIFT PROGRAM:

[HTTP://WWW.FOURHOURWORKWEEK.COM/BLOG/2011/03/17/PAVEL-DEADLIFT-PROGRAM/](http://www.fourhourworkweek.com/blog/2011/03/17/pavel-deadlift-program/)

FOR GIRLS WHO ARE STILL WORRIED ABOUT BULKING UP (EVEN AFTER SEEING THE GIRLS OF SUCKER PUNCH), CHECK THE VIDEO ON THE PAGE OF 128 POUND MELISSA DEADLIFTING 315 POUNDS. SHE'S GOT A LEAN AND ATHLETIC BODY MOST WOMEN WOULD KILL FOR, AND SHE'S A RECORD HOLDER IN STRENGTH.

YOU WON'T BULK UP WORKING YOUR WAY UP TO 180 POUND DEADLIFT. VANESSA HUDGENS ROCKED A 180 POUND DEADLIFT AND SHE LOOKS AWESOME. DID YOU SEE HER ON THE COVER OF SHAPE MAGAZINE?

Boost Your Body Image Now! 3 Easy Steps



**SHAPE**  
SHAPE YOUR LIFE

**8** SPA TREATMENTS WORTH EVERY PENNY

**VANESSA HUDGENS**  
Stronger than ever! How she got there p56

**TIGHT TUSH, TONED THIGHS**  
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**GREAT SEX: WHAT'S STOPPING YOU?**  
FOR 20 MILLION WOMEN, IT'S THIS... p34

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No Weights, No Gadgets—Just You! p152

**SATISFY YOUR SWEET TOOTH**  
The guilt-free way p127

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## **KETTLEBELL SWING INTERVALS**

**YOU MAY FOLLOW ANY KETTLEBELL SWING INTERVAL PROGRAM YOU CHOOSE.**

**I RECOMMEND USING THE INTERVALS FROM THE 21 DAY KETTLEBELL SWING CHALLENGE:**

**[HTTP://WWW.21DAYKETTLEBELL.COM/](http://www.21daykettlebell.com/)**

**IF YOU DO FOLLOW THE 21 DAY KETTLEBELL CHALLENGE INTERVALS, YOU WILL MAKE A FEW CHANGES IN COMBINING IT WITH THIS PROGRAM:**

- 1.) YOU WON'T DO KETTLEBELL SWING INTERVALS FOR 21 DAYS STRAIGHT. YOU WILL ONLY DO KETTLEBELL SWING INTERVALS ON MONDAYS, TUESDAYS, WEDNESDAYS AND FRIDAYS.**
- 2.) YOU SIMPLY PLUG IN THE WORKOUTS IN THE SAME ORDER, BUT ONLY DOING 4 PER WEEK.**
- 3.) START WITH THE BEGINNER PROGRAM. AT THE COMPLETION OF 21 WORKOUTS (ABOUT FIVE WEEKS ON THIS PROGRAM) YOU MAY EITHER REPEAT THE BEGINNER PROGRAM, OR MOVE TO INTERMEDIATE.**
- 4.) AT THE COMPLETION OF THE INTERMEDIATE PROGRAM, YOU MAY EITHER REPEAT THE INTERMEDIATE PROGRAM, OR MOVE TO THE ADVANCED PROGRAM.**

# ABOUT THE AUTHOR:

Josh Hillis is a Russian Kettlebell Challenge Level 2 Certified Instructor (RKC2), a National Academy of Sports Medicine Certified personal Trainer (CPT) and Performance Enhancement Specialist (PES), and a Z-Health Movement Re-education Specialist (ZMRS) and Movement Integration Specialist (ZMIS).

Josh Hillis has been quoted by USA Today, The Denver Post, and the Los Angeles Times.

Josh is the author of The Stubborn Seven Pounds, The 21 Day Kettlebell Swing Challenge, Fighter Workouts for Fat Loss, and Fighter Workouts for Fat Loss for Women.

Josh is the author of the world famous Lose Stubborn Fat! blog, which has 20,000 subscribers and gets 60,000 readers per month.

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

Josh Hillis specializes in advanced fat loss programs for women who've been working out, but plateaued before they hit their goals.

Josh Hillis is one of the foremost experts on fat loss, and is regularly sought out to do workshops and seminars on losing stubborn fat.

