

Workout Program Designed for King Harrison

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 Guidelines

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- 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 TWICE.
- Rest 30 seconds between warm-up circuits.
- When lifting heavy, lift half of the desired weight for one set for your first two exercises before your workout.

Warm-up

Swing Lunge (5/side)

Pushups (10)

Leg Swings (15/side)

Follow this workout for 4 weeks.

Workout Schedule

Day 1 – Workout A

1A) Reverse Grip Lat Pulldown (8)
1B) Narrow Stance Goblet Squat (15)
1C) Stability Ball Superman Plank (30 secs)
Rest 1 minute and repeat 2 more times

2A) DB Chest Press (12)
2B) Stability Ball Leg Curl (15)
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:

3A) DB Swings (10)
3B) Mountain Climbers (10/side)

Stretch as needed

Day 2 – Recovery day

Workout Schedule

Day 3 – Workout B

1A) DB Reverse Lunge from a Deficit (8/side)

1B) Stability Ball Jackknife Pushup (15)

Rest 1 minute and repeat 2 more times

2A) DB Row (10/side)

2B) DB Shoulder Press (12)

Rest 1 minute and repeat 2 more times

3A) Lunge Jumps (6/side)

3B) Burpees (6)

3C) Cable Chop (10/side)

3D) Sprinter Step-up (15)

Stretch as needed

Day 4 – Recovery Day

Workout Schedule

Day 5 – Workout C

1A) DB Incline Chest Press (8)
1B) 1-Leg DB Romanian Deadlift (6/side)
1C) DB Pullover (12)
Rest 1 minute and repeat 2 more times.

2A) Bulgarian Split Squat (1-1/2 rep style) (8/side)
2B) X-Body Mountain Climber (10/side)
Rest 1 minute and repeat 2 more times

Finisher

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

3A) DB Swings (20)
3B) Triple Stop Pushup (10)
3C) DB Swings (20)
3D) Jumping Jacks (30)
3E) DB Swings (20)

Stretch as needed

Days 6 and 7 – Recovery Day

Workout A	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) Reverse Grip Lat Pulldown (8)												
1B) NS Goblet Squat (15)												
1C) SB Superman Plank (30s)												
2A) DB Chest Press (12)												
2B) SB Leg Curl (15)												
Finisher 3 min (AMAP)												
3A) DB Swings (10)												
3B) Mountain Climber (10/side)												
Workout 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) DB Rev Lung from Def (8/side)												
1B) SB Jackknife PU (15)												
2A) DB Row (10/side)												
2B) DB Shoulder Press (12)												
3A) Lunge Jumps (6/side)												
3B) Burpees (6)												
3C) Cable Chop (10/side)												
3D) Sprinter Step-up (15)												
Workout C	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) DB Incline Chest Press (8)												
1B) 1-Leg RDL (6/side)												
1C) DB Pullover (12)												
2A) BSS (1-1/2 rep) (8/side)												
2B) X-Body MC (10/side)												
Finisher (ONE time)												
3A) DB Swings (20)												
3B) Triple Stop PU (10)												
3C) DB Swings (20)												
3D) Jumping Jacks (30)												
3E) DB Swings (20)												

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.

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



Pushup

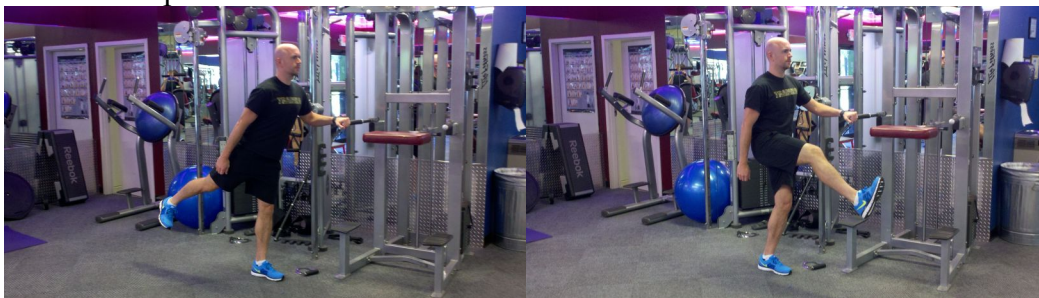
- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Warm-up

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.



Workout A

Reverse Grip Lateral Pulldown

- Grab a lat pulldown bar with an underhand grip, about shoulder width apart
- Pull the bar down to your chest, squeezing your shoulder blades together
- Return slowly to the starting position



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.



Workout A

Superman Ball Plank

- Set your body in a regular stability ball plank position, but instead of resting your elbows on the ball, straighten your arms and put your hands on the ball as if you were going to do a Stability Ball Pushup.
- Brace your abs throughout the entire exercise.



DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



Workout A

Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- 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.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



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

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

DB Reverse Lunge from Deficit

- Stand on a 6-inch riser with your feet shoulder-width apart. Hold DB's in each hand.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with left leg, resting the toe on the ground.
- Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the right leg. Focus on pushing with glutes and hamstrings. Do all reps on one side then switch.



Stability Ball Jackknife-Pushup Combo

- Brace your abs. Put your hands on the floor and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- Return to the starting position.
- Bend your elbows and lower down into a pushup position.
- Pause and then push back up
- Repeat as necessary



Workout B

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.



DB Shoulder Press

- Stand with your feet shoulder-width apart or in a split stance holding a pair of dumbbells at shoulder height.
- Press the dumbbells straight up, keeping the abs braced.
- Under control, bring the dumbbells back to the starting position.
- Repeat as necessary.



Workout B

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



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.



Workout B

Cable Chop

- Stand beside a cable stack with the handle set up at the top position.
- Start with the handle held in both hands over one shoulder.
- Keep your abs braced and squat straight down.
- Pull the handle down and across the body, rotating only at the upper back level.
- Chop the handle down below knee level while keeping your chest up.
- Reverse the movement. Do not round your lower back.



Sprinter Step-ups

- Set up a low box or step directly in front of you
- Step up on the step and back down as fast as you can, but with control
- Repeat as necessary



Workout C

DB Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



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.



Workout C

DB Pullover

- Lie on a bench with one dumbbell held in both hands over your chest at arm's length.
- Slowly lower the dumbbell behind your head. Keep a bend in your elbows.
- Feel a stretch in your lats. Pause briefly, then use your lats and chest to bring the dumbbell back to the start position. Keep your abs braced.



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.



Workout C

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.



DB Swings (see above)

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

DB Swings (see above)

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



DB Swings (see above)