

Welcome from Mike Whitfield & Workout Finishers



Metabolic Resistance Training, metabolic conditioning, finishers and intervals on off days... everything you need for the ultimate bootcamp transformation in just 14 days is packed in this program.

So... your campers will have homework, but after all, what else could they expect in just 14 days? Of course, if you run a 6-day week bootcamp, I even put in metabolic conditioning circuits, aka “express workouts” that can be done at your bootcamp, too.

Now, your campers have NO excuses 😊

The next two weeks will be tough, but you and your campers can do it. This is the perfect program for just before beach trips, to jump-start fat loss programs and more.

It's time to go to war for the next 14 days... and enjoy the ride.

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

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

www.WorkoutFinishers.com - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

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
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



Workout Finishers 14-Day Bootcamp Fat Torch 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.

Here is how this program is set up:

5 days of resistance training with intervals on off days (2). If you run a 6-day/week bootcamp, then you can use the metabolic conditioning circuits on those days. However, if not, then you can have your campers do the intervals as shown on their own.

Day 1 – Workout

Day 2 – Intervals/Conditioning

Day 3 – Workout

Day 4 – Intervals/Conditioning

Day 5 – Workout

Day 6 – Intervals/Conditioning

Day 7 – Any low-intensity activity for 30 minutes

Use this program for TWO weeks, then switch to another workout program.

14-Day Bootcamp Fat Torch

Workout Schedule

Day 1 – Workout A

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Stick-ups
Bodyweight Squat
Bodyweight Chops
Close-Grip Pushups
Plank

MRT Superset 1

Do the following superset 3 times, resting for 1 minute between circuits. Each exercise is to be performed for 40 seconds.

Goblet Narrow-Stance Squat
Decline Spiderman Pushup or Regular Pushup

MRT Superset 2

Do the following superset 3 times, resting for 1 minute between circuits. Each exercise is to be performed for 40 seconds.

DB or Strap or Band Row (40 secs/side)
1-Leg Romanian Deadlift (40 secs/side)

MCT Circuit

Do the following circuit 3 times, resting for 30 secs between circuits. Each exercise is to be performed for 30 seconds.

Lunge Jumps or Split Shuffle
Close-Grip 3/4th Rep Pushups
Goblet Switch Lunge
Spiderman Climb

Finisher

Do the following superset as many times as possible in 3 minutes, resting ONLY when necessary:

Vertical Jump and Stick (5) or Total Body Extensions (10)
Mountain Climbers (15/side)

Cool-down, Stretching & Water Break – 10 minutes

14-Day Bootcamp Fat Torch

Day 2 – Homework Assignment (Intervals) OR Conditioning

If doing intervals, have your campers do this on their own on this day:

5-minute warm-up

1 minute at a 8/10 intensity

1 minute at a 3/10 intensity

Do this 8 times.

Or Conditioning at Your Bootcamp (Workout B)

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds.

Jumping Jacks

Alternating Prisoner Lunge

Spiderman Climb

MCT Circuit

Do the following circuit twice, resting as shown:

TD Bulgarian Split Squat (30 secs/side), rest 10 secs

Pushups (1 minute), rest 10 secs

KB or DB Swings (1 minute), rest 10 secs

Side Plank (30 secs/side), rest 10 secs

Run in Place (1 minute), rest 10 secs

Alternating Goblet Lateral Lunge (1 minute), rest 10 secs

T Pushups (1 minute), rest 10 secs

Skater Hops (1 minute), rest 30 secs

Cool-down, Stretching & Water Break – 10 minutes

14-Day Bootcamp Fat Torch

Day 3 – Workout C

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds.

Prisoner Squat
Offset Pushups (10 secs/side)
Total Body Extension
X-Body Mountain Climber

MRT Circuit

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

Goblet Reverse Lunge (40 secs/side)
DB/Band/Strap Row (40 secs/side)
Decline Close-Grip Pushups (40 secs)

MCT Circuit

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

Jump Squat (40 secs)
Spiderman Climb Pushup (40 secs)
Total Body Extension (40 secs)
Stability Ball Rollout or Stability Ball Jackknife (40 secs)

Finisher

Do the following circuit as many times as possible in 5 minutes, resting ONLY when necessary:

Burpees (5)
Walking Lunges (5/side)
Squat Thrusts (5)
Seal Jacks (5)

Cool-down, Stretching & Water Break – 10 minutes

14-Day Bootcamp Fat Torch

Day 4 – Homework Assignment (Intervals) OR Conditioning

If doing intervals, have your campers do this on their own on this day:

5-minute warm-up

20 secs at a 9/10 intensity

40 secs at a 3/10 intensity

Do this 10 times

Or Conditioning at Your Bootcamp (Workout D)

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Alternating Swing Lunge

T Pushups

Bodyweight Squat

Pushup Plank

MCT Circuit

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

Star Jumps (20 secs)

Triple Stop Pushup (30 secs)

Narrow-Stance Goblet Squat (20 secs)

Mountain Climbers (30 secs)

Star Shuffle (20 secs)

KB or DB Swings (30 secs)

Cool-down, Stretching & Water Break – 10 minutes

14-Day Bootcamp Fat Torch

Day 5 – Workout E

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise should be performed for 20 seconds.

Alternating Prisoner Lunge
Close-Grip Pushups
Jumping Jacks
Mountain Climbers

Strength/Conditioning Superset 1

Do the following superset as shown 3 times, resting for 1 minute between supersets.

Bulgarian Split Squat (1-1/2 rep style) (40 secs/side)
Burpee/Spiderman Pushup Combo (40 secs)

Strength/Conditioning Superset 2

Do the following superset as shown 3 times, resting for 1 minute between supersets.

2-Arm DB Row or Strap or Band Row (40 secs)
Shuttle Sprint (30 secs)

Strength/Conditioning Superset 3

Do the following superset as shown 3 times, resting for 1 minute between supersets.

1-Leg Deadlift (40 secs/side)
Burpees (30 secs)

Ab Strength/Conditioning Superset 4

Do the following superset as shown 3 times, resting for 1 minute between supersets.

Stability Ball Stir-the-Pot or X-Body Mountain Climber (40 secs)
Squat Thrusts (30 secs)

Cool-down, Stretching & Water Break – 10 minutes

14-Day Bootcamp Fat Torch

Day 6 – Homework Assignment (Intervals) OR Conditioning

If doing intervals, have your campers do this on their own on this day:

5-minute warm-up

2 minutes at an intensity that they can sustain for only 2 minutes

Plank (1 minute)

Do this 4 times

Or Conditioning at Your Bootcamp (Workout F)

Warm-up

Do the following circuit twice, resting for 1 minute between circuits. Each exercise is to be performed for 20 seconds.

Y Squat

Superman Pushup

Alternating Prisoner Reverse Lunge (20 secs/side)

Pushup Side Plank (20 secs/side)

MCT Circuit

Do the following circuit as shown twice:

Prisoner Jump Squat (1 minute)

Plank (30 secs)

Triple Pushup (Decline 20 secs, Close-Grip 20 secs, Normal 20 secs)

Plank (30 secs)

KB or DB Swings (1 minute)

Plank (30 secs)

Squat and Press (30 secs/side)

Plank (30 secs)

Cool-down, Stretching & Water Break – 10 minutes

Day 7 – 30 minutes of light activity

Exercise Descriptions

Workout A

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.

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Workout A

Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



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
- Alternate sides with each rep.



Workout A

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.



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.



Workout A

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.



Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



Workout A

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.



DB Row

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



Workout A

Strap or Band 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.



1-Leg Romanian Deadlift (RDL)

- 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.
- This can be done using 1 or 2 dumbbells, as well with just bodyweight



Workout A

Lunge Jumps

- 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



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



Workout A

Close-Grip 3/4th 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



Goblet Switch Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs



Workout A

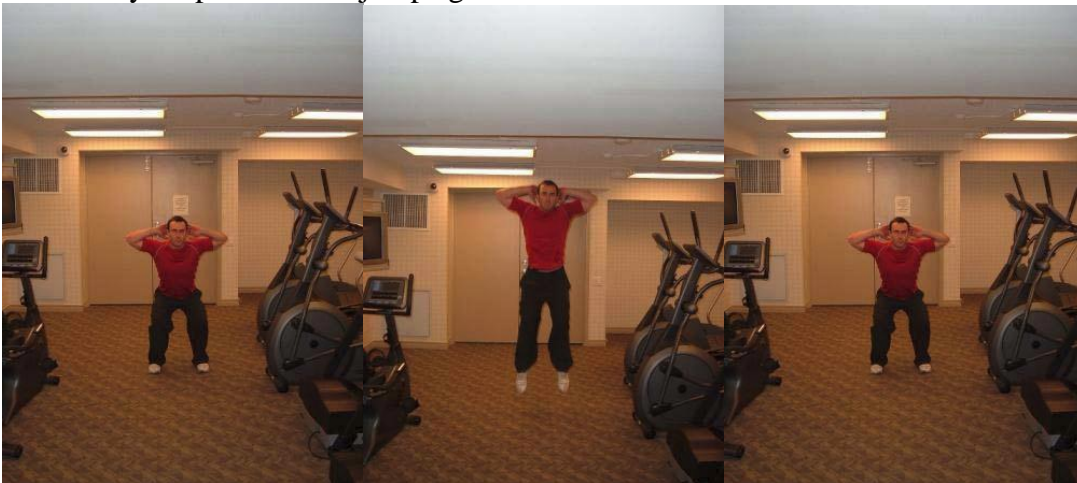
Spiderman Climb

- 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.



Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Workout A

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.**



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.



Workout B

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



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.



Workout B

Spiderman Climb (see above)

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.



Pushups (see above)

Workout B

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.



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.



Workout B

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.



Alternating Goblet Lateral Lunge

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height.
- 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 and switch sides.



Workout B

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.



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 C

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.



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.



Workout C

Total Body Extension (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.



Goblet Reverse Lunge

- Stand with your feet shoulder-width apart. Hold a dumbbell at chest height.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting that 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.
- Begin to return to the start position by pushing with the muscles of the front leg.
- Focus on pushing with glutes and hamstrings. Do all reps on one side then switch



Workout C

DB Row (see above)

Strap or Band Row (see above)

Decline Close-Grip Pushups

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor just inside shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- 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.



Workout C

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.



Workout C

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.



Total Body Extension (see above)

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.



Workout C

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.



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

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 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 C

Seal Jacks

- Stand on the balls of your feet with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back into the middle while bringing your right foot over top of your left foot.
- At the same time, bring your arms to the middle and cross your right arm over left.
- Return to the start position and then hop back into the middle, this time with your left foot over your right foot and your left arm over your right arm.
- Repeat, alternating between right and left limbs on top.



Workout D

Swing Lunge

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch or if alternating, switch legs with each rep.
- This can be done with dumbbells or just bodyweight



T Pushups (see above)

Bodyweight Squat (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



Workout D

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)



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.



Workout D

Narrow-Stance Goblet Squat (see above)

Mountain Climbers (see above)

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



KB or DB Swings (see above)

Workout E

Alternating Prisoner Lunge (see above)

Close-Grip Pushups (see above)

Jumping Jacks (see above)

Mountain Climbers (see above)

Bulgarian Split Squat 1&1/2 reps

- 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.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- *Push through the lead foot to come HALFWAY up and then drop back down to the bottom position. Then push through the foot ALL the way up to the upright position.*
- Stay in a split-squat stance and perform all reps for one leg and then switch.



Workout E

Burpee/Spiderman Pushup Combo

- Stand with your feet shoulder width apart.
- Squat down on your feet and hands
- Kick your feet out to form a pushup position
- Perform a Spiderman pushup by going down into a pushup, bringing one knee to the side. Repeat for the other side (do 1 rep on each side).
- Kick your feet back in and stand or jump back up



2-Arm DB Row

- Hold a dumbbell in each hand with an overhand grip.
- Stand with your knees slightly bent. Push your hips back
- Squeeze your shoulder blades together as you bring the dumbbells up to your sides.
- Slowly lower to the start position.



Workout E

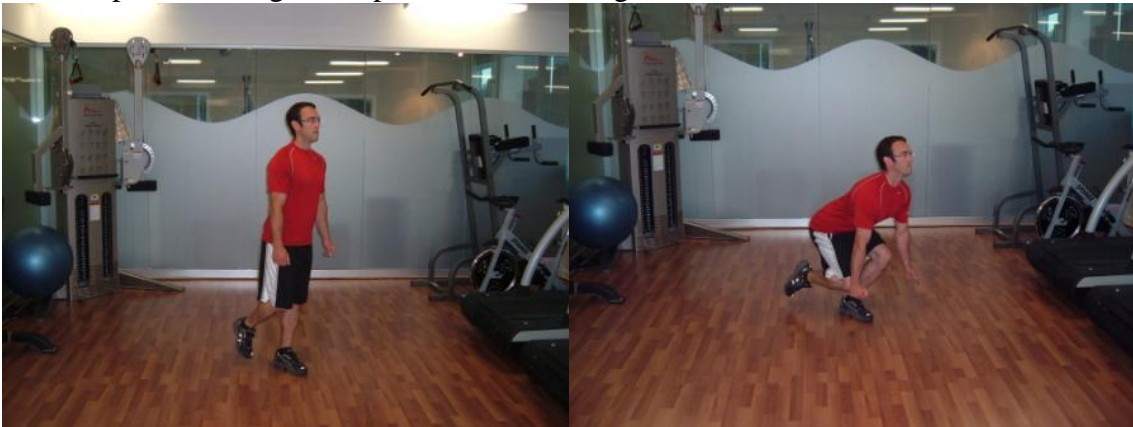
Suicide Drill (aka Shuttle Sprint)

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



1-Legged Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides. Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go 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.



Workout E

Burpees (see above)

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.



X-Body Mountain Climber (see above)

Squat Thrust (see above)

Workout F

Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- 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.



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.



Workout F

Alternating 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.



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.



Workout F

Plank (see above)

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.



Close-Grip Pushups (see above)

Pushups (see above)

Plank (see above)

KB or DB Swings (see above)

Plank (see above)

Workout F

1-Arm DB 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.



Plank (see above)

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

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

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

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
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“ He had a fresh approach to training”- Robin