

WWW.WORKOUTFINISHERS.COM

13 GAUNTLET BODYWEIGHT FINISHERS



**BURN FAT WITH ADVANCED
BODYWEIGHT EXERCISES**

MIKE WHITFIELD, CTT

Gauntlet Bodyweight Finishers

A message from Mike Whitfield, CTT



Mike Before



Mike After

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

Have YOU been through the gauntlet? The gauntlet, way back when, was when someone would be punished by being forced to go through the line where guards can wreak havoc on the prisoner.

Disturbing, I know.

In Finisher Land, this is when you have the same exercise or a style of the same exercise AT LEAST twice in the same circuit... and it's usually a heart-thumper (Skater Hops in Finisher 1 for example).

This is also disturbing... but awesome.

But you'll love it because you can forget BORING cardio. Plug in these Gauntlet finishers with your favorite workouts and you'll get shredded in no time, being a gauntlet to belly fat.

Ohhhh man... THAT was clever.

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

www.WorkoutFinishers.com - Grab 40 more amazing workout finishers to go with any program

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

www.facebook.com/WorkoutFinishers - Find me on Facebook

© www.WorkoutFinishers.com

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.



Gauntlet 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.

Gauntlet Bodyweight Finishers

Finisher # 1 **“Skater Gauntlet”**

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

- 1A) Skater Hops (20/side)
- 1B) Alternating Prisoner Crossover Lunge (10/side)
- 1C) Skater Hops (20/side)
- 1D) Superman Pushups (10/side)
- 1E) Skater Hops (20/side)

Finisher # 2 **“The Triple Gauntlet”**

Do the following circuit 4 times, resting for 20 seconds between circuits:

- 1A) Triple Stop Pushup (5)
- 1B) Bodyweight Squat (15)
- 1C) Triple Stop Pushup (5)
- 1D) Punch/Kick Combo (15)
- 1E) Triple Stop Pushup (5)

Finisher # 3 **“Gator Abs”**

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

- 1A) Alligator Crawl (20 secs)
- 1B) Narrow-Stance Bodyweight Squat (20 secs)
- 1C) Alligator Crawl (20 secs)
- 1D) Pushup Side Plank (20 secs/side)
- 1E) Alligator Crawl (20 secs)

Gauntlet Bodyweight Finishers

Finisher # 4 **“Abs Four Sure Gauntlet”**

Do the following circuit, resting only when needed. In the first circuit, you will perform 4 reps of each exercise. In the next circuit, you will perform 3 reps of each. Continue in this fashion until you complete 1 rep of each exercise.

- 1A) Spiderman Climb (4/side...1/side)
- 1B) Squat Thrusts (4...1)
- 1C) Spiderman Climb (4/side...1/side)
- 1D) Burpee (4...1)

Finisher # 5 **“Reverse Gauntlet”**

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

- 1A) Alternating Prisoner Reverse Lunge (10/side)
- 1B) Close-Grip 3/4th Rep Pushups (20)
- 1C) Alternating TD Reverse Lunge (10/side)

Finisher # 6 **“Burpee Le Deuce”**

Do the following circuit as many times as possible in 5 minutes, resting only when needed:

- 1A) Burpee (2)
- 1B) Swing Lunge (5/side)
- 1C) Burpee (2)
- 1D) Elevated Pushup (5/side)
- 1E) Burpee (2)

Gauntlet Bodyweight Finishers

Finisher # 7 **“The Fine 9”**

Do the following circuit ONE time, resting only when needed.

- 1A) Lunge Jumps (9/side)
- 1B) Bodysaw (9)
- 1C) Lunge Jumps (9/side)
- 1D) X-Body Mountain Climber (9/side)
- 1E) Lunge Jumps (9/side)

Finisher # 8 **“Double Duty”**

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

- 1A) Double Burpees (5)
- 1B) Run in Place (30 secs)
- 1C) Double Burpees (5)
- 1D) Star Shuffle (30 secs)
- 1E) Double Burpees (5)

Finisher # 9 **“Bear Down”**

Do the following circuit 4 times, resting only when needed:

- 1A) Bear Crawl (20 secs)
- 1B) Alternating Prisoner Crossover Lunge (5/side)
- 1C) Bear Crawl (20 secs)
- 1D) Powerlock Pushup (10)
- 1E) Bear Crawl (20 secs)

Gauntlet Bodyweight Finishers

Finisher # 10 **“Bulgarians on the Rise”**

Do the following circuit ONE time, resting only when needed:

- 1A) Bulgarian Split Squat (8/side)
- 1B) Pushups (20)
- 1C) Bulgarian Split Squat (9/side)
- 1D) Alternating Bodyweight Chops (10/side)
- 1E) Bulgarian Split Squat (10/side)
- 1F) Mountain Climbers (20/side)
- 1G) Bulgarian Split Squat (11/side)
- 1H) Jumping Jacks (30)
- 1I) Bulgarian Split Squat (12/side)

Finisher # 11 **“Stick Around”**

Do the following circuit 5 times, resting for 15 seconds between circuits:

- 1A) Vertical Jump and Stick (3)
- 1B) Decline Close-Grip Pushups (3)
- 1C) Vertical Jump and Stick (3)

Finisher # 12 **“Quatro Chop”**

Do the following circuit 4 times, resting for 10 seconds between circuits:

- 1A) Alternating Bodyweight Chops (4/side)
- 1B) Shuttle Sprint (30 secs), rest 10 secs
- 1C) Alternating Bodyweight Chops (4/side)

Gauntlet Bodyweight Finishers

Finisher # 13 **“Thrusting Invasion”**

Do the following circuit ONE time, resting only when needed:

- 1A) Squat Thrust (10)
- 1B) Walking Lunges (10/side)
- 1C) Squat Thrust (5)
- 1D) T Pushups (5/side)
- 1E) Squat Thrust (10)
- 1F) Lateral Jumps (10/side)
- 1G) Squat Thrust (5)
- 1H) Total Body Extension (15)
- 1I) Squat Thrust (10)

Gauntlet Bodyweight Finishers

Exercise Library (Exercises are in alphabetical order)

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.

Alligator Crawl

- Start from a push-up position with your feet on a towel.
- Keep your body in a straight line throughout the entire exercise.
- Walk your body forward using only your hands. Your feet will slide across the floor because they are on a towel. If done on carpet, place your feet on a weight plate.



Alternating Bodyweight Chops

- Start by holding your hands above your head and to the side.
- In a diagonal and chopping motion, bring your hands towards the opposite knee with a slight bend in both knees.
- Return to the starting position
- Alternate sides with each rep.



Gauntlet Bodyweight Finishers

Alternating Prisoner Crossover Lunge

- Stand with your hands behind your head and your shoulders retracted.
- Lunge forward with one leg in front and across the rear leg, while keeping your upper body straight
- Press through the forward heel back to the starting position.



Alternating 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.



Gauntlet Bodyweight Finishers

Alternating 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.



Bear Crawl

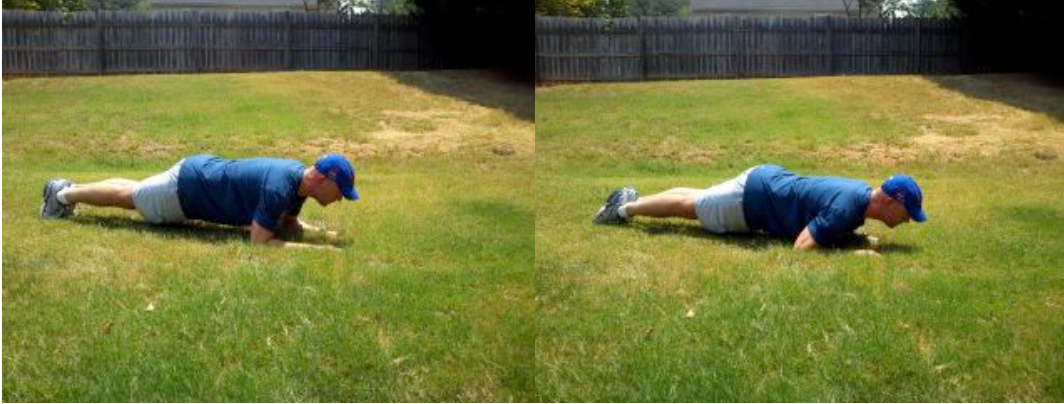
- Do not do this if you have back problems
- Start on all fours
- Move forward with your hands and feet
- Then move backwards



Gauntlet Bodyweight Finishers

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!



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.



Gauntlet Bodyweight Finishers

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.



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.



Gauntlet Bodyweight Finishers

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



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.



Gauntlet Bodyweight Finishers

Double 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. **Do TWO pushups.**
- Thrust your feet back in and then jump up. Land and jump again.
- That's one rep.



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.



Gauntlet Bodyweight Finishers

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



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.



Gauntlet Bodyweight Finishers

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



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.



Gauntlet Bodyweight Finishers

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.



Powerlock 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.



Gauntlet Bodyweight Finishers

Punch-Kick Combo

- Stand with feet hip-width apart and knees slightly bent.
- Throw a jab with your weak arm.
- Throw a jab with your strong arm.
- Kick with your weak-arm side leg.
- Kick with your strong-arm side leg.
- Repeat as prescribed.



Gauntlet Bodyweight Finishers

Pushup Side Plank

- Lie on a mat on your right side.
- Support your bodyweight with your extended arm.
- 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.



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.



Gauntlet Bodyweight Finishers

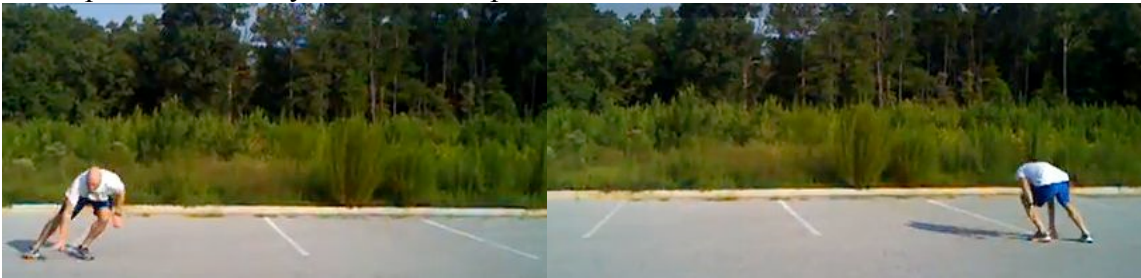
Run-in-Place

- 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.



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



Gauntlet Bodyweight Finishers

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.



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.



Gauntlet Bodyweight Finishers

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



Star Shuffle

- Stand with your feet should-width apart
- Step diagonally at a 45o 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



Gauntlet Bodyweight Finishers

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.



Swing Lunge

- Do a reverse lunge for your left leg by stepping back with your right leg.
- Then step forward with your right leg so that you do a forward lunge working the right leg.
- Continue for all reps moving one leg then switch.
- This can be done with dumbbells or just bodyweight



Gauntlet Bodyweight Finishers

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.



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.**



Gauntlet Bodyweight Finishers

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.



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.



Gauntlet Bodyweight Finishers

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.



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.



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