

Metabolic Switch Bootcamp

Welcome from Mike Whitfield & Workout Finishers



As a Bootcamp Coach, you already know that intervals prevail over long, boring cardio for fat loss and better results.

You also know that the best method for shedding fat in a shorter amount of time is metabolic resistance training.

But what happens when you combine the power of intervals and MRT workouts?

You get the Metabolic Switch Bootcamp workout program... that's what.

In this unique, but effective Bootcamp program, you'll discover the crazy combination of intervals and MRT for a fast-paced and heart-pounding experience.

Your campers will hate you and love you at the same time. But that's what we're here for.

Have fun turning on the metabolic switch...

**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 Metabolic Switch 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.

If you run a 5-day/week bootcamp, then simply follow the day-to-day program as shown. It is recommended to have your campers work out 3 days per week.

However, if you run a 3-day per week program, then simply choose any of the 5 programs each week.

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

Metabolic Switch Bootcamp

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.

Y-Squat
Arm Crosses
Close-Grip Pushups
Bird Dog
Jumping Jacks

Plank Interval Circuit

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

Goblet Switch Lunge (30 secs)
Plank (30 secs)
DB Row (30 secs/side) or Strap/Band Row (30 secs)
Pushup Plank (30 secs)
Decline Close-Grip Pushups (30 secs)
Side Plank (30 secs/side)

KB/DB Swings Interval Circuit

Do the following circuit 3 times, resting as shown:

KB or DB Swings (30 secs)
Bulgarian Split Squat (30 secs/side)
Rest 15 secs
KB or DB Swings (30 secs)
Elevated Pushups (15 secs/side)
Rest 15 secs
KB or DB Swings (30 secs)
X-Body Mountain Climber (30 secs)
Rest 15 secs

Finisher

Do the following superset 3 times, resting for 20 seconds between supersets:

Kong (20 secs)
Pushup Side Plank (20 secs/side)

Cool-down, Stretching & Water Break – 10 minutes

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Day 2 – Workout B

Warm-up

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

Alternating Prisoner Lunge
Cross Crawl
Bodyweight Squat
Pushups
Leg Swings (20 secs/side)

Running in Place Intervals

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

Running in Place (40 secs)
Narrow-Stance Goblet Squat (30 secs)
Running in Place (40 secs)
Superman Pushup (30 secs)
Running in Place (40 secs)
Spiderman Climb (30 secs)

Density Interval Circuit

Do the following circuit as many times as possible in 10 minutes, resting only when needed.

Lunge Jumps (6/side) or Split Shuffle (12/side)
Total Body Extensions (30)
Pushups (12)
Total Body Extensions (30)

Finisher

Do the following circuit as shown:

Burpees (as many as possible in 1 minute), rest 20 seconds
Jumping Jacks (as many as possible in 1 minute)

Cool-down, Stretching & Water Break – 10 minutes

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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.

Alternating Prisoner Reverse Lunge
T Pushup
Waiter's Bow
Spiderman Climb
Seal Jacks

Squat Thrust Intervals

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

Triple Stop Pushup (45 secs)
Squat Thrusts (15 secs)
Goblet Lateral Lunge (45 secs/side)
Squat Thrusts (15 secs)
DB Row (45 secs/side) or Strap/Band Row (45 secs)
Squat Thrusts (15 secs)
1-Leg Romanian Deadlift (45 secs/side)
Squat Thrusts (15 secs)

Burpee Intervals

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

Burpees (30 secs)
Prisoner Squat (30 secs)
Burpees (30 secs)
Side Plank with Leg Raise (30 secs/side)
Burpees (30 secs)
Total Body Extension (30 secs)
Burpees (30 secs)

Finisher

(Seriously? No.)

Cool-down, Stretching & Water Break – 10 minutes

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Day 4 – Workout D

Warm-up

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

Hip Extensions
Stickups
Pushup Plank
Alternating Lateral Lunge
X-Body Mountain Climber

Interval Circuit

Do the following circuit three times, resting only when needed. The clock continues to tick and your campers can take breaks whenever they feel the need to, although rest periods are built in.

Box or Bench Jumps (1 minute)
Rest 20 secs
DB Squat and Press (30 secs/side)
Rest 20 secs
DB Row (30 secs/side) or Strap/Band Row (1 minute)
Rest 20 secs
Spiderman Climb (1 minute)
Rest 20 secs
Pushups (1 minute)
Rest 20 secs
DB or KB Swings (1 minute)
Rest 20 secs

Ab Finisher

Do the following circuit as many times as possible in 5 minutes

Stability Ball Jackknife or TRX Jackknife (10)
Burpees (5)
Bodysaw (10)

Cool-down, Stretching & Water Break – 10 minutes

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Day 5 – Workout E

Warm-up

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

Arm Crosses
Offset Pushups (10 secs/side)
1-Leg Hip Extensions (20 secs/side)
Plank
Total Body Extension

Bodyweight Squat Intervals

Do the following circuit, resting for 1 minute between circuits.

Grasshopper Pushup (40 secs)
Bodyweight Squat (20 secs)
DB Row (40 secs/side) or Strap/Band Row (40 secs)
Bodyweight Squat (20 secs)
Burpee/Spiderman Pushup Combo (40 secs)
Bodyweight Squat (20 secs)
Pushup Side Plank (40 secs/side)
Bodyweight Squat (20 secs)

Density Interval Superset

Do the following superset as many times as possible in 5 minutes, resting only when needed.

Triple Pushup (10 Decline, 10 Close-Grip, 10 Normal)
Star Shuffle (30 secs)

Finisher

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

KB or DB Swings (15)
Mountain Climbers (10/side)
Jump Squats or Total Body Extension (5)

Cool-down, Stretching & Water Break – 10 minutes

Days 6 and 7 – encourage your campers to stay active

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.

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.



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Workout A

Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



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.



Workout A

Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



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



Workout A

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



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

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.



Strap Bodyweight 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.



Workout A

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



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.



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Workout A

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.



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

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.



KB/DB Swings – (see above)

Elevated Pushups

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



Workout A

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.



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.



Workout A

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 B

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.



Cross Crawl

- This is a combination warm-up and ab exercise.
- Stand with your feet shoulder width-apart and hands straight overhead.
- Slowly bring your opposite knee and elbow together in front of you.
- Alternate sides.



Workout B

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.



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.



Metabolic Switch Bootcamp

Workout B

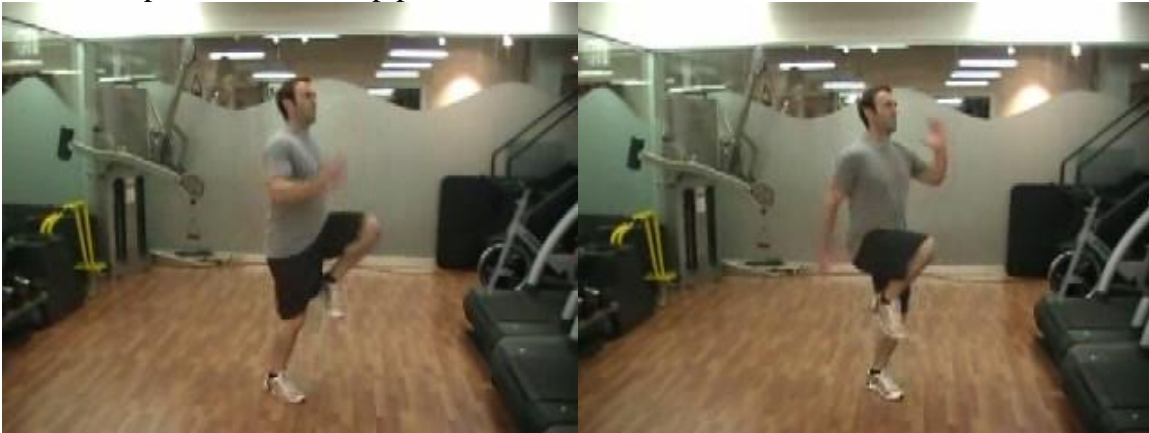
Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Running 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.



Workout B

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.



Running In Place – (see above)

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.



Running In Place – (see above)

Workout B

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.



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



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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



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.**



Pushup – (see above)

Total Body Extension – (see above)

Workout B

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.



Jumping Jacks – (see above)

Workout C

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.



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.



Workout C

Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



Workout C

Spiderman Climb (see above)

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.



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 C

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



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.
- Do all reps on one side and then switch.



Workout C

DB Row (see above)

Squat Thrusts (see above)

DB 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 with 1 or 2 dumbbells, or with bodyweight



Squat Thrusts (see above)

Burpees (see above)

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Workout C

Burpees (see above)

Side Plank Leg Raise

- 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.
- Raise your top leg up as high as you can.



Burpees (see above)

Total Body Extension (see above)

Burpees (see above)

Workout D

Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- 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. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.



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 D

Pushup Plank

Lateral Lunge (aka Side Lunge)

- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height (optional).
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.



X-Body Mountain Climber (see above)

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



Workout D

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.



DB Row (see above)

Strap or Band Row (see above)

Spiderman Climb (see above)

Pushup (see above)

KB or DB Swings (see above)

Workout D

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.



TRX Jackknife

- Place your feet in the straps and your hands on the ground, 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), bring your knees in towards your chest by contracting your abs and pulling the straps forward.
- Pause and then return to the starting position by pushing your feet back.
- Do NOT round your lower back.



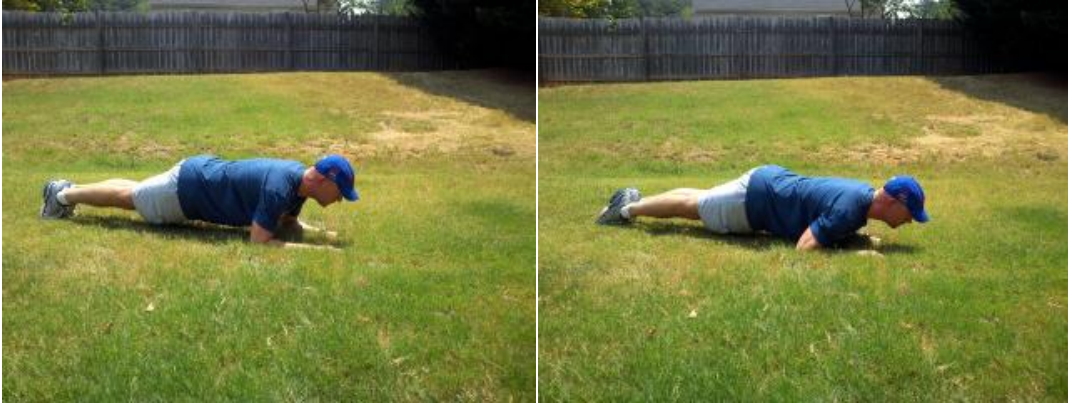
Burpees (see above)

Metabolic Switch Bootcamp

Workout D

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!



Workout E

Arm Crosses (see above)

Off-set 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.



Lying 1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



Workout E

Plank (see above)

Total Body Extension (see above)

Grasshopper Push-up

- Start in a pushup position. Drop your right hip, and rotate your right leg so that it moves under your body and your right foot ends up outside your left hand.
- Reverse the movement and bring your leg back to the start position. Alternate sides.

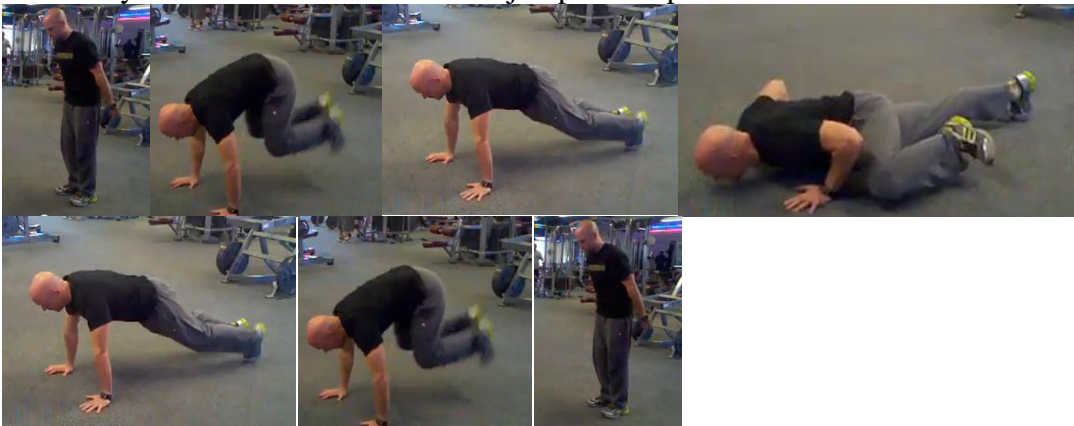


DB Row (see above)

Strap or Band Row (see above)

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 E

Bodyweight Squat (see above)

Pushup Side Plank (see above)

Bodyweight Squat (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 Pushup (see above)

Pushup (see above)

Workout E

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



Workout E

KB or DB Swings (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.



Jump Squats

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



Total Body Extension (see above)

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