

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 Guidelines

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- 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

Bulgarian Squat (8/side)

Pushups (8)

Jumping Jacks (10)

X-Body Mountain Climber (6/side)

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

Workout Schedule

Day 1 – Workout A

1A) Bench or Box Jumps (8)
1B) DB Reverse Lunge (10/side)
1C) Stability Ball Superman Plank (30 secs)
Rest 1 minute and repeat 2 more times

2A) Goblet Squat (15)
2B) DB Row (12/side)
2C) Neutral Grip DB Chest Press (15)
2D) KB or DB Swings (15)
Rest 1 minute and repeat 2 more times

Finisher

Do the following circuit as many times as possible in 5 minutes, resting ONLY when needed.

3A) Vertical Jump and Stick (5)
3B) Inverted Row (5)
3C) Burpee/Spiderman Pushup Combo (5)

Stretch as needed

Day 2 – Recovery and Light Exercise

Workout Schedule

Day 3 – Workout B

1A) DB Pullover (8)

1B) DB Chest Press (10)

Rest 1 minute and repeat 2 more times

2A) Chest-Supported DB Row (10)

2B) DB Incline Chest Press (12)

2C) DB Walking Lunges (10/side)

Rest 1 minute and repeat 2 more times

3A) DB Curl (8)

3B) Lying DB Tricep Extensions (8)

3C) DB Rear Lateral Raise (12)

Rest 1 minute and repeat 2 more times

Finisher

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

4A) Split Shuffle (30 secs)

4B) Bodyweight Squat (20)

Stretch as needed

Day 4 – Recovery Day and Light Exercise

Workout Schedule

Day 5 – Workout C

1A) DB Squat and Press (8)
1B) Stability Ball Leg Curl (15)
1C) Stability Ball Jackknife (12)
Rest 1 minute and repeat 2 more times

2A) Chinup or Reverse Grip Lat Pulldown (8)
2B) DB Lateral Raise (10)
2C) X-Body Mountain Climber w/ Hands on a Stability Ball (8/side)
Rest 1 minute and repeat 2 more times

Finisher

Do the following circuit as many times as possible in 3 minutes, resting only when needed.

3A) Bodyweight Swing Lunge (5/side)
3B) Close-Grip Pushups (10)
3C) Total Body Extension (15)

Days 6 and 7 – Recovery and Light Exercise

Workout A	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) Box or Bench Jumps (8)												
1B) DB Rev Lunge (10/side)												
1C) SB Superman Plank (30s)												
2A) Goblet Squat (15)												
2B) DB Row (12/side)												
2C) NG DB Chest Press (15)												
2D) KB/DB Swings (15)												
Finisher												
3A) Vertical Jump and Stick (5)												
3B) Inverted Row (5)												
3C) Burpee/Spiderman PU (5)												
Workout 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 Pullover (8)												
1B) DB Chest Press (10)												
2A) Chest-Supported Row (10)												
2B) DB Incline Chest Press (12)												
2C) DB Walking Lunges (10/side)												
3A) DB Curl (8)												
3B) Lying DB Tri Ext (8)												
3C) DB Rear Lat Raise (12)												
Finisher												
4A) Split Shuffle (30s)												
4B) Bodweight Squat (20)												
Workout C	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 Squat and Press (8)												
1B) SB Leg Curl (15)												
1C) SB Jackknife (12)												
2A) Chinup or Rev Lat Pull (8)												
2B) DB Lateral Raise (10)												
2C) SB X-Body MC (8/side)												
Finisher												
3A) BW Swing Lunge (5/side)												
3B) CG Pushups (10)												
3C) Total Body Extension (15)												

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.

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.



Warm-Up

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.



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



Warm-Up

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.



Workout A

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



Reverse Lunge

- Stand upright holding a pair of dumbbells (optional)
- Step back and squeeze your glute muscles, while keeping your upper body straight
- Lower yourself until your rear knee is a few inches off away from the ground
- Push back up with your lead leg to the starting position



Workout A

Superman Ball Plank

- Set your body in a regular stability ball plank position, but instead of resting your elbows on the ball, straighten your arms and put your hands on the ball as if you were going to do a Stability Ball Pushup.
- Brace your abs throughout the entire exercise.



Workout A

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.



Workout A

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.



Close-grip DB Chest Press (AKA Neutral Grip)

- Hold the dumbbells with your palms turned towards your body (palms will face each other) to emphasize triceps and minimize shoulder stress.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



Workout A

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.



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

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

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



Workout B

DB Pullover

- Lie on a bench with one dumbbell held in both hands over your chest at arm's length.
- Slowly lower the dumbbell behind your head. Keep a bend in your elbows.
- Feel a stretch in your lats. Pause briefly, then use your lats and chest to bring the dumbbell back to the start position. Keep your abs braced.



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 Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



Workout B

DB Walking Lunge

- Stand with your feet shoulder-width apart, holding a pair of dumbbells at your sides.
- 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.



DB Curl

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



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.



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.



Workout B

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



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.



Workout C

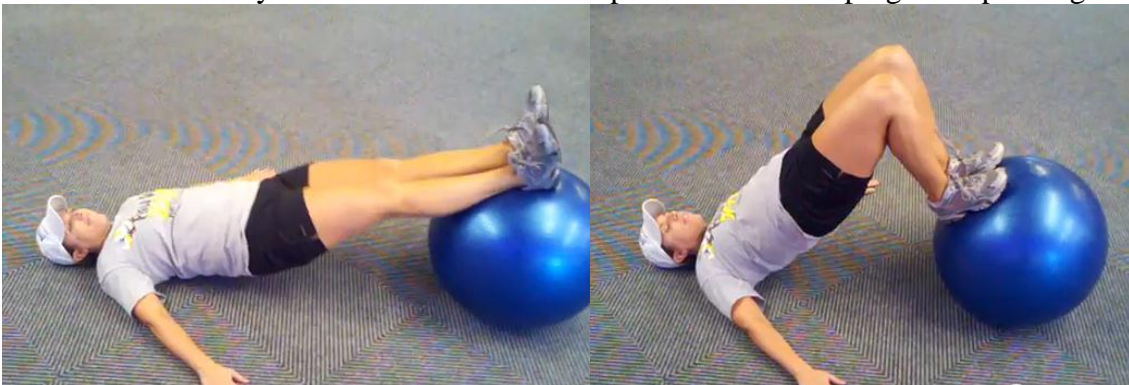
Squat and Press

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



Stability Ball Leg Curl

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



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.



Chin-ups

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



Workout C

Reverse Grip Pulldown

- Grab a lat pulldown bar with an underhand grip, about shoulder width apart
- Pull the bar down to your chest, squeezing your shoulder blades together
- Return slowly to the starting position



DB Lateral Raise

- Stand with your feet shoulder width apart and your abs braced while holding a db in each hand
- Raise the dumbbells to shoulder height
- Slowly return to the starting position



Workout C

X-Body Mountain Climbers with Hands on Stability Ball

- Brace your abs. Start in the top of the push-up position with your hands on the ball.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite arm. 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.



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.
- This can be done with dumbbells or just bodyweight



Workout C

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.



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.**

