

BURN WITH CHILLA

The Full-Body Starter Guide

A simple, no-equipment plan to build strength,
burn fat, and feel stronger — starting today.

Free Guide • No Equipment Needed • Follow Along on YouTube

Welcome ■

Hey, I'm Chilla — welcome to Burn with Chilla. This guide is built for one thing: getting you moving consistently, without needing a gym, fancy equipment, or hours of free time.

Inside, you'll find a simple full-body workout you can do at home, form tips to keep you safe and effective, and a few honest pointers on nutrition and recovery. Nothing complicated — just a starting point you can actually stick to.

Once you've been through this guide, head to my Free Workouts page for the full video library, organized by category — Fat Burn, Beginner, Full Body, and Tabata Challenge.

How to Use This Guide

- Do the full-body workout below 2–3 times per week, with a rest day in between.
- Follow the form tips closely — good form beats speed, every time.
- Pair it with the nutrition basics on page 4 for better results.
- When you're ready for more, follow along with my videos on YouTube (@coachchilla) or the Free Workouts page on this site.

The Full-Body Starter Workout

No equipment needed. Do each exercise for 30–40 seconds, rest 15 seconds, then move to the next. Complete the full circuit 2–3 times depending on your fitness level.

Exercise	Focus Area	Notes
Bodyweight Squats	Legs & Glutes	Keep chest up, knees tracking over toes
Push-Ups (or knee push-ups)	Chest, Shoulders, Arms	Modify on knees if needed — form first
Reverse Lunges	Legs & Balance	Alternate legs each rep
Plank Hold	Core	Keep hips level, don't let them sag
Glute Bridges	Glutes & Lower Back	Squeeze at the top for 1 second
Mountain Climbers	Cardio & Core	Keep a steady pace, don't rush form

Beginner: 2 rounds | **Intermediate:** 3 rounds | **Challenge:** add a 4th round or shorten rest to 10 seconds.

Form Tips That Actually Matter

Breathe through the movement

Exhale on effort (standing up, pushing up), inhale on the way down.

Move slower than you think you should

Control beats momentum — especially when you're starting out.

Stop before your form breaks down

A few clean reps beat a lot of sloppy ones. Quality over quantity.

Warm up for 3–5 minutes first

Light marching, arm circles, or bodyweight squats get your body ready.

Nutrition & Recovery Basics

You don't need a strict diet to see progress — just a few consistent habits:

- Drink water throughout the day, especially around workouts.
- Eat enough protein — it supports muscle recovery and keeps you fuller longer.
- Prioritize sleep. 7+ hours makes a bigger difference than people expect.
- Take at least 1–2 rest days per week — recovery is part of the process, not a break from it.

What's Next?

You've got everything you need to start. Here's how to keep the momentum going:

- Follow along with real workout videos on the **Free Workouts** page — organized by Fat Burn, Beginner, Full Body, and Tabata Challenge.
- Subscribe on the **Workout Programs** page to be first in line when structured 7-Day and 30-Day programs launch.
- Follow @coachchilla on YouTube for new workouts every week.

Thanks for grabbing this guide — now go put in the work. I'll see you in the next workout. ■

— Coach Chilla, *Burn with Chilla*