

## Bootcamp Finisher Games

*A message from Mike Whitfield, CTT*



**Mike Before**



**Mike After**

Welcome from Workout Finishers and Mike Whitfield, (aka Mikey)....

You already know that you must give your bootcamp workouts a “wow” experience, so you must be unique. Here’s your chance.

Enter the Bootcamp Finisher Games. This fun-packed manual incorporates my crazy metabolic finishers with some fast, fun and very effective games.

And whether or not you’re a bootcamp coach or you just want a way to replace boring cardio and even intervals, than this is your answer.

Plug these mini fat-torchers in after your workout for busting through a fat loss plateau and have your bootcampers raving about you.

May you or your campers never, EVER get bored with your workouts,  
**Mike Whitfield (Mikey), CTT**

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[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - My blog dedicated to metabolic 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.



### **A Quick Note About Offering Exercise Substitutions**

Always offer exercise substitutions to your bootcampers. Let's face it. Not everyone needs to be doing jump squats. So when you offer these finishers, be sure to offer an exercise substitution for the more challenging exercises.

Here are a few examples:

Instead of Jump Squats, you can do Total Body Extensions or Low Box Jumps

Instead of Decline Pushups (or any other more challenging pushups), you can do normal Pushups

Instead of Lunge Jumps, you can do the Split Shuffle

Always offer an alternative exercise based on your bootcampers' fitness level. Alright, let's rock this thing....

## Bootcamp Finisher Games

Use these finishers at the **END** of your main workout. These are designed to compliment your main workout, not replace it.

- Be conservative when you try a finisher for the first time. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

### Things to Remember

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

1A) Body Squats (30 secs)

1B) Push-ups (30 secs)

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

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

Timed sets work best with bootcamp workouts. Everyone can go at their own pace.

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 (30 secs)

1B) Push-ups (30 secs)

1C) Inverted Row (30 secs)

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

You would then do this:

30 seconds of Body Squats, immediately 30 seconds of Push-ups, immediately 30 seconds of Inverted Rows, and then rest for 1 minute. You would do this 4 times... then you're done!



## Bootcamp Finisher Games

### **Finisher # 1** **“That’s Jacked”**

Put your campers into groups of two (aka partners). The groups must complete 400 Jumping Jacks, but only one person can go at a time. The first group to finish off the 400 jumping jacks wins.

Jumping Jacks (400)

### **Finisher # 2** **“The Heart Thumper 300”**

Split your campers into groups of 3. Each group must complete the following circuit, and they can be split up any way they wish. Only one person can go at a time. So, for example, person 1 would complete 10 burpees while the other two encourage him/her. While person 1 rests, person 2 jumps in and continues the burpees while the other two encourage him/her. Continue in this fashion and promote teamwork. The first group to complete the circuit wins.

- 1A) Burpees (100)
- 1B) Bodyweight Chops (50/side)
- 1C) Squat Thrusts (100)

### **Finisher # 3** **“Dealing with Cards”**

Grab a deck of cards. Here is what each card stands for:

- Ace – Burpees (30 secs), 10 secs of rest
- King – Total Body Extensions (30 secs), 10 secs of rest
- Queen – Lunge Jumps or Split Shuffle (30 secs), 10 secs of rest
- Jacks – Alternating Prisoner Lunges (30 secs), 10 secs of rest
- 2-9 – Number of rounds

Pick a random camper and ask him/her to pick a card. They must continue to go through the pile until they pick up an Ace, King, Queen or Jack card. Then choose another camper to choose another card, which must be 2-9.

So, if the two cards are King and 4, your finisher will be this:

Total Body Extensions (30 secs), rest 10 secs – 4 times

Better hope they don’t pick Ace and then a 9 ☺

## Bootcamp Finisher Games

### **Finisher # 4** **“Partner Pump 200”**

Split your bootcamp into partners (that’s group of two – ha... I’m hilarious). Each team is to complete the following circuit, however only one person can go at a time. For example, person 1 would do 20 prisoner squats and then rests, and while he/she rests, his/her partner would jump in and complete 20 prisoner squats. That’s 40 total, so 10 to go. The first team to complete all reps wins.

- 1A) Prisoner Reverse Lunge (25/side)
- 1B) Triple Stop Pushup (50)
- 1C) Bodyweight, Strap or Band Row (50)
- 1D) Spiderman Climb (25/side)

### **Finisher # 5** **“Swing and Skate”**

Have your campers split up into groups of 3-4. Use a timer (gym boss or stop watch) for this one. One person starts off with DB or KB Swings, while the others in the group perform Skater Hops for 30 seconds. Once the 30 seconds are up, the next person does swings while everyone else performs skater hops. Do this for 5 minutes. Have your campers rest if necessary.

- 1A) KB/DB Swings (one person) – 30 secs
- 1B) Skater Hops (everyone else) – 30 secs
- 5 minutes

### **Finisher # 6** **“Runnin’ with the Plank”**

Split your camp in half. One half will run in place , while the other half performs the plank. Do this for 1 minute and then switch and go for another minute. Then rest 30 seconds. Repeat two more times for a total of 3 supersets. It looks like this:

- 1A) Run in Place (1 minute)
- 1B) Plank (1 minute)
- Rest 30 seconds



**Finisher # 7**  
**“Team Burpees”**

Split your bootcamp into groups of 3. The ultimate goal is to do 120 burpees between everyone in each group. For example, one person may perform 40 burpees, the second person performs 25 burpees and the third person performs 55, equaling a grand total of 120 burpees. But the catchy part?... only one person in each group can be performing the burpees. The other two rest and encourage. So when one person gets tired, someone else steps in and cranks them out. Whatever groups finishes first gets a prize (t-shirt, bragging rights, high five, gluten-free pancakes... whatever)

1A) Burpees (120) – as a group

**Finisher # 8**  
**“The Nifty Fifty”**

Set your camp up in partners. The end goal – achieve the following:

Jump Squats or Low Box Jumps (50)

Goblet Squat (50)

Close-Grip Pushups (50)

You can have your partners split up the exercises however they wish, BUT only ONE person can go at a time. You can also go in any order. So, for example:

First person does 10 jump squats and 10 close-grip pushups, then rests

Second person does 10 goblet squats, then rests. The first group to achieve it all wins.

**Finisher # 9**  
**“The Twenty/Twenty”**

Split your campers in half. Group A will perform DB/KB Swings for 20 seconds, while Group B performs Pushups for 20 seconds. Every 20 seconds, switch. Do this 5 times.

Your campers can rest whenever needed.

KB/DB Swings (20 secs), Pushups (20 secs) – 5X

**Finisher # 10**  
**“Inching the Relay”**

Set up your campers into groups of 3-4. Set up a cone for each team about 20 yards from the starting line (use another cone to designate the starting line if needed). The first person performs the inchworm all the way to the cone, and then sprints back, while the others in the group perform jumping jacks. Once the first person comes back, they tag the next person and the chaos continues. The first group to finish wins. Everyone must complete the relay TWICE. So, let's sum it up:

Inchworm, followed by sprinting back  
Everyone else – Jumping Jacks  
2X

**Finisher # 11**  
**“Follow the Leader”**

Choose a random camper and they get to call the shots. They can choose from the Split Shuffle, Total Body Extension, Jumping Jacks or Skater Hops”. Once they shout out the exercise, everyone must perform that exercise for one minute, followed by 30 seconds of rest. Choose a new leader with each round, and do 3 rounds.

**Finisher # 12**  
**“Super Stars”**

Split your campers in half. One half will perform the Star Shuffle, while the other half will perform Star Jumps. Do each move for 30 seconds, followed by 30 seconds of rest. Do this 3 times.

1A) Star Jumps or Star Shuffles (30 secs,)  
1B) Star Jumps or Star Shuffles (30 secs)  
Rest 30 secs  
Do this 3 times

**Finisher # 13**  
**“Dicing the Plank”**

Bring a die. Roll it. This is what each number represents:

- 1 – Plank (1 minute)
- 2 – Pushup Plank (30 secs)
- 3 – Side Plank (30 secs/side)
- 4 – Pushup Side Plank (30 secs/side)
- 5 – Spiderman Pushup Plank (15 secs/side)
- 6 - 1-Legged Plank (15 secs/side)

Everyone must do whatever you rolled 4 rounds, with 20 seconds of rest between rounds.

**Finisher # 14**  
**“Climbers Gauntlet”**

Choose a random camper and have them pick a number between 1 and 3. Here is what the numbers represent:

- 1) Walking Lunges (30 secs)
- 2) Lateral Jumps (30 secs)
- 3) KB/DB Swings (30 secs)

Whichever number they choose represents the exercise that will be plugged into this circuit:

- 1A) X-Body Mountain Climbers (30 secs)
- 1B) Number that was called from above
- 1C) Spiderman Climb (30 secs)
- 1D) Number that was called from above
- 1E) Mountain Climbers (30 secs)
- 1F) Number that was called from above

Rest 30 seconds and repeat the circuit one more time

### **Finisher # 15** **“Payback”**

Choose 3 campers to pick a number one through five. They must be all different numbers. Here are what the numbers represent:

- 1 – Alligator Crawl
- 2 – Decline Pushups
- 3 – Prisoner Jump Squats
- 4 – Strap or Band Row
- 5 – KB or DB Swings

You, as the bootcamp instructor, must complete the following circuit, while the campers get to simply walk in place:

- 1A) The first number called (1 minute), rest 20 secs
- 1B) The second number called (1 minute), rest 20 secs
- 1C) The third number called (1 minute)

You're welcome.

### **Finisher # 16** **“Metabolic Switch”**

Have your campers partner up. Have them designate themselves A and B in each group (for example Sally is A and Tom is B). Do the following circuit twice, but they switch letters between circuits. For example, in circuit 1, Sally is A, and Tom is B. In circuit two, Sally is B and Tom is A. Rest 30 seconds between circuits.

- 1A) A does Lunge Jumps, while B does Close-Grip 3/4<sup>th</sup> Rep Pushups (30 secs)
- 1B) A does Spiderman Climb, while B does Narrow Stance Goblet Squats (30 secs)
- 1C) A does DB/KB Swings, while B does Stability Ball Rollout (30 secs)
- 1D) A does Spiderman Pushups, while B does Alternating Prisoner Lateral Lunges (30 secs)

**Finisher # 17**  
**“The Swing and Squat”**

The object of this finisher – complete 30 KB/DB Swings for every camper you have. Only one camper can go at a time. While the one camper performs his/her 30 KB/DB Swings, everyone else must hold a bodyweight squat hold or wall sit. Your campers can rest when needed. This will be really challenging if you have a full bootcamp class. Expect sore glutes tomorrow.

DB/KB Swings (30) – each camper, one at a time.  
Bodyweight Squat Hold or Wall Sit – everyone else

**Finisher # 18**  
**“Team Density”**

Have your campers split up into groups of 3. Have them “fight over” who does what ☺

Person 1 – Bulgarian Split Squat (5/side), Total Body Extension (5)  
Person 2 – Mountain Climbers (5/side), Total Body Extension (5)  
Person 3 – Triple Stop Pushup (5), Total Body Extension (5)

Repeat as many times as possible in 3-5 minutes (depending how sadistic you are), resting only when needed.

**Finisher # 19**  
**“Push to the Finish”**

Have your campers split up into groups of 3-4. The object of each group is to finish the following circuit, in any fashion, and everyone can go at the same time to complete all reps. So, one person can perform Superman Pushups, while one does T Pushups, and the third can work on completing the Spiderman Pushups. The first team to complete the circuit wins. You can complete these pushups in any order as well.

Spiderman Pushups (20/side)  
Superman Pushups (20/side)  
T Pushups (20/side)  
Pushups (20)  
Spiderman Climb Pushups (20)  
Close-Grip Pushups (20)

**Finisher # 20**  
**“Konging Around”**

Split your campers in half. One half will perform the Kong, while the other half performs a Pushup Plank.

Kong or Pushup Plank (30 seconds), switch  
Kong or Pushup Plank (30 seconds)  
Rest 20 seconds  
Do the above 3 times

**Finisher # 21**  
**“The Abs Decathlon”**

Split your camp into 10 sections:

Section 1 – Body Saw (30 secs)  
Section 2 – Spiderman Pushup Plank (15 secs/side)  
Section 3 – X-Body Mountain Climbers (30 secs)  
Section 4 – Stability Ball Rollout or Jackknife (30 secs)  
Section 5 – Plank (30 secs)  
Section 6 – Mountain Climbers (30 secs)  
Section 7 – Side Plank (30 secs)  
Section 8 – Spiderman Climb (30 secs)  
Section 9 – Bodyweight Chops (15 secs/side)  
Section 10 – Pushup Plank (30 secs)

Each camper can choose his/her own path, but everyone must complete each section once. Do this circuit ONE time.



## Exercise Library

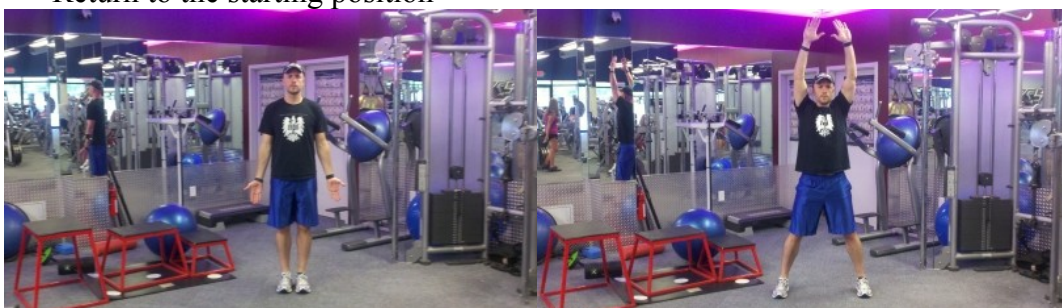
(Exercises are in order of appearance)

**Bonus tip – Choose the search function in your reader to find an exercise quickly**

### Finishers 1 – 4 Exercise Descriptions

#### 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.
- Return to the starting position



#### Burpees

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



### **Finishers 1 – 4 Exercise Descriptions**

#### **Bodyweight Chops**

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Do all reps on one side and repeat for the other side.



#### **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



### Finishers 1 – 4 Exercise Descriptions

#### Burpees (see above)

#### 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.**



#### 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





### **Finishers 1 – 4 Exercise Descriptions**

#### **Split Shuffle**

- Stand with one foot forward and the other back in a split stance.
- Raise your opposite arm and bring it forward. Take your same arm back.
- Quickly switch your arm and foot position, almost as if you were running in place.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some coordination



#### **Alternating Prisoner Lunge**

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



### **Finishers 1 – 4 Exercise Descriptions**

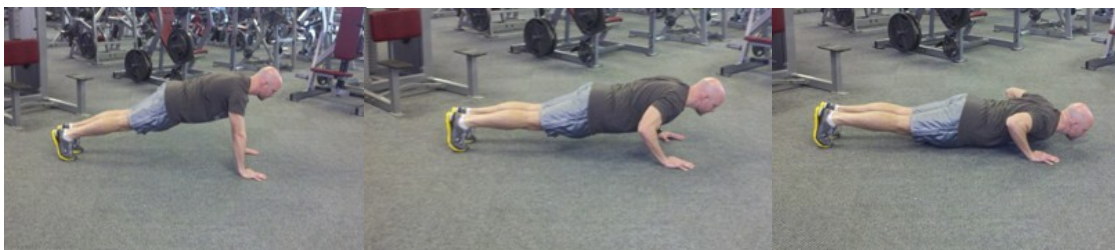
#### **Prisoner Reverse Lunge**

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



#### **Triple Stop Pushup**

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.





### **Finishers 1 – 4 Exercise Descriptions**

#### **Bodyweight Row**

- Stand with your feet shoulder width apart and your arms extended in front of you as if you are performing a standing row.
- Bring your arms in while keeping a 90 degree bend with your elbows
- Squeeze your shoulder blades HARD
- Return to the starting position



#### **Strap Row**

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.





**Finishers 1 – 4 Exercise Descriptions**

**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.



### **Finishers 5 – 8 Exercise Descriptions**

#### **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.



#### **Skater Hops**

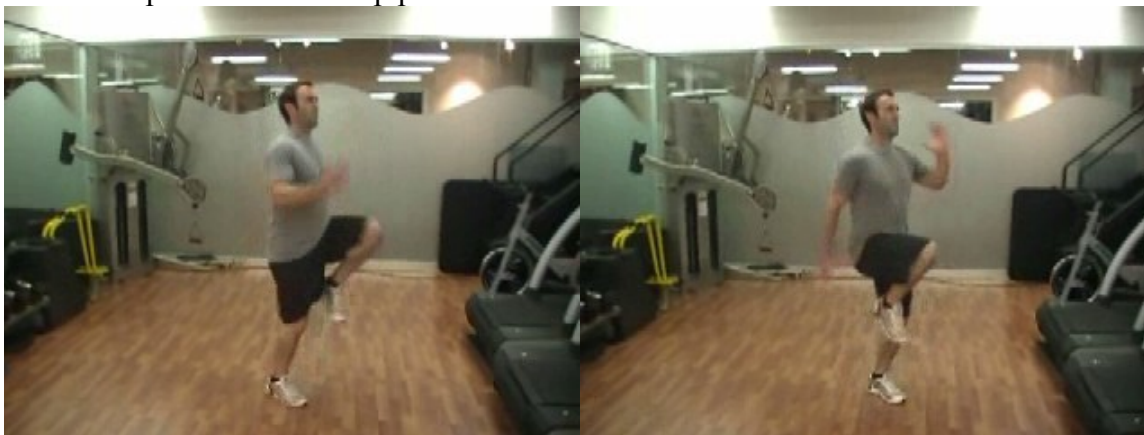
- Start with your feet shoulder width apart
- Jump to one side on one foot, shifting all your weight to the leg you jumped out with
- Now jump to the other side with the other leg and repeat.



### **Finishers 5 – 8 Exercise Descriptions**

#### **Run in Place**

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at a warm-up pace.



#### **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.



**Finishers 5 – 8 Exercise Descriptions**

**Burpees (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.



**Finishers 5 – 8 Exercise Descriptions**

**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





### **Finishers 5 – 8 Exercise Descriptions**

#### **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.



#### **Close-grip Pushup**

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor inside 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.





### **Finishers 9-12 Exercise Descriptions**

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

##### **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.
- 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.



##### **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.



**Finishers 9-12 Exercise Descriptions**

**Jumping Jacks (see above)**

**Split Shuffle (see above)**

**Total Body Extension (see above)**

**Jumping Jacks (see above)**

**Skater Hops (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)



**Finishers 9-12 Exercise Descriptions**

**Star Shuffle**

- Stand with your feet should-width apart
- Step diagonally at a 45° angle with one leg
- Push with your forward leg to return to the starting position.
- Continue to alternate, doing this exercise as rapidly as possible.
- It's tricky...and requires some co-ordination



**Finishers 13-16 Exercise Descriptions**

**Plank (see above)**

**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



**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.



### **Finishers 13-16 Exercise Descriptions**

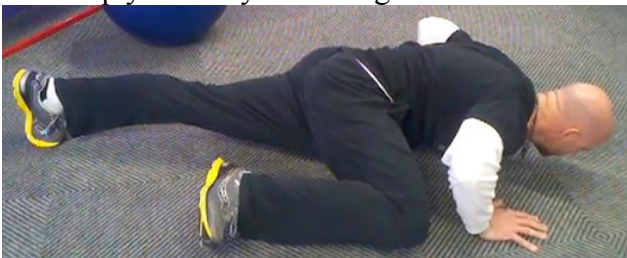
#### **Pushup Side Plank**

- 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.



#### **Spiderman Pushup Plank**

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Hold this position as prescribed.
- 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.





### **Finishers 13-16 Exercise Descriptions**

#### **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



#### **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.



### **Finishers 13-16 Exercise Descriptions**

#### **Lateral Jumps**

- Stand with your knees bent, abs braced, and hips back.
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent.



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

#### **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.



### **Finishers 13-16 Exercise Descriptions**

#### **Spiderman Climb (see above)**

#### **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.



#### **Alligator Crawl**

- Start from a push-up position with your feet on a towel.
- Keep your body in a straight line throughout the entire exercise.
- Walk your body forward using only your hands. Your feet will slide across the floor because they are on a towel. If done on carpet, place your feet on a weight plate.





### **Finishers 13-16 Exercise Descriptions**

#### **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.



#### **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.



**Strap or Band Row (see above)**

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

**Lunge Jumps (see above)**

### **Finishers 13-16 Exercise Descriptions**

#### **Close-Grip 3/4<sup>th</sup> Rep Pushups**

- With your hands inside shoulder-width apart and maintaining a straight line with your body, lower yourself until you are about 75% of the way down
- Keep your abs braced and push yourself back to the starting position



#### **Spiderman Climb (see above)**

#### **Narrow Stance Goblet Squat**

- Perform a Goblet Squat with your feet hip-width apart.
- Hold the dumbbell at chest height.
- Push your hips back, bend your knees, and keep your chest up.
- Drive through your glutes and quads to return to the start position.



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



### **Finishers 13-16 Exercise Descriptions**

#### **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.



#### **Spiderman 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.
- 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.



**Finishers 13-16 Exercise Descriptions**

**Alternating Prisoner Lateral Lunge (aka Side Lunge)**

- Stand with feet shoulder-width apart, keeping your hands behind your head, squeezing your shoulder blades together.
- 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.



**Finishers 17-21 Exercise Descriptions**

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

**Bodyweight Squat Hold**

- 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.
- Hold the bottom position as instructed
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



**Finishers 17-21 Exercise Descriptions**

**Wall Squat Sit**

- Keeping your back against the wall, slide down in the squat position with your feet just outside shoulder width apart.
- Keep your abs braced and your back against the wall.



**Finishers 17-21 Exercise Descriptions**

**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.



**Total Body Extension (see above)**

**Mountain Climbers (see above)**

**Triple Stop Pushup (see above)**

**Spiderman Pushup (see above)**



### **Finishers 17-21 Exercise Descriptions**

#### **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.



#### **T-Pushup**

- Keep the abs braced and body in a straight line from toes 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.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.

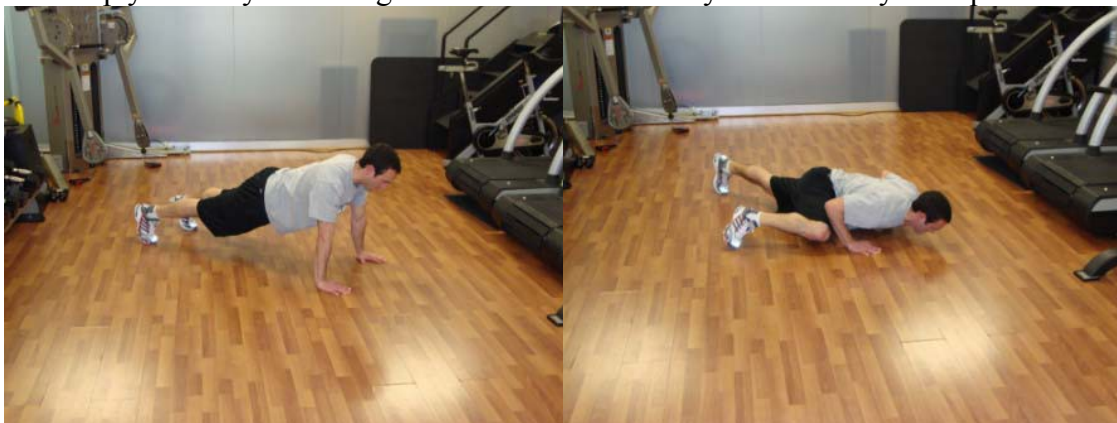


### Finishers 17-21 Exercise Descriptions

#### Pushups (see above)

#### Spiderman Climb 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.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- **Touch the foot to the ground...this allows you to bring your knee up higher and work your abs harder than the other version of the exercise.**
- 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.



#### Close-Grip Pushups (see above)

#### 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.



**Finishers 17-21 Exercise Descriptions**

**Pushup Plank (see above)**

**Bodysaw**

- Support your weight on your forearms and your toes. Put your toes on a towel if you are on a wood floor. If you are on carpet, put your toes on a weight plate.
- Keep your abs braced and breathe normally.
- Slide your feet out behind you 6 inches and then slide them back in.
- It's tough to see in the photos, but you'll feel it when you try it!



**Spiderman Pushup Plank (see above)**

**X-Body Mountain Climber (see above)**

**Stability Ball Rollout (see above)**

**Finishers 17-21 Exercise Descriptions**

**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.



**Plank (see above)**

**Mountain Climbers (see above)**

**Side Plank (see above)**

**Spiderman Climb (see above)**

**Bodyweight Chops (see above)**

**Pushup Plank (see above)**

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

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

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - 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**