**Email #1 on Day 1**

**Subject – Replace cardio with these crazy “finishers”**

I’ve got something really cool for you today. It’s an  
article on how to replace cardio (even intervals!) with  
metabolic finishers, which take just a fraction of the time.  
  
You won’t believe how effective these are. In fact, the   
author, Mike Whitfield, lost 105 pounds using these   
unique finishers. He explains how to replace cardio, even  
intervals with finishers below. Let me know how it goes!...

How to Replace Intervals with Finishers

Mike Whitfield, CTT

I prefer metabolic finishers over interval training, but one   
good question I get is, “How do I replace intervals with metabolic   
finishers?”  That’s like asking me,”How do I make something that is   
already awesome into somethingawesomer?” Let’s say you are   
facing one of these problems:

1) You’re out of town and lacking equipment

2) You used to enjoy intervals, but you found yourself in a rut or   
you find yourself constantly sore from interval training

3) You can’t make it to the gym

OK, you usually do interval training at the end of your workout   
on the treadmill.  You are on a program where you run at a difficult   
pace (9/10 exertion) for 30 seconds, followed by 1 minute of recovery   
(3/10exertion).  You usually do this 6-8 times for a total of 9 to 12  
minutes.  Here is how to replace that with a metabolic workout finisher:

Do the following circuit 3 – 4 times:

1) Prisoner Squats (30 secs)

Rest 10 secs

2) Spiderman Push-ups (30 secs)

Rest 10 secs

3) Jumping Jacks (30 secs)

Rest 10 secs

4) Mountain Climbers (30 secs) (Your six-pack abs are having a   
blast!  Party! Party!)

Rest 30 secs

If you do the math, it takes just about the same amount of time   
to do the metabolic finisher above as it would to do the interval   
training.  It also doesn’t require equipment.

Another great method of interval training is KB swings. A popular   
method to use kettlebells for interval training is to do KB Swings   
for 30 seconds, and then rest for 30 seconds.  That’s a great way to   
burn fat, but how about we tweak it a little bit for a fantastic metabolic finisher?

You can shorten your time of KB Swings to 15 seconds, followed  
immediately by Explosive Push-ups for 15 secs, then rest for 30 seconds.    
(Don’t give me that look about the Explosive Push-ups – it’s just 15 seconds).

With you reducing the amount of time invested in KB Swings, your legs   
won’t be as sore the next day.  Also, you worked your upper body along   
with your lower body for extra calorie burning without having to add time to   
your workouts.  Boom goes the productivity dynamite.

A)    You hit all major muscle groups, burning more calories (on the   
bike, the emphasis is on the legs and episodes of Judge Judy)

B)     You are spreading the exertion all over the body, which allows   
your legs to be more fresh at your next workout

C)    You did more in less time

You just literally turned on the six pack abs igniter.

Those are just a few ways to replace traditional interval training with   
metabolic workout finishers.  Your legs will be fresher for your intense   
workouts and you will finally “finish” off that belly fat.  Ohhh man, that   
was a good sentence.  Besides, most interval training methods use the legs,   
so why not allow the rest of your body to help burn more fat in less time?

**Finish strong,**

**Mike Whitfield, CTT**

Grab over 40 metabolic workout finishers here (insert aff link)

**Email #2 on Day 2**

**Subject**: **Amazing way to finish ANY workout**

So, I heard about Mike Whitfield's approach to eliminating  
cardio (including intervals) after your workout and I was  
crazy enough to try one of his metabolic “finishers”.  
  
Here it is if you want to try it yourself (but be warned,   
this is tough). In fact, make sure this is done AFTER your   
favorite workout:  
  
The "Nasty 3’s" Finisher (he loves naming his finishers)  
  
Complete the following superset 8 times, resting for 10   
seconds between supersets:  
  
1A) Burpees (3)  
1B) Prisoner Squat (3)  
  
That's one of the finishers from his client's programs that   
helped him **drop 34 lbs in just 12 weeks** AND win $1,000.  
  
Of course, it's no wonder... even if your diet isn't perfect,   
you're bound to drop fat doing crazy, but effective   
finishers like that.  
  
=> You can look at the full program here (INSERT AFFILIATE LINK)  
  
Now I want to share with you how to approach his density  
finishers (finishers in which you do as many rounds as   
possible in a certain amount of time... usually 3-5 minutes):  
  
DON'T train to failure... if you leave about 3-5 reps in the   
tank during a metabolic finisher, you'll find that you can   
put in more reps and sets overall.  
  
And that means more calories being burned...  
  
... which means YOU smash a plateau  
  
That's one of the secrets he has learned with his clients,   
and that's how they approach their finishers with their   
programs.  
  
Mike hasn't "prescribed" cardio to any of his online or   
offline clients in years. He keeps creating these finishers   
for them to do.  
  
And they love them...  
  
... because they lose even stubborn fat (yes, men AND women).  
  
So, try that finisher after your next workout and let me know  
how it goes.   
  
And check out Mike's finishers to not only burn more calories,  
but improve your conditioning too, which means better workouts.  
  
Check out his crazy finishers here (INSERT AFFILIATE LINK)  
  
YOUR NAME

**Email 3 on Day 3 or 4**

**Subject #1 Method for a Transformation**

It's the best method for transforming your physique.  
  
It HAS to be a staple in your workouts.  
  
It helped one guy lose 105 pounds, and KEEP it off  
  
This is the #1 method for a transformation (INSERT AFFILIATE LINK)  
  
But you're scared to try it...  
  
... yet, it can blast any plateau  
  
And because you avoid this hot NEW method...  
  
... your body refuses to lose that last little bit of belly   
fat  
   
This is the #1 method for a transformation (INSERT AFFILIATE LINK)  
  
Please share this guy's story of losing 105 lbs to inspire  
your friends and family.  
  
YOUR NAME  
  
P.S. Never forget...  
  
... You should NOT avoid this new method  
  
... Even if you're scared of trying it like I was  
  
Do NOT avoid this approach (INSERT AFFILIATE LINK)