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INTERVAL FINISHERS

***DISCOVER THE POWERFUL COMBINATION
OF INTERVALS AND METABOLIC FINISHERS***



MIKE WHITFIELD, CTT

Interval Finishers

A message from Mike Whitfield, CTT



Mike Before



Mike After

Intervals AND finishers? No way.

Way. Your belly fat stands no chance of surviving. The one question I get all the time is “Can I do intervals and finishers? And if so, how can I structure them on what days?”

How about both at the same time? Yes, in a Workout Finishers first, I’ve combined the power of interval training and metabolic finishers into one crazy, but effective Workout Finishers program.

You’ll discover challenging interval finishers like the Metabolic High 5’s and the Interval Super 6 (good times... no, great times).

Combining the power of intervals and metabolic finishers? Your belly fat doesn’t stand a chance.

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

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

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

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

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.



Interval 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. **However, this program is an exception. These can be used as interval workouts.**
- 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.
- When using intensity, your scale will look like this:

1/10 – Standing still

3/10 – Recovery pace – very comfortable, yet active

5/10 – This is known as the “steady state cardio” pace

9/10 – This is about 90% effort

10/10 – You are running from hyenas with machine guns (you shouldn't ever train at this pace... unless there really are hyenas chasing you with machine guns)

You can use any cardio equipment for your intervals, and you can even run in place for the interval part of each finisher.

Be safe, and enjoy!
Mike Whitfield, CTT

Interval Finishers

Finisher # 1 **“Sweat and Swinging Ladder”**

5-minute warm-up (5/10 intensity)

20 seconds (9/10) followed by 40 seconds of recovery (3/10)
Do this 6 times, then...

Do the following circuit as shown ONE time:

KB/DB Swings (30), rest 30 seconds
KB/DB Swings (20), rest 20 seconds
KB/DB Swings (10), rest 10 seconds
KB/DB Swings (20), rest 20 seconds
KB/DB Swings (30)

Finisher # 2 **“Minute Extravaganza”**

5-minute warm-up (5/10)

1 minute (8/10) followed by 1 minute of recovery (3/10)
Do this 3 times, then...

Do the following circuit ONE time:

Burpees (1 minute), rest 30 seconds
DB Squat and Press (1 minute), rest 30 seconds
Alternating Renegade Row (1 minute), rest 30 seconds
Jumping Jacks (1 minute)

Interval Finishers

Finisher # 3 **“ The 3-Part”**

5-minute warm-up (5/10)

30 seconds (9/10), followed by 30 seconds of recovery (3/10)

Do this 4 times, then...

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

Jump Squat (5)

Stability Ball Jackknife (10)

Inverted Row or Strap Row (5)

Once the 3 minutes are up, rest for 1 minute and then...

1 minute (8/10), followed by 1 minute of recovery (3/10)

Do this 3 times

Finisher # 4 **“The Interval Deuce”**

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

Burpee/Chin-up Combo (2)

Narrow-Stance Bodyweight Squat (2)

Then...

2 minutes (7/10), followed by 1 minute of recovery (3/10)

Do this 3 times

Interval Finishers

Finisher # 5 **“Metabolic High Fives”**

5-minute warm-up (5/10)

15 seconds (9/10) followed by 45 seconds of recovery (3/10)
Do this 5 times, then...

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

Lunge Jumps (5/side)
DB Row (15/side)
Total Body Extension (15)
Renegade Pushups (15)

Finisher # 6 **“The Interval Super 6”**

Your rest period is your transition time for your cardio activity to the exercise shown:

5-minute warm-up (5/10)

Do any cardiovascular activity that you can sustain for 2 minutes
Burpee/Spiderman Pushup Combo (6)
Do any cardiovascular activity that you can sustain for 2 minutes
Bench Vault or Lateral Jumps (6/side)
Do any cardiovascular activity that you can sustain for 2 minutes
T Pushups (6/side)
Do any cardiovascular activity you can sustain for 2 minutes
Stability Ball Stir-the-Pot (6/side)

Interval Finishers

Finisher # 7 **“The Heavy-Breathing Armer”**

This is a crazy arm and cardiovascular finisher:

Do the following circuit as shown ONE time. Your rest period is the transition from your cardiovascular activity to the next exercise:

5-minute warm-up (5/10)

1 minute (8/10)

DB Curl (20)

1 minute (8/10)

Lying DB Tricep Extension (20)

1 minute (8/10)

DB Hammer Curl (20)

1 minute (8/10)

Close-Grip 3/4th Rep Pushups (20)

Finisher # 8 **“Hooked on Tread”**

Do all exercises using the treadmill as your equipment

5-minute warm-up (5/10)

30 seconds (9/10) followed by 30 seconds of recovery (3/10)

Do this 3 times, then...

TD Bulgarian Split Squat (15/side), then...

1 minute (8/10) followed by 1 minute of recovery (3/10)

Do this twice, then...

Decline Spiderman Pushups (10/side), then...

2 minutes (7/10) followed by 1 minute of recovery (3/10)

Do this one time, then...

X-Body Mountain Climber with Feet Elevated (10/side)

Interval Finishers

Finisher # 9 **“Just Sitting Around and Finishing Up”**

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

Strap Row with Feet Elevated, Strap Row or Inverted Row (15)
Squat Hold or Wall Squat Hold (30 seconds)
Depth Jump (5)
Squat Hold or Wall Squat Hold (30 seconds)
Pushups with Feet on a Stability Ball (15)
Squat Hold or Wall Squat Hold (30 seconds)

Finisher # 10 **“Runnin’ to the 7-Up”**

5-minute warm-up (5/10)

Treadmill or Running preferred - 40 seconds (9/10), followed by 20 seconds of recovery (3/10) – Do this until you complete one mile. Then rest one minute. Then...

Do the following circuit as many times as possible in 7 minutes, resting ONLY when needed:

Stability Ball or Medicine Ball Pushup (7)
Box or Bench Jumps (7)
Renegade Crawl (7/side)
Skater Hops (7/side)

Finisher # 11 **“Interval Singles”**

Do the following circuit as shown twice (minus the warm-up):

5-minute warm-up (5/10)

30 seconds (9/10) followed by 30 seconds of recovery (3/10)
Single Arm DB Squat and Press (15/side)
1 minute (8/10), followed by 1 minute of recovery (3/10)
Single Leg Burpees (5/side)
20 seconds (9/10), followed by 40 seconds of recovery (3/10)
Single Arm KB or DB Swings (20/side)

Interval Finishers

Finisher # 12 **“Sweet Sixteen Metabolic Chaos”**

Do the following circuit (after the warm-up) as many times as possible in 16 minutes,
resting ONLY when needed:

5-minute warm-up

1 minute (8/10)

Chin-ups (5)

Alternating TD Reverse Lunge (5/side)

1 minute (8/10)

Triple Stop Pushup (5)

Alternating Bodyweight Chop (5/side)

Interval 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

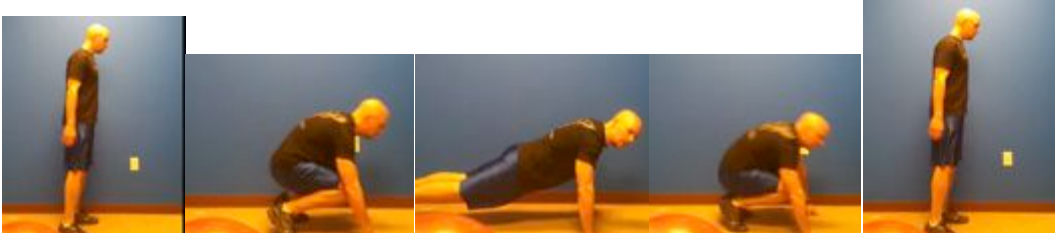
KB/DB Swings

- 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.



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.



Interval Finishers

Finishers 1-4

DB Squat and Press

- Hold a pair of dumbbells at shoulder height and your feet just outside shoulder width apart.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position
- Pressing the weight overhead.



Alternating 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



Interval Finishers

Finishers 1-4

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



Jump Squats

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



Interval Finishers

Finishers 1-4

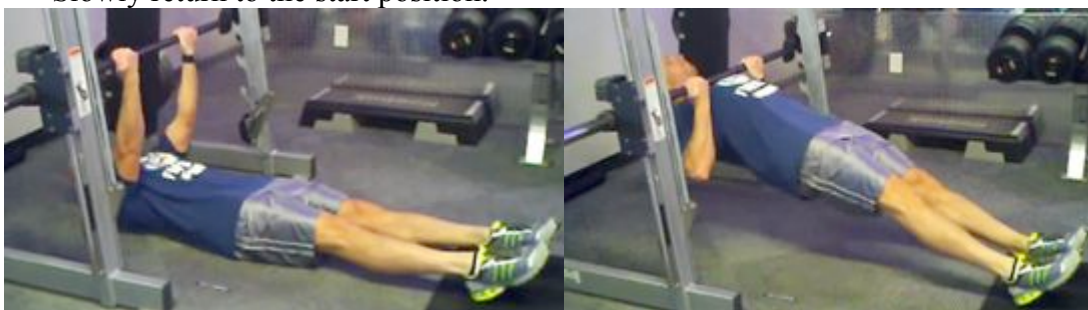
Stability Ball Jackknife

- 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.



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.



Interval Finishers

Finishers 1-4

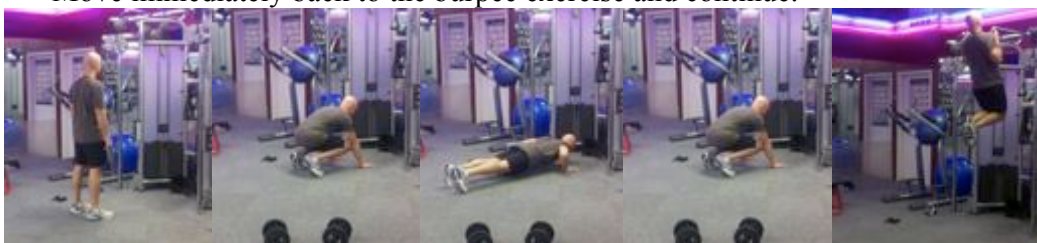
Strap Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



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.



Interval Finishers

Finishers 1-4

Narrow-Stance BW (Bodyweight) Squat

- Stand with your feet **NARROWER** than hip-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Interval Finishers

Finishers 5-8

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



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.



Interval Finishers

Finishers 5-8

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.**



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



Interval Finishers

Finishers 5-8

Burpee/Spiderman Pushup Combo

- Stand with your feet shoulder width apart.
- Squat down on your feet and hands
- Kick your feet out to form a pushup position
- Perform a Spiderman pushup by going down into a pushup, bringing one knee to the side. Repeat for the other side (do 1 rep on each side).
- Kick your feet back in and stand or jump back up



Interval Finishers

Finishers 5-8

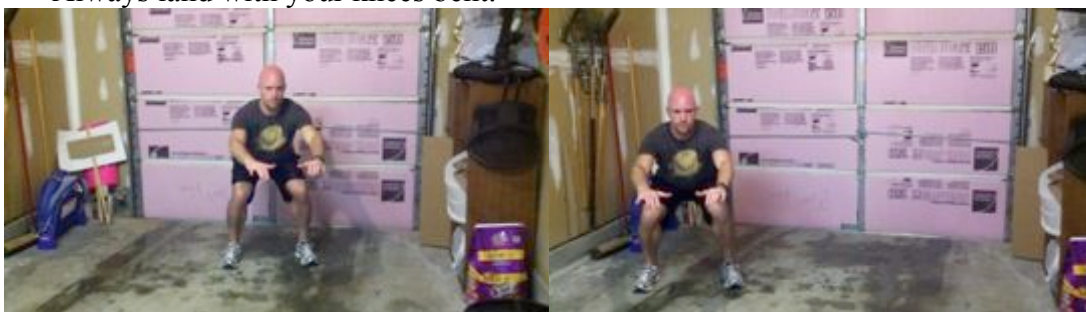
Bench Vault

- Place both hands on the sides of a bench, with your abs braced
- In one motion, vault over the bench, driving your arms down and pulling your legs, knees and butt toward the ceiling.
- Repeat in the opposite direction.



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.



Interval Finishers

Finishers 5-8

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.



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.



Interval Finishers

Finishers 5-8

DB Curl

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height while maintaining a flat back.
- Slowly return to the start position.



Lying DB Triceps Extension

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



Interval Finishers

Finishers 5-8

DB Hammer Curls

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height with your palms facing in, while maintaining a flat back. Slowly return to the start position.



Close-Grip 3/4th Rep Pushups

- With your hands inside shoulder-width apart and maintaining a straight line with your body, lower yourself until you are about 75% of the way down
- Keep your abs braced and push yourself back to the starting position



Interval Finishers

Finishers 5-8

TD Bulgarian Squat

- Stand with your feet shoulder-width apart.
- 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.
- Extend your arms above your head.
- 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.



Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



Interval Finishers

Finishers 5-8

X-Body Mountain Climber w/Feet Elevated

- Put your feet up on a bench or small platform and place your hands on the floor about shoulder width apart. You can also use the edge of a treadmill.
- Keeping your abs braced and your body straight, bring in one knee towards the opposite elbow.
- Return to the starting position and repeat for the other side.



Interval Finishers

Finishers 9-12

Strap Row w/Feet Elevated

- Put your feet on a stability ball or bench and grab the TRX or Strap handles with a narrow grip
- Keeping your abs braced, pull yourself up by pulling on the straps
- Maintain a straight line with your body
- Slowly lower yourself back down and repeat.



Strap Row (see above)

Inverted Row (see above)

Bodyweight Squat Hold

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Hold the bottom position as instructed
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Interval Finishers

Finishers 9-12

Wall Squat Hold

- Keeping your back against the wall, slide down in the squat position with your feet just outside shoulder width apart.
- Keep your abs braced and your back against the wall.

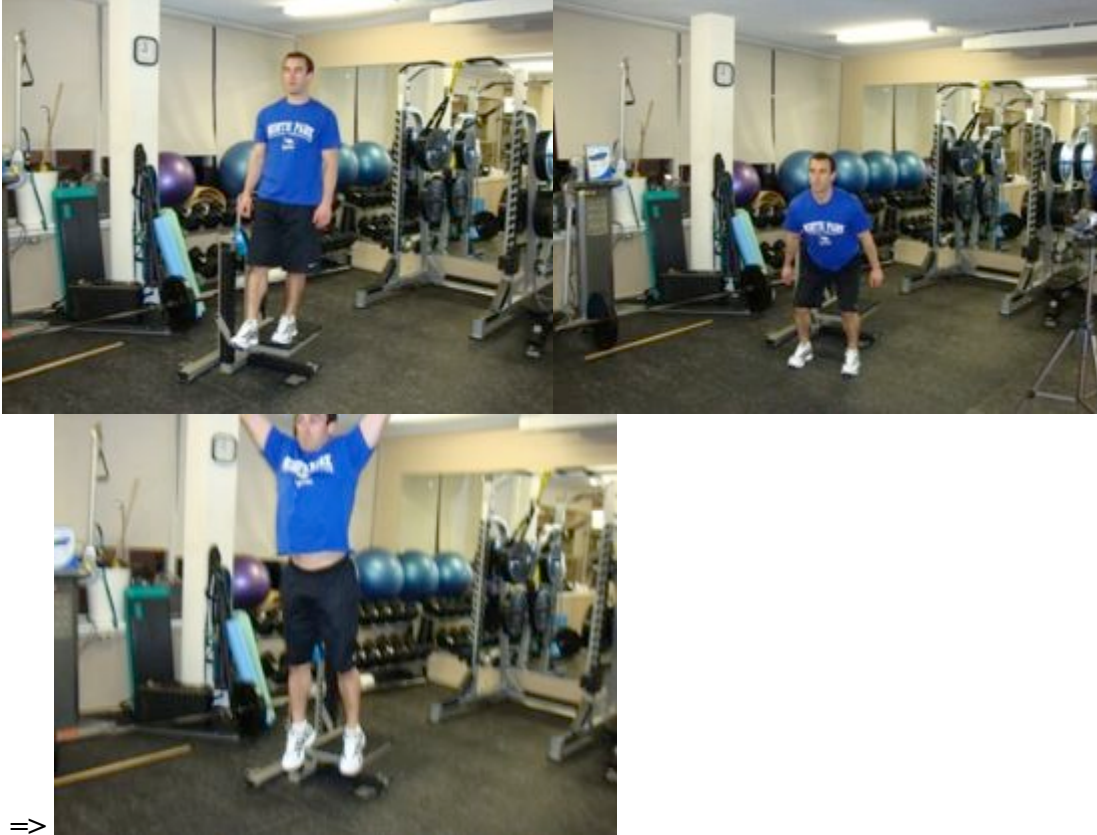


Interval Finishers

Finishers 9-12

Depth Jump

- Stand on a 6 inch box or step.
- Step off and land on both feet.
- Bend your knees, dips your hips, and rapidly reverse the motion.
- Jump as high as possible.
- Land softly with bent knees and your hips back.
- Step back up onto the box or step to repeat.



Squat Hold (see above)

Wall Squat Hold (see above)

Interval Finishers

Finishers 9-12

Pushups w/Feet on a Stability Ball

- 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.



Squat Hold (see above)

Wall Squat Hold (see above)

Stability Ball or Medicine Ball Pushup

- Put your hands on a medicine ball and start in the pushup position with your arms extended.
- Lower yourself as you keep your abs braced and a straight line with your body
- Push through your chest, triceps and shoulders to the starting position
- Repeat as necessary.



Interval Finishers

Finishers 9-12

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



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



Interval Finishers

Finishers 9-12

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.



Single Arm DB Squat & Press

- Hold a kettlebell or dumbbell at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the weight overhead.
- Do all reps on one side then switch.



Interval Finishers

Finishers 9-12

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.



Single 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.



Interval Finishers

Finishers 9-12

Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



Alternating TD Reverse Lunge

- Stand with your arms extended above your head (forming a touchdown signal)
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting the toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the front leg. Focus on pushing with glutes and hamstrings.



Interval Finishers

Finishers 9-12

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.



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.



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

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

www.TrainwithFinishers.com - Blog dedicated to metabolic workout finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

**Winner of the 11th Turbulence Training Transformation Contest, Philip
Lost 34 lbs in Just 12 Weeks!**



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

I Have Lost Over 50 lbs and 15% Body Fat



“ He had a fresh approach to training”- Robin