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# BODYWEIGHT DIRTY 30

POWERFUL 30-MINUTE  
BODYWEIGHT MRT WORKOUTS



MIKE WHITFIELD, CTT

**Welcome from Mike Whitfield & Workout Finishers**



About 4 years ago, I decided that all my clients would be 30-minute clients and no longer offered 45-minute or 1-hour sessions. This did a couple of things:

- 1) My clients got even BETTER results. Because the workouts were short, they stayed more consistent.
- 2) This gave people no excuse to miss their workouts... certainly you can give 30 minutes a day for crying out loud.

And with these 30-minute bodyweight workouts, you really have no excuse to burn fat any time or anywhere.

These short, but powerful metabolic resistance training workouts require ZERO equipment. And of course, I've thrown in some "good times" metabolic finishers as well.

**May you never, EVER get bored with your workouts,  
Mike Whitfield, CTT  
Author, Workout Finishers**

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

[www.WorkoutFinishers.com](http://www.WorkoutFinishers.com) - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - Blog dedicated to metabolic resistance training and finishers

[www.facebook.com/WorkoutFinishers](https://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](http://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](http://www.gymboss.com). Or you can use an interval timer application on your smartphone.



**Bodyweight Dirty 30 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.

- 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 ONCE.

Warm-up

TD Reverse Lunge (6/side)

Bird Dog (6/side)

Run in Place (20 secs)

Bodyweight Squat (10)

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

## **Workout Schedule**

### **Day 1 – Workout A**

1A) \*Prisoner Lunge w/1-second pause at the bottom (8/side)

1B) Decline Triple Stop Pushup (8)

Rest 1 minute and repeat 2 more times

\*Pause for 1 second at the bottom of each rep

2A) Narrow Stance Bodyweight Squat (15)

2B) Superman Pushup (10/side)

2C) Star Shuffle (20/side)

2D) V-Plank (20 secs/side)

Rest 1 minute and repeat 2 more times

### **Finisher**

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

3A) Single Leg Burpee (3/side)

3B) Pushups (5)

3C) Mountain Climbers (10/side)

**Stretch as needed**

### **Day 2 – Recovery and Light Exercise**

## **Workout Schedule**

### **Day 3 – Workout B**

- 1A) Explosive Pushup (8)
- 1B) Prisoner Goodmorning (15)
- 1C) Skater Hops (15/side)
- 1D) Vertical Jump and Stick (10)

#### **Ab Circuit**

- 2A) Bodysaw (15)
  - 2B) Side Plank w/Leg Raise (8/side)
  - 2C) X-Body Mountain Climber (10/side)
- Rest 30 seconds and repeat 2 more times

#### **Finisher**

Do the following as shown 4 times:

- 3A) Double Burpee (4), rest 10 seconds
  - 3B) Squat Thrust (4), rest 10 seconds
- Rest 1 minute and repeat 2 more times

**Stretch as needed**

### **Day 4 – Recovery Day and Light Exercise**



## **Workout Schedule**

### **Day 5 – Workout C**

- 1A) Lateral Lunge (10/side)
  - 1B) Elevated Pushup (8/side)
  - 1C) Prisoner Reverse Lunge (10/side)
  - 1D) Pushup Plank (30 secs)
  - 1E) Squat Shuffle (8/side)
  - 1F) Decline Pushups (15)
  - 1G) Total Body Extension (15)
  - 1H) Spiderman Pushup Plank (20 secs/side)
- Rest 1 minute and repeat 2 more times

#### **Finisher**

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

- 2A) Prisoner Jump Squat (4)
- 2B) Shuttle Sprint (back and forth 4 times)

Stretch as needed

### **Days 6 and 7 – Recovery and Light Exercise**



# Bodyweight Dirty 30

<b>Workout A</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) Pris Lunge w/pause (8/side)												
1B) Decline Triple Stop PU (8)												
2A) NS BW Squat (15)												
2B) Superman Pushup (10/side)												
2C) Star Shuffle (20/side)												
2D) V-Plank (20 secs/side)												
<b>Finisher – 3 mins</b>												
3A) Single Leg Burpee (3/side)												
3B) Pushups (5)												
3C) Mountain Climbers (10/side)												
<b>Workout B</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) Explosive Pushup (8)												
1B) Prisoner Goodmorning (15)												
1C) Skater Hops (15/side)												
1D) Vertical Jump & Stick (10)												
2A) Bodysaw (15)												
2B) Side Plk w/Leg Raise (8/side)												
2C) X-Body MC (10/side)												
<b>Finisher – 4X</b>												
3A) Double Burpee (5), rest 10s												
3B) Squat Thrust (5), rest 10s												
<b>Workout C</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) Lateral Lunge (10/side)												
1B) Elevated Pushup (8/side)												
1C) Pris. Rev Lunge (10/side)												
1D) Pushup Plank (30 secs)												
1E) Squat Shuffle (8/side)												
1F) Decline Pushups (15)												
1G) Total Body Extension (15)												
1H) Spiderman PU Plk (20s/side)												
<b>Finisher – 3 mins</b>												
2A) Prisoner Jump Squat (4)												
2B) Shuttle Sprint (4)												

## **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.

#### **TD Reverse Lunge**

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting the 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.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



## Warm-Up

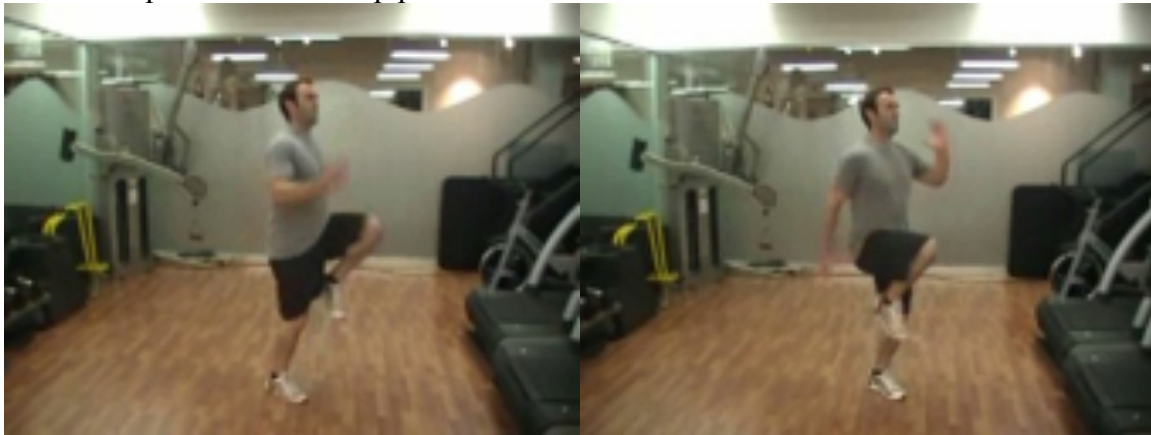
### Bird Dog

- 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.



### 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.



### Warm-Up

#### 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 A**

#### **Prisoner Lunge w/ Pause**

- 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.
- Hold the bottom position for 1 second at the bottom
- Push back to the start position.



#### **Decline Triple Stop 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.
- Go halfway down and pause for 1 second, then all the way down followed by a 1-second pause.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.





### **Workout A**

#### **Narrow-Stance BW (Bodyweight) Squat**

- Stand with your feet **NARROWER** than hip-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 A

#### 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 A

#### 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.



#### Single Leg Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, but leaving one foot off the ground.
- Thrust your feet back so you are in a push-up position but still leaving one foot off the ground. Thrust your feet back in and then stand up on one foot.
- You can add a vertical jump at the end as well.



### **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.



#### **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**

### **Explosive Pushups**

- Start in the top of a pushup position
- Lower your body while maintaining a straight line and your abs braced
- When you reach the bottom of the pushup, explode up pushing through the floor and your hands leaving the ground
- Repeat as necessary



### **Prisoner Good-Morning**

- Stand with your feet about shoulder width apart
- Put your hands behind your head, squeezing your shoulder blades together
- Keeping a slight bend in the knee, bend over until your upper body is almost parallel to the ground, while keeping your shoulders back
- Be sure not to round out your back
- This is very similar to the waiter's bow



## **Workout B**

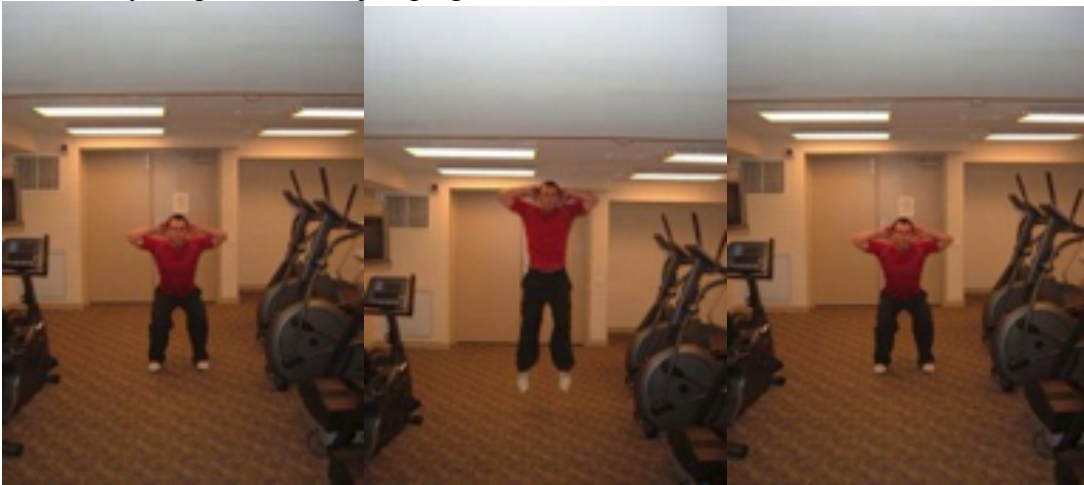
### **Skater Hops**

- 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.



### **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 B**

### **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!



### **Side Plank w/ 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.



## **Workout B**

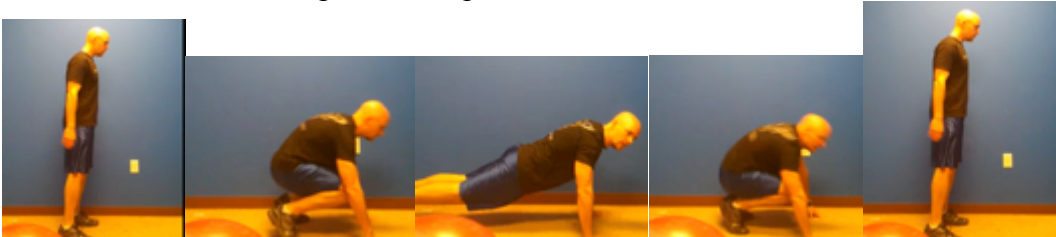
### **X-Body Mountain Climber**

- 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.



### **Double Burpee**

- 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. Do TWO pushups.
- Thrust your feet back in and then jump up. Land and jump again.
- That's one round. Repeat the sequence 8 times.



**Workout B**

**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

#### 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.



#### 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 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.



#### **Pushup Plank**

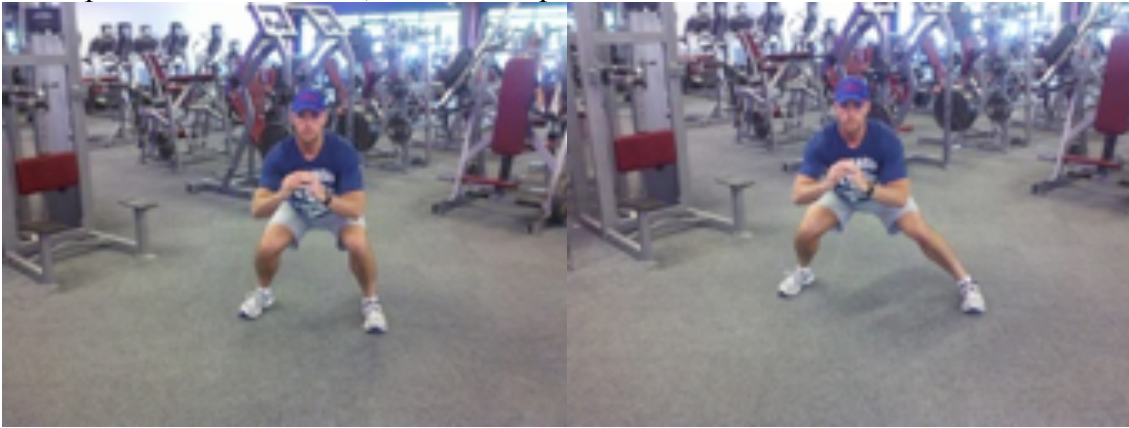
- Start in the top of a pushup position. Hold your body in a straight line.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- The lower you are, the more difficult it will be



### **Workout C**

#### **Squat Shuffle**

- Stand with your feet just outside shoulder width apart and lower yourself into the squat position.
- As you maintain a low squat position, step out to the side.
- Return to the low squat position. That's one rep.
- Repeat for the other side, and do all reps for both sides.



#### **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.



### Workout C

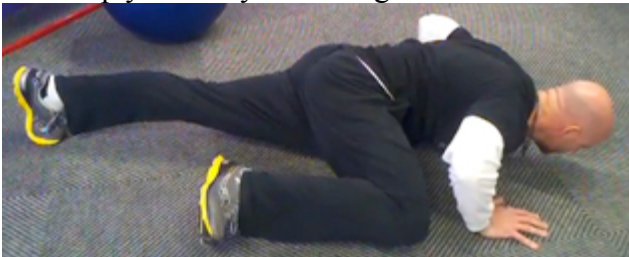
#### Total Body Extension

- 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.**



#### 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.





### Workout C

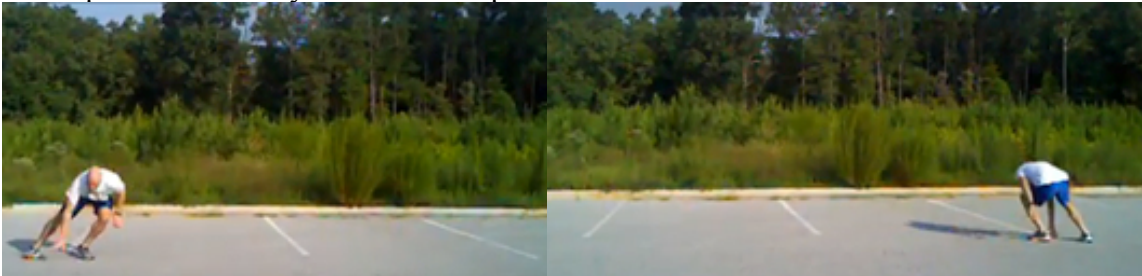
#### Prisoner Jump Squats

- 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.



#### Suicide Drill (aka 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



## **More Resources to Fat-Torching Finishers To Use With Your Favorite Workouts**

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

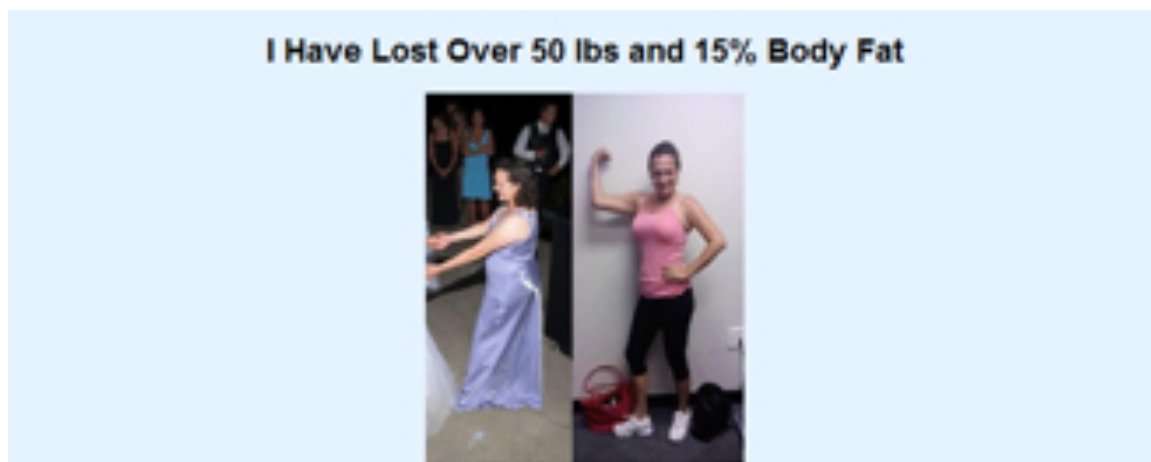
[www.TrainwithFinishers.com](http://www.TrainwithFinishers.com) - The new blog dedicated to metabolic workout finishers

[www.AbFinishers.com](http://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
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results



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



**“ He had a fresh approach to training”- Robin**