

WORKOUTFINISHERS.COM

31 HARDCORE FINISHERS

DESTROY YOUR TRAINING SESSION-BUILD RESULTS



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HARDCORE WORKOUT FINISHERS

So, *why* Hardcore Workout Finishers?

Well, the real question should be, "*Why not?*"

These Hardcore Workout Finishers were created with a few things in mind...

- 1) To be extremely effective at getting YOU faster RESULTS
- 2) To pose extremely tough challenges that not only push you to new levels of fitness and performance but will also force you to get better.
- 3) To be innovative and FUN because who wants to stick to the same ol' conventional methods of training all the time? It's time to break the rules and take things to a whole new level!

The Hardcore Workout Finishers you'll find below are of a great combination of fast hitting circuits, supersets, and unique combinations of highly functional and effective movements that will yield you with powerful results in strength, power, and endurance.

You will be tested through both mind and the body so prepare yourself.

It's time to start finishing off your workout the right way!

Never go back to the old way of doing things again!

It's time to *Destroy Your Training Sessions...* BUILD RESULTS!

THE *WHO'S* BEHIND HARDCORE WORKOUT FINISHERS

Intro from Travis Stoetzel CSCS

My name is Travis Stoetzel and I'm a professional strength and conditioning specialist.

I have my own hardcore strength gym in Omaha NE called, *The Forged Athlete* where I cater specifically to serious athletes ranging from young high school athletes training to make the varsity squat all the way up to your professional MMA fighters and Olympic Wrestlers.



I also have non-athletes that dwell within my gym walls that include police officers, military personnel, firefighters, and your hardcore weekend warrior types that are just plain nutty about training hard and living a healthy and fit lifestyle.

I live for my gym and clients as training is my life. I think about it almost all hours of the day. I love challenges and pushing my body to the limit and I know what it takes to prepare the body for battle.

You must approach training like it's an all out war zone and for this to happen, you must be prepared both mentally and physically.

Beyond the local realm of my strength and conditioning gym, I also have a personal blog catered to the same type of people at TravisStoetzel.com as well as a membership site at TrainAggressive.com.

These both serve as other means for me to help get my message out there to help reach and impact more people that need my help.

This is only the tip of the iceberg about me and what I do, but this isn't about me... It's about YOU!

For that very reason, I try my best to stay on top of my craft as I continue to travel around the world to learn and to train with the best strength and conditioning coaches around the globe.

I also continue to live what I preach as I train in the trenches myself. I don't only talk the talk, but I walk the walk everyday as well and I will continue to do so until the day I die.

I was first introduced to Mike Whitfeild when I was at a Fitness Summit in sunny California. When Mike and I first ran into each other and got to talking, we both knew right away that we had to come together to do a "*finisher*" product together immediately. Not long after we met, production began on the very manual you're reading right now.

We both have a HUGE passion for helping our clients and athletes achieve results and we both know the power a solid "*workout finisher*" can have on a person's progress.

We both hope you enjoy the hardcore workout finishers we have for you below so get your mind and body ready to take it to the next level!

Live Aggressive and Get Strong!

Travis

You can find out more information about me at my personal hardcore strength blog and training websites:

TravisStoetzel.com

TrainAggressive.com

HardcoreFinishers.com

A Quick Message from Mike Whitfield, CTT

When I first met Travis, I honestly thought (and still do) he has a split personality. I get to see the “knowledge” side of him. He absolutely loves his craft and what he does for a living. He has an amazing passion.



But then there's this “beast side” to him that I find amazing. His work ethic and passion is what drew me to him to put this together. He had this crazy idea of putting together our approach into one big metabolic smoothie to help you stay ripped while putting on lean muscle.

So basically, this metabolic smoothie is for you. Drink up.

I could talk workout finishers all day. I obsess about rep and set schemes, exercise order, how it fits the program, etc., etc.

You will be cursing both of our names, but believe me when I say it's worth it. Finishers are my passion, and I hope you fall in love with them like

I have.

I wish you the best of success, and as Travis said, Go Hard!

You can read more about my story of losing 105 lbs and get more workout finisher ideas at my blog:

www.trainwithfinishers.com

Now, brace yourself. It's time to get at it!

Mike Whitfield, CTT

HARDCORE WORKOUT FINISHERS – WEAPONS OF CHOICE

There are many tools out there in the strength training realm that are super effective at getting YOU results. For **the hardcore workout finishers** that we've designed for you below, there are only a select few weapons of choice that you will need.

Below are the essentials:

Sandbags



Sandbags are one of the most **POWERFUL** methods of training known!

Sandbag training helps increase total body strength and power while also building up greater levels of mental toughness!

Here are just a few of the many benefits you'll receive from sandbag training:

- Build up levels of Brute Strength by digging into HEAVY sandbags!
- Construct hands of steel with a vice like grip by performing different variations of sandbag movements!
- Destroy common weakness' through the functionality and uniqueness of general sandbag training!
- Create a core of pure ripped muscle through the use of full body focused sandbag movements and variations!

If you're not taking advantage of how effective sandbag training is for your ultimate results, you are missing the boat!

Sandbags have been strategically placed within the Hardcore Workout Finishers below for maximum effectiveness.

You can either make your own sandbags or buy a professional made sandbag.

It would be wise to make a sandbag in such a way so you can easily add or take weight away if need be. This makes using your bag for different things a whole lot easier.

When I first started out, I made my own sandbags. For a complete guide on "*How To Make Your Own Sandbag*", see the bonus manual that was given with this program.

If you want to buy your own professionally made bags, check out BruteForceBags.com for the BEST quality sandbags around.

Kettlebells

HardcoreFinishers.com



One of the oldest and most effective forms of strength training that is often overlooked and neglected is none other than Kettlebell Training.

The versatility alone of the many different ways you can use Kettlebells within your training to reach different results and outcomes is what makes this form of training so lethal and mandatory to use!

Kettlebells will help build up an “Iron Mind” through their many uses!

You’ll increase overall Strength and Power when training with kettlebells.

For a good reference point on where to start when first beginning kettlebell training, for males, a 44-53 lbs kettlebell would be ideal and for women, a 35-44 lbs kettlebell would be more than sufficient.

Once you get better, obviously you’ll want to get a heavier kettlebell to increase the intensity.

For top of the line kettlebells, go check out ForgedKettlebells.com

Get back with the old and join the revolution! The Kettlebell Revolution!

Battling Ropes

HardcoreFinishers.com



Who would have thought that slamming a rope on the ground over and over could be such an effective way to burn fat and increase your overall power and conditioning?

Battle ropes are one of the most effective conditioning tools there is. You'll build cardiovascular strength, endurance, and power.

The best place to find a cheap set of battling ropes would be to start at your local sling / crane supply shop. We have found these suppliers to be the cheapest source for quality ropes.

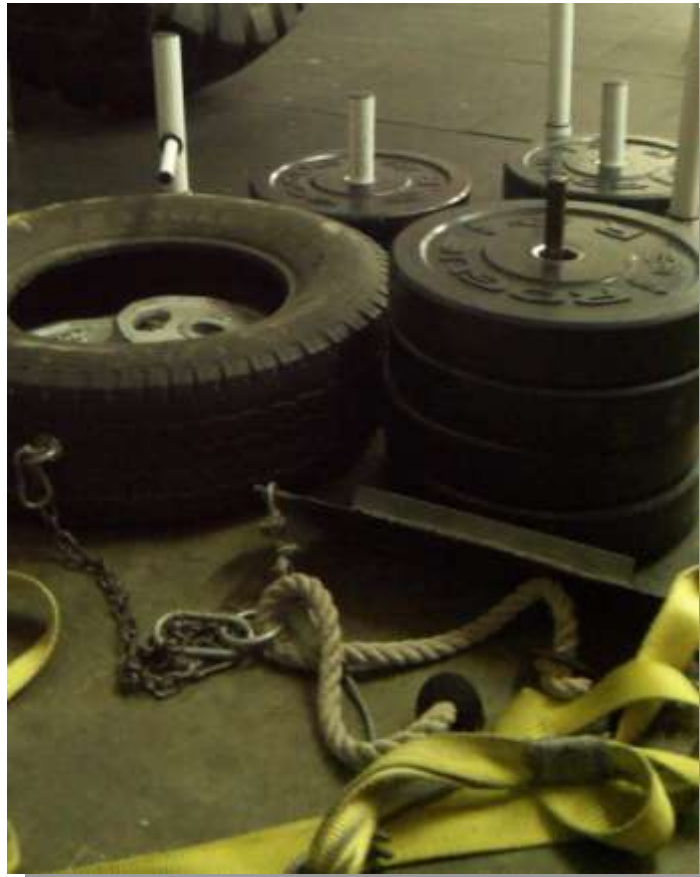
You can also find professionally made battle ropes [HERE](#).

As far as length, you want to have at least 40 feet to work with if not 50 feet. I've worked with ropes as long as 70 feet and they are brutal!

For diameter, you can't go wrong with an inch and ½ to start but if you want to work grip even more, you'll want to go with 2 inches.

Bottom line, if you're looking to increase your conditioning and take your training results to the next level, you've got to be training with a battling rope!

Sleds and Prowlers



Dragging, pulling, and pushing sleds and prowlers around are by far one of the best ways to increase conditioning.

Besides being one of the simplest movements to teach, pushing, pulling, and dragging a sled or prowler around is also fun.

Pushing and dragging a sled or prowler around isn't always the easiest thing to do, but doing so will jack up your stamina and overall conditioning to a whole new level.

You can start with basic tire dragging and pulling if you don't have a professional made sled or prowler.

Check out the ["How to Make Your Own Sled Video HERE"](#) or refer to the "How to Make Your Own Sled Manual" for directions on how to make your own sled in no time and with little money.

If you want the real deal, you can pick up a prowler [HERE](#).

If you don't want to spend that amount of money for the real thing, Rogue Fitness has a very solid prowler model named "*The Butcher*" which easily gets the job done as well. [CLICK HERE](#) for that.

Either way you go, it's safe to say that in order to be 110% SERIOUS about your training, you've got to have a sled OR a prowler. If you have both, even better!

Now get out there and get it on!



Sledgehammers



The sledgehammer is another must have "*hardcore strength tool*" that all serious lifters should possess.

You can find these at any local hardware store or you can now buy profession designed "*war hammers*" [HERE](#) which are strategically designed to be a bit heavier to supply you with a bigger challenge.

To do sledgehammer swings, just get an old truck / tractor tire or sandbag to hit and you should be good to go!

For the tires, make sure their a little bit bigger then a normal car tire so it will be able to take a heavier beating.

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The best way to use these finishers is to hit them up AFTER your main workout. You can also choose to use these as standalone training session as well if you're short on time and need a quick and intense hitter.

Make sure you keep track of your workouts. It would be a good idea to always write down and keep tabs on when you use these finishers.

Write down the weight you use for each movement, how long it took you, and any other information that you can use down the road to help you track your overall progress.

There really are no other rules to the finisher game! The only thing you need to really worry about it getting after it and having fun!

Here's a link for all of the Hardcore Workout Finisher Videos:

[>>> Hardcore Workout Finisher Video Library](#)

Finisher # 1 "99 Problems but the Twitch Ain't One"

Do the following circuit once

- 1) Prisoner Squat Jumps (33), rest 10 secs
- 2) Decline Close-Grip Pushups (33)
- 3) KB Swings (33)

Finisher # 2 "The Baggin' and Crawlin' Finisher"

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

- 1A) Put a sandbag over the shoulder and carry it 20 yards, followed by 20 sandbag squats (hugging a sandbag), return to the starting point with the sandbag over the other shoulder
- 1B) KB/DB Renegade Crawl (10 step forward / 10 steps back)

Finisher #3 - "The Battle of the Rope "

20 secs Rest in between each x 1-2 Rounds (3 If You're a BEAST)

- 1A) Double Whips x 50
- 1B) Alt Whips x 50
- 1C) Snakes x 50
- 1D) Side Shuffle w/ Alt Whips x 50
- 1E) Circles x 50
- 1F) Jacks x 50

Finisher # 4 - "Rope It Up"

- 1) Jumping Jacks w/ Rope x 30
- 2) Plank w/ single arm whip x 15 / side
- 3) Power Rope Slams x 30
- 4) Side To Side Shuffle With Alt Whips x 10

Finisher # 5 "Bodyweight Singles"

Do the following circuit ONE time for each side of the body

- 1) Single Leg Burpees x 15
- 2) Single Arm Row x 15
- 3) Lunge Jumps x 15 / side
- 4) 1-Arm Push Ups x 15
- 5) Seal Jacks x 50

Finisher # 6 "Burpee Pull Up Mountain"

Do the following superset in an ascending ladder

- 1A) Burpee/Pullup Combo x 1 (every round)
- 1B) Mountain Climber x 1/ side, x 2, x 3, x 4, ... x 10

Finisher # 7 “Burpees and Squats and Ropes, Oh My”

Do the following circuit 3 times, resting for 30-45 secs between circuits

- 1) Burpees (20 secs)
- 2) Prisoner Squats (30 secs)
- 3) Battling Ropes (40 secs)

Finisher # 8 – “The Clean and Press Lullaby” / “100 Rep Lullaby”

- 1A) SB Clean and Press x 3-5 (depending on fitness level)
 - 1B) Burpee x RAT
- *get to 100 Burpees

Finisher # 9 “Crawlin and Pushin”

Do the following circuit twice, resting for 30 seconds between circuits

- 1) Explosive / Plyo Pushups (15 secs)
- 2) Crab Crawl (30 secs)
- 3) Spiderman Pushups (15 secs)
- 4) Renegade Crawl (30 secs)

Finisher # 10 “ Crazy Eights”

Do the following circuit 4 times, resting for 20 seconds between circuits

- 1) Box Jumps (8)
- 2) Renegade Row (8/side)
- 3) Bulgarian Squats (8/leg)

Finisher # 11 “Give Me 5 for Every 10”

Do the following circuit three times, resting for 30 seconds between circuits

- 1) Lunge Jumps (10/leg)
- 2) Walkover Push Ups (5/side)
- 3) KB/DB Swings (10)
- 4) Burpees (5)
- 5) Recline Row (10)
- 6) Squat Thrusts (5/side)
- 7) Suspended Arm Circles (Max Reps)

Finisher # 12 “Hammer Time”

Do the following circuit 6 times, resting for 20 secs between circuits

- 1) Sledge Hammer (AMAP in 15 secs)
- 2) Prisoner Jump Squats (AMAP in 15 secs)
- 3) Sledge Hammer (AMAP in 15 secs)

Finisher # 12 “The Hardcore 250”

Do the following circuit one time, resting only when needed. Time yourself. The next time you perform this finisher, try to beat your previous time.

- 1) Burpee/Pullup Combo (10)
- 2) Narrow Stance Goblet Squat (30)
- 3) Renegade Pushups (30)
- 4) Burpee/Chinup Combo (10)
- 5) Goblet Walking Lunges (20/leg)
- 6) Mountain Climbers (15/side)
- 7) Jumping Jacks (100)

Finisher #14 - KB Buffee Ladder

Start at 10 reps for each movement, then do 8, 6, 4, 2

Take only about 45-60 sec rest between rounds.

Goal should be to hold onto the bells for the whole round. Only set them down when you rest.

1A) KB Swing

1B) KB Clean

1C) KB Press

1D) KB Squat

***Can be performed single armed as well

Finisher #15 - Keep Your Chin Up

1 Round ALL OUT!

1A) Burpee Chin Up x 10

1B) Bulgarian Squats x 20 / leg

1C) Burpee Pull Ups x 10

1D) Pike Press x 20

1E) Burpee Chin Up x 10

Finisher #16 - The Ladder of Pain

1 Round ALL OUT!

1A) 5 x KB Thruster

1B) 10 x Burpee Box Jump

1C) 15 x Sit Outs / Side

1D) 20 x Kettlebell Swings

1E) 25 x Hanging Leg Raises

1F) 30 x Hollow Rocks

Finisher #17 - Lateral Suicide

Perform 1 Round ALL OUT.

You can add in rounds as you see fit but do at least 1 round ALL OUT with everything you got.. Modify and adjust according to the video.

- 1A) Lateral Jumps (choice) x 10 / side
- 1B) Suicide Sprint x 1

Finisher #18 - Loaded Carry

Do 6 total Rounds w/ 30-45 secs rest after you complete your burpee reps.

- 1A) DB / KB Farmer Walk / SB Shouldered Carry x 100 ft
- 1B) 15 Burpees

Finisher #19 - Metabolic Countdown

Perform a Descending Ladder with each movement starting at 8 reps, then do 7, 6, 5... all the way down to 1

Rest only 30-45 secs between rounds

- 1A) Jumping Lunges
- 1B) Spiderman Push ups
- 1C) Sandbag Squats

Finisher #20 - Movin' Rollin' and Climbin'

Do 2 Rounds of the following circuit w/ on 30 secs rest in between rounds.

- 1A) 1arm Bent DB Row x 20 / side
- 1B) BB Rollouts x 15
- 1C) Sandbag Squats x 20
- 1D) M. Climbers x AMRAP x 1 min

Finisher #21 - Playin' In The Sand

1 Round ALL OUT!

- 1A) Sandbag Clean and Throw / Toss x 1 min AMRAP
- 1B) Sandbag Squats x 1 min AMRAP
- 1C) Recline Rows x 1 min AMRAP

Finisher #22 – My Sandbag A Me

Do 2 Rounds w/ only 45-60 sec rest in between rounds.

- 1A) Sandbag Power Clean x 20
- 1B) Sandbag Lateral Hops x 20 / side
- 1C) Hanging Leg Raises x 20
- 1D) Side To Side Push Ups x 20
- 1E) Ice Skater Jumps over Sandbag x 20

Finisher #23 - Slam and Carry

Do 3-5 Rounds Total.

Rest only 30-45 secs between rounds.

- 1A) 30 Rope Power Slams
- 1B) 100 ft Odd object Carry (Sandbag, Kettlebells, Keg, Log, Partner)

Finisher #24 - Sledge and Jump It Out

1 Round ALL OUT!

- 1A) 30 x Tire / Box Jumps
- 1B) 30 x Sledgehammer Swings
- 1C) 30 x Hollow Rocks
- 1D) 30 x Burpee Box / Tire Jump

Finisher #25 – Suspended...

1 Round ALL Out (2 Rounds if you're a BEAST!)

- 1A) 15 / leg Lunge Jumps
- 1B) 15 x Y-Raise
- 1C) 30 / side x Runners
- 1D) 30 x Rollouts
- 1E) 15 / leg x Single Leg Burpee

Finisher #26 - Swinging Worms

Perform a Descending Ladder with the following 2 movements until you reach 1 rep starting with 10 reps.

Try not to rest at all in between sets.

- 1A) Inch Worm Push Ups x 10, 9, 8, 7...
- 1B) Kettlebell Swings x 10, 9, 8, 7...

Finisher #27 - The Kitchen Sink

1 Round ALL OUT!

- 1A) Prowler / Sled Sprints x 50 yards down and back
- 1B) Kettlebell Swings x 10
- 1C) Overhead Sandbag Squats x 15
- 1D) Spider Climbs x 20 / leg
- 1E) Box Jumps x 25
- 1F) Push Ups x 30
- 1H) Battling Ropes x 1 Min

Finisher #28 - This Will Make You A Man

- 1A) AMRAP x 5 mins of Man Makers

Finisher #29 - The Triple Threat

Do 3 rounds w/ only 30 secs rest in between rounds

- 1A) Lateral Ice Skater Jumps over Box x 15 / side
- 1B) Walkover Push Ups x 10 / side
- 1C) Recline Rows x 20

Finisher #30 - Ups and Downs

1 Round ALL OUT!

- 1A) 1A KB / DB Snatch x 5 / Arm
- 1B) Box Jumps x 10
- 1C) Spider Climb x 15 / side
- 1D) Prisoner Lunge x 20 / side
- 1E) Mountain Climbers x 20 / side
- 1F) Spiderman Push Ups x 15 / side
- 1G) Single Leg Burpees x 10 / side

Finisher #31 - The Sandbag-Jump Rope Lullaby

- 1A) E.M.O.T.M. 3-5 Sandbag Squats (depending on fitness level)
- 1B) Double Jumps OR Single Jumps w/ Jump Rope x RAT until you reach 300 total Double Jumps OR 600 total Single Jumps

More Ways to Improve Your Workouts:

www.workoutfinishers.com – Get over 40 unique metabolic workout finishers to use with any workout program

www.abfinishers.com – Get 33 of the most unique ways of combining finishers and the latest cutting edge abdominal exercises

Other Hardcore Training Resources:

www.bagsbellsandbodyweight.com - A special program that strategically blends together the use of kettlebells, sandbags, and bodyweight for the ultimate in performance improvement and physique enhancement.

www.28daymuscle.com - 4 week step-by-step system that will get you stronger, leaner, and meaner!