



It's amazing what you can accomplish with just some dumbbells and your bodyweight.

Boom goes the little equipment required dynamite.

Enjoy this fat-incinerating 4-week workout. It will be good times.

Burn fat and finish strong,
Mike Whitfield, CFNC, CTT
www.cranktraining.com

Get 40 butt-kicking, fat-burning workout finishers at
www.workoutfinishers.com

Disclaimer:
You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



The Warm-up

Before starting this program, do the following bodyweight circuit twice, resting for 30 seconds between circuits.

- 1) Jumping Jacks (20)
- 2) Arm Crosses (15)
- 3) Prisoner Squats (12)
- 4) Push-ups (10)
- 5) Mountain Climbers (10 ea)
- 6) Waiters Bow (12)
- 7) Plank (20 secs)

You can follow this program for 4 weeks, and then move on to a new program. If you need one after this, you can get one here:

Over 6 months of programs for less than \$5 to start

=> <http://cranktraining.com/TTtrial>

Day 1

- 1A) DB Step-up (8 ea leg)
- 1B) Close-Grip Push-ups (2 short of failure)

Rest 1 minute and repeat 2 more times

- 2A) DB Row (8 ea arm)
- 2B) Stability Ball Leg Curl (12)

Rest 1 minute and repeat 2 more times

- 3A) DB Chest Press (10)
- 3B) Plank (60 secs)

Rest 1 minute and repeat 2 more times

The “Jumping Explosives” Finisher

– Do the following superset resting only when needed. In the first superset, you will perform 8 reps of each exercise. In the next superset you will perform 7 reps. Continue in this fashion until you complete 1 rep of each exercise

- 1A) Jump Squats (8, 7, down to 1)
- 1B) Explosive Push-ups (8, 7, down to 1)

Day 2

Low intensity activity

Day 3

1A) Pull-up (6)

1B) Bodyweight Reverse Lunge from a Deficit (12 ea leg)

Rest 1 minute and repeat 2 more times

2A) DB Overhand Grip Row (10)

2B) Triple Stop Push-up (8)

Rest 1 minute and repeat 2 more times

3A) DB Romanian Deadlift (12)

3B) Cross-Body Mountain Climbers (8 ea)

Rest 1 minute and repeat 2 more times

The “Keep Your Chin-up” Finisher

Burpee Chin-up Combo (6), rest 10 secs

Do this 4 times

Day 4

Low intensity activity

Day 5

- 1A) Inverted Row (2 short of failure)
- 1B) Incline DB Chest Press (6)
- 1C) Ab Wheel or Stability Ball Rollout (10)

Rest 1 minute and repeat 2 more times

- 2A) Bodyweight Bulgarian Split Squat 1-1/2 rep style (8 ea)
- 2B) DB Piston Row (10 ea)
- 2C) DB/KB Swings (15)

Rest 1 minute and repeat 2 more times

The “Gobble, Decline and Climb” Finisher

- 3A) Goblet Squat (5)
- 3B) Decline Push-up (5)
- 3C) Mountain Climbers (5 ea)

Rest 20 secs and repeat 4 times for a total of 5 circuits

Days 6 and 7

Low intensity activity

Workout A

	Set1	Set 2	Set 3	Set 1	Set 2	Set 3	Set1	Set 2	Set 3	Set1	Set 2	Set 3
1A) DB Step-up (8e)												
1B) Close-Grip Push-ups (2<F)												
2A) DB Row (8e)												
2B) Stability Ball Leg Curl (12)												
3A) DB Chest Press (10)												
3B) Plank (60 secs)												

FINISHER

Workout B

	Set1	Set 2	Set 3	Set 1	Set 2	Set 3	Set1	Set 2	Set 3	Set1	Set 2	Set 3
1A) Pull-up (6)												
1B) DB Reverse Lunge from a Deficit (12e)												
2A) DB Overhand Grip Row (10)												
2B) Triple Stop Push-up (8)												
3A) DB Romanian Deadlift (12)												
3B) Cross-Body Mountain Climber (8e)												

FINISHER

Workout C

	Set1	Set 2	Set 3	Set 1	Set 2	Set 3	Set1	Set 2	Set 3	Set1	Set 2	Set 3
1A) Inverted Row (2 < F)												
1B) DB Incline Chest Press (6)												
1C) Ab Wheel/SB Rollout (10)												
2A) BW BSS 1-1/2 rep style (8e)												
2B) DB Piston Row (10e)												
2C) DB/KB Swings (15)												
FINISHER												

Disclaimer:

You must have a certified fitness professional instruct you on correct form before starting any program

Warm-up Demo

<http://www.youtube.com/watch?v=ml-S6e5Hqn8>

You can find demos of the exercises at my YouTube Channel at
<http://www.youtube.com/user/CrankTraining?feature=mhee#g/u>

Simply put in the exercise you're looking for in the search box. If you can't find an exercise, please don't hesitate to contact me at
www.cranktraining.com

Need help with your nutrition? Check out these resources:

Eat Stop Eat by Brad Pilon – very manageable way to lose fat and keep it off
=> <http://cranktraining.com/ESEbook>

Get over 250 fat-torcing recipes here (I love this thing)
=> <http://cranktraining.com/Metcookbook>

Web coaching is available from time to time. For more info, contact me at my website at
www.cranktraining.com

**Winner of the 11th Turbulence Training Transformation Contest, Philip
Lost 34 lbs in Just 12 Weeks!**



"Hi, my name is Philip Stephenson!"

I was at the point in my life, that I had to do something. I have tried on my own but, realized I was getting no where. I decided to hire a trainer, Mike Whitfield (certified turbulence trainer) to get me in shape.

Because my Father had a stroke in December 2010 The Doctor told me, 'I was on my way to having a stroke myself.

That was my turning point. I tried on my own for a couple of months. Thought I knew how to work out, so I did the bike, elliptical and tread mill. Nothing was working for me. So I decided to hire a trainer at the gym I sporadically attended. Mike really changed up my vision of a work out.

- Philip



Everyone Tells Me I Look at Least Ten Years Younger and Feel Great."

- Lori



A total of 32 pounds and 24.25 inches torched! I had to buy a new wardrobe

- Nancy