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COMBAT FINISHERS

GET RIPPED WITH THESE
FINISHER THROWDOWNS



MIKE WHITFIELD CTT

A message from Mike Whitfield, CTT



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

Combat finishers? That sounds awesome ← said like... a lot of people.

Seriously, you don't have to be a fighter to use these ab-shredding finishers with your workouts. Not only will you torch stubborn fat, but you'll also improve your conditioning.

Inside this manual are conditioning circuits and supersets that will help you with your main workouts, but even more importantly, everyday activities like playing with your kids or if you're like me, playing some pickup basketball... even at my "old age".

Use these circuits to make everything else in life easier... and please, don't get in a fight.... Except against fat.

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

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

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Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC (formerly known/also known as Reflections Fitness) advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Train SAFE!

- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified trainer or ask for a substitute exercise.
- If it hurts, STOP! Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality.
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. In other words, don't keep going if you're feeling dizzy!
- Use a spotter if you are training with heavy weights.
- Just because something looks easy on paper doesn't mean you dismiss it. On the other end – if something looks too difficult, then be safe and use an easier exercise and adjust recovery and rest periods.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.
- If you decide to use running as your form of interval training (especially sprints), make sure you have good running shoes and always do an extra thorough warm-up.

And for the "timed" sets, I strongly encourage you to buy a gymboss interval timer. For one thing, they are awesome. Also, they are inexpensive for what you get. Check them out at www.gymboss.com. Or you can use an interval timer application on your smartphone.



Combat 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.

Combat Finishers

Finisher # 1 **“The Punch/Kick Gauntlet”**

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

- 1A) Punch/Kick Combo (15)
- 1B) Lunge Jumps (6/side)
- 1C) Punch/Kick Combo (15)
- 1D) Close-Grip Pushups (10)
- 1E) Punch/Kick Combo (15)

Finisher # 2 **“The Conditioning Perfect 10”**

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

- 1A) Renegade Pushups (10)
- 1B) KB or DB Swings (10)
- 1C) Total Body Extension (10)

Finisher # 3 **“ Burpee Conditioning”**

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

- 1A) Burpee/Chin-up Combo (15)
- 1B) Decline Pushups (30)
- 1C) Alternating Lunge (15/side)
- 1D) Burpee/X-Body Mountain Climber (15)
- 1E) Skater Hops (15/side)
- 1F) Burpees (10)

Combat Finishers

Finisher # 4 **“Sweaty Supersets”**

Do the following superset as many times as possible in 3 minutes, resting only when needed. Once the 3 minutes are up, then rest for 1 minute before moving onto superset 2.

Superset 1

- 1A) Inverted Row (5)
- 1B) Box or Bench Jumps (5)

Superset 2 – Do the following superset as many times as possible in 3 minutes, resting only when needed.

- 2A) Stability Ball Jackknife Pushup (10)
- 2B) Alternating Bodyweight Chops (10/side)

Finisher # 5 **“9 Lives”**

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

- 1A) Vertical Jump and Stick (9)
- 1B) Decline Close-Grip Pushups (9)
- 1C) Narrow-Stance Goblet Squat (9)

Finisher # 6 **“SUPER Effective”**

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

- 1A) Goblet Switch Lunge (3/side)
- 1B) Burpee/Pull-up Combo (3)

Combat Finishers

Finisher # 7 **“7-Minute Conditioning”**

Do the following circuit ONE time, resting for 15 seconds between exercises. Do as many as possible in the minute given.

- 1A) Prisoner Squat (1 minute)
- 1B) Spiderman Pushups (1 minute)
- 1C) KB or DB Swings (1 minute)
- 1D) Squat Thrust (1 minute)
- 1E) Lateral Jumps (1 minute)
- 1F) X-Body Mountain Climber (1 minute)
- 1G) Jumping Jacks (1 minute)

Finisher # 8 **“1 Mover”**

Do the following as shown 6 times:

- 1) DB Squat, Curl and Press (40 secs), rest 20 secs

Finisher # 9 **“Row, Row, Row Your Abs” Ab Finisher**

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

- 1A) DB Row (20/side)
- 1B) Stability Ball Rollout (10)
- 1C) 1-Arm Incline DB Chest Press (20/side)

Combat Finishers

Finisher # 10 **“2 Move Heart-Thumper”**

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

- 1A) Prisoner Lunge Jumps (5/side)
- 1B) Mountain Climbers (10/side)

Finisher # 11 **“Upper Body Crank”**

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

- 1A) DB Chest Press (20)
- 1B) DB Piston Row (15/side)
- 1C) T Pushup (10/side)

Finisher # 12 **“Just the 2 Of Us”**

Do the following superset as many times as possible in 4 minutes, resting only when needed:

- 1A) Bulgarian Jump Squat (5/side)
- 1B) Decline Triple Stop Pushup (5)

Combat Finishers

Exercise Library (Exercises are in order of appearance)

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Finishers 1-4

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.



Combat Finishers

Finishers 1-4

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



Punch/Kick Combo - (see above)

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.



Punch/Kick Combo - (see above)

Combat Finishers

Finishers 1-4

Renegade Pushups

- Start in a push-up position as you grip a pair of dumbbells.
- Maintaining a straight line and your abs braced, perform a pushup by lowering your body
- Return to the starting position



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.

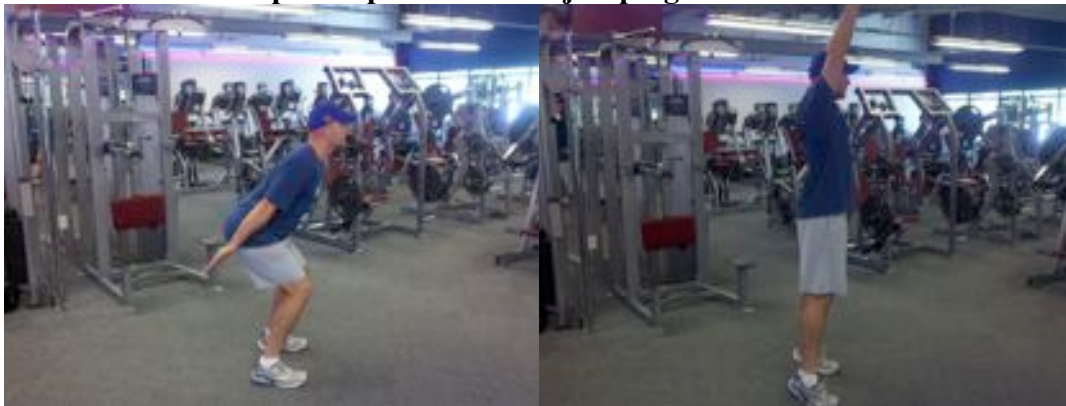


Combat Finishers

Finishers 1-4

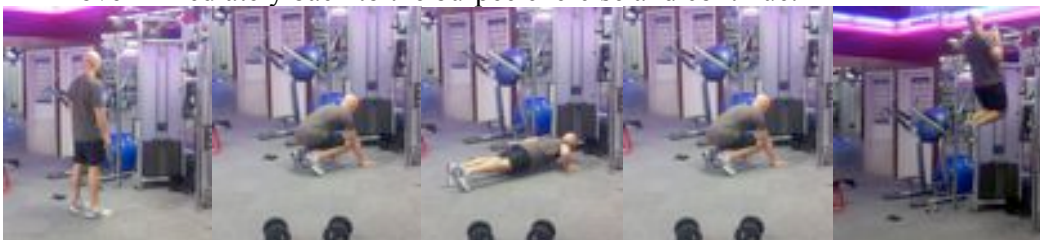
Total Body Extension

- 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.**



Burpee/Chin-up Combo

- 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 a push-up, then thrust your feet back in and then finish with a jump or standing up.
- Perform a chin-up by grabbing the chin-up bar with an underhand grip.
- Pull your chest up to the bar, trying to keep the momentum of your legs under control.
- Slowly lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



Combat Finishers

Finishers 1-4

Decline Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Alternating Lunge

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- 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.
- Push with your right leg to return to the starting position.
- When you are strong enough, hold dumbbells in your hands to increase intensity.



Combat Finishers

Finishers 1-4

Burpee/X-Body Mountain Climber Combo

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



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.



Combat Finishers

Finishers 1-4

Burpees

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



Inverted Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two 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.
- Slowly return to the start position.



Finishers 1-4

Box or Bench Jumps

- Stand in front of a bench or box/platform
- Dip down into a quarter squat position and jump on the box in the quarter squat position to reduce impact
- Step back down and repeat



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



Combat Finishers

Finishers 1-4

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.



Combat Finishers

Finishers 5-8

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.



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.



Finishers 5-8

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.



Goblet Switch Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs



Finishers 5-8

Burpee-Pullup Combo

- 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 a push-up, then thrust your feet back in and then finish with a jump.
- Jump and grasp the bar with an overhand, wide grip and try to keep your legs from swinging (they will swing a little from the momentum)
- Pull your chest up to the bar.
- Lower to the bottom position. That is one rep.
- Move immediately back to the burpee exercise and continue.



Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.

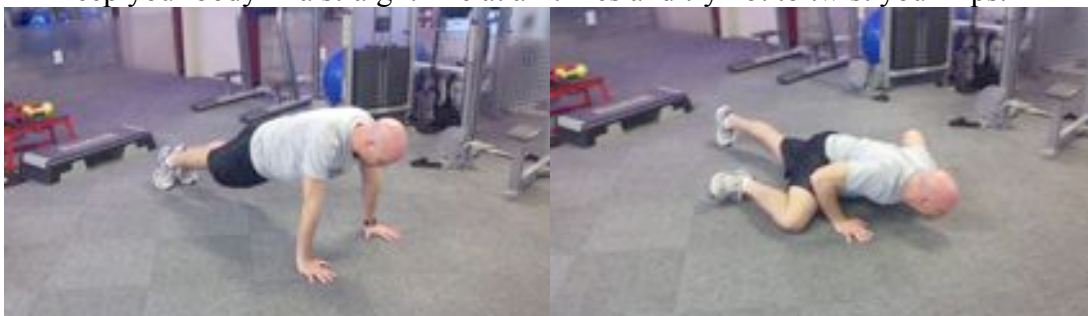


Combat Finishers

Finishers 5-8

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.



KB or DB Swings – (see above)

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 5-8

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.



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.



Combat Finishers

Finishers 5-8

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 Squat-Curl-Press

- Hold a pair of dumbbells at your sides and perform a squat by pushing back your hips and glutes as you lower yourself.
- Keep your back neutral
- Push through the heels of your feet to come back
- Perform a DB Bicep Curl by bring the dumbbells up to your shoulders with your palms up.
- From that point, perform a DB Shoulder Press by pressing the dumbbells above your head.



Finishers 9-12

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.



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.



Finishers 9-12

DB 1-Arm Incline Chest Press

- Set an incline bench two notches above the lat position. Lie on the bench and hold one dumbbell at arms length above the chest. The other arm can hang free.
- Slowly lower the dumbbell to chest level and press it straight back up. Do all reps for one side and switch.



Prisoner 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.
- Keep your hands behind your head, squeezing your shoulder blades together the whole time.
- 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 9-12

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.



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.



Finishers 9-12

DB Piston Row

- Stand with knees bent, back flat, chest up, and hold a dumbbell in each hand.
- Brace your abs and maintain your torso position while rowing one dumbbell up to your torso.
- As you lower one dumbbell start rowing the other dumbbell up to your torso.
- Repeat, being in constant motion, until you've done all reps.
- Do not round your low back and keep your abs braced at all times.
- Use light weights to maintain perfect form.



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 9-12

Bulgarian Jump Squats

- 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.
- Jump using the front foot, and keeping the upright position. Stay in a split-squat stance.
- Land in the bottom of a Bulgarian squat and repeat
- Perform all reps for one leg and then switch.



Decline Triple Stop Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Go halfway down and pause for 1 second, then all the way down followed by a 1-second pause.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



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



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



“ He had a fresh approach to training”- Robin