

## Welcome from Mike Whitfield & Workout Finishers



**Mike Before**



**Mike After**

“Metabolic Crank”? I don’t know. It just came to me. It sounded amazing in my head, that’s why.

This program is a doozy and we start off with a bang with the Goblet Bulgarian Squat with the front foot elevated.

I’ve combined metabolic resistance training and finishers, getting you to crank up your metabolism. Ha-ha... crank. What a cool word.

Anyway, you’ll also have fun with Workout B, where you have strength and finisher supersets, which is unconventional, but based on client feedback, it works and it’s a lot of “fun”. So, you do a strength move, than immediately a finisher move.... Good times.

Have fun with these workouts and remember as always...

**Finish Strong,  
Mike Whitfield, CTT  
Author, Workout Finishers**

**PS – For more metabolic finishers, check out these sites:**

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

[www.AbFinishers.com](http://www.AbFinishers.com) - Get 33 of the most cutting edge finishers focused on your belly fat, including new exercises

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - Blog dedicated to metabolic resistance training and finishers

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### **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 (formerly known/also known as Reflections Fitness) 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.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question on my facebook page here:  
[www.facebook.com/workoutfinishers](http://www.facebook.com/workoutfinishers)
- 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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.



## **Workout Finishers Metabolic Crank Workout Guidelines**

**Disclaimer:** See your physician before starting any exercise or nutrition program. 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 dietitian.

- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this warm-up circuit.

### **Bodyweight Warm-up Circuit**

- Go through the circuit TWICE.
- Rest 30 seconds between warm-up circuits.

#### **Warm-up**

- 1) Prisoner Squat – 15 reps
- 2) Arm Crosses – 12 reps per side
- 3) Duck Unders – 6 reps per side
- 4) Plank – 30 second hold
- 5) Waiter's Bow – 8 reps
- 6) Close-Grip Pushups – 10 reps
- 7) Leg Swings – 15 reps per side
- 8) Spiderman Climb – 6 reps per side

### **Things to Remember**

A “superset” is 2 exercises back-to-back with no rest, but resting after both exercises are complete. For example, let’s say you have a finisher that says:

1A) Body Squats (10)

1B) Push-ups (10)

Do the above superset 3 times with 30 secs of rest between supersets.

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, 10 reps of push-ups, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

A “circuit” is a series of 3 exercises or more that are done back-to-back with no rest between exercises. So, for example, let’s say you have the following finisher:

1A) Body Squats (10)

1B) Push-ups (10)

1C) Inverted Row (8)

Do the above circuit 4 times, resting for 1 minute between circuits

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 8 Inverted Rows, and then rest for 1 minute. You would do this 4 times... then you’re done!

**Unless otherwise noted, your rest period after each superset or circuit is one minute.**

**Finishers - since the finishers set/rep scheme can be so unique, those are noted at the bottom of the workout log chart**

## **Schedule**

**Day 1** – Workout A

**Day 2** – 30 minutes of low-intensity activity

**Day 3** – Workout B

**Day 4** – 30 minutes of low-intensity activity

**Day 5** – Workout C

**Day 6** – 30 minutes of low-intensity activity

**Day 7** – Rest (30 minutes of low-intensity activity optional)

<b>Workout A</b>	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Goblet Bulgarian Squat w/front Foot Elevated (8/side)									
1B) Pullup/Asst Pullup (6)									
2A) DB Chest Press (10)									
2B) Good-Morning (12)									
3A) 1-Arm DB Shoulder Press (12/side)									
3B) Stability Ball Plank (30 secs)									
<b>Workout B</b>	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) 1-Arm DB Incline Chest Press (6/side)									
1B) Jumping Lunges (10/side)									
2A) DB Chest Supported Row (8)									
2B) Burpees (12)									
3A) DB Romanian Deadlift (10)									
3B) Stability Ball Jackknife Pushup (15)									
4A) DB Rear Lateral Raise (12)									
4B) Total Body Extension (20)									
<b>Workout C</b>	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Deadlift (8)									
1B) Spiderman Pushup Plank (20secs/side)									
2A) Goblet Squat (12)									
2B) X-Body MC (8/side)									
3A) DB Curls (8)									
3B) DB Tricep Extension (8)									
3C) Facepulls (12)									

**Finisher A** – 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. Time yourself. The next time you perform this finisher, try to beat your previous time:

- 4A) Prisoner Jump Squats (8, 7, ... 1)
- 4B) Pushups (8, 7, ...1)

**Finisher B** – NA

**Finisher C** – Do the following circuit one time in weeks 1 and 2, and two times in weeks 3 and 4 (resting for 30 secs between circuits)

- 4A) KB/DB Swings (50)
- 4B) Burpee Spiderman Pushup Combo (10)
- 4C) Jumping Jacks (50)
- 4D) Spiderman Climb (10/side)



## Warm-Up

### ***Disclaimer:***

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

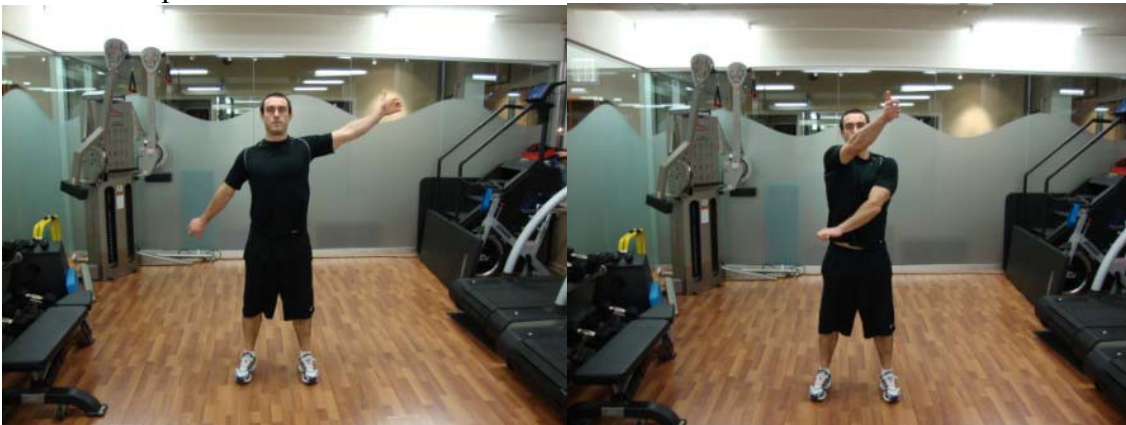
### **Prisoner Squat**

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



### **Arm Crosses**

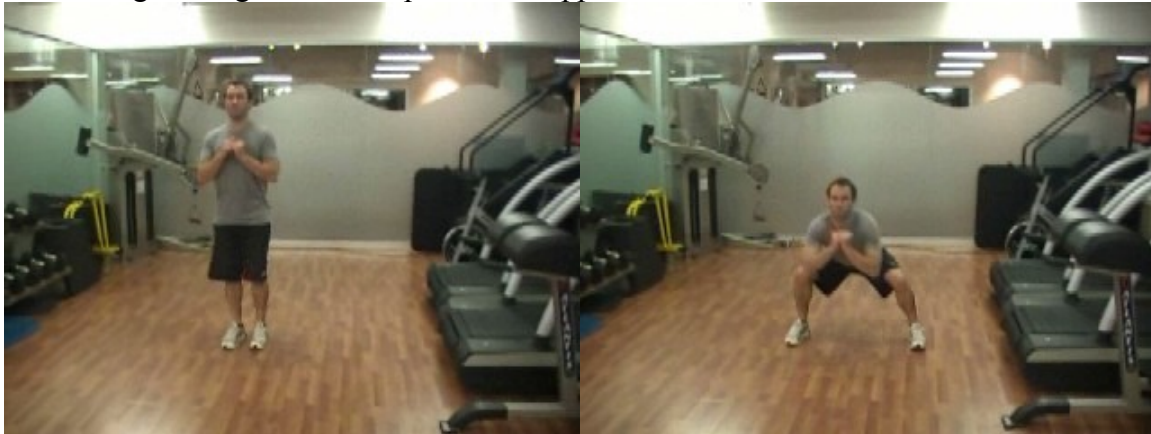
- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



## Warm-Up

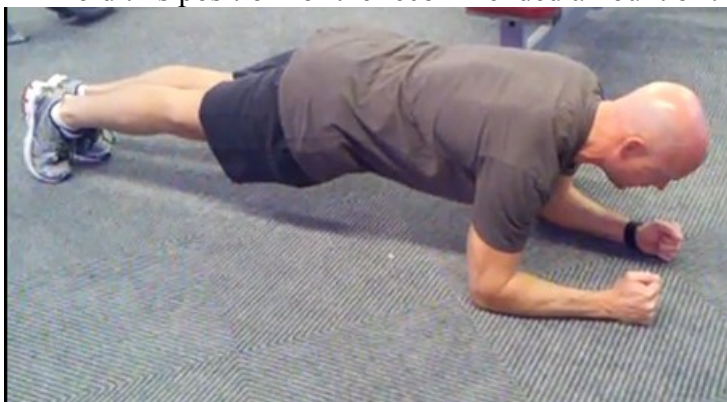
### Duck Unders

- Stand with your feet hip width apart and hands held at chest level.
- Step to one side while simultaneously dropping your hips and squatting down.
- As you squat and step to the side, drop your hips so it appears you were ducking under something. Get as low as you can while keeping your chest up.
- Shift all of your weight over to the side you stepped towards and stand up with your feet together again. Then repeat in the opposite direction. Alternate sides.



### Plank

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time.



## Warm-Up

### Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



### Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



## Warm-Up

### Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



### Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.





## Workout A

### Goblet Bulgarian Squat

- Stand with your feet shoulder-width apart. Hold a dumbbell in front of you at chest height (correct photo to come).
- Place the laces of the back foot on a bench.
- Step forward with the other foot, taking a slightly larger than normal step and place it on a 6-inch riser.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



### Pull-up or Assisted Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



## Workout A

### DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



# Workout A

## Good Morning

- The Good Morning is very similar to the Romanian Deadlift.
- However, instead of holding the weight in your hands, you'll place the barbell on your back. But the movement of the hips is the same.
- Be very conservative with this exercise. Do not perform the Good Morning if your lower back is injured, weak, or compromised in any manner.
- Rest a barbell on your upper back. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Focus on pushing your butt back while keeping the knees stationary and keeping your back flat. Stop the movement before your back starts to round.
- Squeeze your butt and hamstrings and drive your hips forward to stand up.
- Perform each rep with 100% concentration. Do NOT round your lower back.



OR

You can use a dumbbell in front of your upper chest...





## Workout A

### 1-Arm DB Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold one dumbbell at shoulder level and place the other on your obliques.
- Press the dumbbell overhead and slowly lower to the start position.
- Do not arch your back. Stand upright. Do all reps on one side and switch.



### Stability Ball Plank

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.





## Finisher A

### Prisoner Jump Squat

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



### Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



## Workout B

### 1-Arm DB Incline Chest Press

- Set an incline bench two notches above the last position. Lie on the bench and hold one dumbbell at arms length above the chest. The other arm can hang free.
- Slowly lower the dumbbell to chest level and press it straight back up. Do all reps for one side and switch.



### Jumping Lunges

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides



## Workout B

### DB Chest Supported Row

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start position.



### Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



## Workout B

### **DB Romanian Deadlift (RDL)**

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold dumbbells at arms length. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Keep the dumbbells as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
- Reverse the movement before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration. Do NOT round your lower back.





## Workout B

### **Stability Ball Jackknife-Pushup**

- Brace your abs. Put your hands on the floor and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- Return to the starting position.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



### **DB Rear-Deltoid Lateral Raise**

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



## Workout B

### Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- This is a non-impact replacement for jumping.



## Workout C

### Deadlift

- Always deadlift with a slight arch in the low back. Keep your abs braced at all times in the deadlift.
- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with an overhand grip, taking a slightly wider than shoulder-width grip.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. Perform each rep with 100% concentration.



## Workout C

### Spiderman Push-up Plank

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



### Goblet Squat

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell in a “cupped” position at chest height.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”.
- Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.





## Workout C

### X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



### DB Curl

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height while maintaining a flat back.
- Slowly return to the start position.



## Workout C

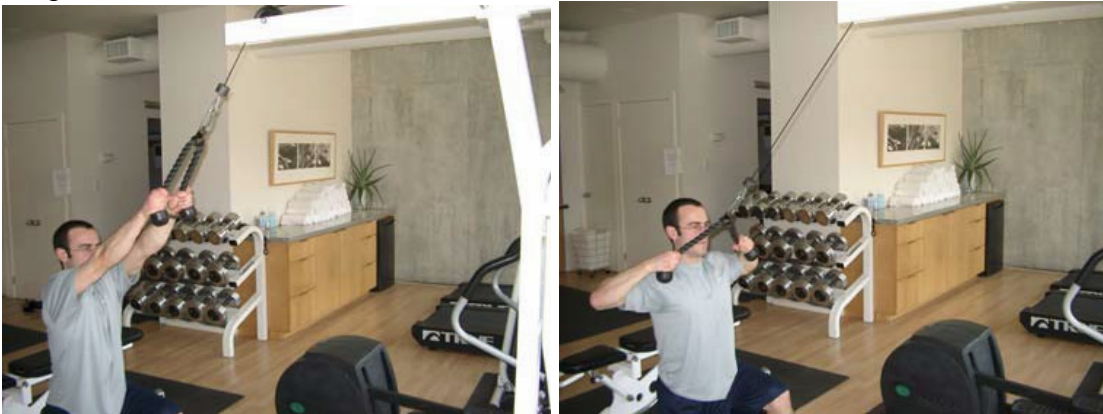
### **DB Triceps Extension**

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



### **Facepull**

- Attach the rope to the high-pulley at a cable station.
- Stand back 2 or 3 feet and kneel down.
- Hold the rope at arm's length above your head
- Using your upper back and rear deltoids, row the rope to your forehead.
- Start with a small resistance and use proper form to get all of the benefits for your posterior shoulder area.



## Finisher C

### KB/DB Wings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



## Finisher C

### **Burpee/Spiderman Pushup Combo**

- Stand with your feet shoulder width apart.
- Squat down on your feet and hands
- Kick your feet out to form a pushup position
- Perform a Spiderman pushup by going down into a pushup, bringing one knee to the side. Repeat for the other side (do 1 rep on each side).
- Kick your feet back in and stand or jump back up





## Finisher C

### Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.



### Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



## More Resources to Fat-Torching Finishers To Use With Your Favorite Workouts

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 unique metabolic workout finishers to use with any program (and some can be used as an intense short workout).

[www.AbFinishers.com](http://www.AbFinishers.com) - 33 of the most cutting-edge finishers designed to target and strengthen your core and abs

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - The new blog dedicated to metabolic workout finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

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



**“Mike really changed up my vision of a workout” – Philip**

**I Have Lost Over 50 lbs and 15% Body Fat**



**“ He had a fresh approach to training”- Robin**