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13 TWENTY-TEN BODYWEIGHT FINISHERS

*TORCH BELLY FAT IN MINUTES
WITH THE HOT 20-10 METHOD*



20-10 Bodyweight Finishers

A message from Mike Whitfield, CTT



Mike Before



Mike After

Welcome from Workout Finishers and Mike Whitfield, (aka Mikey)....

The 20-10 method is brutally effective. There's also a variety of ways the finishers use this crazy method, too. There's 20 seconds followed by 10 seconds of rest. There's 20 reps followed by 10 reps, and more...

But either way, the 20-10 method is very tough, and the good news is that it is tough on stubborn fat, too.

You can use these 20-10 finishers at the end of your favorite workouts so you don't have to do boring cardio. Sure, they are short, but you'll burn a lot of calories in the short amount of time, and you'll like them better than hopping on the elliptical for 40 minutes.

So, plug these 20-10 finishers in with your workout program and blast through any plateau and jump start your fat loss.

**May you never, EVER get bored with your workouts,
Mike Whitfield (Mikey), CTT**

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www.TrainwithFinishers.com - My blog dedicated to metabolic finishers

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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 (formerly known/also known as Reflections Fitness) 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.
- 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.



20-10 Bodyweight Finishers

Things to Remember

- Use these finishers at the **END** of your main workout. These are designed to compliment your main workout, not replace it.
- Be conservative when you try a finisher for the first time. For example, if a finisher calls for 3 rounds, complete only 1-2 rounds the first time you do that finisher.
- Don't be afraid to substitute an easier exercise to fit your unique fitness level. For example, you can do regular pushups instead of Spiderman pushups.

A “superset” is 2 exercises back-to-back with no rest, but resting after both exercises are complete. For example, let's say you have a finisher that says:

1A) Body Squats (10)

1B) Push-ups (10)

Do the above superset 3 times with 30 secs of rest between supersets.

Here is what you do: one set of 10 reps of Body Squats, then immediately, with NO rest, 10 reps of push-ups, THEN rest 30 seconds. See? You would do this 2 more times for a total of 3 supersets.

A “circuit” is a series of 3 exercises or more that are done back-to-back with no rest between exercises. So, for example, let's say you have the following finisher:

1A) Body Squats (10)

1B) Push-ups (10)

1C) Inverted Row (8)

Do the above circuit 4 times, resting for 1 minute between circuits

You would then do this:

10 Body Squats, immediately 10 Push-ups, immediately 8 Inverted Rows, and then rest for 1 minute. You would do this 4 times... then you're done!

BONUS TIP

For any timed finishers, try to beat previous records each time you do that finisher.

For example, when performing a density finisher (a circuit or superset as many times as possible in a set timeframe), try to beat your previous reps.

20-10 Bodyweight Finishers

Finisher # 1 **“Burpee-a-Thon”**

Do the following circuit ONE time, resting only as shown:

- 1A) Burpees (20), rest 10 seconds
- 1B) Decline Pushups (20), rest 10 seconds
- 1C) Burpee/X-Body Mountain Climber (20), rest 10 seconds
- 1D) Total Body Extension (20), rest 10 seconds

Finisher # 2 **“Pushing It”**

Do the following circuit 3 times as shown:

- 1A) T Pushups (10/side), rest 10 seconds
- 1B) Alternating Prisoner Lunge (10/side), rest 10 seconds
- 1C) Superman Pushups (10/side)
- 1D) Jumping Jacks (20), rest 10 seconds
- 1E) Pushups (20), rest 10 seconds

Finisher # 3 **“ The 20-10 Heart Thumper”**

Do the following superset 4 times, resting only as shown:

- 1A) Prisoner Jump Squat (20 secs), rest 10 seconds
- 1B) Kong (20 secs), rest 10 secs

20-10 Bodyweight Finishers

Finisher # 4 **“Too In Depth”**

Do the following circuit 3 times, resting for 20 seconds between circuits:

- 1A) V-Plank (20 secs/side)
- 1B) Depth Jump (10)
- 1C) Pushup Plank (20 secs)
- 1D) Depth Jump (10)

Finisher # 5 **“Prisoner Punisher”**

Do the following as shown up to 4 times:

- 1A) Prisoner Narrow-Stance Squat (20), followed by a 10-second hold at the bottom
- 1B) Prisoner Jump Squat (10), 10 seconds of rest

Finisher # 6 **“The Metabolic 20-10”**

Do the following circuit ONE time, resting only as shown:

- 1A) Lateral Jumps (10/side), rest 10 seconds
- 1B) Triple Stop Pushup (20), rest 10 seconds
- 1C) Skater Hops (10/side), rest 10 seconds
- 1D) Spiderman Climb (10/side), rest 10 seconds
- 1E) 1-Leg Romanian Deadlift (10/side), rest 10 seconds
- 1F) Prisoner Squat (20)

20-10 Bodyweight Finishers

Finisher # 7 **“The Mountaineer”**

Do the following as shown up to 8 times:

- 1) Mountain Climbers (20/side), rest 10 seconds

Finisher # 8 **“The Planker”**

Do the following circuit ONE time, resting as shown:

- 1A) Lunge Jumps (20 secs), rest 10 seconds
- 1B) Plank to Triceps Extension (20 secs), rest 10 seconds
- 1C) Close-Grip 3/4th Rep Pushups (20 secs), rest 10 seconds
- 1D) Side Plank (20 secs/side), rest 10 seconds
- 1E) Run in Place (20 secs), rest 10 seconds
- 1F) Spiderman Pushup Plank (20 secs/side)
- 1G) Jumping Jacks (20 secs), rest 10 seconds
- 1H) Plank (20 secs)

Finisher # 9 **“Declined to Walk Around”**

Do the following superset 4 times, resting as shown:

- 1A) Walking Lunges (10/side), rest 10 seconds
- 1B) Decline Close-Grip Pushups (20), rest 10 seconds

20-10 Bodyweight Finishers

Finisher # 10 **“The Switch, Burp, Seal and Sprint”**

Do the following circuit 3 times, resting for 20 seconds between circuits:

- 1A) Alternating Prisoner Switch Lunge (10/side)
- 1B) Burpees (10)
- 1C) Seal Jacks (20)
- 1D) Shuttle Sprint (back and forth 10 times)

Finisher # 11 **“Superman Vs. Spiderman”**

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

- 1A) Superman Pushup (10/side)
- 1B) Bodyweight Squat (20)
- 1C) Spiderman Pushups (10/side)
- 1D) Total Body Extension (20)

Finisher # 12 **“Back and Forth”**

Do the following up to 8 times:

- 1) Bench Vault or Lateral Jumps (20 secs), rest 10 seconds

Finisher # 13 **“The Upper-Lower 20/10”**

Do the following circuit ONE time, resting as shown:

- 1A) Prisoner Jump Squat (20), rest 10 seconds
- 1B) Elevated Pushup (10/side), rest 10 seconds
- 1C) Alternating Lateral Lunge (10/side), rest 10 seconds
- 1D) Powerlock Pushups (20), rest 10 seconds
- 1E) Bulgarian Split Squat (10/side), rest 10 seconds
- 1F) Close-Grip Pushups (20), rest 10 seconds
- 1G) Bodyweight Squat (20), rest 10 seconds
- 1H) Pushups (20)

20-10 Bodyweight Finishers

Exercise Library (Exercises are in order of appearance)

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.

Finishers 1-4

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.



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.



20-10 Bodyweight Finishers

Finishers 1-4

Burpee/X-Body Mountain Climber Combo

- Start with your feet shoulder width apart
- Squat down and bring your hands to the floor
- Kick your feet out to form a pushup position
- Perform an X-Body Mountain Climber by bringing one knee towards the opposite elbow, keeping your abs braced. Repeat for the other side (do 1 rep per side)
- Kick your feet back in and then stand or jump back up.



Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



20-10 Bodyweight Finishers

Finishers 1-4

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.



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.



20-10 Bodyweight Finishers

Finishers 1-4

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.



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



20-10 Bodyweight Finishers

Finishers 1-4

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.



Prisoner Jump Squats

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



20-10 Bodyweight Finishers

Finishers 1-4

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.



V-Plank

- Keeping your abs braced, from the plank position, extend one arm in front of you.
- Now take one foot off the ground
- Hold this position as prescribed and then switch sides.



20-10 Bodyweight Finishers

Finishers 1-4

Depth Jump

- Stand on a low box or a bench
- Step off and land on both feet in the squat position.
- Immediately bend your knees, dips your hips, and jump forward as high as you can.
- Land softly with bent knees and your hips back.
- Step back up onto the box or bench to repeat.



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



Depth Jump – (see above)

20-10 Bodyweight Finishers

Finishers 5-8

Prisoner Narrow-Stance Squat

- Stand with your feet right at shoulder-width apart and your hands behind your head while squeezing your shoulder blades together.
- Driving your hips back, lower yourself into a squat position.
- Keep your shoulder blades back and contract your glutes.
- Drive through your heels back to the starting position.



Prisoner Jump Squat – (see above)

Lateral Jumps

- Stand with your knees bent, abs braced, and hips back.
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent.



20-10 Bodyweight Finishers

Finishers 5-8

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.



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.



20-10 Bodyweight Finishers

Finishers 5-8

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.



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.
- You can do this with dumbbells or with just your bodyweight.



Finishers 5-8

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.



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.



20-10 Bodyweight Finishers

Finishers 5-8

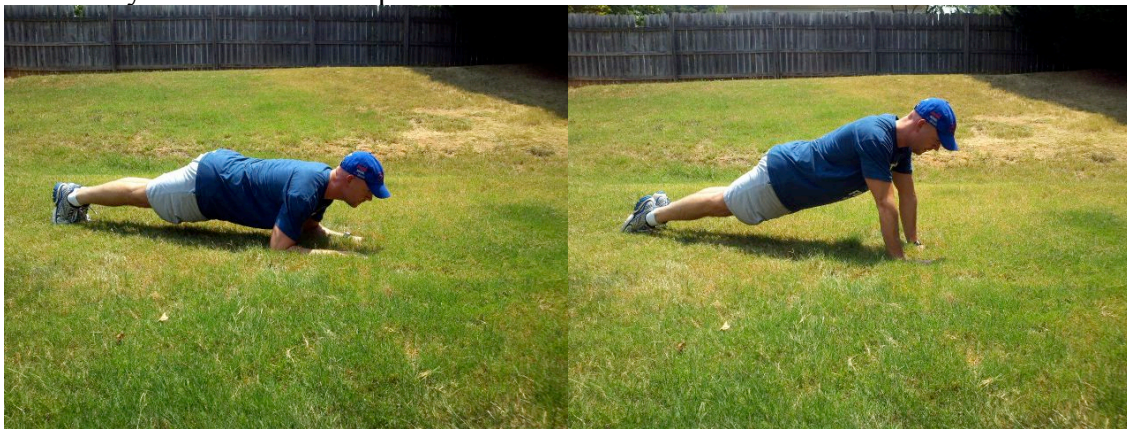
Lunge Jumps

- 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



Plank to Triceps Extension

- 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.
- Now contract your triceps and press your palms into the ground and push your body up to the push-up position – taking 2 seconds to do it.
- Slowly return to the start position.



20-10 Bodyweight Finishers

Finishers 5-8

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



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.



20-10 Bodyweight Finishers

Finishers 5-8

Run in Place

- Run in place, bringing your knees high, alternating steps.
- Increase the intensity by going faster.



Spiderman Pushup Plank

- 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 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Hold this position as prescribed.
- 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.



Jumping Jacks – (see above)

20-10 Bodyweight Finishers

Finishers 5-8

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.



20-10 Bodyweight Finishers

Finishers 9-13

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.



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.



20-10 Bodyweight Finishers

Finishers 9-13

Alternating Prisoner Switch Lunge

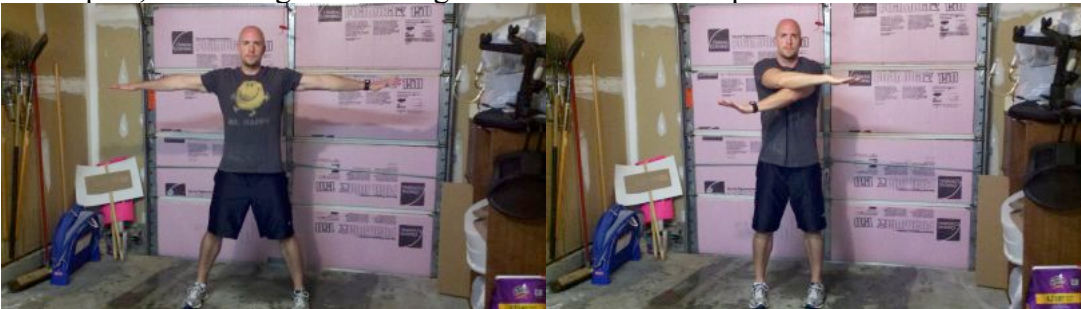
- Stand with your feet shoulder width apart, with your hands behind your head, squeezing your shoulder blades together.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg back to the starting position.
- With the OTHER leg, perform a reverse lunge.



Burpees – (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.



20-10 Bodyweight Finishers

Finishers 9-13

Shuttle Sprints

- 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



Superman Pushup – (see above)

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.

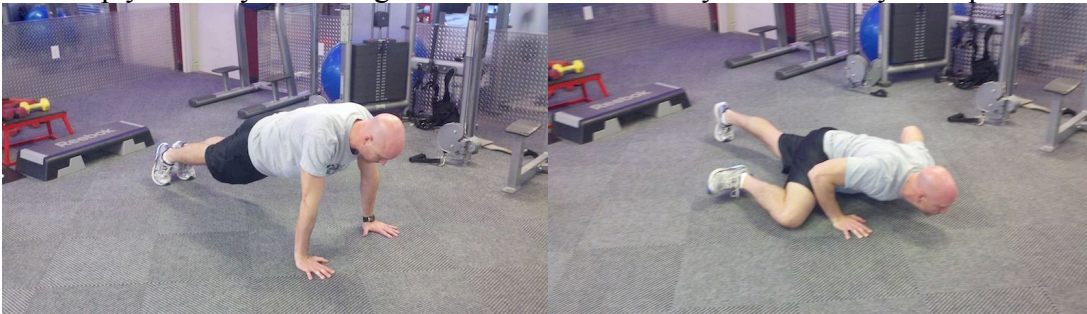


20-10 Bodyweight Finishers

Finishers 9-13

Spiderman 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 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- 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)

Bench Vault

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



Finishers 9-13

Lateral Jumps – (see above)

Prisoner Jump Squat – (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.



Alternating Lateral Lunge

- Stand with feet shoulder-width apart
- 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.



Finishers 9-13

Power Lock Pushup

- Start in the regular pushup position, keeping your abs braced
- “Lock” your shoulder blades by keeping them back, down and squeezing them together.
- Maintaining the locked position with your shoulder blades, lower yourself until you are about 2 inches off the ground.
- Push through the chest, shoulders and triceps to the starting position.
- Maintain your shoulders in the lock position during the whole movement.



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.



20-10 Bodyweight Finishers

Finishers 9-13

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.



Bodyweight Squat – (see above)

Pushups – (see above)

More Resources to Fat-Torching 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 - Blog dedicated to metabolic workout finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

**Winner of the 11th Turbulence Training Transformation Contest, Philip
Lost 34 lbs in Just 12 Weeks!**



“Mike really changed up my vision of a workout” – Philip

I Have Lost Over 50 lbs and 15% Body Fat



“ He had a fresh approach to training”- Robin