



Ab Finishers

A message from Mike Whitfield, CTT

What is an “Ab Finisher”? I get this question a lot. The best way to describe it is that you combine the metabolic effect of a finisher with the latest cutting-edge ab-sculpting exercises.

So, it’s like intervals and core work, combined into one amazing “mini-workout” you can plug in after your favorite workout program for advanced results.

That’s why I designed Ab Finishers. I don’t want you to spend all the day at the gym to get rid of your belly fat. Ab finishers take a fraction of the time that cardio takes, and you work your abs at the same time while boosting your metabolism.

100% certified awesomeness ☺

Now these dandy ab finishers found in this manual? These are what I call the “hidden gem” ab finishers that are not even in the main manual from my original Ab Finishers.

Consider this awesome sauce for your favorite workouts.

**Finish the program strong,
Mike Whitfield (Mikey), CTT**

www.TrainwithFinishers.com - My new blog dedicated to finishers

www.WorkoutFinishers.com - Grab 40 more amazing workout finishers to go with any program

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.
- 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!
- 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.



Ab Finishers

- Use these finishers at the **END** of your main workout. These are designed to compliment your main workout, not replace it.
- Be conservative when you try a finisher for the first time. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

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!

Ab Finishers

Finisher # 1 – Stirrin’ and Jumpin’

Do the following superset, resting only when needed. In superset 1, you will perform 8 reps of each exercise. In the next superset, you will perform 7 reps of each exercise.

Continue in this fashion until you complete 1 rep of each exercise.

1A) Lunge Jumps (8/side, 7/side, etc., etc. down to 1/side)

1B) *Stability Ball Stir-the-Pot (8, 7, etc., etc. down to 1)

* Each time you perform this exercise, switch sides. For example, in superset 1, you will stir to the right. In the next superset, you will stir to the left.

Finisher # 2 – Climbin’ and Declinin’

Do the following circuit twice, resting for 20 seconds between circuits

1A) Decline Pushups (20 secs)

1B) Spiderman Climb (20 secs)

1C) Total Body Extension (30 secs)

1D) Mountain Climbers (30 secs)

Finisher # 3 Mow and Swing Along

Do the following superset 4 times, resting for 30 seconds after each superset

1A) DB/KB Swings (20)

1B) DB Row (20/side)

Finisher # 4 99 Problems, but the Twitch Ain’t One

Do the following circuit one time

1A) Prisoner Jump Squats (33)

1B) Mountain Climbers (33/side)

1C) DB/KB Swings (33)

Ab Finishers

Finisher # 5 High Fives

Do the following circuit 5 times, resting for 20 seconds between circuits

- 1A) Burpees (5)
- 1B) Spiderman Climb (5/side)
- 1C) Squat Thrusts (5)

Finisher # 6 The Heart-Thumper Ab Circuit

Do the following circuit one time

- 1A) Box or Bench Jumps (20)
- 1B) X-Body Mountain Climbers (15/side)
- 1C) Jumping Jacks (60)
- 1D) Ab Wheel or Stability Ball Rollout (15)

Finisher # 7 The Renegade Master

Do the following superset 3 times, resting for 30 seconds after each superset

- 1A) Renegade Row (10/side)
- 1B) Pushup Side Plank (30 secs/side)

Finisher # 8 The Ab Super 6

Do the following circuit 6 times, resting for 6 seconds (yes, 6 seconds)

- 1A) Chin-up w/Knee up or Inverted Row (3)
- 1B) Burpees (3)
- 1C) Chops (3/side)

Finisher # 9 Plankin' Around

Do the following circuit one time

- 1A) Plank (60 secs)
- 1B) Total Body Extension (15)
- 1C) Pushup Plank (45 secs)
- 1D) Alternating Prisoner Lunge (10/side)
- 1E) Stability Ball Plank with Arms Extended (30 secs)

Ab Finishers

Finisher # 10 Pushin' and Swingin'

Do the following circuit, resting only when needed. In the first circuit, you will perform 6 reps of each exercise. In the next circuit, you will perform 5 reps. Continue in this fashion until you complete 1 rep of each exercise.

1A) Spiderman Pushups (6/side, 5/side, etc., down to 1/side)

1B) 1-Arm KB/DB Swings (6/side, 5/side, etc., down to 1/side)

Exercise Descriptions are below

Exercise Descriptions

Lunge Jump

1. 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.
2. 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.
3. Alternate sides without resting between sides



Stability Ball Stir-the-Pot

1. Brace your abs. Put your elbows on the ball.
2. With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
3. Move your arms in a circular motion in one direction while keeping your abs braced and torso in a straight line.



Ab Finishers

Decline Pushup

1. Keep the abs braced and body in a straight line from toes (knees) to shoulders.
2. Place the hands on the floor slightly wider than shoulder-width apart.
3. Elevate your feet onto stairs or a bench.
4. Push through your chest, shoulders and triceps to return to the start position.
5. Keep your body in a straight line at all times.



Spiderman Climb

1. Brace your abs. Start in the top of the pushup position.
2. 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.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.



Ab Finishers

Total Body Extension

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



Mountain Climbers

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



Ab Finishers

KB/DB Swings

1. 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.
2. Push your hips back and swing the Kettlebell or dumbbell between your legs.
3. Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



DB Row

1. Rest the left hand flat bench or platform, lean over and keep the back flat.
2. Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
3. Keep the low back tensed in a neutral position and the elbow tight to the side.
4. Do NOT round your lower back.



Ab Finishers

Prisoner Squat Jumps

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



Mountain Climbers (see above)

DB/KB Swings (see above)

Ab Finishers

Burpees

1. Stand with your feet shoulder-width apart.
2. 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.
3. You can add a vertical jump at the end as well.



Spiderman Climb (see above)

Squat Thrusts

1. Start in the pushup position with your abs braced
2. Bring your feet in towards your chest in an explosive fashion
3. Return to the starting position by “kicking” your feet back out



Ab Finishers

Box or Bench Jumps

1. Stand in front of a bench or box/platform
2. Dip down into a quarter squat position and jump on the box in the quarter squat position to reduce impact
3. Step back down and repeat



X-Body Mountain Climber

1. Brace your abs. Start in the top of the push-up position.
2. 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.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.



Ab Finishers

Jumping Jacks

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

Photo to come

Ab Wheel Rollout

1. Kneel on a mat with your hands on the ab wheel.
2. Keep your body in a straight line, brace your abs, and keep your low back tensed.
3. Slowly roll out as far as is comfortable.
4. Keep your abs braced, and contract them maximally to come back up to the start.



Ab Finishers

Renegade Row

1. Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
2. Keep your abs braced
3. Complete a DB Row, maintaining a straight line with your body.
4. Alternate sides and repeat



Pushup Side Plank

1. Lie on a mat on your right side.
2. Support your bodyweight with your knees and on your right elbow.
3. Raise your body in a straight line so that your body hovers over the mat.
4. Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Ab Finishers

Chin-up with Knee-up

1. Take underhand grip on the bar with the palms facing you.
2. Pull your body up until the chest reaches bar level.
3. At the same time, pull your knees up to your chest.
4. Slowly lower yourself but do not let your body swing and do not use momentum.
5. Let your knees drop slowly from your chest to their original position.



Burpees (see above)

Chops

1. Grab a dumbbell, medicine ball or a cable handle (you can do this with bodyweight, too).
2. Start by holding the dumbbell above your head and to the left.
3. In a diagonal and chopping motion, bring the dumbbell to the opposite knee with a slight bend in both knees.
4. Return to the starting position



Ab Finishers

Plank

1. Lie on your stomach on a mat.
2. Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
3. 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.
4. Hold this position for the recommended amount of time.



Total Body Extension (see above)

Pushup Plank

1. Start in the top of a pushup position. Hold your body in a straight line.
2. 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.
3. The lower you are, the more difficult it will be



Ab Finishers

Alternating Prisoner Lunge

1. Stand with your feet shoulder-width apart and hands clasped behind your head.
2. Step forward with one leg, taking a slightly larger than normal step.
3. Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
4. Lower your body until your front thigh is parallel to the ground.
5. Keep your upper body upright and your lower back flat.
6. Push back to the start position.



Stability Ball Plank w/ Arms Extended

1. Set your body in a regular stability ball plank position, but instead of resting your elbows on the ball, straighten your arms and put your hands on the ball as if you were going to do a Stability Ball Pushup.
2. You can also use a medicine ball
3. Brace your abs throughout the entire exercise.



Ab Finishers

Spiderman Push-up

1. Keep the abs braced and body in a straight line from toes (knees) to shoulders.
2. Place the hands on the floor slightly wider than shoulder-width apart.
3. Slowly lower yourself down until you are 2 inches off the ground.
4. As you lower yourself, slowly bring your right knee up to your right elbow.
5. Keep your foot off the ground as you do so.
6. 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.
7. Keep your body in a straight line at all times and try not to twist your hips.



1-Arm KB or DB Swing

1. Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
2. Squat and swing the weight between your legs. Keep your chest up and low back flat.
3. Explode up thrusting your hips forward, as though you were jumping.
4. Swing the dumbbell to shoulder height. Brace your abs and control the descent.



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

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.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

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

I Have Lost Over 50 lbs and 15% Body Fat



I began training at Freedom Fitness in April of 2008. I was in very bad shape, was medically obese, lacked self-esteem and was quite intimidated by the thought of working out in a gym where others could see me struggle. I was introduced to Mike. He was so friendly, outgoing and always had a smile. Anytime I would see him he always had a word of encouragement for me, a piece of friendly advice or just a welcoming smile. It was then, that I realized I was in the right place. I soon had opportunity to actually train with Mike. What a wonderful time! He kept me laughing 'at him, at myself. I had so much fun that I didn't realize how hard I was working 'at least until the next day!! He had a fresh approach to training, changing things up for me and telling me I could do it 'no matter what!! I have also seen him train other men and women there at the gym. The one thing I notice that is important to me, above all is that Mike treats each person with respect, dignity and with a true spirit of support and admiration for the individual's effort. Since then, I have lost over 50 lbs and 15% body fat. But I have gained self-confidence and most importantly the knowledge that we can ALL DO IT 'all we need is support. And I found that with Mike.

- Robin

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