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The METABOLIC FINISHERS MANUAL



Including Amazing Fat-Torching Finishers
Mike Whitfield, CTT

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Including Amazing Fat-Torching Finishers



Mike Before



Mike After

Hey, I'm Mike Whitfield, certified Turbulence Trainer and a just an everyday Joe who lost 105 lbs. Except... like... my name is Mike, not Joe. OK, whatever.

Anyway, I've been using metabolic workout finishers both myself as well as with my clients for over 3 years now.

Inside this content-rich packed report, you will discover how you can burn hundreds of calories more from YOUR favorite workouts. That's the good news. This isn't yet another workout program.

The bad news? Ha-ha, well, I'll be honest. If you're looking for an easy way to burn more calories or a "miracle exercise", then this report isn't for you. Metabolic finishers require a mental and physical challenge, but they only last minutes.

Tons of content and finishers below... enjoy!

Mike Whitfield, CFNC, CTT

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Break Fat Loss Plateaus with Workout Finishers

There it was. It was staring at me in the face... “Candy Corn”, aka “the devil”. Unfortunately, I am one of those types that if something I really dig (like candy corn) is in the house, I will eat it. That’s why it simply has to stay out of my environment. The good news is that I took a handful and thought, “I’m going to let this candy corn allow me to do awesome things in the gym”, and off I went.

My workout was great, and to torch more fat and burn more calories, I added a workout finisher like this:

- 1A) Bulgarian Jump Squats (8 ea leg)
- 1B) X-Body Mountain Climber (12 ea)
- 1C) Burpee (10)

I did the above circuit 3 times, resting for only 30 secs between circuits.

I use workout finishers with myself and my clients for two different reasons: 1) they help speed up results and 2) They break fat loss plateaus.

The funny thing is that I “accidentally” figured out that these finishers break fat loss plateaus. Some of my clients wanted alternatives to interval training, so I started “experimenting” with finishers so they wouldn’t get bored. That’s when the results started to go through the roof and it’s then I realized I was onto something.

Workout finishers are the hottest thing in the fitness industry lately, and most trainers agree that using them are getting their clients better results in less time. They are also one of the greatest tools for breaking a fat loss plateau. If done with the right intensity, workout finishers can even let you get away with a little candy corn in your diet and still drop fat. Boom goes the “Dude, that’s awesome!” dynamite.

A workout finisher is like pouring a tall glass of “Awesomeness” and sipping it at the end of a workout. But seriously, they are a great tool for replacing interval training because they tend to be shorter, yet burn more calories. Some of my clients call them “mini-workouts” performed at the end of their session to set their body up to burn more fat for hours.

Back in the day, I used to hit the treadmill for some interval training after my workouts, which is great for fat loss. But I like workout finishers better, especially when trying to break and avoid fat loss plateaus. Here’s why:

Treadmill intervals for 15 minutes – very good calorie burn, but the legs are mostly used to perform them

Workout Finisher Bodyweight circuit of inverted rows, push-ups and lunges – more muscles being stimulated, therefore burns more calories.

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Here's even more good news - Because you worked your entire body to end the workout rather than hit the treadmill, your legs won't be so sore and your performance at the next workout will be better, resulting in burning more calories. It's like a positive domino effect for breaking a fat loss plateau.

The last thing you need to do to break a fat loss plateau is totally revamp your diet and workout program. By simply tweaking your nutrition program a little bit and introducing workout finishers to your current favorite program, there's no reason why you couldn't bust through a plateau in no time.

Let's say you're on a split program and it was an upper-body workout day. This would be a great opportunity to incorporate a lower-body focused workout finisher. Your legs will be fresh and can handle the intensity. For example, you do a finisher of Jumping Lunges, Push-up Planks and KB or DB Swings. Let's see what we accomplish:

The upper body muscles were worked during strength training
The lower body muscles were worked during the workout finisher

All major muscle groups were stimulated, burning a substantial amount of calories. This was done by just tweaking your program a little bit. Now you're on your way of finally breaking that fat loss plateau. Boom.

Workout finishers definitely helped me lose 105 lbs of fat and keep it off. I'll wait until you read that sentence twice because let's face it, that's a lot of weight. Done? Yeah, I know. Yes, I have lost over 100 lbs and more importantly, I've kept it off by incorporating workout finishers. Now get out there and bust that plateau (or avoid it).

How to Replace Intervals with Metabolic Finishers

The weather here in Georgia is awesome in the mornings. I love this time of year. As a matter of fact, I'm asking for a kettlebell for my birthday so I can do some workouts in my backyard. I got the idea when Craig Ballantyne saw a picture of my backyard on his fan page on Facebook. He said it looked like a great place to do a workout. I then thought, "A smart guy that CB is. Where's my birthday list? Nevermind. Here's a post-it note". I then wrote "birthday list – kettlebell, the end." - True story.

As I daydream about my hopeful gift, I'm wondering how I could do metabolic finishers for the times I do work out at home. Needless to say, I don't have a treadmill or bike at home to do interval training. I prefer metabolic finishers over interval training, but some people enjoy interval training more. That is great, because either one of those are definitely better than long, boring cardio. My clients have some good questions though. One of them is, "How do I replace intervals with metabolic finishers?" That's like asking me, "How do I make something that is already awesome into something awesomer?"

Let's say you are facing one of these problems:

- 1) You're out of town and lacking equipment
- 2) You used to enjoy intervals, but you found yourself in a rut or you find yourself constantly sore from interval training
- 3) You can't make it to the gym

Insert cheesy saying here - Have no fear, The Workout Finisher Guy is here. I promise you that sounded better in my head. Moving on...

OK, you usually do interval training at the end of your workout on the treadmill. You are on a program where you run at a difficult pace (9/10 exertion) for 30 seconds, followed by 1 minute of recovery (3/10 exertion). You usually do this 6-8 times for a total of 9 to 12 minutes. Here is how to replace that with a metabolic workout finisher:

Do the following circuit 3 - 4 times:

- 1) Prisoner Squats (30 secs)
Rest 10 secs
- 2) Spiderman Push-ups (30 secs)
Rest 10 secs
- 3) Jumping Jacks (30 secs)
Rest 10 secs
- 4) Mountain Climbers (30 secs) (Your six pack abs are having a blast! Party! Party!)
Rest 30 secs

If you do the math, it takes just about the same amount of time to do the metabolic finisher above as it would to do the interval training. It also doesn't require equipment. I guess you can say, "A smart guy that Mike Whitfield is"?

Another great method of interval training is KB swings. A popular method to use kettlebells for interval training is to do KB Swings for 30 seconds, and then rest for 30 seconds. That's a great way to burn fat, but how about we tweak it a little bit for a fantastic metabolic finisher?

You can shorten your time of KB Swings to 15 seconds, followed immediately by Explosive Push-ups for 15 secs, then rest for 30 seconds. (Don't give me that look about the Explosive Push-ups – it's just 15 seconds). With you reducing the amount of time invested in KB Swings, your legs won't be as sore the next day. Also, you worked your upper body along with your lower body for extra calorie burning without having to add time to your workouts. Boom goes the productivity dynamite.

Since I'm on a roll, let's take a look at yet another way to replace interval training with metabolic finishers. You don't feel like doing interval training on the bike like you usually do. Your program calls for you to go hard (8/10) for a minute, followed by a recovery period (3/10) for a minute. You do this for anywhere between 12-16 minutes. Here is your plan of attack to replace intervals with a metabolic finisher:

Do the following circuit as shown twice, resting for 1 minute between circuits:

- 1) Bodyweight Split Squat (1-1/2 rep style) (30 secs ea leg)
- 2) Spiderman Climb (30 secs)
- 3) Inverted Row (30 secs)
- 4) Close-Grip Push-ups (30 secs)
- 5) 1-Legged Deadlift (30 secs ea leg)
- 6) Modified Burpees (no jump or push-up) (30 secs)

That metabolic finisher takes 9-10 minutes, which is less time than the bike intervals, and you hit all major muscle groups. This rocks, and here's why:

- A) You hit all major muscle groups, burning more calories (on the bike, the emphasis is on the legs and episodes of Judge Judy)
- B) You are spreading the exertion all over the body, which allows your legs to be more fresh at your next workout
- C) You did more in less time

You just literally turned on the six pack abs igniter.

Just this morning, I had someone ask me how to get away from the elliptical and start incorporating metabolic finishers instead. Needless to say, I was pleased because I've never been a big fan of the elliptical. It's just awkward to me. I guess I'm old and set in my ways. I was happy to show him a countdown circuit of lunge jumps, overhand grip inverted rows and elevated push-ups. This way he will burn a lot of calories but his body will still be ready for his next workout, whether it is an upper body workout, a lower body workout or a total body workout. After all, if you're constantly sore, more than likely you won't stick to your workout routine.

Those are just a few ways to replace traditional interval training with metabolic workout finishers. Your legs will be fresher for your intense Turbulence Training workouts and you will finally “finish” off that belly fat. Ohhh man, that was a good sentence. Besides, most interval training methods use the legs, so why not allow the rest of your body to help burn more fat in less time?

How to Choose the Right Workout Finisher

I am now back on a total body workout with a metabolic finisher after doing an upper lower-split program for 3 weeks. I will explain to you how I chose the right metabolic finisher in just a little bit, but first I’m going to put together a nice hot cup of Apple Cider. You didn’t even realize I stepped away did you? The internet is ah-mazing!

Anyway, since I’m on a total body program 3 times a week, I chose a metabolic finisher that uses all the major muscle groups. I guess you can call it a total body metabolic finisher, but that is a lot of words. Finishers are getting a lot of buzz in the industry lately, and they should because they work.

As you know, a metabolic finisher is a replacement for interval training and it uses incomplete recovery using short rest periods and most of the time, it uses all the major muscle groups. However, there are some finishers, at least when I write them, that focus a little more on the upper body or lower body. This brings up 2 questions:

1. How do I choose the right metabolic finisher based on the program I’m on for fat loss?
2. Seriously, how many licks of a tootsie roll pop does it take to get to the tootsie roll of tootsie roll pop?

Keep in mind that the second question isn’t really that important, but was inspired by a t-shirt I saw at Target a few nights ago. That same shirt also inspired me to type this sentence as well as the last question. So, let’s forget about that and focus on number one:

How do you choose the right metabolic finisher?

Since I’m a TT trainer and I train myself as well as my clients of one of two ways of working out (total body or upper/lower split), that is how I will explain how to choose the right finisher. Let’s look at one at a time:

Choosing a Finisher on a Total Body Program

If you’re on a total body workout 3 days a week, I would recommend a finisher that focuses on all major muscle groups. For instance, after your workout on Monday, you could do the “It’s Complicated” finisher, which is a barbell circuit of Front Squats, Rows, Romanian Deadlifts and Military Presses. This hits all major muscle groups without over-stressing what you accomplished in your workout (just don’t add weight to the bar).

Another good fit after a total body workout, especially if you are tight on time, is the Burpee/Chin-up combo. This is how that works:

Do the following as shown:

Burpee/Chin-up Combo (8), rest 40 secs
Burpee/Chin-up Combo (7), rest 40 secs
Burpee Chin-up Combo (6), rest 30 secs
Burpee Chin-up Combo (5), rest 30 secs
Burpee Chin-up Combo (4), rest 20 secs
Burpee Chin-up Combo (3), rest 20 secs
Burpee Chin-up Combo (2), rest 10 secs
Burpee Chin-up Combo (1), smile and have a protein shake

This finisher takes just a few minutes, but you'll see why it is so effective. You'll be spent, and it's a great metabolic finisher to choose when you don't have much time. It also hits a lot of muscle. Boom goes the efficiency dynamite yet again.

This is why it is so important to plan your workouts just like your nutrition. If you know you will be tight on time after a total body workout, then you need to have a finisher in place that you know takes just a few minutes.

So to wrap it up - if you're using 3 total body workouts per week, then choose a finisher based on time allowed and that hits your upper and lower body to compliment what you accomplished in the main workout, which was a good workout and getting shot down by the hottie on the treadmill. Yep, I saw that... and I typed it. And there's nothing you can do about it - it's my article and I can do what I want.

What about metabolic total body workouts?

If you're performing a true metabolic workout, then you honestly don't need a metabolic finisher. The intensity needed to perform that type of workout cannot be sustained long enough to perform a finisher on top of that. It's kind of like when people say they did intervals for an hour... no you didn't. Your intensity wasn't high enough if you did intervals for an hour. That's a whole new article, and thank you for the idea! (not you, I'm talking to my own head).

Choosing a Finisher on an Upper/Lower Split Program

You can still use a metabolic finisher, even when you are on an upper/lower split program. This where you will need to choose wisely. Let's say you are on a program like this:

Mon: Upper body
Tue: Lower body

Wed: Off
Thu: Upper body
Fri: Lower body

This is where it comes to your fitness level really. If you find yourself being able to recover really well between workouts, then you could actually choose a metabolic finisher that focuses more on the lower body after an upper body workout. This will target all muscle groups between the main workout and the finisher. For example, after your upper body workout, you could do the following finisher:

The “Crossing Over to Stir the Pot” Finisher

Do the following superset 4 times, resting for 30 seconds between supersets

- 1A) Bodyweight Cross-Over Step-up (10 ea)
- 1B) Stir the Pot Exercise (5 in ea. direction)

As you can see, you will only be using bodyweight, so it’s not too much volume. This will allow you the intensity needed for your lower body workout the next day.

Another option, if you’re concerned for your recovery of your lower body, is to use a finisher that focuses on the upper body. This will add more volume to your upper body workout, but keep in mind that you will have 2 days of rest in between. Everyone is different. An upper body focused finisher could be a superset with little rest of push-ups and inverted rows.

Mike, you need to wrap this up. You’re getting long-winded. I love it when my head takes over and types stuff like that. It’s freaky, but cool.

Needless to say, you can apply the same principles to choosing a finisher after a lower body workout. Just always take your fitness level and recovery ability into account. Remember the 3 rules on choosing the finisher:

1. Time
2. Fitness level
3. Recovery ability

So, I hope this helps you out when you need to choose the right metabolic finisher after your workout. If not, well, that’s over 1,000 words I will never get back... kinda’ like watching Transformers 2. That’s 90 minutes of my life I won’t get back. Looky there, I’m rambling again.

Finish Strong,
Mike Whitfield

Good stuff?

So, as you can see, by incorporating metabolic finishers in with your current workout program, you can easily burn an additional 300 calories or more, by investing just a few minutes at the end of your workout.

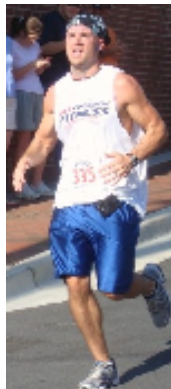
These finishers compliment your efforts with your ongoing workout program. I've literally written hundreds of finishers that last just a few minutes, and this one little tweak (finishers... duh) can help you:

- ✓ Bust a plateau
- ✓ Jump start and speed up your fat loss results
- ✓ Improve your conditioning

The concept of metabolic finishers to raise your metabolic rate is simple, but it's not easy. They demand your best effort, both mentally and physically.

But if it was easy, wouldn't everybody be doing it?

**To your success,
Mike Whitfield, CFNC, CTT
All the cool kids call me "Mikey".**



Mike Whitfield, CFNC, CTT (known as "Mikey") is a certified Turbulence Trainer who resides in Georgia. After losing 105 lbs, his passion propelled him into the fitness industry. His unique approach of using metabolic resistance training and metabolic workout finishers has helped thousands of people lose fat through his online and offline programs. He is known across the fitness industry for his "finishers" and he is the author of the Workout Finishers and Ab Finishers programs. He has been seen on the Turbulence Training blog, Men's Health Blog, and he has been featured in the AJC.

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