

THE 30-MINUTE FAT LOSS FORMULA

EXERCISE FORM GUIDE

Coaching cues for every movement in the program

WHAT'S INSIDE

- All primary exercises from Phase 1 and Phase 2
- Key coaching cues — what to focus on every rep
- Common mistakes and how to correct them
- Gym, dumbbell, and bodyweight modifications for every movement

PDF 02 OF 03

JEFFREY DAVIS

Certified Personal Trainer · Jeffrey Davis Fitness

jeffreydavisfitness.com

HOW TO USE THIS GUIDE

Before You Train

This guide covers every primary exercise in The 30-Minute Fat Loss Formula program. Before your first session — especially if any movements are new to you — read the relevant cues and common mistakes. Good form from Day 1 prevents injury and produces better results. Poor form practiced for weeks becomes a habit that's hard to break.

A note on modifications: every exercise includes three options — gym, dumbbell-only, and bodyweight. Use the version that matches your equipment and experience. The bodyweight or dumbbell version done with perfect form is always superior to a heavier loaded version done poorly.

A note on the Chapter 7 reference table: this guide expands on the modification table in Chapter 7 of the book with detailed coaching notes. Use them together.

MOVEMENT PATTERNS COVERED

Lower Body — Hip Hinge	Romanian Deadlift, Hip Thrust, Glute Bridge
Lower Body — Quad Dominant	Squat variations, Lunge, Split Squat
Upper Body — Horizontal Push	Bench Press variations, Push-Up
Upper Body — Vertical Push	Overhead Press variations
Upper Body — Horizontal Pull	Row variations
Upper Body — Vertical Pull	Pull-Up, Lat Pulldown
Full Body — Compound	Thruster, Renegade Row

Barbell Back Squat / Goblet Squat

Lower Body — Quad Dominant

COACHING CUES

- Feet shoulder-width, toes slightly out
- Chest up, brace your core before every rep
- Sit back and down — knees track over toes, not caving inward
- Lower until thighs are at least parallel to the floor
- Drive through the heels to stand — think "push the floor away"

COMMON MISTAKES

- × Knees caving inward — cue: push knees out actively
- × Heels rising — cue: widen stance or elevate heels slightly
- × Forward lean excessive — usually mobility or quad weakness

MODIFICATIONS

- Gym: Barbell back squat or front squat
- Dumbbells: Goblet squat (hold one DB at chest) or DB front squat
- Bodyweight: Bodyweight squat, jump squat, or single-leg sit-to-stand

Romanian Deadlift (RDL)

Lower Body — Hip Hinge / Hamstring

COACHING CUES

- Feet hip-width, soft bend in knees throughout
- Push hips backward — this is a hip hinge, not a squat
- Maintain a neutral spine — back does not round at any point
- Feel the stretch in your hamstrings as you lower
- Drive hips forward to return to standing — squeeze glutes at top

COMMON MISTAKES

- × Rounding the lower back — reduce weight immediately
- × Bending the knees too much — becomes a squat, not a hinge
- × Bar/DBs drifting away from legs — keep them close to shins

MODIFICATIONS

- Gym: Barbell RDL or trap bar deadlift
- Dumbbells: DB Romanian deadlift (both hands)
- Bodyweight: Single-leg RDL (bodyweight), good mornings

Hip Thrust / Glute Bridge

Lower Body — Glute Dominant

COACHING CUES

- Upper back on bench (hip thrust) or floor (bridge)
- Drive through the heels, not the toes
- At the top: hips fully extended, squeeze glutes hard
- Keep chin slightly tucked — do not hyperextend the neck
- Core braced throughout — ribcage stays down

COMMON MISTAKES

- × Arching the lower back at the top — brace harder
- × Feet too close or too far — knees should be 90° at top
- × Going too fast — use a 1-second pause at the top

MODIFICATIONS

- Gym: Barbell hip thrust on bench
- Dumbbells: DB hip thrust or single-leg DB bridge
- Bodyweight: Bodyweight hip thrust (add pause for difficulty)

DB Bench Press / Barbell Bench

Upper Body — Horizontal Push

COACHING CUES

- Shoulder blades retracted and depressed (pulled together and down)
- Feet flat on floor — drive them into the ground for stability
- Bar/DBs lower to mid-chest level, not the neck
- Elbows 45–60 degrees from torso — not flared out to 90°
- Press explosively up, lower with control (2–3 seconds down)

COMMON MISTAKES

- × Elbows flared — puts excess stress on the anterior shoulder
- × Bouncing off the chest — remove stretch reflex, reduces stimulus
- × Losing shoulder blade position during the set

MODIFICATIONS

- Gym: Barbell bench or Smith machine bench
- Dumbbells: DB bench press or DB floor press (safer for shoulders)
- Bodyweight: Push-up variations (elevated, standard, decline)

DB / Cable Row

Upper Body — Horizontal Pull

COACHING CUES

- Pull the weight toward your hip — not your shoulder
- Squeeze the shoulder blade at the end of each rep
- Control the eccentric (lowering) — 2 seconds down minimum
- Keep the torso stable — do not rotate to generate momentum
- Full stretch at the bottom — let the shoulder blade protract

COMMON MISTAKES

- × Using too much momentum — reduce weight
- × Pulling toward the shoulder instead of the hip
- × Jerking to initiate the rep — start with the lat, not the arm

MODIFICATIONS

- Gym: Cable row, chest-supported row, barbell row
- Dumbbells: Single-arm DB row (brace on bench)
- Bodyweight: Inverted row under a table, TRX row

Pull-Up / Lat Pulldown

Upper Body — Vertical Pull

COACHING CUES

- Grip slightly wider than shoulder-width
- Lead with the chest — pull chest toward the bar, not chin over
- Initiate the pull by depressing the shoulder blades first
- Full hang at the bottom — let the lats stretch completely
- Control the descent — do not drop

COMMON MISTAKES

- × Kipping or using momentum — reduces lat engagement
- × Pulling with the arms only — elbows should drive down
- × Partial range of motion — go full hang each rep

MODIFICATIONS

- Gym: Pull-up (weighted or assisted machine), lat pulldown
- Dumbbells: DB pullover, single-arm high row
- Bodyweight: Negative pull-ups (jump up, lower slowly), doorframe row

DB Overhead Press

COACHING CUES

- Core braced — do not lean back excessively to press
- Start with DBs at shoulder height, elbows at 90°
- Press directly overhead — slight forward lean is natural
- At the top, biceps near ears — full lockout
- Lower under control to starting position

COMMON MISTAKES

- × Excessive lumbar extension (leaning way back) — brace harder
- × Pressing in front of the body instead of overhead
- × Flaring elbows too wide — keep them slightly forward

MODIFICATIONS

- Gym: Barbell overhead press, seated machine press
- Dumbbells: Seated or standing DB press, Arnold press
- Bodyweight: Pike push-up, wall handstand push-up

Renegade Row

Full Body — Anti-Rotation / Pull

COACHING CUES

- Start in a high plank position, DBs under hands
- Brace core hard before each pull — hips stay square
- Row one DB to hip height while pressing the other into the floor
- No rotation — if hips are twisting, reduce weight
- Feet wider = more stable base

COMMON MISTAKES

- × Hips rotating — the anti-rotation is the whole point
- × Wrists bending under load — use hex DBs on flat surface
- × Losing plank position — this is a core exercise too

MODIFICATIONS

- Gym: Chest-supported row or seated cable row (wrist/shoulder issues)
- Dumbbells: Standard renegade row or drop to knees for stability
- Bodyweight: Plank hold with shoulder taps
- Modification note: If renegade rows bother wrists, shoulders, or lower back, substitute chest-supported row.

DB Thruster (Squat to Press)

Full Body — Compound / Metabolic

COACHING CUES

- Start with DBs at shoulder height in rack position
- Squat to parallel — maintain upright torso
- As you drive up, use the momentum to press overhead
- The press happens at the top of the squat — one fluid movement
- Control DBs back to shoulder height before the next squat

COMMON MISTAKES

- × Separating the squat and press — should be one continuous movement
- × Pressing before reaching full hip extension
- × Lower back rounding at the bottom

MODIFICATIONS

- Gym: Barbell thruster or dumbbell thruster
- Dumbbells: DB thruster (standard) or reduce load for metabolic focus
- Bodyweight: Air squat to overhead reach