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# 40 WORKOUT FINISHERS

***BUST ANY FAT LOSS PLATEAU***



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**MIKE WHITFIELD, CTT**

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## Who is This Guy?



Hi! I'm Mike Whitfield, couch potato turned Fitness Trainer. I used to weigh almost 300 lbs! My eating used to be Mr. Pibb and a iced honeybun for breakfast, supersized meals for lunch and pizza and ice cream for dinner. At one point, I got fed up with who I was and how I felt. So, in January of 2003, I made some changes and kept at it. I had a goal of 50 lbs in 6 months. It was aggressive, but I knew it was achievable. I pretty much aced my goal because 6 months later, I had lost 75 lbs. I have since lost 105 lbs. Nothing fancy... just eating right most of the time and smart exercise programming... including some of these "Finishers" ☺ By the way, thank you so much for investing in yourself and I do appreciate it!

You may have already heard of me. I have been in the Atlanta-Journal Constitution and their website, the Turbulence Training Blog, the Albany Times Union Blog, the Mens Health Blog, and a couple of others. I'm a Certified Turbulence Trainer specializing in fat loss. You can read more about me at [www.trainwithfinishers.com](http://www.trainwithfinishers.com).

If you are ever in the Dallas, GA area, be sure to stop by 24/7 Freedom Fitness and say hi to me. You can also say stuff like, "Workout Finishers is the most awesome thing that has ever grazed Earth." That would be cool.

You may wonder why I released this program. For one thing, I LOVE finishers. Wait, let me back up. In case you don't know what a "workout finisher" is, it's what I call a "closing" to the workout. I originally was going to call this, "Workout Closers", but I knew people would be all like, "What is a workout closer?" So, I

decided against it. Anyway, Finishers are awesome because they are very short “mini-workouts” that help shed fat. Not only that, but they are also a great way to keep fat off when trying to gain muscle. So it’s something that both gainers and fat-loss goal-oriented people can benefit from. I LOVE writing them. It helps with my creativity, and it also keeps my clients from getting bored. Intervals are awesome, but most people think you have to be on a bike, elliptical or treadmill for “interval” training. By the way, if you’re doing long, boring steady-state cardio, we need to talk. More on that later. Writing programs, especially finishers, is one of my favorite things to do. That’s the main reason I released this. I hope you find them challenging and that it helps you stick to your workout program, no matter what your goal is.

Have fun with it!

**Mike Whitfield, CTT**  
**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 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!
- 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.



## *Why “Finishers”??*

As you probably know, interval training is far superior to “steady-state” cardio for fat loss. If you don’t know what interval training is, it’s basically short bursts or intense exercise followed by active recovery. For example, on a stationary bike, you would increase the resistance (or level if you will) pumping your legs and effort for 30 seconds, followed by 60 secs of going at a casual pace for recovery with little to no resistance. This can be anywhere from 6-15 rounds, depending on the fitness level, goals, etc.,etc. I won’t bore you with the geeky, science stuff, but I promise you... interval training kicks long cardio in the butt. Plus, it’s much faster. Would you rather do 15 minutes of cardio, or an hour? Yeah, I thought so.

## *My Clients Wanted Something Different*

Using solid exercise and nutrition programs along with interval training, my clients were getting awesome results. But some of them started to admit that they wanted to “get away” from the traditional intervals. They were getting a little bored. I have to admit, even interval training can burn me out. So that got me thinking... certainly there is a way to incorporate interval training without relating it to running, biking, etc., etc. I needed something different, and so did they. That’s where the Finishers came in...

## *People Love a Challenge*



One way I had clients do “interval” training was by having them do circuits of bodyweight movements at the end of their workout. I would have them time themselves to see how long it would take to

complete it. Then, I would challenge them to beat that record the next time they do that finisher.

I was blown away. The clients’ results were even better! I was convinced that people absolutely loved challenges. It was not only improving them physically, but it was also improving their mentality, which is important during a transformation. Their thinking was, “I bet I can shave off 30 seconds this time”,

and they were pumped up about their workouts. And when you're pumped up about a workout, that means you'll stick with it!

## ***What's the Purpose of Intervals or "Finishers"?***

When it comes to fat loss, diet is the #1 factor, hands down. If your nutrition is not in order, than you're not going to experience good results, now matter how awesome the program is (with the exception of one program I wrote for a client in December of 2008... my pants actually got loose after just reading the exercise program. I kid you not). With your nutrition in place, a solid exercise program along with intervals or "finishers" will allow you to shed fat at a good pace. That's not my opinion. It's scientifically proven. Again... no geeky science stuff. But the bottom line is that if you hop on the treadmill and watch episodes of Three's Company for an hour, you're not going to burn nearly as many calories as interval training. Let me explain. But first, did you see that episode where something was misunderstood and they had to hide stuff? That was a good one.



***The # 1 factor for fat loss is a good nutrition program. I hate egg plant. Random, I know.***

If you were to compare caloric burn of steady-state cardio for an hour with interval training (say 15 minutes for example), on paper, it looks like steady-state cardio wins. But here's the deal: Steady-state cardio doesn't do a lot once you are done. Intervals, however, have been scientifically shown to help you burn fat for hours upon hours after you do it. So, you get a better return on your investment as far as time. Plus, you save around 45 minutes! (My wife is a math teacher and I had her proof this... so if it's wrong, it's her fault). There is also

research that shows that **steady-state cardio can increase your appetite**. Talking about a poor choice of exercise... just sayin'.

But wait, it even gets better. What if we did “interval” training with exercises? What if we have “recovery periods”, along with bodyweight movements or even resistance exercise for that matter? Would we burn even more calories? Yep. You guessed right. A good example is doing intervals on the treadmill. What are we working? We’re working legs. But the upper body is not getting much stimulation. So, what if we supersetted push-ups with body squats, followed by some rest? We not only have “interval training”, but we are working more muscle, thus giving us more of a caloric burn. Nice, huh? That’s where my “Workout Finishers” come in. And even cooler? (time for a new word I guess... how about awesomer?) ... Finishers can be more challenging than traditional interval training. And like I said above, people love a challenge. I personally like mixing finishers with interval training when writing my own programs. But there are times when I’m all about the Finishers 😊

## ***Intervals Are Awesome But...***

I love to run. Many people do. As a matter of fact, I choose running as my intervals method about 90% of the time. Don’t get me wrong, running/walking is a great choice for intervals. However, if you choose the same method for a long period of time, it can lead to overuse injuries (sore knees for example). Think about it. If you choose running/walking for intervals 3-4 days a week, your legs get all the action, with very little upper body movements. That’s why I write finishers. They are a great way to do “intervals” while reducing the risk of overuse injuries. Another great thing about these finishers... many of them require no equipment. Saaaaweeeeet. By the way, if you really enjoy a finisher but lack some of the equipment, shoot me an email and I’ll try my best to offer a substitution. I really do want you to get the best out of this product.

## **Wanna Gain Muscle AND Keep Your Body Fat at Bay?**

That’s what Workout Finishers are for. For those of you that want to gain muscle but are afraid of the fat creeping up (and I know you are... well, you should be), I have good news. It can be done. By implementing the workout finishers to your muscle building program, you can achieve both (as long as your nutrition is in order of course). By adding short, but intense “mini-workouts”, you don’t dive into hard-earned muscle. If you’re doing “cardio” to keep your fat at bay, you might be finding yourself running in circles. It’s really difficult to gain muscle while doing too much cardio. I would suggest you implement just 2 finishers a



week and measure progress after 2-3 weeks. If you find yourself still gaining fat, implement another finisher after a workout.

## **Get Addicted**

Here's a little trick that can get you addicted to working out. I've tested this with numerous clients and they loved it. With many of these finishers, you can actually time yourself (along with the ones that are already timed finishers) on how long it takes to finish them (with good form of course). Then the next time you do that particular finisher, you try to beat the previous time. So, let's say you choose a finisher to do with your program every Mon, Wed and Fri. That means each and every week, you will have the challenge of trying to beat your previous time. This does wonders for your mentality and you will end up loving the challenge. This will drastically help you stick with your program which = AWESOME results. Never get bored either. Change your finishers every 4 weeks... after all, there are 40 of them!

## ***Tweaking Your Program for Optimal Fat Burning Success***

Here are some tips on how to tweak your program to set yourself up for success:

- Never, ever perform these finishers BEFORE your main workout. Doing the finishers first will negatively impact your strength training session
- You can do these finishers after your main program, or even do them on your "off" day, as long as it doesn't impact your recovery between your main workout sessions. You can even do them later the same day. But being transparent here, my clients tested them doing them after a workout for best results.
- **Some** of these finishers can be used as an "off day" fast workout. This does wonders for your mentality and will help shed stubborn fat with the extra caloric burn... Again, if you're knocking out a quick workout, you're not on the couch eating chips and watching TV.

## ***How to Use These Finishers with Your Current Program***

That's what is so great about this program. They compliment just about any sensible program. But if you hop on the treadmill for 45 minutes, that's not a workout program. Here is how to use finishers to compliment your current workouts, as well as programs I highly recommend because I have personally used them myself as well as with my clients and boot campers.

Here is what you need to consider:

**Time:** If your current workout is just around 20 minutes, then you can choose a longer, challenging finisher. If your workout is longer (let's say 45 minutes), then you should choose a shorter finisher. There is no reason you can't be in and out of the gym in an hour at most.

**Type of Workout:** If today's workout is for the lower body, then obviously, choosing a finisher with many leg moves (lunges, lunge jumps, etc., etc.) might be quite challenging to incorporate. You would be better off choosing a finisher that is a "total-body" style or perhaps mainly upper body. However, here is something to consider. Let's say you won't be hitting your lower body again for several days. Then, you could actually choose a finisher that requires many leg movements because you have several days to recover. This of course, depends on your individual fitness level and goals.... Just food for thought.

**Stand-Alone Workouts:** Any finisher that can be used as a stand-alone workout will be noted. Just keep this in mind... if you are a beginner, then the stand-alone workout should be used as part of your usual program and NOT as an "off-day" workout.

**Off-Day Workouts:** Here is something cool about Workout Finishers... you can use any of these finishers as "off-day" conditioning, helping to shed extra fat and get into shape. I truly believe that even a short, 10-minute workout in addition to your current program can help you shed more weight. In my experience, it dramatically helps with people's mentality when wanting to get into shape. If you take an extra 10 minutes (or even one of the stand-alone workouts) and do a finisher, you're not on the couch watching TV. But keep this in mind – all the finishers I've tested with clients were done after a workout. So if you don't want to be at the gym, you don't have to go... just plug them at the end of your workout.

**What workouts should I do if I'm not on a current program?** - Below is a list of workout programs that get results – bottom line. For fat loss, I would start with the 4-week program that came with this package. If you want to continue with programs like that, you can get web-coaching if there is space available. If you are interested in coaching, please email my assistant at

[cranktraininghelp@gmail.com](mailto:cranktraininghelp@gmail.com)

Turbulence Training is, (and it's not just my opinion), the best fat loss program on the internet. You can start that program for less than \$5. Below is the link:

<http://trainwithfinishers.com/TTtrial>

And if you need a solid bodyweight workout program, then I suggest the following from Turbulence Training:

<http://trainwithfinishers.com/ttbodyweight> (Over 100 bodyweight exercises)

And for awesome kettlebell workouts, check out the program from kettlebell expert Chris Lopez:

<http://trainwithfinishers.com/kettlebellworkouts>

## ***Wait a Second. I'm Scared. What if I Don't Know Some of the Exercises?***



First of all, quit freaking out. You sound like a little girl. With this program, you also get photos and descriptions of each exercise. They are in order of appearance at the bottom of this program.

## ***How the Finishers are Laid Out***

I talked with my clients and after the feedback I received; I decided to really make it easy for you to choose your finishers. Here is what I did... With each Finisher, I give an easier version. The reason I did it this way was so that you can even “mix and match” some of the easier version and the original version to really tailor to your fitness level. Some of these so-called “Finishers” can be used as a stand-alone workout. Although some are not necessarily “marked” as a stand-alone workout, you might find it as a stand-alone workout based on your fitness level and that is OK!

If you are uncomfortable with any of the exercises, I strongly encourage you to get with a certified trainer. When using a kettlebell, I also strongly recommend you get with a certified kettlebell instructor for a day to learn proper technique. Remember; adjust the finishers to your fitness level!

## FAQ

***Q: What if I am unsure of an exercise?***

A: Be sure to look over the exercise descriptions and photos at the bottom of the program to familiarize yourself with the program

***Q: I am not currently on any workout program... what do you suggest?***

A: I offer web coaching from time to time. Please email my assistant at [cranktraininghelp@gmail.com](mailto:cranktraininghelp@gmail.com) if you are interested in web coaching. Also, be sure to check out the recommendations above.

***Q: What does AMAP and ALAP stand for?***

A: AMAP stands for “As Many As Possible” and ALAP stands for “As Long as Possible”

***Q: What if I’m not comfortable about a finisher or I find it too difficult?***

A: No problem – I actually put an easier version for every finisher! However, it is important to adjust each finisher to your fitness level even further. You can:

- Reduce the rounds
- Reduce the reps
- Make exercise substitutions

***Q: How should I choose which finisher to do?***

A: That is really up to the individual and your particular fitness level. For instance, if you have never used DB/KB Swings and you do them after a tough lower body workout, you will probably end up with really sore legs. You would be better off doing it after a total body workout or perhaps an upper body workout. But if you are on a split program (upper/lower for instance), and it will be a few days before you hit your lower body again, then you could do a finisher with a lot of swings because your lower body will have time to recover. The same applies to finishers with many upper body moves.

## ***Hey Man, You Really Have Blabbed For a Bit... Can I See the Workouts Now?***

Now, needless to say, you need to be warmed up before doing any of these finishers as a stand-alone workout. Yes, it's true. Some of these workouts can actually be used as a “Stand-Alone” workout, and I'll explain that as we go along. Some things you need to know:



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!

Does that make sense? If not, then read it again. If you still don’t understand, then you can email me at [mike@workoutfinishers.com](mailto:mike@workoutfinishers.com). I’ll break it down for you. What I mean by that is I’ll record myself breaking it down with some Young MC because I’m old and that’s who I like. It has nothing to do with helping you out with circuits and supersets. I’m kidding. Seriously, I’m here to help. So, are you ready to rock?

## Finishers Quick Links

[Finisher #1 The Upper/Lower Countdown](#)  
[Finisher #2 High Intensity Cardio/Ab Endurance Superset](#)  
[Finisher #3 The “Ten-Four” Total Body Conditioning Circuit](#)  
[Finisher #4 The 20/30 Total Body Conditioning Circuit](#)  
[Finisher #5 Explosive Push-up / KB/DB Swing Intervals](#)  
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[Finisher #39 The Leg Exhauster](#)  
[Finisher #40 The “Are You Kidding Me?” Timer Circuit](#)

# THE FINISHERS

## Finisher # 1 “Lower/Upper Body Countdown”

Do the following superset resting as little as possible. In the first superset, you will complete 10 reps of each exercise. In the next superset, you will complete 9 reps. Continue in this fashion until you complete 1 rep of each exercise

- 1A) Alternating Lunge Jumps (10 ea, 9 ea, 8 ea, etc, etc, down to 1 rep ea.)
- 1B) Push-ups (10, 9, 8, etc, etc. down to 1 rep)

### **Make it easier:**

- 1A) Bodyweight Split Squat (10 ea, 9ea, 8ea, etc., etc., down to 1 rep ea.)
- 1B) Kneeling or Incline Push-ups (10, 9, 8, etc., etc. down to 1 rep)

## Finisher #2 “High Intensity Cardio / Ab Endurance Superset

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

- 1A) Any cardiovascular activity (running or biking for example) at an intensity that you can only sustain for 2 minutes
  - 1B) Push-up Plank (ALAP\* up to 1 minute)
- \*ALAP – as long as possible

### **Make it easier:**

- 1A) Any cardiovascular activity at an intensity that you can only sustain for 2 minutes
- 1B) Modified Plank (Plank with knees on the ground) or Plank (ALAP up to 30 secs)

## Finisher #3 The “Ten-Four” Total Body Conditioning Circuit

The name comes from using this as a stand-alone workout. Everything is 10 reps and you do it 4 times... hence the name, “Ten-Four”. If you use this as a finisher, then do just 2 rounds

Do the following circuit (with 60 secs of rest between circuits) twice if doing this as “intervals” after a workout, and up to 4 times if used as a stand-alone bodyweight workout:

- 1A) Bench or Box Jumps (10)
- 1B) Inverted Row (10)
- 1C) Spiderman Push-ups (10)
- 1D) Prisoner Cross-Over Lunge (10 ea) (Starting with the left leg as an example, a Cross-Over Lunge is where you step with your left leg forward and laterally over the right leg and then return to the starting position... complete all reps, then switch)
- 1E) Stability Ball Pike (10)
- 1F) Burpees (10)

### **Make it easier:**

- 1A) Bodyweight Step-ups (10 ea)
- 1B) Inverted Row (with knees bent) (10)
- 1C) Kneeling or Incline Push-ups (10)
- 1D) Prisoner Squat (10)
- 1E) Stability Ball Rollout (10)
- 1F) Modified Burpees or Body Squats (10)



## Finisher #4 The 20/30 Total Body Conditioning Circuit

Do the following circuit (with 60 secs of rest between circuits) twice if doing this as “intervals” after a workout, and up to 4 times if used as a stand-alone bodyweight workout:

- 1A) Bodyweight Bulgarian Squat Jumps (20 secs ea. leg)
- 1B) Inchworm (30 secs)
- 1C) Overhand Grip Inverted Row (20 secs)
- 1D) Stability Ball Leg Curl (30 secs)
- 1E) Decline Push-up (20 secs)
- 1F) Mountain Climbers (30 secs)

### Make it easier:

- 1A) Split Squat (20 secs ea. leg) or you can do Bulgarian Squats (no jumping)
- 1B) Inchworm (30 secs)
- 1C) Overhand Grip Inverted Row with Knees Bent (20 secs)
- 1D) Waiters Bow (30 secs)
- 1E) Normal or Kneeling/Incline Push-ups (20 secs)
- 1F) Cross Body Mountain Climbers (30 secs)

## Finisher #5 Explosive Push-up / KB/DB Swing Intervals

Do the following superset 4 times

- 1A) Explosive Push-ups (10) (hands leaving the ground between reps)
- 1B) KB/DB Swings (25), rest 30 secs

### Make it easier:

- 1A) Normal or Kneeling/Incline Push-ups (10)
- 1B) KB/DB Swings (25), rest 30 secs

## Finisher #6 KB/DB Swing / Plank Superset

Do the following superset 8 times, resting for 30 secs between supersets. Be sure to switch hands for the KB/DB Swing on each superset (for example, do the 1-Arm Swing with the left hand in superset 1, and then the right in superset 2, etc., etc.)

- 1A) 1-Arm KB/DB Swings (15)
- 1B) Stability Ball Plank (20 secs)

### Make it easier:

- 1A) 1-Arm KB/DB Swings (15)
- 1B) Plank or Modified Plank (with knees on the ground) (20 secs)

## Finisher #7 Total Body Circuit

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

- 1A) Close-Grip Push-ups (12)
- 1B) Goblet Squat (15) (use a weight that you can do 20 reps with)
- 1C) On/Off Alternating 1-Legged Plank (an Alternating 1-Legged Plank is a plank where you leave one foot off the ground while in the plank position... switch feet with each rep) .Hold the 1-Legged plank for 10 secs, then rest for 5 secs – Do this 6 times, alternating which foot is off the ground with each rep)
- 1D) Jumping Jacks (30)

### Make it easier

- 1A) Kneeling/Incline Close-Grip Push-ups (12)
- 1B) Goblet Squat (15) (use a weight that you can do 20 reps with)
- 1C) On/Off Alternating Plank/Modified Plank – Hold for 10 secs, then rest for 5 secs – Do this 6 times
- 1D) Jumping Jacks (30)

## Finisher #8 Burpee/Chin-up Countdown Finisher

Do the following circuit as shown:

- 1A) Burpee Chin-up Combo (8), rest 40 secs
- 1B) Burpee Chin-up Combo (7), rest 40 secs
- 1C) Burpee Chin-up Combo (6), rest 30 secs
- 1D) Burpee Chin-up Combo (5), rest 30 secs
- 1E) Burpee Chin-up Combo (4), rest 20 secs
- 1F) Burpee Chin-up Combo (3), rest 20 secs
- 1G) Burpee Chin-up Combo (2), rest 10 secs
- 1H) Burpee Chin-up Combo (1), you're done!

### **Make it easier:**

**Do the above as shown, but with one of these exercises based on YOUR fitness level (shown from most difficult to easiest):**

Modified Burpee, Jump Squats, Total Body Extension  
Superset the above with the inverted row

## Finisher #9 The Nasty Snatch and Spider Countdown

Do the following superset, resting for 30 secs between supersets. In the first superset, you will do 10 reps of each exercise. In the second superset, you will do 9 reps. Continue in this fashion until you complete 1 rep of each.

- 1A) KB Snatch (10 ea, 9 ea, etc., etc. down to 1)
- 1B) Spiderman Push-up (10 ea side., 9 ea side., etc, etc down to 1)

### **Make it easier:**

- 1A) KB/DB Swings (10, 9, 8, etc., etc. down to 1)
- 1B) Normal, Kneeling or Incline Push-ups (10, 9, etc, etc., down to 1)

## Finisher #10 The “King Press” Finisher

This is named after my client, King... tried it with him after a total body workout and it was very effective... He loved/hated it and it is great stuff for the core, too. The “King Press” is a Bulgarian Squat followed immediately by a 1-Arm DB Shoulder Press (after coming up from a Bulgarian Squat). Hold the DB with your palm in, across from your ear. If your left leg is out, then you should do the press with your right hand. If your right foot is out, then the press should be done with your left. Use a weight that you can do a 1-Arm DB Shoulder Press for 12-15 reps.

1A) King Press (10 ea), rest 30 secs  
Do the above 3 times

### **Make it easier:**

1A) Squat and Single Press (10 ea arm), rest 30 secs  
Do the above 3 times

## Finisher #11 The Giant Bodyweight Countdown

If used as a finisher, do the circuit 2 times with 60 secs of rest between circuits. Each exercise is to be done with 10 reps in both rounds. However, this can be used as a stand-alone workout as follows:

Do the following circuit in a countdown fashion. In the first circuit, you will perform 10 reps of all exercises, in the second circuit, you will perform 9 reps. Continue in this fashion until you complete 1 rep of each exercise. Rest for 60 secs between circuits:

- 1A) Bodyweight Bulgarian Squat (10 ea, 9 ea, 8 ea, etc, etc to 1)
- 1B) Inverted Row (10, 9, 8, etc, etc to 1)
- 1C) Push-ups (10, 9, 8, etc, etc to 1)
- 1D) Bodyweight Side Lunge (10 ea, 9 ea, 8 ea, etc, etc to 1)
- 1E) Ab Wheel or Stability Ball Rollout (10, 9, 8, etc, etc to 1)



**Make it easier:**

**You can also make it easier by starting this countdown workout between 6-8, depending on your fitness level**

- 1A) Bodyweight Split Squat (10 ea, 9 ea, 8 ea, etc., etc. to 1 ea)
- 1B) Inverted Row with Knees Bent (10, 9, 8, etc., etc. to 1)
- 1C) Kneeling or Incline Push-ups (10, 9, 8, etc., etc. to 1)
- 1D) Bodyweight Side Lunge (10ea, 9ea, 8ea, etc., etc. to 1 ea)
- 1E) Stability Ball Rollout (10, 9, 8, etc., etc. to 1)

## **Finisher # 12 Chop and Climb**

Do the following superset 3 times, resting for 60 secs between supersets.

- 1A) DB or Medicine Ball Chop (15 ea side)
- 1B) Spiderman Climb (AMAP in 45 secs)

**Make it easier:**

- 1A) DB or Medicine Ball Chop (15 ea side)
- 1B) Cross Body Mountain Climber (AMAP in 45 secs)

## **Finisher # 13 Jump Rope Finisher A**

- 1A) Jump Rope at a 9/10 intensity (30 secs)
- Rest 30 secs
- 1B) KB/DB Swings (30 secs)
- Rest 30 secs

Do the above 3 times

**Make it easier:**

1A) "Air rope" or pretend to Jump Rope OR you can do Jumping Jacks (30 secs)

Rest 30 secs

1B) KB/DB Swings (30 secs)

Rest 30 secs

Do the above 3 times

## **Finisher # 14 Jump Rope Finisher B**

1A) Push-ups (1 short of failure)

Rest 30 secs

1B) Jump Rope (8/10 intensity for 60 secs)

Rest 30 secs

1C) Pull-ups (1 short of failure)

Rest 30 secs

1D) Jump Rope (8/10 intensity) 60 secs

Rest 30 secs

Do the above twice

**Make it easier:**

1A) Kneeling or Incline Push-ups (1 short of failure)

Rest 30 secs

1B) Air rope/Pretend to jump rope or Jumping Jacks (60 secs)

Rest 30 secs

1C) Overhand Grip Inverted Row with Knees Bent (1 short of failure)

Rest 30 secs

1D) Air rope/Pretend to jump rope or Jumping Jacks (60 secs)

Rest 30 secs

Do the above twice

## Finisher # 15 Jump Rope Finisher C

Do the following circuit as shown:

- 1A) Jump Rope at a 9/10 intensity (20 secs), rest 20 secs
- 1B) Explosive Push-ups (8), rest 20 secs
- 1C) Jump Rope at a 9/10 intensity (20 secs), rest 20 secs
- 1D) Explosive Push-ups (7), rest 20 secs
- 1E) Jump Rope at a 9/10 intensity (20 secs), rest 20 secs
- 1F) Explosive Push-ups (6), rest 20 secs
- 1G) Jump Rope at 9/10 intensity (20 secs), rest 20 secs
- 1H) Explosive Push-ups (5), rest 20 secs
- 1I) Jump Rope at a 9/10 intensity (20 secs), rest 20 secs
- 1J) Explosive Push-ups (4), rest 20 secs
- 1K) Jump Rope at a 9/10 intensity (20 secs), rest 20 secs
- 1L) Explosive Push-ups (3), rest 20 secs
- 1M) Jump Rope at a 9/10 intensity (20 secs), rest 20 secs
- 1N) Explosive Push-ups (2), rest 20 secs
- 1O) Jump Rope at a 9/10 intensity (20 secs), rest 20 secs
- 1P) Explosive Push-ups (1), rest 20 secs

### **Make it easier:**

Do the following circuit as shown:

- 1A) Air rope/Pretend to jump rope or Jumpig Jacks (20 secs), rest 20 secs
- 1B) Normal/Kneeling/Incline Push-ups (8), rest 20 secs
- 1C) Air rope/Pretend to jump rope or Jumpig Jacks (20 secs), rest 20 secs
- 1D) Normal/Kneeling/Incline Push-ups (8), rest 20 secs
- 1E) Air rope/Pretend to jump rope or Jumpig Jacks (20 secs), rest 20 secs
- 1F) Normal/Kneeling/Incline Push-ups (8), rest 20 secs
- 1G) Air rope/Pretend to jump rope or Jumpig Jacks (20 secs), rest 20 secs
- 1H) Normal/Kneeling/Incline Push-ups (8), rest 20 secs
- 1I) Air rope/Pretend to jump rope or Jumpig Jacks (20 secs), rest 20 secs
- 1J) Normal/Kneeling/Incline Push-ups (8), rest 20 secs
- 1K) Air rope/Pretend to jump rope or Jumpig Jacks (20 secs), rest 20 secs
- 1L) Normal/Kneeling/Incline Push-ups (8), rest 20 secs
- 1M) Air rope/Pretend to jump rope or Jumpig Jacks (20 secs), rest 20 secs
- 1N) Normal/Kneeling/Incline Push-ups (8), rest 20 secs
- 1O) Air rope/Pretend to jump rope or Jumpig Jacks (20 secs), rest 20 secs
- 1P) Normal/Kneeling/Incline Push-ups (8), rest 20 secs

## Finisher #16 Squat and Row

Do the following superset 3 times, resting for 30-45 secs between supersets

- 1A) Squat and Row (using a cable pulley) (20)
- 1B) Cross Body Mountain Climber (10 ea)

### **Make it easier:**

- 1A) Prisoner Squat (20)
- 1B) Cross Body Mountain Climber (10 ea)

## Finisher # 17 Split Squat and Chop

Do the following circuit 3 times, resting for 60 secs between circuits.

- 1A) Bodyweight Split Squat (15 with the left foot forward)
- 1B) Cable Chop (15 going right to left)
- 1C) Bodyweight Split Squat (15 with the right foot forward)
- 1D) Cable Chops (15 going left to right)

### **Make it easier:**

**To make this easier, simply cut back on the reps. For example, do 10 reps of each exercise rather than 15**

## Finisher # 18 Ab-alicious A

This is pretty much going “tenacious on the core”. So, if you did quite a bit of core stuff in your program, you may want to skip this one 😊

Do the following circuit two times, resting for 60 secs between circuits:

- 1A) Plank (60 secs)
- 1B) Cross Body Mountain Climber (10 ea)
- 1C) Side Plank (30 secs ea. side)
- 1D) Stability Ball Jackknife (15)
- 1E) Hanging Leg Raise (8)

### **Make it easier:**

- 1A) Modified Plank (60 secs)
- 1B) Cross Body Mountain Climber (10 ea)
- 1C) Side Plank (15 secs ea. side)
- 1D) Stability Ball Rollout (15)

## Finisher # 19 Ab-alicious B

Same principles as above (Ab-alicious A)

- 1A) Side Plank / Cable Row Combo (15 ea)
- 1B) Mountain Climbers (25 ea – 50 total)
- 1C) Cable Core Press (something I learned from the New Rules of Lifting for Abs) (8)
- 1D) Modified Squat Thrusts (10)

### **Make it easier:**

- 1A) Side Plank (15 secs ea)
- 1B) Mountain Climbers (12 ea) or Cross Body Mountain Climber (10 ea)
- 1C) Cable Core Press (8)
- 1D) Modified Squat Thrusts (5)

## Finisher # 20 The Wet Shirt Squat and Press/Burpee Combo

Do the following superset 4 times, resting for 60 secs between supersets

- 1A) Squat and Press (use a weight that you can lift approx 20 times) (15)
- 1B) Burpee (10)

### **Make it easier:**

- 1A) Squat and Press (use a weight that you can lift approx 20 times) (15)
- 1B) Modified Burpee (10) or Body Squats (15)

## Finisher # 21 The Lunge and Lungs

Do the following circuit twice, resting for 60 secs between supersets

- 1A) Run or use any cardio equipment at a pace or level that you can only sustain for 1 minute (if doing a bike, please use the resistance and not speed... this will prevent overuse injury in the hip flexors)
- 1B) Bodyweight Walking Lunges (10 ea – 20 total), rest 20 secs
- 1C) Run or use any cardio equipment at a pace or level that you can only sustain for 2 minutes
- 1D) Bodyweight Walking Lunges (10 ea – 20 total), rest 20 secs
- 1E) Run or use any cardio equipment at a pace or level that you can only sustain for 1 minute
- 1F) Bodyweight Walking Lunges (10 ea – 20 total)



**Make it easier:**

1A) Run/Walk or use any cardio equipment at a pace or level that you can only sustain for 1 minute (if doing a bike, please use resistance and not speed... this will prevent overuse injury in the hip flexors)

1B) Bodyweight Walking Lunges (5 ea – 10 total) or Split Squat (10 ea), rest 20 secs

1C) Run/Walk or use any cardio equipment at a pace or level that you can only sustain for 2 minutes

1D) Bodyweight Walking Lunges (5 ea – 10 total) or Split Squat (10 ea), rest 20 secs

1E) Run/Walk or use any cardio equipment at a pace or level that you can only sustain for 1 minute

1F) Bodyweight Walking Lunges (5 ea – 10 total), or Split Squat (10 ea)

## **Finisher # 22 The On/Off Squat and Row**

Do the following 4 times, resting for 30 secs between sets

1A) Squat and Row (using a cable pulley) (25)

**Make it easier:**

Do the following 4 times, resting for 30 secs between sets

1A) Prisoner Squat (25)

## **Finisher # 23 The Decline of the Bulgarians**

Do the following superset in a countdown fashion resting as little as possible. Record your time it takes you to complete it (with good form!). The next time you do this one, try to beat your previous time. In the first superset, you will do 6, in the next superset, you will do 5, etc., etc. until you do 1 of each.

1A) Bulgarian Squat Jumps (8 ea leg, 7 ea. leg, 6 ea leg, etc., etc. until you do 1 of ea.)

1B) Decline Push-ups (8, 7, 6, 5, 4, etc., etc. until you reach 1)

**Make it easier**

- 1A) Bodyweight Split Squat (8 ea leg, 7 ea leg, 6 ea leg, etc., etc., until you do 1 of ea.)
- 1B) Normal or Kneeling/Incline Push-ups (8, 7, 6, 5, 4, etc., etc. until you reach 1)

## **Finisher # 24 Ski to the Finish**

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

- 1A) Ski Jumps (15 ea)
- 1B) Alternating 1-Arm Push-up on a Medicine Ball (8 ea)

**Make it easier**

- 1A) Ski Jumps (10 ea)
- 1B) Kneeling Elevated Push-ups / Elevated Push-ups (8 ea)

## **Finisher # 25 Stability Chaos**

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

- 1A) Stability Ball Jackknife/Push-up Combo (15)
- 1B) Stability Ball Plank (45 secs)
- 1C) Close-Grip Push-ups with Feet on a Stability Ball (12)

**Make it easier:**

- 1A) Stability Ball Rollout (10)
- 1B) Kneeling/Incline Push-ups (15)
- 1C) Plank/Modified Plank (45 secs)
- 1D) Kneeling/Incline Close-Grip Push-ups (12)

## Finisher # 26 Extend and Swing Ladders

Do the following superset in countdown fashion, resting as little as possible. Once you reach 1 rep of each, then work your way back up, adding a rep until you reach 10. For example, you would do 10 in your first superset, then 9, 8, etc., etc. until you reach 1 of each. Then, you would do 2 of each, 3, 4, etc., etc. until you reach 10 of each. Time yourself on this, and the next time you do it, try to beat your previous time.

1A) DB/KB Swings (10, 9, 8, etc., etc. until you reach 1, then do 2, 3, 4, etc., etc. until you reach 10)

1B) Total Body Extension (10, 9, 8, etc., etc. until you reach 1, then do 2, 3, 4, etc., etc. until you reach 10)

### **Make it easier**

To make the above easier, you can start with less reps... for example, start at 8 rather than 10

## Finisher # 27 Spider-Crazy

Do the following superset 5 times, resting for 60 secs between supersets

1A) Spiderman Push-up (10)

1B) Spiderman Climb (20)

### **Make it easier:**

1A) Kneeling/Incline Push-ups (10)

1B) Cross Body Mountain Climbers (10 ea)

## Finisher # 28 Bodyweight Timer Circuit

Do the following bodyweight circuit ONCE, resting when needed. You may have to break it down into chunks. For example, you may want to do 5 chin-ups, then rest a few seconds, then continue. But you can't move to the next exercise until you have completed all reps with good form. Time yourself. The next time you do this finisher, try to beat your previous time. For some, this can be a stand-alone workout!

- 1A) Prisoner Squat (25)
- 1B) Chin-ups (25)
- 1C) Decline Push-ups (25)
- 1D) Plank (60 secs)
- 1E) TD Reverse Lunge (if your arms get tired... pause, then continue) (25 ea)
- 1F) Mountain Climbers (25 ea side)
- 1G) Side Plank (45 secs ea. side)
- 1H) Inverted Row (25)
- 1I) Star Jumps (25)

### Make it easier

- 1A) Prisoner Squat (25)
- 1B) Underhand Inverted Row with Knees Bent (15)
- 1C) Kneeling/Incline Push-ups (25)
- 1D) Plank/Modified Plank (60 secs)
- 1E) TD Reverse Lunge (if your arms get tired... pause, then continue) (25 ea)
- 1F) Cross Body Mountain Climbers (15 ea)
- 1G) Modified Side Plank (45 secs ea. side)
- 1H) Inverted Row with Knees Bent (15)
- 1I) Total Body Extension (25)

## Finisher # 29 The 1-Armer

Do the following superset 4 times, resting for 30 secs between supersets. Be sure to switch which arm you use in each superset with the 1-Arm DB Swing. For example, you would do the 1-Arm Swing with your left arm in set 1, then your right arm in set 2, etc., etc.

- 1A) 1-Arm DB/KB Swing (25)
- 1B) Alternating 1-Arm Push-up on a Medicine Ball (8 ea)

### **Make it easier**

- 1A) 1-Arm DB/KB Swing (25)
- 1B) Kneeling Elevated Push-up/Elevated Push-up (8 ea)

## **Finisher # 30 The Deadlift and Press**

Do the following exercise 3 times, resting for 60 secs between sets. Use a weight that you can do the Romanian Deadlift with approx 20 times.

- 1A) Romanian Deadlift and Press (Also known as a Modified Clean & Press) (15)

### **Make it easier**

To make the above easier, simply do fewer reps. For example, you can do 10 instead of 15

## **Finisher # 31 The King Press Strikes Back**

Do the following superset 3 times, resting for 60 secs between supersets. Use a weight that you can do the shoulder press with approx 20 reps.

- 1A) King Press (15 ea)
- 1B) Mountain Climbers (25 ea)

### **Make it easier**

- 1A) Split Squat and Press (15 ea)
- 1B) Mountain Climbers (fewer reps) or Cross Body Mountain Climbers (10 ea)

## Finisher # 32 Da Bears

Do the following circuit twice, resting for 60 secs between circuits

- 1A) Bear Crawl (10 forward, 10 backward)
- 1B) Spiderman Push-up (10)
- 1C) Bear Crawl (10 forward, 10 backward)
- 1D) Spiderman Climb (10 ea)
- 1E) Bear Crawl (10 forward, 10 backward)

### Make it easier

- 1A) Bear Crawl (5 forward, 5 backward)
- 1B) Kneeling/Incline Push-up (10)
- 1C) Bear Crawl (5 forward, 5 backward)
- 1D) Cross Body Mountain Climbers (10 ea) or Mountain Climbers (10 ea)
- 1E) Bear Crawl (5 forward, 5 backward)

## Finisher # 33 Singles Only

Do the following lower bodyweight circuit 3 times, resting for 60 secs between circuits:

- 1A) Single Leg Squat or Bulgarian BW Squat (15 ea)
- 1B) Single Leg Deadlift (15 ea)
- 1C) Single Leg Burpees (8)

### Make it easier

- 1A) Bodyweight Split Squat (15 ea)
- 1B) Waiters Bow (15)
- 1C) Burpee, Modified Burpee, Total Body Extensions, or Body Squats (8)



## Finisher # 34 The Mountain

Do the following 4 times, resting for 30 secs between sets. Do it as follows:

Set 1 = 40 ea  
Set 2 = 30 ea  
Set 3 = 25 ea  
Set 4 = 20 ea

1A) Mountain Climbers (40 ea, 30 ea., 25 ea, 20 ea)

### **Make it easier**

Set 1 = 20 ea  
Set 2 = 15 ea  
Set 3 = 10 ea  
Set 4 = 5 ea

You can adjust the # of reps based on your fitness level (this might take some experimenting)

## Finisher # 35 Inches at a Time

Do the following superset 3 times, resting for 60 secs between supersets

1A) Prisoner Jump Squats (15)  
1B) Inchworm (60 secs)

### **Make it easier**

1A) Prisoner Squats (15)  
1B) Inchworm (60 secs)

## Finisher # 36 Crank the Plank

Do the following circuit twice, resting for 30 secs between circuits. Remember to switch sides on the 1-Legged Plank in your second circuit

- 1A) 1-Legged Plank (60 secs)
- 1B) Explosive Push-ups (10)
- 1C) Push-up Plank (30 secs)
- 1D) BW Walking Lunges (10 ea)
- 1E) Stability Ball Plank (60 secs)

### Make it easier

- 1A) Plank/Modified Plank (60 secs)
- 1B) Kneeling/Incline Push-ups (10)
- 1C) Plank/Modified Plank (30 secs)
- 1D) BW Walking Lunges or BW Split Squat (10 ea)
- 1E) Plank/Modified Plank (60 secs)

## Finisher # 37 The Sweet and Short Super Star

Do the following as shown 3 times:

- 1A) Star Jumps (As many as possible in 30 seconds), rest 30 secs

### Make it easier

- 1A) Total Body Extension (As many as possible in 30 secs), rest 30 secs

## Finisher # 38 The Upper & At 'Em

Do the following upper body circuit twice, resting for 60 secs between circuits

- 1A) Spiderman Push-ups (As many as possible up to 20)
- 1B) Underhand Inverted Row (10)
- 1C) Decline Push-up (15)
- 1D) Overhand Grip Inverted (10)
- 1E) Bodyweight Dips (As many as possible up to 20)

### **Make it easier**

- 1A) Kneeling/Incline Push-ups (20)
- 1B) Underhand Inverted Row w/ Knees Bent (10)
- 1C) Kneeling/Incline Push-ups (15)
- 1D) Overhand Inverted Row w/Knees Bent (10)
- 1E) Assisted Dips or Kneeling/Incline Close-Grip Push-ups (AMAP up to 20)

## Finisher # 39 The Leg Exhauster

Do the following circuit twice, resting for 60 secs between circuits:

- 1A) Alternating Lunge Jumps (20)
- 1B) DB/KB Swings (20)
- 1C) Prisoner Squats (20)
- 1D) Stability Ball Leg Curl (20)
- 1E) Prisoner Jump Squats (10)

### **Make it easier**

- 1A) Split Squat (10 ea)
- 1B) DB/KB Swings (20)
- 1C) Prisoner Squats (20)
- 1D) Waiters Bow (20)
- 1E) Total Body Extension (10)

## Finisher # 40 The “Are You Kidding Me?” Timer Circuit

Do the following circuit 1 time, because trust me, that is all that is needed. Time yourself on how long it takes to finish it. This can be a stand-alone workout for some. For exercises that you find harder, split them up into smaller “sets”. For example, 20 push-ups can be broken down like this... 5 push-ups, rest, 5 push-ups, rest, etc., etc.

- 1A) Prisoner Jump Squats (20)
- 1B) Spiderman Push-ups (20)
- 1C) Stability Ball Leg Curl (20)
- 1D) Underhand Grip Inverted Row (20)
- 1E) “Heart Conditioner Interruption” – Modified Burpees (20)
- 1F) Body Squats (20)
- 1G) Decline Push-ups (20)
- 1H) Plank (60 secs)
- 1I) Cross Body Mountain Climber (10 ea – 20 total)
- 1J) Mountain Climbers (25 ea – 50 total)

### **Make it easier**

- 1A) Prisoner Squats (20)
- 1B) Kneeling/Incline Push-ups (20)
- 1C) Waiters Bow (20)
- 1D) Underhand Inverted Row w/Knees Bent (or you can do fewer reps) (20)
- 1E) “Heart Conditioner Interruption” – Total Body Extension (20)
- 1F) Body Squats (20)
- 1G) Kneeling/Incline Close-Grip Push-ups (20)
- 1H) Modified Plank (60 secs)
- 1I) Cross Body Mountain Climbers (10 ea – 20 total)
- 1J) Mountain Climbers (15 ea – 30 total)

## Exercise Descriptions

(in order of appearance)

Bonus tip – for a quick find of a certain exercise, use the search function in your reader

### Lunge Jump

- 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



### 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.



### **Bodyweight Split Squat**

- Stand with your feet shoulder-width apart.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- 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, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



### **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.



### **Pushup Plank**

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



### **Plank/Modified 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.
- Modified plank – the same as above but with your knees on the ground



### **Box or Bench Jumps**

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



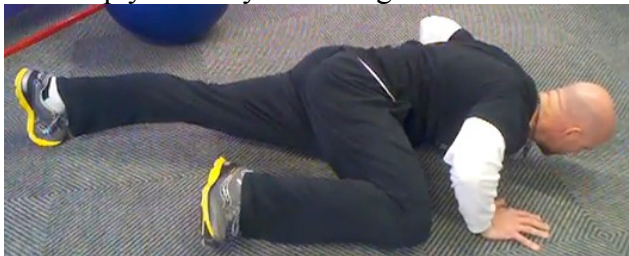
### **Inverted Row**

- 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.



### **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.





### **Prisoner Crossover Lunge**

- Stand with your hands behind your head and your shoulders retracted.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight
- Press through the forward heel back to the starting position.
- If alternating, switch sides. If not, than do all reps for one leg and then switch.



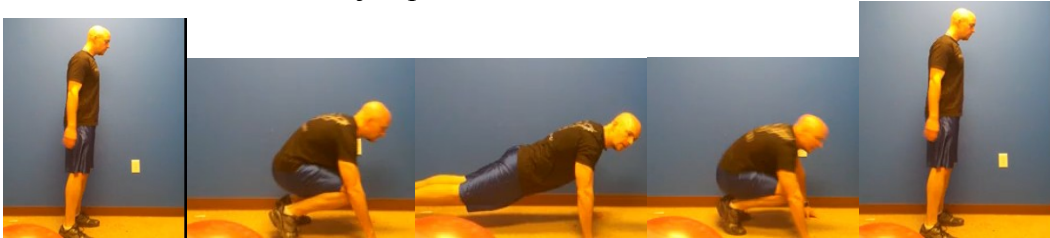
### **Stability Ball Ab Pike**

- 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.
- 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.



### **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.



### **Step-Up**

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- Hold dumbbells in hand if needed.
- With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs.



### **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.



### **Kneeling or Incline Pushups (see above)**

### **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.





### **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.



### **Modified Burpee (see above) – no jump**

#### **Body 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.



### **Bulgarian Jump Squats**

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- 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.
- Jump using the front foot, and keeping the upright position. Stay in a split-squat stance.
- Land in the bottom of a Bulgarian squat and repeat
- Perform all reps for one leg and then switch.



### **Inchworm**

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



**Overhand Grip Inverted Row (see above) – same as inverted row, except with an overhand grip**

**Stability Ball Leg Curl**

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



**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.





### **Mountain Climbers**

- 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 chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



### **Split Squat (see above)**

#### **Bulgarian Split Squat**

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- 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.



### **Inchworm (see above)**

### **Overhand Grip Inverted Row with Knees Bent (see above)**

### **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.



### **Normal/Kneeling/Incline Pushups (see above)**

### **X-Body Mountain Climber (aka Cross-Over 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.



### **Explosive Pushups**

- Start in the top of a pushup position
- Lower your body while maintaining a straight line and your abs braced
- When you reach the bottom of the pushup, explode up pushing through the floor and your hands leaving the ground
- Repeat as necessary



### **KB/DB Swings**

- 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.



### **Normal/Kneeling/Incline Pushups (see above)**

### **KB/DB Swings (see above)**

### **1-Arm KB or DB Swings**

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





### **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.



### **1-Arm KB/DB Swings (see above)**

### **Plank/Modified Plank (see above)**

### **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.





### **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.



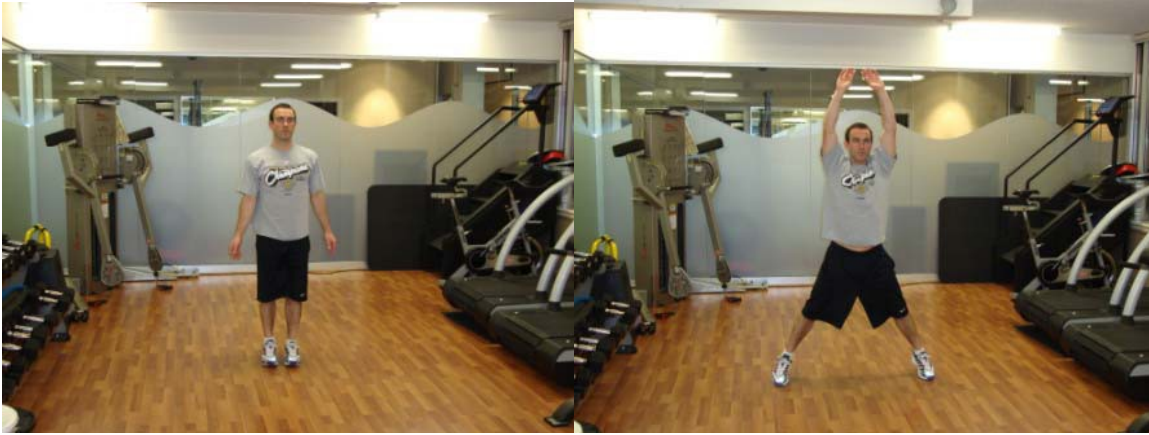
### **On/Off 1-Legged Plank**

- Keeping a straight line with your body, balance your weight on your toes of one foot and forearms and keep your abs braced. This is the “on” position.
- Rest by allowing your knees to rest on the ground and relax the abs – this is the “off” position.
- Switch legs and repeat



### **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.



### **Kneeling/Incline Close-Grip Pushups (see above - just keep your hands inside shoulder width apart)**

### **Goblet Squat (see above)**

### **On/Off Plank (see plank photo)**

- Hold the plank position as needed
- Rest by allowing your knees to touch the ground and relax the abs

### **Jumping Jacks (see above)**

### **Burpee/Chin-up Combo**

- 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. Do a push-up, then thrust your feet back in and then finish with a jump.
- As you jump, grab the chin-up bar with an underhand grip.
- Pull your chest up to the bar, trying to keep the momentum of your legs under control (your legs will go a little in front of you)
- Slowly lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



### **Modified Burpee (see above)**

### **Jump Squats**

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



### **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.**





### **Kettlebell Snatch**

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



**Spiderman Pushup (see above)**

**KB/DB Swings (see above)**

**Normal/Kneeling/Incline Push-ups (see above)**

**King Press**

- Holding a dumbbell in front of you at shoulder height, put your rear foot on a bench or platform, keeping your upper body straight.
- Take a big step forward with the lead leg.
- Perform a Bulgarian Squat by lowering your body (keep your upper body upright)
- When you return to the starting position, perform a shoulder press by pressing the dumbbell above your head



### **Single Squat & Press**

- Hold a kettlebell or dumbbell at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the weight overhead.
- Do all reps on one side then switch.



### **Bulgarian Split Squat (see above)**

### **Inverted Row (see above)**

### **Pushups (see above)**

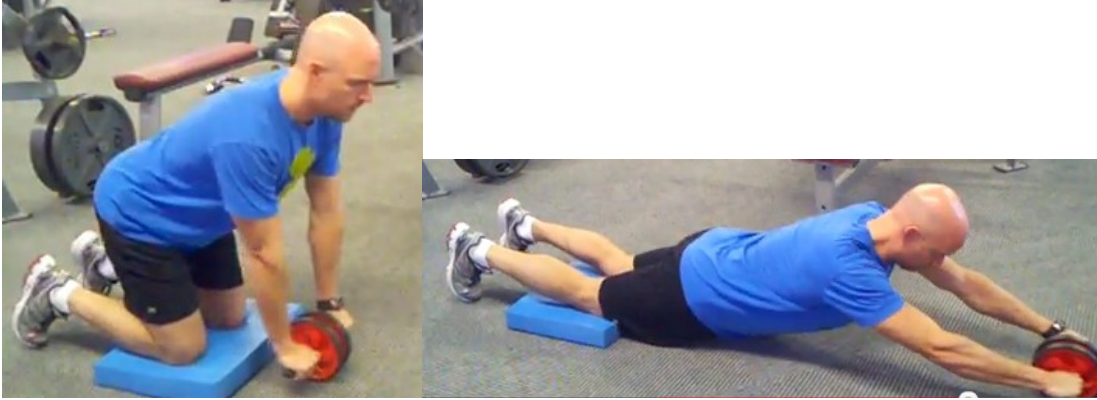
### **Lateral Lunge (aka Side Lunge)**

- 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.



### **Ab Wheel Rollout**

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



**Stability Ball Rollout (see above)**

**Bodyweight Split Squat (see above)**

**Inverted Row w/Knees Bent (see above)**

**Kneeling/Incline Pushups (see above)**

**Bodyweight Side Lunge (see above)**

**Stability Ball Rollout (see above)**



### **Chops**

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



### **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.



**Chops (see above)**

**Cross Body Mountain Climbers (see above)**

**KB/DB Swings (see above)**

**Jumping Jacks (see above)**

**KB/DB Swings (see above)**

**Pushups (see above)**

**Pull-up**

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



**Kneeling/Incline Pushups (see above)**

**Overhand Grip Inverted Row with Knees Bent (see above)**

**Explosive Pushups (see above)**

**Normal/Kneeling/Incline Pushups (see above)**

**Cable Squat and Row**

- Set the handles at a cable station at about shoulder height
- Stand back while grabbing the handles
- Squat down by driving your hips and glutes back and extending your arms in front of you
- Driving through the heels of your feet, return to the starting position
- When you return to the start position, pull the handles in towards back, squeezing your shoulder blades together. That's one rep. Repeat as necessary.



**Cross-Body Mountain Climbers (see above)**

**Prisoner Squat (see above)**

**Cross- Body Mountain Climbers (see above)**

**Bodyweight Split Squat (see above)**

**Cable Chops – Done just like normal chops, but using a cable station**

**Plank (see above)**

**Cross-Body Mountain Climbers (see above)**

**Side Plank**

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- 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.
- Hold this position for the recommended amount of time. Switch sides.





### **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.



### **Hanging Leg Raise**

- Hang from a chin-up bar using an underhand grip or use a Captain's Chair. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor.
- Don't use momentum. Go slow and controlled both ways.



**Modified Plank (see above)**

**Cross-Body Mountain Climbers (see above)**

**Side Plank (see above)**

**Stability Ball Rollout (see above)**

**Side Plank with Cable Row**

- Lower a cable pulley at the lowest notch and attach a handle
- Perform a side plank by contracting your obliques and balancing yourself on your forearm, maintaining a straight line
- While in the side plank position, perform a cable row, bringing in the handle towards your abs. That's one rep.
- Better photo on the way (my hips are sagging a little... the shame!!)



### **Mountain Climbers**

- 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 chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



### **Cable Core Press**

- Take a V-handle or regular handle and attach it to a cable pulley
- Kneel down on one knee and bring in the hand towards your abs.
- Keep your abs braced and chest high and hold for the prescribed time



### **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



### **Side Plank (see above)**

### **Mountain Climbers (see above)**

### **Cable Core Press (see above)**

### **Squat Thrusts (see above)**

### **Squat and Press**

- Hold a pair of dumbbells at shoulder height and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position
- Pressing the weight overhead.





**Burpee (see above)**

**Modified Burpee (see above)**

**Walking Lunge**

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Drive through the lead leg to step forward to the standing position. Alternate sides.



**Squat and Row (see above)**

**Prisoner Squat (see above)**

**Bulgarian Jump Squats (see above)**

**Decline Pushups (see above)**

**Bodyweight Split Squat (see above)**

**Normal/Kneeling/Incline Pushups (see above)**

### **Skater/Ski Hops**

- Start with your feet shoulder width apart
- Jump to one side on one foot, shifting all your weight to the leg you jumped out with
- Now jump to the other side with the other leg and repeat.



### **1-Arm Pushups**

- Put one hand on a medicine ball or small block and form a pushup position, keeping your abs embraced
- Keeping one hand on the ball, perform a pushup, maintaining a straight line with your body
- After returning to the starting position, switch hand positions and repeat.



### **Ski/Skater Jumps (see above)**

### **Elevated Pushups**

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal pushup width).
- Slowly lower yourself down until you are 2 inches 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.
- Perform all repetitions in this manner and then switch to do all repetitions with the other arm elevated. Keep your abs braced.



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

- 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



**Stability Ball Plank (see above)**

**Close Grip Pushups w/ Feet on a Ball**

- Put your hands on the ground, just inside shoulder width.
- Put your feet on the ball, and hold your body straight.
- To make the exercise easier, place your shins on the ball.



**Stability Ball Rollout (see above)**

**Kneeling/Incline Pushups (see above)**

**Plank/Modified Plank (see above)**

**Kneeling/Incline Close-Grip Pushups (see above)**

**KB/DB Swings (see above)**

**Total Body Extension (see above)**

**Spiderman Pushup (see above)**

**Spiderman Climb (see above)**

**Kneeling/Incline Pushups (see above)**

**Cross-Body Mountain Climbers (see above)**

**Prisoner Squats (see above)**



### **Chin-ups**

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



### **Decline Pushups (see above)**

### **Plank (see above)**

### **TD Reverse Lunge**

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting the toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



### **Mountain Climbers (see above)**

### **Side Plank**

### **Inverted Row (see above)**

### **Star Jumps**

- Stand with your feet about shoulder width apart and your hands at your sides
- Partially squat down with your arms crossed in front of you
- Jump and simultaneously bring your arms above your head as if you're performing a jumping jack in mid-air
- Return to the starting position (be sure to land in the partial squat to absorb the landing)



## **Total Body Extension (see above)**

### **1-Arm KB/DB Swing**

## **Elevated Pushups (see above)**

### **Deadlift and Press**

- 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 and keep your 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.
- 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 a shoulder press by pressing the weights above your head
- Perform each rep with 100% concentration. Do NOT round your lower back.





### **King Press (see above)**

### **Mountain Climbers (see above)**

### **Split Squat and Press**

- Stand with your lead leg well in front of your other leg, holding a pair of dumbbells at shoulder height
- Squat down by going straight down, keeping your upper body straight and squeezing your glute muscles
- Using your hips and glutes, return to the starting position
- Press the dumbbells above your head – that's one rep.
- Switch sides and repeat



### **Cross Body Mountain Climbers (see above)**

### **Bear Crawl**

- Do not do this if you have back problems
- Start on all fours
- Move forward with your hands and feet
- Then move backwards



**Spiderman Pushup (see above)**

**Bear Crawl (see above)**

**Spiderman Climb (see above)**

**Bear Crawl (see above)**

**Kneeling/Incline Pushup (see above)**

**Bear Crawl (see above)**

**Cross Body Mountain Climbers (see above)**

**Bear Crawl (see above)**

**Single Leg Squat**

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



### **Bulgarian Squat (see above)**

#### **Single Leg Deadlift**

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.



#### **Single Leg Burpees**

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



**Bodyweight Split Squat (see above)**

**Waiter's Bow (see above)**

**Burpee (see above)**

**Modified Burpee (see above – no jump)**

**Total Body Extension (see above)**

**Body Squats (see above)**

**Mountain Climbers (see above)**

**Prisoner Jump Squats**

- 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.





**Inchworm (see above)**

**Prisoner Squat (see above)**

**Inchworm (see above)**

**1 -Legged Plank**

- Keeping a straight line with your body, balance your weight on your toes of one foot and forearms and keep your abs braced.
- Switch legs and repeat



**Explosive Pushups (see above)**

**Pushup Plank (see above)**

**Bodyweight Walking Lunges (see above)**

**Stability Ball Plank (see above)**

**Plank/Modified Plank (see above)**

**Kneeling/Incline Pushups (see above)**

**Plank/Modified Plank (see above)**

**Bodyweight Walking Lunges (see above)**

**Plank/Modified Plank (see above)**

**Star Jumps (see above)**

**Total Body Extension (see above)**



**Spiderman Pushups (see above)**

**Inverted Row (see above)**

**Decline Pushups (see above)**

**Inverted Row (see above)**

**Dips**

- Grab the dip bars, bend your knees, and raise them towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.



**Kneeling/Incline Pushups (see above)**

**Inverted Row w/Knees Bent (see above)**

**Kneeling/Incline Pushups (see above)**

**Inverted Row w/Knees Bent (see above)**

### **Assisted Dip**

- Grab the dip bars, bend your knees, and put them on the assistant pull-up/dip machine. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.
- Better photo on the way



**Lunge Jumps (see above)**

**KB/DB Swings (see above)**

**Prisoner Squats (see above)**

**Stability Ball Leg Curl (see above)**

**Prisoner Jump Squats (see above)**

**Split Squat (see above)**

**KB/DB Swings (see above)**

**Prisoner Squats (see above)**

**Waiter's Bow (see above)**

**Total Body Extensions**

**Prisoner Jump Squats (see above)**

**Spiderman Pushups (see above)**

**Stability Ball Leg Curl (see above)**

**Inverted Row (see above)**

**Modified Burpees (see above)**

**Body Squats (see above)**

**Decline Pushups (see above)**

**Plank (see above)**

**Cross-Body Mountain Climbers (see above)**

**Mountain Climbers (see above)**

**Prisoner Squats (see above)**

**Kneeling/Incline Pushups**

**Modified Plank (see above)**

**Cross Body Mountain Climbers (see above)**

**Mountain Climbers (see above)**

## More Resources to Fat-Torcing 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!**



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

