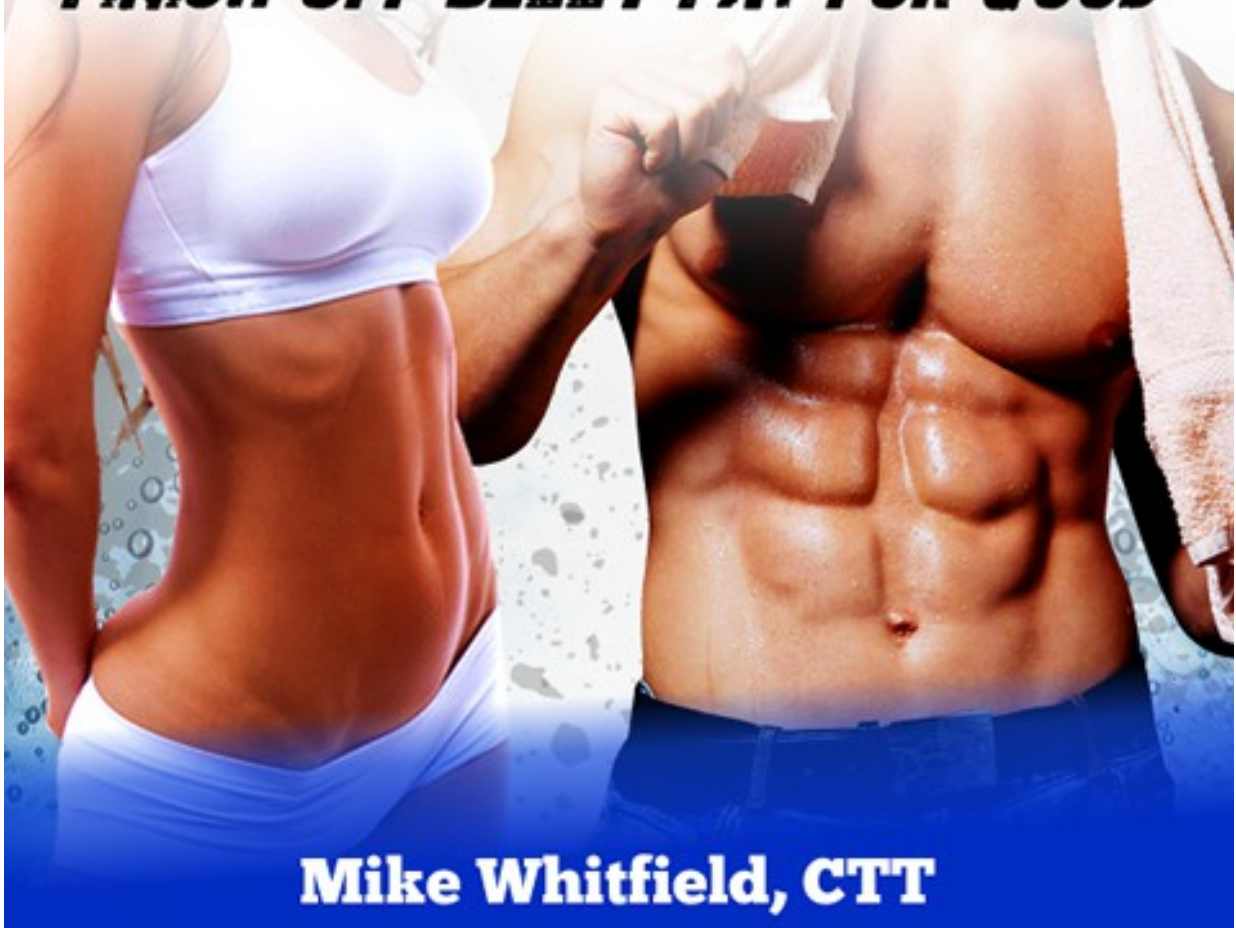


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33^{AB} FINISHERS

FINISH OFF BELLY FAT FOR GOOD



Mike Whitfield, CTT

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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 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. 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.



Welcome from Finisher Expert, Mike Whitfield, CTT



Mike Before



Mike After

So, you asked, and I listened. “Mike, do you have any finishers that will really work my core and abs hard?”

I sure do, and I’ll share them with you.

Inside this manual, you will find 33 challenging ab finishers that will help you burn fat and work your abs like never before... all without ANY cardio.

That’s how I roll – that’s why. There are also some new exercises in this one, like the Spiderman Pushup Plank.

May you never, EVER get bored with your workouts
Mike Whitfield, CTT

www.trainwithfinishers.com - blog dedicated to the art of metabolic finishers and metabolic resistance training.

www.workoutfinishers.com - Grab over 60 finishers to use with any workout

www.facebook.com/WorkoutFinishers - I’ll see you on facebook?

Why Cardio Doesn't Work to Get Abs

I almost started to dive in on why cardio doesn't work to get 6-pack abs, but I did some digging and found this article from Craig Ballantyne. He explains it below. Here's why cardio doesn't work and why to not use it as a weapon for your belly fat. Craig... dramatic pause... take it away:

Why Cardio Doesn't Work for Fat Loss

By Craig Ballantyne, CSCS, MS

www.TurbulenceTraining.com

Cardio exercise is such a strange thing. In theory, it should work so perfectly well for all men and women, but as anyone who has tried it knows, the practicality of it just doesn't add up.

After all, some men and women do cardio 6 hours, 9 hours, or more per week, and still have belly fat to burn. On the other hand, it works just fine for others.

British researchers wanted to get more insight into this paradox, and studied 35 overweight men and women, who weren't previously exercising.

(Reference: International Journal of Obesity 32: 177-184, 2008).

Subjects exercised 5 times per week for 12 weeks. That's a lot of exercise, but it helped the subjects lose an average of 8.2 pounds, which is great - I was positively surprised by the results.

So cardio will work for some people, however, in my experience, it works best in young men, who need the help the least!

Back to the study, the variance in fat loss between individuals was huge. Check this out...

The best subject lost a staggering 32.3 pounds in 12 weeks, while the worst subject actually GAINED 3.74 pounds.

The scientists think they know where things went sour. They classified the subjects into 2 groups, called the "Compensators" and the "Non-compensators".

The Compensators were hungrier, and as a result consumed an extra 268 calories per day, all but wiping out their cardio efforts.

Therefore, the Compensators lost the least amount of weight, and scientists believe that was due to the huge "compensatory" increase in appetite experienced by this group.

Does your appetite increase when you do slow cardio? If it does, research shows it will ruin your cardio efforts.

So if your cardio program is not working for you, check your appetite and calorie intake to see if you are "compensating" for your efforts. If you are, you might be better off using a program

of high-intensity resistance and interval training (i.e. Turbulence Training) for your weight loss efforts.

As Australian Professor Steve Boucher has shown in research, interval training increases hormones called catecholamines. And increased catecholamines can reduce appetite, among other fat-burning benefits.

In the real world, few people lose 33 pounds after 12 weeks of cardio. Heck, few even achieve an average weight loss of 8 pounds with aerobic exercise.

So again, check your appetite, and consider giving high-intensity exercise a go for your next workout program.

Beat the curse of cardio with high-intensity Turbulence Training.

Craig Ballantyne, CSCS, MS
Author, Turbulence Training

About the Author

Learn about the "Dark Side of Cardio" in the free report from Craig Ballantyne at www.TurbulenceTraining.com. Craig is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit www.TurbulenceTraining.com

Why Crunches and Sit-ups Don't Work for 6-Pack Abs

If you have been doing crunches and/or sit-ups to get your abs “defined”, I’m sorry. That just doesn’t work. My coach Craig Ballantyne explains below.

7 Reasons to Never Do Crunches Again

By Craig Ballantyne, CSCS, MS

www.TurbulenceTraining.com

There are many skeptics and die-hard crunch addicts out there, so below I'm going to give you 7 reasons why you never need to do crunches or sit-ups again.

1) Crunches aren't working for you now, and didn't in the past, so why would they work in the future? It's time to give them up for good.

You know the old saying about insanity? It's doing the same thing over and over again and expecting different results.

Time to change it up!

2) Crunches are most dangerous when they are most effective.

When you are overweight, there can be a lot of resistance on the abs when you do crunches - and technically that is good...

HOWEVER, because your ab and low back muscles are weak, that's when you use bad form and end up with a pain-in-the-neck or low back pain from crunches.

So even though crunches can work your abs as a beginner, they end up causing more harm than good.

3) On the other hand, crunches get LESS effective as you get leaner and fitter, because there is less resistance on the muscle and you're now too strong to get anything out of crunches.

Here's a dramatic demonstration of what I mean.

Take your left arm and extend it out to your side. Now clench your fist and do 20 biceps curls.

Now tell me, do you really think that will "work your biceps" and make them lean and sexy? Of course not!

So why would the same high-rep method of crunches work for your abs? It won't, of course.

4) A couple of years ago, Men's Health magazine made a big deal about a research study proving you would need to do 20,000 crunches to burn 1 pound of belly fat. Twenty thousand!

Even a "crunch fanatic" would need a few days to do 20,000 crunches. The bottom line is that ab crunches are a HUGE waste of time when you are trying to lose belly fat.

5) Even those lean, mixed martial artist guys don't do crunches.

On the weekend, I was reading an interview with the trainer of world champion fighter, Georges St. Pierre, and the trainer explained how they don't do crunches, but instead do anti-rotation and extension exercises for the abs.

6) Interval training works your abs harder than crunches.

Whether it's sprints or kettlebell swings, your abs will shape up faster with interval training than they will with crunches. Guaranteed.

[Go to Quicklinks](#)

www.abfinishers.com

7) Crunches don't make your abs "pop out".

Unfortunately, even if you lose your belly fat, you still won't get that "pop out" look in your abdominal area. Crunches will never do that, but fortunately, if you do use the correct exercises, your abs will be popping out rather easily.

So there are 7 reasons to stop wasting your time on ineffective and potentially injury-inducing crunches.

5 Steps to Get 6-Pack Abs

It's rare that a day goes by without someone coming up to me and asking, "How do I get 6-pack abs?" or "How do I get rid of this?" (as they point to their love handles). Then they wait for some magical answer like it's some kind of freaky deaky superset of sit-ups and doing bicep curls on a Bosu ball.. That's the "feel-good" answer and you know better. The good news is that you came to the right place.

I'm going to be straight up with you. Losing fat is hard. Getting 6-pack abs is even harder. It's not impossible. It's very achievable. This sounds like the beginning of a Disney song for fitness. Moving on...

I'm going to walk you through step-by-step of how to finally get your 6-pack abs. I'll walk you through mindset, preparation, nutrition, exercise and of course, strategies. Understand this... it will be hard. Which brings me to the first point...

Step 1 – Mindset

Understand that getting 6-pack abs is achievable, but hard. If it were easy, everyone would have them. Know that it will take sacrifice, discipline, preparation and a time commitment. You don't have to spend hours and hours in the gym, but you will have to be consistent, and you will have to work hard. Understanding the reality of what it takes is most of the battle. That's part of the "secret" – knowing that it will be a climb and not a cake-walk.

Step 2 – Preparation

If you go to the gym and walk on the treadmill while watching back-to-back episodes of "Jeopardy" for an hour followed by crunches, you're wasting your time. As a matter of fact, I'm going to go ahead and hurt your feelings and say that this kind of chaos is preventing you from getting 6-pack abs. Yep, long boring cardio can increase your appetite and sit-ups can wreak havoc on your back. If you're hungrier, you're going to eat more calories than you burn off. If you're hurt, you can't hit the gym. That means no 6-pack abs for you.

You need to go into the gym with a plan of attack, with your ears pinned back, ready to wage war against fat. It needs to be a structured program including exercise order, reps

and sets. It needs to be so good, you can *almost* lose weight by looking at it on paper. I recommend you start out with Turbulence Training's Metabolic Resistance program. My pants actually felt looser just reading that program.

You also need to prepare what nutrition program you will stick to. "I'll eat better" is not a plan to get 6-pack abs. There is no perfect diet plan that works for everybody. But there is one that you can stick to. Plan your nutrition program, including your reward meals so you don't have feelings of guilt. If you choose intermittent fasting, what day(s) are you going to fast?

Plan your workouts. I recommend you get it done first thing in the morning so that you don't have any excuses to skip it. Be diligent with your workouts. If you have a big interview planned, would you miss it? You need to set your 6-pack abs appointments the same way. No excuses... once it's in your appointment book, it's done. Don't let anything get in your way. So, what I'm saying is to plan, plan, plan.

Step 3 – Nutrition

To get advanced results like 6-pack abs, takes advanced nutrition approaches. There are some great plans out there like:

[Eat-Stop-Eat](#) (an intermittent fasting program) – thousands have used this program, and even the author has a 6-pack

[The Diet Solution](#)

[Cheat Your Way Thin](#) – Yep, you can cheat and still lose fat

But the bottom line is that you **MUST** consume less calories than you burn. It will probably take some consistent and diligent tweaking. You will need to invest some time and see what is working. You can use fitday.com, some old-school pen and paper, or any other way of tracking your nutrition. If you find something is working, don't jack with it. Adjust only when necessary. The last few lbs to show off the abs can be tricky, so keep an eye on the nutrition details. Everything you consume will either get you closer or further away from your goals.

Step 4 – Exercise

Lift weights and lift heavy. Put down the vinyl-dipped weights and pick up the real ones. To get 6-pack abs, you need to set a metabolic disturbance across the entire body. Sorry, but this means you shouldn't do silly stuff like leg extensions and those annoying "Ab machines". You will have to burn calories with pull-ups, push-ups, lunges, squats, deadlifts, and other "good-times" moves. What about the abs?

The days of sit-ups and crunches are dead. Leave that up to the guy wearing the MC Hammer pants. You'll need to do moves that can improve your core strength and endurance. You want some 6-pack abs moves? You need to implement stability ball

jackknives, stability ball rollouts, ab wheel rollouts (my favorite), planks, side planks, cable core presses and other core stuff that works.

You want to hit a lot of muscle in less time, so you will need to do non-competing supersets and circuits and use metabolic workout finishers (found in this program and bonuses) after your main workout.

Metabolic workout finishers can include a variety of bodyweight circuits, barbell complexes, and kettlebell exercises.

Step 5- Strategies

You need to burn calories, even on your “off” days in order to get 6-pack abs. So on the days you don’t work out, stay active. I don’t care if you play with your dog, go for a run/jog/walk, or even do some bodyweight cardio. You just need to do something. As for me, I enjoy some runs outside during the fall or an epic battle of “Hide-and-Go Seek” with my black lab. That should give you some ideas. Just don’t let it interfere with your main workouts. The idea is to stay active; save the high intensity for your main workouts.

Take measurements every 2 weeks. If you don’t see a difference, then it’s time to make adjustments. Tweak and re-tweak. If you don’t have the patience for that, then you don’t want 6-pack abs. Remember – when it comes to the abs, 90% of the game is your nutrition attack.

Be sure to keep a workout log and change your routine every 4 weeks. This will prevent you from the dreaded fat loss plateau and prevent overuse injuries. At each workout, aim to set a personal best to 1-2 exercises. You must challenge yourself to get advanced results.

Your 6-pack abs are there, you just have to unleash them... or some other cool sentence that would have sounded cool right here.

How to Tailor the Finishers to Your Fitness Level

For each finisher, there is an easier version. To really tailor it to your fitness level, you can:

- Decrease the number of rounds you perform the finisher
- Increase or decrease the rest periods
- Use some of both versions to really customize it to your current fitness level.
- Don't be afraid to use substitutions and ask a certified trainer to ensure correct form

Substitutions

Although there is an easier version of each finisher, I want to recommend a few substitutions due to fitness level and lack of equipment. So here we go:

Stability Ball Rollout – You can shorten your range of motion by not going out as far

Medicine Ball/DB/Cable Chops – For chopping exercises, you can use a medicine ball, dumbbell, or use cables. The motion is the same... even doing bodyweight.

Push-ups – There are a variety of push-ups throughout the program and bonuses. Be sure to perform the one that fits your unique fitness level. This includes incline push-ups and kneeling push-ups

Inverted Row (All varieties) – You can substitute the inverted row for DB Rows.

Side Plank w/Cable Row – If you don't have access to a cable station, you can simply eliminate the cable row and do just the side plank. Or if you have access to a resistance band, you anchor that and use the band.

As always, don't be afraid to use easier substitutions when in doubt. It's always better to start conservative and progress from there.

How the Finishers Are Laid Out

A superset is 2 exercises back-to-back. So if your program calls for this:

Do the following superset 3 times, resting for 30 seconds between supersets:

- 1A) Exercise number one
- 1B) Exercise number two

This is how you would do it – you would perform exercise one, then immediately exercise two, then rest for 30 seconds. Then, repeat that two more times.

A circuit is 3 or more exercises back-to-back. So, let's say your program calls for this:

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

- 1A) Exercise one
- 1B) Exercise two
- 1C) Exercise three

This is how you would do it – you would perform exercise one, then immediately exercise two, then immediately exercise three, then rest for one minute. Then, repeat that three more times.

Be Sure to Watch Videos of Any Unfamiliar Exercises!

Photos rock, but I also have many of the exercises on my Youtube Channel, too at:

www.youtube.com/metabolicfinishers

Ab Finisher Quick Links

[Finisher # 1 We Be Climbin'](#)

[Finisher # 2 Crank the Plank 2.0](#)

[Finisher # 3 Crank the Plank 3.0](#)

[Finisher # 4 We'll Cross that Bridge When We Get There](#)

[Finisher # 5 Abs Four Sure](#)

[Finisher # 6 In-Stability](#)

[Finisher # 7 Jumping 6-Packs](#)

[Finisher # 8 The Ab On/Off Switch](#)

[Finisher # 9 Suspended 6-Pack](#)

[Finisher # 10 The Climb and Chop Countdown](#)

[Finisher # 11 Pushin' the Core More](#)

[Finisher # 12 Just Hangin' Out](#)

[Finisher # 13 Pushin' and Pullin' the Core More](#)

[Finisher # 14 6-Pack Renegade](#)

[Finisher # 15 The Heart-Thumper](#)

[Finisher # 16 One Inch at a Time](#)

[Finisher # 17 Ab-Dumbbell-nals](#)

[Finisher # 18 Swingin' Core](#)

[Finisher # 19 Elevate](#)

[Finisher # 20 Chop a Wheelie](#)

[Finisher # 21 Heart and Core](#)

[Finisher # 22 Singles Galore](#)

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[Finisher # 23 Mowin' and Rollin'](#)

[Finisher # 24 The Core 10-4](#)

[Finisher # 25 Strike the Pike](#)

[Finisher # 26 Swing and Get Thrusty](#)

[Finisher # 27 Snatch Your 6-Pack](#)

[Finisher # 28 The Inch is a Cinch](#)

[Finisher # 29 Choosing Sides](#)

[Finisher # 30 Chopping Wood and Going Skiing](#)

[Finisher # 31 Abs in Reverse](#)

[Finisher # 32 Crank the Plank and Swing-A-Long](#)

[Finisher # 33 Crank the Plank and Swing-A-Long 2](#)

Ab Finisher # 1

“We Be Climbin’”

Do the following circuit 3 times, resting for 1 minute between circuits.

- 1A) Spiderman Climb (12 ea)
- 1B) Cross-Body Mountain Climbers (10 ea)
- 1C) Mountain Climbers (15 ea)
- 1D) Climbing Burpees (after kicking your feet out, perform 2 total (1 ea) Cross Body Mountain Climbers) – Do this 6 times

Make it Easier

- 1A) Spiderman Climb (8 ea)
- 1B) Cross-Body Mountain Climbers (8 ea)
- 1C) Mountain Climbers (10 ea)
- 1D) Modified Burpees or Total Body Extensions (8)

Ab Finisher # 2

“Crank the Plank 2.0”

Do the following circuit 4 times, resting for 30 secs between circuits

- 1A) Stability Ball Plank (20 secs)
- 1B) Close-Grip Push-ups (20 secs)
- 1C) V-Plank (20 secs ea side)
- 1D) T-Push-ups (20 secs)
- 1E) Plank (20 secs)

Make it Easier

- 1A) Plank (20 secs)
- 1B) Incline/Kneeling Close-Grip Push-ups (20 secs)
- 1C) Plank (20 secs)
- 1D) Normal/Incline/Kneeling Push-ups (20 secs)
- 1E) Plank (20 secs)

Ab Finisher # 3

“Crank the Plank 3.0”

Do the following circuit twice, resting for 45 secs between circuits

- 1A) Push-up Plank (45 secs)
- 1B) Spiderman Push-ups (12 ea)
- 1C) Side Plank (ALAP up to 45 secs ea side)
- 1D) Spiderman Push-up Plank (5 secs ea side – 3 times)
- 1E) One Legged Stability Ball Plank (45 secs) (Remember to switch legs on the next circuit)

Make it Easier

- 1A) Push-up Plank (30 secs) (Also, the higher you are extended, the easier it is)
- 1B) Normal/Incline/Kneeling Push-ups (20)
- 1C) Side Plank (ALAP up to 45 secs ea side)
- 1D) Push-ups with a 3 sec pause at the bottom (6)
- 1E) Stability Ball Plank or Plank (45 secs)

Ab Finisher # 4

“We’ll Cross that Bridge When We Get There”

Do the following superset 6 times, resting for 30 secs after each superset. Switch arms with each superset on the DB/KB Swings (for example, use the left arm in superset 1, then the right arm in superset 2, etc., etc.)

- 1A) Reverse Bridge (30 secs)
- 1B) 1-Arm DB/KB Swing (30 secs)

Make it Easier

- 1A) Reverse Bridge (20 secs)
- 1B) 1-Arm DB/KB Swings (20 secs)

Ab Finisher # 5

“Abs Four Sure”

Do the following superset 8 times, resting for 4 secs between supersets (yes, 4.. hence the name)

- 1A) Spiderman Push-ups (2 ea – 4 total)
- 1B) Cross-Body Mountain Climbers (4 ea)

Make it Easier

- 1A) Normal/Incline/Kneeling Push-ups (4)
- 1B) Cross-Body Mountain Climbers (4 ea)

Ab Finisher # 6

“In-Stability”

Do the following ridiculous circuit 3 times, resting for 1 minute between circuits

- 1A) Stability Ball Jackknife/Push-up Combo (10)
- 1B) Stability Ball Plank (30 secs)
- 1C) Stability Ball Rollout (8)
- 1D) Stability Ball Jackknife (12)
- 1E) Stability Ball (X-treme) Cross-Body Mountain Climbers (8 ea)

Make it Easier

- 1A) Push-up with Feet on a Ball or Normal/Incline/Kneeling Push-ups (10)
- 1B) Plank (30 secs)
- 1C) Stability Ball Rollout (8)
- 1D) Cross-Body Mountain Climbers (10 ea)

Ab Finisher # 7

“Jumping 6-Packs”

Do the following circuit 3 times, resting for 1 min between circuits

- 1A) Goblet Jump Squats (10)
- 1B) Renegade Crawl (5 ea)
- 1C) Lunge Jumps (10 ea)
- 1D) Side Plank w/Leg Raise (10 ea)

Make it Easier

- 1A) Goblet Squats (10)
- 1B) Cross-Body Mountain Climbers (10 ea)
- 1C) Split Squat (10 ea)
- 1D) Side Plank (ALAP up to 30 secs ea)

Ab Finisher # 8

“The Ab On/Off Switch”

Do the following as shown 4 times:

On/Off Plank – 10 secs “on”, 5 secs “off” (rest) - 8 times
Rest 20 seconds, then repeat

Make it Easier

On/Off Plank – 10 secs “on”, 5 secs “off” (rest) – 5 times
Rest 30 seconds, then repeat

Ab Finisher # 9

“Suspended 6-Pack”

Do the following circuit twice, resting for 1 minute between circuits

- 1A) Suspended or Strap Push-ups (8)
- 1B) Stir-the-Pot (5 ea direction)
- 1C) Suspended or Strap Push-ups (8)
- 1D) Jackknife (15)
- 1E) Suspended or Strap Push-ups (8)
- 1F) Ab Wheel Rollout (8)

Make it Easier

- 1A) Normal/Incline/Kneeling Push-ups (12)
- 1B) Stir-the-Pot (3 ea direction)
- 1C) Normal/Incline/Kneeling Push-ups (12)
- 1D) Stability Ball Rollout (8)
- 1E) Normal/Incline/Kneeling Push-ups (12)
- 1F) Stability Ball Rollout (8)

Ab Finisher # 10

“The Climb and Chop Countdown”

Do the following circuit resting only when needed. In the first circuit, you will perform 8 reps. In the next circuit, you will perform 7 reps. Continue in this fashion until you complete 1 rep of each circuit

- 1A) Spiderman Climb (8, 7, 6... down to 1 ea)
- 1B) Medicine Ball/DB/Cable Chop (8, 7, 6, ... down to 1 ea)
- 1C) Cross-Body Mountain Climbers (8 ea, 7 ea, down to 1 ea)

Make it Easier

To make this finisher easier, do the circuit above, starting with 5 reps

Ab Finisher # 11

“Pushin’ the Core More”

A nasty circuit of a variety of push-ups and core moves. Do the following circuit twice, resting for 1 minute between circuits:

- 1A) Jackknife (10)
- 1B) Spiderman Push-ups (8 ea)
- 1C) Stability Ball Stir-the-Pot (5 ea direction)
- 1D) Decline Close-Grip Push-ups (10)
- 1E) Bird Dog (8 ea)
- 1F) Eccentric Push-ups (take 3 seconds to lower and 1 second to push up) (6)

Make it Easier

- 1A) Stability Ball Rollout (8)
- 1B) Normal/Incline/Kneeling Push-ups (15)
- 1C) Stability Ball Stir-the-Pot (3 ea direction)
- 1D) Incline or Kneeling Close-Grip Push-ups (10)
- 1E) Bird Dog (5 ea)
- 1F) Eccentric Incline/Kneeling Push-ups (6)

Ab Finisher # 12

“Just Hangin’ Out”

Do the following superset resting only when needed. In the first superset, you will perform 8 reps. In the next superset, you will perform 7 reps. Continue in this fashion until you complete 1 rep of each exercise.

- 1A) Hanging Leg Raise/Knee Raise (8, 7, down to 1)
- 1B) Modified Squat Thrusts (8, 7, down to 1)

Make it Easier

Start with less reps

Ab Finisher # 13

Pushin' and Pullin' the Core More

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

- 1A) Spiderman Pull-ups (2 ea side)
- 1B) Push-up Plank (20 secs)
- 1C) Chin-up w/ Knee-up (5)
- 1D) Bear Crawl (30 secs)

Make it Easier

- 1A) Modified Inverted Row (Overhand Grip) (4)
- 1B) Push-up Plank (20 secs) – remember, the higher you extend the arms, the easier it is
- 1C) Underhand Grip Modified Inverted Row (5)
- 1D) Bear Crawl (30 secs)

Ab Finisher # 14

“6-Pack Renegade”

Do the following circuit twice, resting for 30 secs between circuits

- 1A) Renegade Row (10 ea)
- 1B) Side Plank (30 secs ea)
- 1C) Renegade Row (10 ea)
- 1D) Chops (12 ea)

Make it Easier

- 1A) Renegade Row (5 ea)
- 1B) Side Plank (20 secs ea)
- 1C) Renegade Row (5 ea)
- 1D) Chops (8 ea)

Ab Finisher # 15

“The Heart-Thumper”

Oh dear ... do the following circuit one time, resting only when needed. Time yourself.
When you complete this finisher next time, try to beat your previous record. Oh dear
(yep, I said that twice)

- 1A) Burpee (20)
- 1B) Cross-Body Mountain Climber (15 ea)
- 1C) Prisoner Jump Squats (15)
- 1D) Ab Pike (15)
- 1E) Lunge Jumps (12 ea)

Make it Easier

- 1A) Modified Burpee (10-15) or Total Body Extensions (20)
- 1B) Cross Body Mountain Climbers (10 ea)
- 1C) Prisoner Squats (15)
- 1D) Jackknife or Stability Ball Rollout (15)
- 1E) Split Squat (12 ea)

Ab Finisher # 16

“One Inch at a Time”

Do the following as shown 4 times:

Inchworm (AMAP in 1 minute), rest 20 secs

Make it Easier

To make it easier, simply reduce the amount of time. For example, you can do this for 30 seconds instead of 1 minute

Ab Finisher # 17

“Ab-Dumbbell-nals”

Do the following circuit twice, resting for 1 minute between circuits:

- 1A) DB Chops (20 ea)
- 1B) DB Row (20 ea)
- 1C) DB/KB Swings (30)

Make it Easier

- 1A) DB Chops (15 ea)
- 1B) DB Row (20 ea)
- 1C) DB/KB Swings (20)

Ab Finisher # 18

“Swingin’ Core”

(Get your mind out of the gutter!)

Do the following superset 5 times, resting for 30 secs between supersets

- 1A) DB/KB Swings (20)
- 1B) Alligator Crawl (20 secs)

Make it Easier

To make this finisher easier, reduce the number of reps and how many supersets. For example, do only 12-15 reps and only 2-3 supersets.

Ab Finisher # 19

“Elevate”

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

- 1A) Elevated Push-ups (8 ea)
- 1B) Ab Pike (8)
- 1C) Elevated Push-ups (8 ea)
- 1D) Cable Core Press (30 secs)

Make it Easier

- 1A) Kneeling Elevated Push-ups (6 ea)
- 1B) Stability Ball Rollout (8)
- 1C) Kneeling Elevated Push-ups (6 ea)
- 1D) Cable Core Press (30 secs)

Ab Finisher # 20

“Chop a Wheelie”

Do the following superset 4 times as shown:

- 1A) Ab Wheel Rollout (8), rest 10 secs
- 1B) Cable/Med/DB Chop (12 ea), rest 10 secs

Make it Easier

- 1A) Stability Ball Rollout (8), rest 20 secs
- 1B) Cable/Med/DB Chop (10 ea), rest 20 secs

Ab Finisher # 21

“Heart and Core”

Do the following ridiculous circuit twice, resting for 1 minute between circuits

- 1A) Spiderman Push-ups w/ 2 sec Pause (pause for 2 secs with the leg out) (6 ea)
- 1B) Stability Ball Stir-the-Pot (6 ea)
- 1C) Chin-up w/Knee-up (6)
- 1D) Side Plank w/DB Raise (8 ea)
- 1E) Stability Ball Plank (45 secs)

Make it Easier

- 1A) Normal/Incline/Kneeling Push-ups w/ 2 sec pause at the bottom of each rep (12)
- 1B) Stability Ball Stir-the-Pot (4 ea)
- 1C) Underhand Grip Inverted Row (6)
- 1D) Side Plank (20 secs ea)
- 1E) Plank (45 secs)

Ab Finisher # 22

“Singles Galore”

Do the following circuit 4 times, resting for 1 minute between circuits. Remember to switch sides in each circuit. For example, if you perform swings with the left hand in the first circuit, then use the right in the second circuit. Continue in that fashion for the duration of the finisher

- 1A) DB/KB Single Arm Swings (25)
- 1B) 1-Legged Deadlift (15)
- 1C) Single Leg Burpees (8)

Make it Easier:

- 1A) DB/KB Single Arm Swings (15-20)
- 1B) 1-Legged Deadlift (15) – you can leave your other foot on the ground behind you for balance)
- 1C) Modified Burpees (8) or Total Body Extensions (15)

Ab Finisher # 23

“Mowin’ and Rollin’”

Do the following superset 3 times, resting for 30 secs between supersets

- 1A) DB Row (25 ea)
- 1B) Ab Wheel Rollout (15)

Make it Easier

- 1A) DB Row (25 ea)
- 1B) Stability Ball Rollout (10)

Ab Finisher # 24

“The Core 10-4”

Do the following circuit 4 times. Each exercise is for 10 reps, and you’re doing 4 rounds.
That’s where my Finisher titles come in handy. Boom goes the truth.

- 1A) Lunge Jumps (10 ea)
- 1B) X-treme Cross-Body Mountain Climber (10 ea)
- 1C) Side Plank (Hold for 10 secs, rest for 4 secs – Do this 4 times on ea. side)
- 1D) Jackknife (10)

Make it Easier

- 1A) Split Squat (10 ea)
- 1B) Cross-Body Mountain Climbers (10 ea)
- 1C) Side Plank (Hold for 5 secs, rest for 4 secs – Do this 4 times on ea. side)
- 1D) Stability Ball Rollout (10)

Ab Finisher #25

“Strike the Pike”

Do the following superset 6 times, resting for 20 secs between supersets

- 1A) Ab Pike (8)
- 1B) Spiderman Climb (8 ea)

Make it Easier

- 1A) Stability Ball Rollout (6)
- 1B) Spiderman Climb (6 ea)

Ab Finisher # 26

“Swing and Get Thrusty”

Do the following superset 4 times, resting for 30 secs between supersets

- 1A) DB/KB Swings (20)
- 1B) Modified Squat Thrusts (15)

Make it Easier

- 1A) DB/KB Swings (15)
- 1B) Modified Squat Thrusts (10)

Ab Finisher # 27

“Snatch Your 6-Pack”

Do the following superset resting only when needed. In the first superset, you will perform 10 reps. In the next superset, you will perform 9. Continue in this fashion until you complete 1 rep of each.

- 1A) KB Snatch (10 ea, 9 ea, 8 ea down to 1 ea)
- 1B) Ab Pike (10, 9, 8, down to 1)

Make it Easier

(Make the following modifications, or you can reduce your starting point – for example, start at 8 instead of 10)

- 1A) DB/KB Swings (10, 9, down to 1)
- 1B) Stability Ball Rollout (10, 9, down to 1)

Ab Finisher # 28

“The Inch is a Cinch”

Do the following circuit 3 times, resting only when needed

- 1A) Inchworm (8) (going out and coming back counts as 1 rep)
- 1B) Spiderman Push-ups (5 ea)
- 1C) Inchworm (8)
- 1D) Renegade Row (5 ea)

Make it Easier

- 1A) Inchworm (6)
- 1B) Normal/Incline/Kneeling Push-ups (10)
- 1C) Inchworm (6)
- 1D) Renegade Row (5 ea)

Ab Finisher # 29

“Choosing Sides”

Do the following circuit 2 times, resting for 20 seconds between circuits.

- 1A) Push-up Side Plank (40 secs ea side)
- 1B) DB Pullover (20)
- 1C) Side Plank w/ Lateral Raise (8 ea)
- 1D) Ab Pike (10)
- 1E) Side Plank w/ Leg Raise (8 ea)

Make it Easier

- 1A) Push-up Side Plank (30 secs ea)
- 1B) DB Pullover (20)
- 1C) Side Plank (20 secs ea)
- 1D) Stability Ball Rollout (10)
- 1E) Side Plank (20 secs ea)

Ab Finisher # 30

“Chopping Wood and Going Skiing”

Do the following superset 6 times, resting 15 secs between supersets

- 1A) Med Ball/DB/Cable Chop (8 ea)
- 1B) Skater Hops (10 ea)

Make it Easier

To make this finisher easier, simply do less reps and/or supersets

Ab Finisher # 31

“Abs in Reverse”

Do the following superset 5 times, resting for 20 secs after each superset

- 1A) Alternating Overhead Reverse Lunge (8 ea) (use a light weight or a large towel)
- 1B) Reverse Bridge (30 secs)

Make it Easier

- 1A) TD Reverse Lunge (8 ea)
- 1B) Reverse Bridge (20 secs)

Ab Finisher # 32

“Crank the Plank and Swing-A-Along”

Do the following circuit one time

- 1A) DB/KB Swings (20)
- 1B) Spiderman Push-up Plank (15 secs ea side)
- 1C) DB/KB Swings (20)
- 1D) V-Plank (30 secs ea side)
- 1E) DB/KB Swings (20)
- 1F) Stability Ball Plank (30 secs)
- 1G) DB/KB Swings (20)
- 1H) Push-up Plank (30 secs)
- 1I) DB/KB Swings (20)
- 1J) Plank (30 secs)

Make it Easier

To make this finisher easier, reduce the number of reps when doing swings (15) and do the variety of plank according to your fitness level

Ab Finisher # 33

“Crank the Plank and Swing-A-Along 2”

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

- 1A) V-Plank (20 secs – 10s on each arm)
- 1B) Plank (20 secs)
- 1C) Stability Ball Plank (20 secs)
- 1D) DB/KB Swings (15)

Make it Easier

- 1A) Bird Dog (10 secs on each side)
- 1B) Plank (20 secs)
- 1C) Stability Ball Plank (20 secs)
- 1D) DB/KB Swings (15)

Exercise Library
(Exercises are Shown in Order of Appearance)
Bonus tip – use the search function in your reader to find an exercise quickly

Finishers 1-4

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.



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.



Finishers 1-4

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.



Climbing Burpees

1. Stand with your feet shoulder-width apart.
2. Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.
3. Perform an X-Body Mountain Climber (1 per side) (see photo below)
4. Thrust your feet back up to your chest and stand back up.
5. You can add a vertical jump at the end as well.



Finishers 1-4

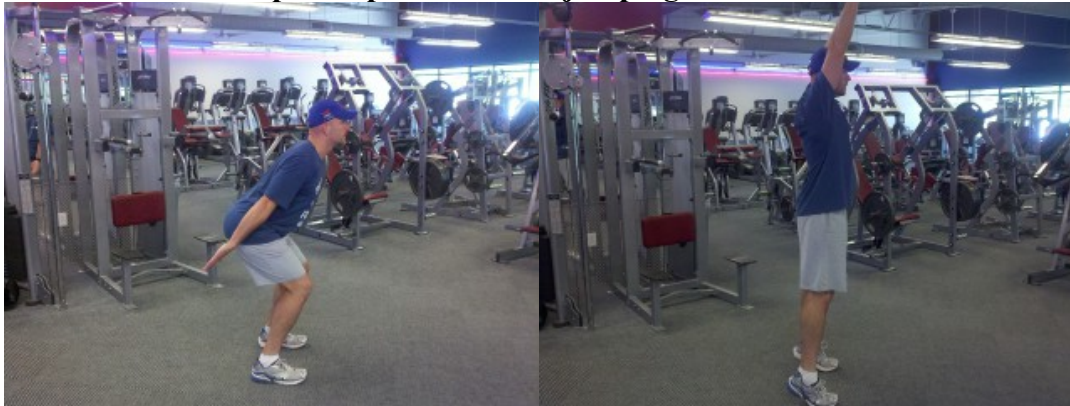
Modified Burpees (burpees without the pushup)

- ♦ 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.



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.**



Finishers 1-4

Stability Ball Plank

- ◆ Brace your abs. Put your elbows on the bench 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.
- ◆ Hold the plank position for the designated time.



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.



Finishers 1-4

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.



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.



Finishers 1-4

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.



Incline Close-Grip Pushups

- Place your hands on a bench or smith bar with your hands inside shoulder-width apart. **Correct photo to come.**
- Slowly lower your body down to the bench or bar – taking about 2 seconds to do this.
- After you hit the bottom of the movement, push with your arms & chest to get your body back up to the start position.
- If it is too hard, do wall pushups. Be careful...don't lower your body too quickly.



Finishers 1-4

Kneeling 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 (**correct photo to come**).
- ◆ 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.



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



Finishers 1-4

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.



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.



Finishers 1-4

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.



1-Leg Stability Ball Plank

- ♦ Put your arms on a stability ball, keeping your abs braced
- ♦ Lift one leg and hold this position as prescribed
 - ♦ Switch sides or switch in the next circuit



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.



Kneeling or Incline Pushups (see above)

Pushup with 3-second pause (see photo above)

- ♦ Hold the bottom position for 3 seconds before coming back up

Stability Ball Plank (see above)

Plank (see above)

Reverse Bridge

- ♦ Lie on your back. Bridge your hips up and prop yourself up onto your elbows.
- ♦ Keep your abs braced and hold that position.



Finishers 1-4

1-Arm KB or DB Swing

- ◆ Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- ◆ Squat and swing the weight between your legs. Keep your chest up and low back flat.
- ◆ Explode up thrusting your hips forward, as though you were jumping.
- ◆ Swing the dumbbell to shoulder height. Brace your abs and control the descent.
- ◆ Make sure to watch the video for this one.



Finishers 5-8

Spiderman Pushups (see above)

Cross-Body Mountain Climbers (aka X-Body)

- ◆ 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.



Pushups (see above)

Kneeling Pushups (see above)

Incline Pushups (see above)

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



Finishers 5-8

Stability Ball Plank (see above)

Stability Ball Rollout

- ◆ Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- ◆ Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- ◆ Keep your body in a straight line and go as far as you can with perfect form.
- ◆ Contract your abs and reverse the motion to return to the upright position.



Stability Ball Jackknife

- ◆ Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- ◆ With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- ◆ Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- ◆ Pause and then return the ball to the starting position by rolling it backward.
- ◆ Do NOT round your lower back.



Finishers 5-8

Stability Ball X-Treme X-Body Mountain Climber

- ◆ Brace your abs. Start in the top of the push-up position with your hands on the ball.
- ◆ Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite arm. 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.



Legs on Ball Pushup

- ◆ Put your hands on the ground, slightly wider than shoulder width apart.
- ◆ Put your feet on the ball, and hold your body straight.
- ◆ To make the exercise easier, place your shins on the ball.



Finishers 5-8

Pushups (see above)

Incline Pushups (see above)

Kneeling Pushups (see above)

Plank (see above)

Goblet Jump Squat

- ♦ Hold a dumbbell at chest height, standing with your feet just outside shoulder width apart.
- ♦ Bringing your hips back and maintaining a neutral arch in your back, squat down until your thighs are parallel to the ground.
- ♦ Driving through the heels of your feet, jump up
- ♦ Land in the squat position



Finishers 5-8

Renegade Crawl

- ♦ Start at the top of a pushup position gripping two dumbbells
- ♦ Move forward by maintaining a straight line with your body and moving one dumbbell slightly forward and on your toes
- ♦ Repeat for the other side
- ♦ Maintain a straight line the entire time, keeping your abs braced



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



Finishers 5-8

Side Plank 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.



Goblet Squat

- ♦ Stand with your feet just greater than shoulder-width apart.
- ♦ Hold a dumbbell in a “cupped” position at chest height.
- ♦ 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.



Finishers 5-8

X-Body Mountain Climber (see above)

Split Squat

- ♦ Stand with your feet shoulder-width apart holding a pair of dumbbells (optional).
- ♦ Step forward with your one leg, taking a slightly larger than normal step.
- ♦ Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- ♦ 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, but don't step back. Stay in a split-squat stance.
- ♦ Perform all reps for one leg and then switch.



Side Plank (see above)

On/Off Plank

- ♦ Hold the plank position as prescribed, keeping your abs braced; this is the “on” position.
- ♦ The “off” position is when you rest by allowing your body to rest on the floor



Finishers 9-12

Strap/Suspended Pushup

- ♦ Keep the abs braced and body in a straight line from toes to shoulders.
- ♦ Place your hands in the straps slightly wider than shoulder-width apart.
- ♦ Slowly lower yourself down until your chest is at strap level.
- ♦ Push through your chest, shoulders and triceps to return to the start position.
- ♦ Keep your body in a straight line at all times.



Stability Ball Stir-the-Pot

- ♦ Brace your abs. Put your elbows on the ball.
- ♦ With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- ♦ Move your arms in a circular motion in one direction while keeping your abs braced and torso in a straight line.



Finishers 9-12

Strap/Suspended Pushups (see above)

Stability Ball Jackknife (see above)

Strap/Suspended Pushups (see above)

Ab Wheel Rollout

- ♦ Kneel on a mat with your hands on the ab wheel.
- ♦ Keep your body in a straight line, brace your abs, and keep your low back tensed.
- ♦ Slowly roll out as far as is comfortable.
- ♦ Keep your abs braced, and contract them maximally to come back up to the start.



Pushups (see above)

Incline or Kneeling Pushups (see above)

Stability Ball Rollout (see above)

Spiderman Climb (see above)

Finishers 9-12

Chops

- ♦ Grab a dumbbell, medicine ball or a cable handle (you can do this with bodyweight, too).
- ♦ Start by holding the dumbbell above your head and to the left.
- ♦ In a diagonal and chopping motion, bring the dumbbell to the opposite knee with a slight bend in both knees.
- ♦ Return to the starting position



Cross-Body Mountain Climber (see above)

Stability Ball Jackknife (see above)

Spiderman Pushups (see above)

Stability Ball Stir-the-Pot (see above)

Finishers 9-12

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.



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.



Finishers 9-12

Eccentric Pushups

- ♦ Just like a normal pushup as seen above, but take 5 seconds to lower yourself.

Stability Ball Rollout (see above)

Pushups (see above)

Kneeling/Incline Pushups (see above)

Hanging Leg Raise

- ♦ Hang from a chin-up bar using an underhand grip or use a Captain's Chair. Brace your abs.
- ♦ With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor.
- ♦ Don't use momentum. Go slow and controlled both ways.



Finishers 9-12

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



Finishers 13-16

Spiderman Pull-up

- ♦ Grasp the bar with an overhand, wide grip.
- ♦ Pull yourself up until your chin is over the bar as you bend one leg
- ♦ Return to the starting position and repeat with the other leg



Pushup Plank (see above)

Chin-up with Knee-up

- ♦ Take underhand grip on the bar with the palms facing you.
- ♦ Pull your body up until the chest reaches bar level.
- ♦ At the same time, pull your knees up to your chest.
- ♦ Slowly lower yourself but do not let your body swing and do not use momentum.
- ♦ Let your knees drop slowly from your chest to their original position.



Finishers 13-16

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



Modified Inverted Row

- ♦ Set a bar at hip height in the smith machine or squat rack.
- ♦ Lie underneath the bar and grab it a few inches wider than shoulder-width apart.
- ♦ Row yourself up the top position with your upper back and lats.
- ♦ Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- ♦ Overhand grip photo coming soon



Finishers 13-16

Pushup Plank (see above)

Modified Inverted Row (see above)

Bear Crawl (see above)

Renegade Row

- ♦ Assume the pushup position while keeping your hands on a pair of dumbbells and your arms extended
- ♦ Keep your abs braced
- ♦ Complete a DB Row, maintaining a straight line with your body.
- ♦ Alternate sides and repeat



Side Plank (see above)

Renegade Row (see above)

Chops (see above)

Burpee (see above)

X-Body Mountain Climber (see above)

Finishers 13-16

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.



Stability Ball Ab Pike

- ♦ Brace your abs. Put your elbows on the bench 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.
- ♦ Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- ♦ Pause and then return the ball to the starting position by rolling it backward.



Finishers 13-16

Lunge Jumps (see above)

Modified Burpee (no pushup or jump –see above)

Total Body Extensions (see above)

Stability Ball Jackknife (see above)

Stability Ball Rollout (see above)

Split Squat (see above)

Inchworm

- ◆ This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- ◆ Start in a modified push-up position, with your hands out in front of your shoulders.
- ◆ Keep your legs straight and walk your legs towards your hands.
- ◆ Go until you get a stretch, but don't round your lower back.
- ◆ Once you get a stretch, walk your hands out until you are in a modified pushup.



Finishers 17-20

DB Chops (see above)

DB Row

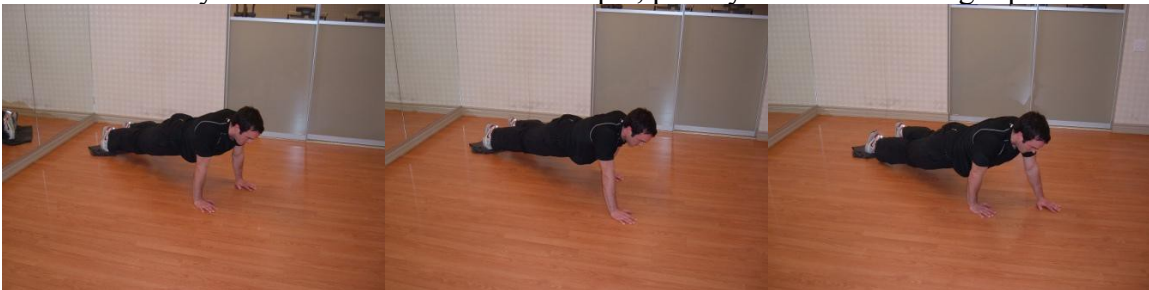
- ♦ Rest the left hand flat bench or platform, lean over and keep the back flat.
- ♦ Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- ♦ Keep the low back tensed in a neutral position and the elbow tight to the side.
- ♦ Do NOT round your lower back.



DB/KB Swings (see above)

Alligator

- ♦ 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.



Finishers 17-20

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.



Stability Ball Ab Pike

Elevated Pushups (see above)

Cable Core Press

- ♦ Take a V-handle or regular handle and attach it to a cable pulley
- ♦ Kneel down on one knee and bring in the hand towards your abs.
- ♦ Keep your abs braced and chest high and hold for the prescribed time



Finishers 17-20

Kneeling Elevated Pushups

- ♦ Just like an elevated pushup (see above), but with your knees on the ground

Stability Ball Rollout (see above)

Ab Wheel Rollout (see above)

Cable/Medicine Ball/DB Chop (see above)

Finishers 21-24

Spiderman Pushups w/2-second Pause

- ♦ Done just like a Spiderman Pushup (see above), but hold the position when your leg is bent for 2 seconds.

Stability Ball Stir-the-Pot (see above)

Chinup w/ Knee-up (see above)

Side Plank with Lateral Raise

- ♦ Perform a side plank by balancing your body on one forearm and holding a dumbbell at your side with the other hand
- ♦ Maintaining a straight line, bring the dumbbell up until it is even with your shoulder
- ♦ Slowly return it to your side. That's one rep. Do all reps and switch sides.



Stability Ball Plank (see above)

Pushups (see above)

Kneeling or Incline Pushups (see above)

Inverted Row (see above)

Side Plank (see above)

Plank (see above)

Finishers 21-24

1-Arm KB or DB Swings

- ♦ Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- ♦ Squat and swing the weight between your legs. Keep your chest up and low back flat.
- ♦ Explode up thrusting your hips forward, as though you were jumping.
- ♦ Swing the dumbbell to shoulder height. Brace your abs and control the descent.



Single Leg Deadlift

- ♦ Keep your lower back arched and bend forward by pushing your hips back. You can also hold a pair of dumbbells.
- ♦ 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.



Finishers 21-24

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.



Modified Burpees (see above)

Total Body Extension (see above)

Finishers 21-24

DB Row (see above)

Ab Wheel Rollout (see above)

DB Row (see above)

Stability Ball Rollout (see above)

Lunge Jumps (see above)

Xtreme X-Body Mountain Climber (see above)

Side Plank (see above)

Stability Ball Jackknife (see above)

Split Squat (see above)

X-Body Mountain Climber (see above)

Finishers 25-29

Stability Ball Ab Pike (see above)

Spiderman Climb (see above)

Stability Ball Rollout (see above)

KB/DB Swings (see above)

Squat Thrusts (see above)

Kettlebell Snatch

- ♦ Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- ♦ Squat and swing the weight between your legs. Keep your chest up and low back flat.
- ♦ Explode up thrusting your hips forward, as though you were jumping.
- ♦ Swing the dumbbell to shoulder height. Brace your abs and control the descent.
- ♦ Make sure to watch the video for this one.



Finishers 25-29

Stability Ball Ab Pike (see above)

KB/DB Swings (see above)

Stability Ball Rollout (see above)

Inchworm (see above)

Spiderman Pushups (see above)

Inchworm (see above)

Renegade Row (see above)

Pushups (see above)

Kneeling or Incline Pushups (see above)

Pushup 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.



Finishers 25-29

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.



Side Plank w/Lateral DB Raise (see above)

Ab Pike (see above)

Side Plank w/Leg Raise (see above)

Stability Ball Rollout (see above)

Finishers 30-33

Medicine Ball/DB/Cable Chop (see above)

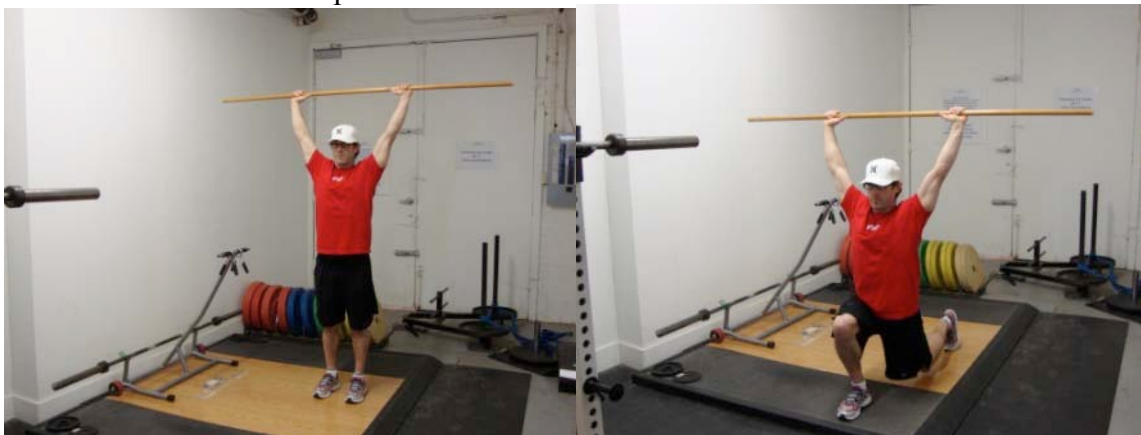
Skater Hops

- 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.



Alternating Overhead Reverse Lunge

- Stand with your feet shoulder-width apart.
- Hold your hands overhead, preferably holding a broomstick or band to help keep your arms in the proper position.
- Step backwards 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



Finishers 30-33

Reverse Bridge (see above)

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.



KB/DB Swings (see above)

Spiderman Pushup Plank (see above)

V-Plank (see above)

Stability Ball Plank (see above)

Pushup Plank (see above)

Plank (see above)

Finishers 30-33

V-Plank (see above)

Plank (see above)

Stability Ball Plank (see above)

DB/KB Swings (see above)

Bird Dog (see above)

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