

**Welcome from Mike Whitfield & Workout Finishers**



I have used “countdown finishers” with numerous clients for years now, and it’s a challenging way to finish any workout.

In this crazy, but effective metabolic resistance training program, you are to perform a countdown finisher after each and every workout (also known as good times).

But first, you have to put in the MRT before the MFs. Abbreviations rock. With Workout A, you’ll start the week off with a heart-pumping MRT lower body circuit followed by a total metabolic conditioning circuit.

Then in Workout B, you’ll be doing a 1-2 punch to belly fat with a mixture of MRT followed by a bodyweight countdown superset.

Then, with Workout C, you end the week with a tough MRT workout with one of my longer finishers.

So enjoy those countdown metabolic finishers... and enjoy counting down the inches from your waist, too.

**Finish Strong,  
Mike Whitfield, CTT  
Author, Workout Finishers**

**PS – For more metabolic finishers, check out these sites:**

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - Blog dedicated to metabolic resistance training and finishers

[www.facebook.com/WorkoutFinishers](https://www.facebook.com/WorkoutFinishers) - See you on facebook? Yes, you will.

**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 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.
- Do this finishers workout program for four weeks, then switch to another finishers workout program
- Don't be afraid to ask a question on my facebook page here: [www.facebook.com/workoutfinishers](http://www.facebook.com/workoutfinishers)
- 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.



**Workout Finishers Metabolic Countdown Workout Guidelines**

**Disclaimer:** See your physician before starting any exercise or nutrition program. 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.

- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this warm-up circuit.

**Bodyweight Warm-up Circuit**

- Go through the circuit TWICE.
- Rest 30 seconds between warm-up circuits.
- When lifting heavy, lift half of the desired weight for one set for your first two exercises before your workout.

Warm-up

TD Bulgarian Squat (8/side)  
Close-Grip Pushups (10)  
Total Body Extension (10)  
Spiderman Climb (6/side)

**Follow this workout for 4 weeks and then switch to another program.**

## Metabolic Countdown

### Workout Schedule

#### Day 1 – Workout A

1A) Goblet Jump Squat (8)  
1B) DB Step-up (10/side)  
1C) Stability Ball Stir-the-Pot (8/side)  
Rest 1 minute and repeat 2 more times

2A) \*Prisoner Squat w/1-sec pause at the bottom (15)  
2B) Narrow-Grip Seated Row or 2-Arm DB Row (12)  
2C) Close-Grip 3/4<sup>th</sup> Rep Pushups (2 reps short of failure)  
2D) KB or DB Swings (20)  
Rest 1 minute and repeat 2 more times

\* Hold the bottom position for 1 second before coming up

#### Countdown Finisher

Do the following circuit, resting ONLY when needed. In the first circuit, you will perform 8 reps. In the next circuit, you will perform 7 reps. Continue in this fashion until you complete 1 rep of each exercise.

3A) Prisoner Jump Squat (8, 7...1)  
3B) Inverted Row or Strap Row (8, 7...1)  
3C) Squat Thrusts (8, 7...1)

#### Stretch as needed

#### Day 2 – Recovery and Light Exercise

## Workout Schedule

### Day 3 – Workout B

1A) DB High Pull (6/side)

1B) DB Chest Press (20)

Rest 1 minute and repeat 2 more times

2A) Chest-Supported DB Row (10)

2B) 1-Arm DB Incline Chest Press (8/side)

2C) Box or Bench Jumps (15)

Rest 1 minute and repeat 2 more times

3A) Alternating DB Curl (8/side)

3B) Lying DB Tricep Extensions (8)

3C) Facepulls or DB Rear Lateral Raise (12)

Rest 1 minute and repeat 2 more times

### Finisher

Do the following superset as shown, resting ONLY when needed. In the first superset, you will perform 10 reps of each exercise. In the next superset, you will perform 9 reps. Continue in this fashion until you complete 1 rep of each exercise.

4A) Skater Hops (10/side, 9/side...1/side)

4B) Decline Pushups (10, 9, ...1)

### Stretch as needed

### Day 4 – Recovery Day and Light Exercise

## Metabolic Countdown

### Workout Schedule

#### Day 5 – Workout C

1A) DB Push Press (8/side)  
1B) DB Romanian Deadlift (8)  
1C) Stability Ball Jackknife Pushup (12)  
Rest 1 minute and repeat 2 more times

2A) Chinup (1-1/2 rep style) (6)  
2B) Bird Lunge (10/side)  
2C) Spiderman Climb (8/side)  
Rest 1 minute and repeat 2 more times

#### Finisher

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

3A) Burpee (6, 5...1)  
3B) Offset Pushups (6/side, 5/side ... 1/side)  
3C) Bench Vault or Lateral Jumps (6/side, 5/side...1/side)

#### Days 6 and 7 – Recovery and Light Exercise



## Metabolic Countdown

<b>Workout A</b>	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Goblet Jump Squat (8)												
1B) DB Step-up (10/side)												
1C) SB Stir-the-Pot (8/side)												
2A) Pris. Squat w/1-sec Pause (15)												
2B) NG Seated Row / DB Row (12)												
2C) CG 3/4 <sup>th</sup> Rep Pushups (2<F)												
2D) KB or DB Swings (20)												
<b>Finisher</b>												
3A) Prisoner Jump Squat (8...1)												
3B) Inverted or Strap Row (8...1)												
3C) Squat Thrusts (8...1)												
<b>Workout B</b>	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) DB High Pull (6/side)												
1B) DB Chest Press (20)												
2A) Chest Supported Row (10)												
2B) 1-Arm Incline Press (8/side)												
2C) Box or Bench Jumps (15)												
3A) Alt DB Curl (8/side)												
3B) Lying DB Tri Ext (8)												
3C) Facepulls/Rear Lat Raise (12)												
<b>Finisher</b>												
4A) Skater Hops (10/side...1/side)												
4B) Decline Pushups (10...1)												
<b>Workout C</b>	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) DB Push Press (8/side)												
1B) DB RDL (8)												
1C) SB Jackknife PU (12)												
2A) Chinup (1-1/2 style) (6)												
2B) Bird Lunge (10/side)												
2C) Spiderman Climb (8/side)												
<b>Finisher</b>												
3A) Burpee (6...1)												
3B) Offset PU (6/side...1/side)												
3C) BV/Lat Jumps (6/side...1/side)												

## Exercise Descriptions

### Warm-Up

#### ***Disclaimer:***

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

#### **TD Bulgarian Squat**

- Stand with your feet shoulder-width apart.
- 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.
- Extend your arms above your head.
- 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.



#### **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.



**Warm-Up**

**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.**



**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.



**Workout A**

**Goblet Jump Squat**

- Hold a dumbbell at chest height, standing with your feet just outside shoulder width apart.
- Bringing your hips back and maintaining a neutral arch in your back, squat down until your thighs are parallel to the ground.
- Driving through the heels of your feet, jump up
- Land in the squat position



**DB 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.





**Workout A**

**Stability Ball Stir-the-Pot**

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



**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.



**Workout A**

**Narrow-Grip Seated Row**

- Use a long bar and an underhand, medium-width grip.
- Keep your arms and back straight, knees slightly bent.
- Row the handle back as far as possible bringing your shoulder blades together.



**DB 2-Arm Row**

- Push your hips back. Keep your knees bent and back flat and abs braced.
- Hold dumbbells in each hand. Squeeze the muscles between your shoulder blades and row the dumbbells up.
- Keep the low back tensed in a neutral position and brace your abs hard.
- Do NOT round your lower back.



**Workout A**

**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



**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.





**Workout A**

**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.



**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.





**Workout A**

**Strap Inverted 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.



**Squat Thrusts**

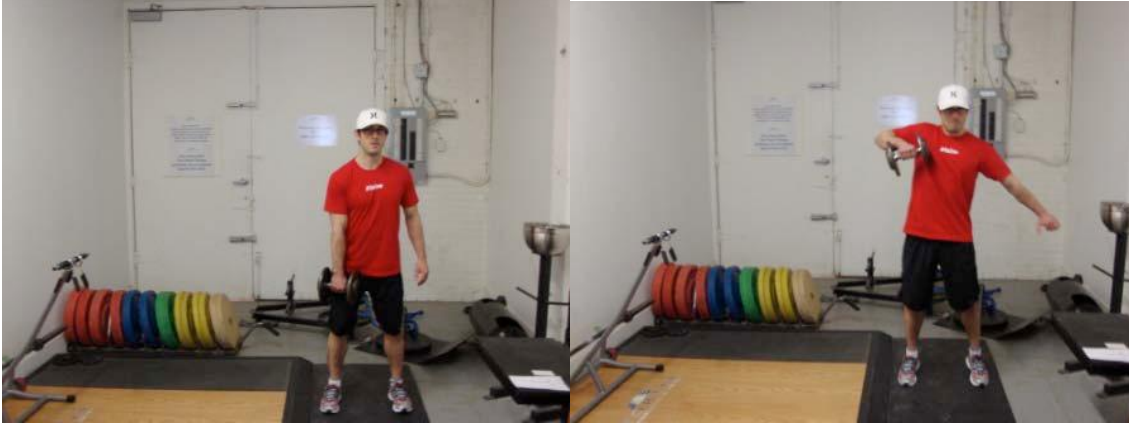
- Start in the pushup position with your abs braced
- Bring your feet in towards your chest in an explosive fashion
- Return to the starting position by “kicking” your feet back out



**Workout B**

**DB High Pull**

- Hold a dumbbell at arm's length in one hand.
- Brace your abs, bend your knees, and push your hips back slightly. This is called the “athletic position”, and is our start point for this exercise.
- Dip your hips into a quarter squat and drive up explosively, simultaneously pulling the dumbbell up to chest height.
- Rise up onto the balls of your feet and keep your elbow out to the side.
- Drop down to the start position, reset, and repeat all reps for one side then switch.



**DB Chest Press**

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



**Workout B**

**DB Chest Supported Row**

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start position.



**DB 1-Arm Incline Chest Press**

- Set an incline bench two notches above the lat position. Lie on the bench and hold one dumbbell at arms length above the chest. The other arm can hang free.
- Slowly lower the dumbbell to chest level and press it straight back up. Do all reps for one side and switch.



**Workout B**

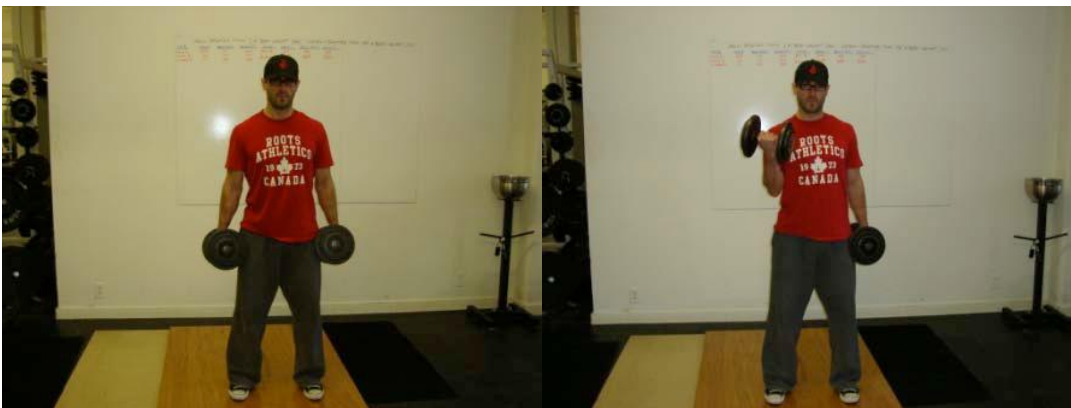
**Box or Bench Jumps**

- 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



**Alternating DB Curl**

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl one dumbbell up to shoulder height while maintaining a flat back.
- Slowly return to the start position.
- Alternate sides.





**Workout B**

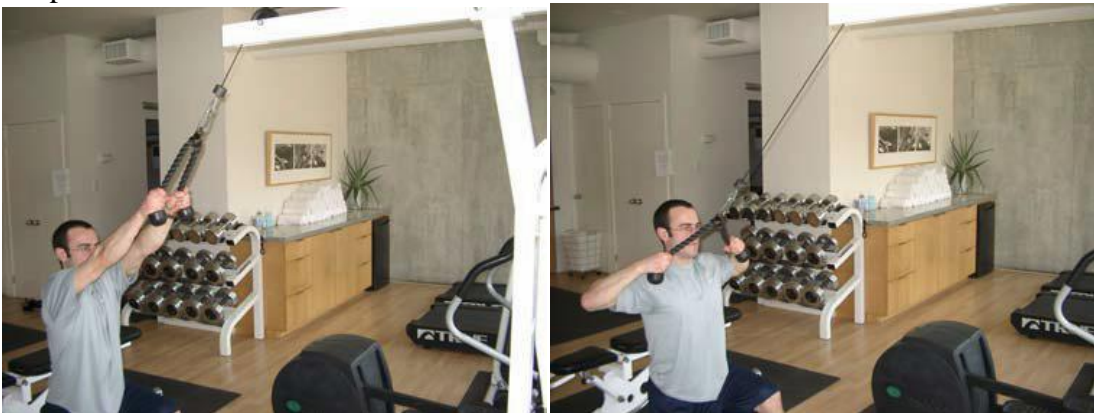
**Lying DB Triceps Extension**

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



**Facepulls**

- Attach the rope to the high-pulley at a cable station.
- Stand back 2 or 3 feet and kneel down.
- Hold the rope at arm's length above your head
- Using your upper back and rear deltoids, row the rope to your forehead.
- Start with a small resistance and use proper form to get all of the benefits for your posterior shoulder area.



**Workout B**

**DB Rear-Deltoid Lateral Raise**

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



**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.



**Workout B**

**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.



**Workout C**

**DB 1-Arm Push Press**

- Hold a dumbbell at shoulder level with your palm turned in facing your head.
- Place your other hand on your abs and keep your abs braced.
- Your feet should be shoulder-width apart and knees slightly bent.
- Dip your hips into a quarter squat and then drive up with your legs and simultaneously press the dumbbell overhead with your palm still turned in and palm facing your head.
- Slowly lower to the start position and repeat. Do all reps for one side and switch.





**Workout C**

**DB Romanian Deadlift (RDL)**

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold dumbbells at arms length. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Keep the 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 before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration. Do NOT round your lower back.



### Workout C

#### 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



#### Chin-ups 1 & ½ Rep Style

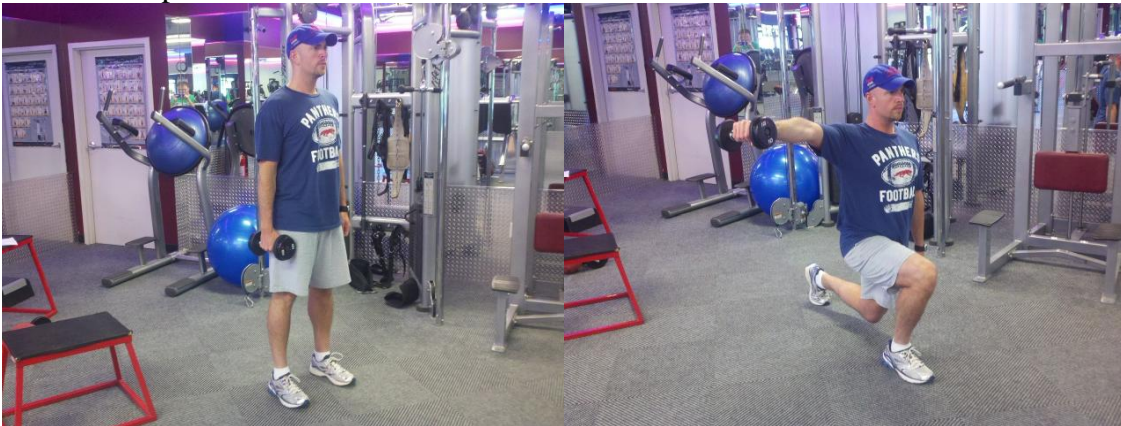
- Take underhand grip on the bar with the palms facing you. Pull your body up until the chest reaches bar level. Lower yourself half-way down and then pull yourself back up. Then lower yourself all the way down. That's one rep.



**Workout C**

**Bird Lunge**

- Stand with your feet shoulder width apart and holding dumbbells (or you can use one and switch hands with every rep).
- Lunge forward with one leg by taking a larger than normal step, but keeping your upper body straight.
- At the end of the lunge position, as your front leg is bent, perform a lateral raise with the same side that you stepped forward with by raising the dumbbell up to shoulder height and extending your arm
- Return the dumbbell back to your side
- Pushing through the front foot's heel, return to the starting position.
- Do all reps and then switch sides



**Spiderman Climb (see above)**

**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.





### Workout C

#### Offset Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 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.
- Do all reps for one side and then change hand positions and complete all other reps.



#### Bench Vault

- Place both hands on the sides of a bench, with your abs braced
- In one motion, vault over the bench, driving your arms down and pulling your legs, knees and butt toward the ceiling.
- Repeat in the opposite direction.



## Metabolic Countdown

### Workout C

#### 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.



## 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) - The new blog dedicated to metabolic workout finishers

[www.AbFinishers.com](http://www.AbFinishers.com) – The latest cutting-edge ab exercise combined with the power of metabolic 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**