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10 METABOLIC FINISHERS



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Surprise! I believe in over-delivering and creating value, so this is why you're receiving this bonus e-book of 10 additional finishers. Be sure to read the main manual, "40 Workout Finishers" to understand how to approach the finishers and adjust them to your fitness level.

Have fun with these bonus finishers!

I would love your feedback,

Mike Whitfield, author of Workout 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 dietitian. 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.



BONUS FINISHER #1 “Slowly but Surely”

A Lactic Acid approach finisher.... Do the following superset 4 times, resting for 30 seconds between circuits

1A) Prisoner Squat (10) (take 2 seconds to go down, and take 4 seconds to come back up)

1B) Push-up (10) (take 1 second to push up and take 4 seconds to come down)

Make it easier

1A) Prisoner Squat (10) (take 2 seconds to go down, and take 4 seconds to come back up)

1B) Kneeling or Incline Push-up (10) (take 1 second to push up and take 4 seconds to come down)

BONUS FINISHER #2 “Inverted Tabatas”

Do the following exercise for 20 seconds, then rest 10 seconds. Do this 8 times.

Inverted Row (underhand grip) (20 secs on, 10 secs off) 8X

Make it easier

Do the following exercise for 20 seconds, then rest 10 seconds. Do this 8 times.

Modified (knees bent) Inverted Row (underhand grip) (20 secs on, 10 secs off) 8X

BONUS FINISHER #3 “Burpee Tabatas”

Do the following exercise for 20 seconds, then rest 10 seconds. Do this 6 times.

Burpees (20 seconds on, 10 secs off) 6X

Make it easier

Modified Burpees or Total Body Extensions (20 seconds on, 10 seconds off) 6X

BONUS FINISHER #4 “SUPER-DUPER”

Do the following superset 3 times, resting for 30 seconds between supersets

- 1A) Superman Push-ups (12/side)
- 1B) Superman Stability Ball Plank (30 seconds)

Make it easier

- 1A) Kneeling Superman Push-ups (12/side)
- 1B) Superman Stability Ball Plank (15 seconds)

Bonus Finisher #5 “The Kong and Jack”

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

- 1A) Jumping Jacks (50)
- 1B) Kong Exercise (10) (if space is limited, then you can do 5 in one direction, turn around and do 5 in the other direction)

Make it easier

- 1A) Jumping Jacks (25)
- 1B) Body Squats (10)

Bonus Finisher #6 “Pushing Suicides”

Do the following circuit 3 times, resting for 1 minute between circuits

- 1A) Decline Push-ups (15)
- 1B) Suicide Drill (30 seconds)
- 1C) Spiderman Push-ups (8 ea)

Make it easier

- 1A) Kneeling or Incline Push-ups (15)
- 1B) Suicide Drill (20 seconds)
- 1C) Kneeling or Incline Push-ups (15)

BONUS FINISHER #7 “Goblet and Abs”

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

- 1A) Goblet Squat (25)
- 1B) Stability Ball Jackknife (25)
- 1C) Cross Body Mountain Climber (12 ea)

Make it easier

- 1A) Goblet Squat (25)
- 1B) Stability Ball Rollout (15)
- 1C) Cross Body Mountain Climber (8 ea)

BONUS FINISHER #8 “It’s Complicated”

Do the following barbell complex circuit twice, resting for 1 minute between circuits

- 1A) BB Front Squat (15)
- 1B) BB Bent-Over Row (15)
- 1C) BB Romanian Deadlift (15)
- 1D) BB Military Press (10)

Make it easier

To make this finisher easier, simply do fewer reps

BONUS FINISHER #9 “Push and Thrust 4X4’s”

Do the following superset 10 times, resting as little as possible. Time yourself and try to beat your record the next time you do this finisher

- 1A) Push-ups (4)
- 1B) Modified Squat Thrusts (4)

Make it easier

Do the following superset 5 times, resting as little as possible. Time yourself and try to beat your record the next time you do this finisher

- 1A) Kneeling Push-ups (4)
- 1B) Modified Squat Thrusts (4)

BONUS FINISHER #10 “Crossing Over to Stir the Pot”

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)

Make it easier

- 1A) Alternating Side Lunge (5 ea)
- 1B) Stir the Pot Exercise (3 in ea. direction)

EXERCISE DESCRIPTIONS
(IN ORDER OF APPEARANCE)

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.



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.



Kneeling 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.



Incline Pushups

- Place your hands on a bench or smith bar with your hands just wider than shoulder-width apart.
- Slowly lower your body down to the bench or bar – taking about 2 seconds to do this.
- After you hit the bottom of the movement, push with your arms & chest to get your body back up to the start position.
- If it is too hard, do wall pushups. Be careful...don't lower your body too quickly.



Inverted Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



Inverted Rows w/ Knees Bent

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches wider than shoulder-width apart.
- Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.



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.



Modified Burpees (no jump)

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.**



Superman Pushup

- Maintain a straight line with your body and keep your abs braced
- Lower yourself into a pushup position
- Return to the starting position and extend arm out directly in front of you
- Repeat for the other side.
- Alternate sides until you complete prescribed reps.



Stability Ball Plank w/ Arms Extended (aka Superman Stability Ball Plank)

- 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.
- You can also use a medicine ball
- Brace your abs throughout the entire exercise.



Kneeling Superman Pushups (same as above, except with your knees on the ground)

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.



Kong

- Squat down onto all fours.
- Rise up on the balls of your feet.
- Pull your body forward with your arms while hopping forward, like a gorilla.



Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- 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.



Decline Pushup

- 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.
- Elevate your feet onto stairs or a bench.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



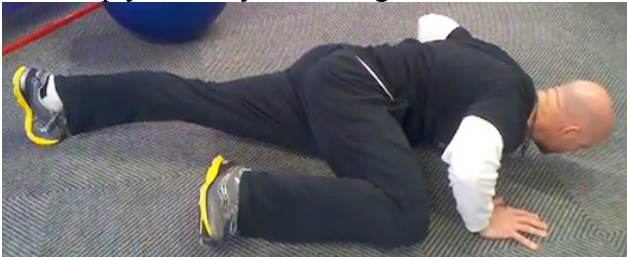
Suicide Drill

- Set up 2 cones, dumbbells, or whatever you have available for markers, about 10-30 feet apart
- Starting at marker 1, run to marker 2 and touch the ground
- Repeat as necessary until time is up



Spiderman 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 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.



Kneeling or Incline Pushups (see above)

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.



Stability Ball Jackknife

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



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.



Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



Front Squats

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell on the anterior deltoids (shoulders).
- Support the bar in that position by bending your elbows and extending your wrists back. Your elbows should point directly ahead.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back in an arched position.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.



BB Bent-Over Row

- Stand with your torso bent and parallel to the floor.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Keep the lower back in a neutral position and your knees slightly bent.
- Grasp the barbell with your hands 4-6 inches wider than shoulder-width apart.
- Row the barbell to the abdomen and bring your shoulder blades together.
- Slowly lower to the starting position and repeat.
- Do NOT round your lower back.



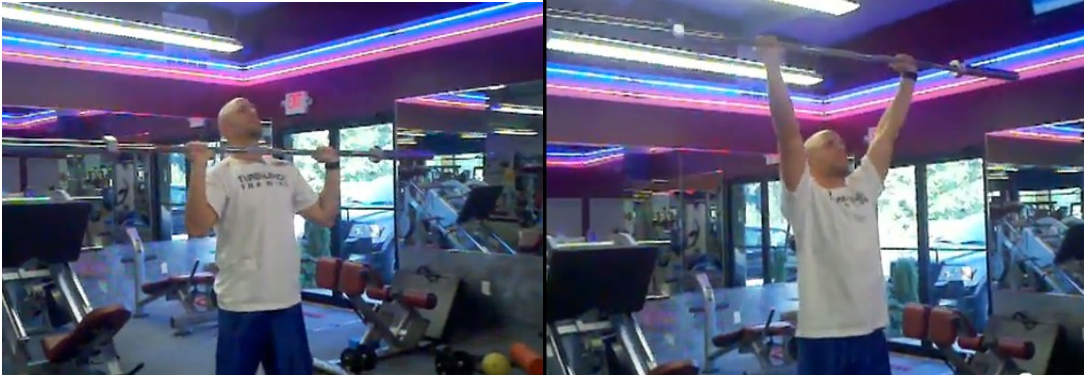
BB Romanian Deadlift (RDL)

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold a barbell 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 barbell 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 barbell 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.



BB Military Press

- Hold a barbell at shoulder height with hands slight wider than shoulder-width apart.
- Bend your knees slightly and brace your abs.
- Press the weight up to the top position without momentum.
- Slowly lower and repeat.



Pushups (see above)

Squat Thrusts

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



Kneeling Pushups (see above)

Cross-Over Step-up

- Stand next to a bench or platform
- Step up laterally, using the weight from the lead leg to step up
- Cross over the bench or platform by keeping the lead leg on the bench while bringing the rear leg behind and over
- Switch feet and repeat



Stability Ball Stir-the-Pot

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



Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height (optional).
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.



More Resources to Fat-Torcing 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.AbFinishers.com - 33 of the most cutting-edge finishers designed to target and strengthen your core and abs

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